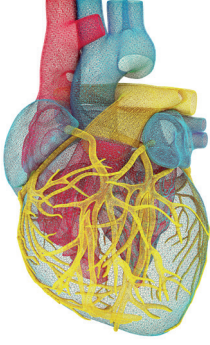


BÖLÜM 11



Diyabetik Hastada Kardiyovasküler Hastalık Risk Azaltımı: İlaç Dışı ve İlaç Tedavileri

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| GİRİŞ

Diyabet tanısı almış her hasta kardiyovasküler olay riski için yüksek risk grubundadır. Bu hastalarda kan glukoz düzeyinin kontrolünün yanısıra diğer kardiyovasküler risk faktörleri olan obezite, sigara kullanımı, yüksek kan basıncı ve kan lipid düzeyleri de güncel kılavuz önerilerine göre etkin bir şekilde tedavi edilmelidir.

| YAŞAM ŞEKLİ DEĞİŞİKLİKLERİ

Amerika ve Avrupa kılavuzları, diyabetin önlenmesinde ve diyabet gelişmiş hastaların tedavisinde yaşam şekli değişikliklerini ilk basamak tedavi olarak önermektedir (1,2,3). Hatta çok küçük kilo kayıpları bile prediyabetten aşikar diyabete geçişi geciktir (4,5). Yaklaşık 17272 hastayı içeren bir metanalizde her bir kilogram kilo kaybı tip2 diyabet gelişme ihtimalinde %43 azalma ile ilişkili bulunmuştur (6). Günlük kalori alımının kısıtlanması hastaların yaşam kalitesini artırır HbA1c düzeylerini düşürür (5). Diyabetik hastalardaki kilo kaybı, glisemi ve kan lipid düzeylerinde iyileşme ile ilişkili olmasına rağmen kardiyovasküler

olay sıklığını azaltmamaktadır (7). Kilo kaybının diyabet üzerine etkisini incelendiği bir diğer çalışmada 12 aylık takip sonrası, kalori alımının sıkı bir şekilde kontrol edildiği hastaların yarısı nondiyabetik duruma dönmüştür ve tüm diyabet ilaçları kesilmiştir (8).

Diyet

Diyetteki besin öğeleri, kişinin yeme alışkanlıkları, tercihleri ve hedeflenen metabolik değerlere göre her hasta için bireyselleştirilmelidir (2). Yüzde 49'unun diyabet olduğu yüksek kardiyovasküler risk grubunda yapılan bir çalışmada zeytin yağı, fındık ve fıstıkla zenginleştirilmiş akdeniz diyetinin majör kardiyovasküler olay sıklığını azalttığı gösterilmiştir (9).

Düşük karbonhidratlı diyetin rolü diyabetik hastalarda açık değildir. Bir metaanalizde düşük ve yüksek karbonhidratlı diyetin glukoz düşürücü etkisi birinci yılın sonunda ve daha sonraki yıllarda benzer bulunmuştur, vücut ağırlığına ve LDL kolesterol düzeylerine etkileri de benzerdir (10).

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