

BÖLÜM 10

ALKOLİK KETOASİDOZİS

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GİRİŞ

Vücut fizyolojik homeostazı sağlarken asit ve baz dengesini (pH 7,35-7,45) belli sınırlar arasında tutmaya çalışır. Bu asit-baz dengesinin bozulduğu durumlar solunumsal asidoz ve alkaloz ile metabolik asidoz ve alkaloz olarak 4 şekilde karşımıza çıkar (1). Alkolik ketoasidozis (AKA) bir metabolik asidozis olarak kabul edilse de vücuttaki kompanzasyon mekanizmalarının devreye girmesi, farklı hastalıklar ve farklı sistemlerin etkili olması nedeniyle farklı şekillerde karşımıza çıkan klinik bir tanıdır (2).

ETİYOLOJİ

Vücut ana enerji kaynağı olarak karbonhidrat, protein ve yağ olmak üzere üç temel maddeyi kullanır. Proteinler daha çok yapısal görevlerde kullanılırken yağlar depo görevi görürler. Enerji metabolizmasında ana kaynak karbonhidratlar ve karbonhidrat bileşikleridir. İhtiyaç halinde protein ve yağlar yapıtaşlarına ayrılarak enerji metabolizmasının değişik basamaklarında sisteme katılabilirler. Sağlıklı bir beslenme sırasında beyin ve eritrositler tarafından enerji üretmek için öncelikli olarak glukoz kullanılır. Glukoz kanda hızlı bir sirkülasyon içerisinde sınırlı miktarda bulunur. İhtiyaç halinde kandaki sınırlı glukozu tüketmemek için kalp ve kas hücreleri glukoz yerine keton cisimlerini enerji üretmek için tercih ederler (3). Keton cisimleri serbest yağ asitleri ile gliserollerden dokularda beta oksidasyon ile oksitlenir ya da keton cisimleri haline dönüştürülerek üretilir. Beta hidroksibütirik asit, asetoasetat/aseto asetik asit ve aseton keton cisimleri olarak adlandırılırlar. Keton cisimlerinin kanda normal değerlerinin üzerinde buldukları durum ketozis veya ketoasidoz olarak tanımlanır (4). Ketoasidozisin en sık nedenleri diyabetik ketoasidozis ve alkolik ketosidozis ile açlıkta olu-

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durumlar için hazırlıklı olmalı erken tanı ve tedavinin hastalarda sağ kalım ile olan ilişkisini dikkate almalıdır (58, 59). Tetkik ve tedavileri tamamlanan hastalar alkol kötüye kullanımları ve alkol bağımlılıkları ile ilgili tedavi programlarına dâhil edilmeli gerekli yönlendirmeler yapılmalıdır (60).

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