

# BÖLÜM 6

## YAŞLILARDA KRONİK HASTALIKLAR

Dilek BAYKAL<sup>1</sup>  
Necmiye ÇÖMLEKÇİ<sup>2</sup>

### GİRİŞ

Dünya Sağlık Örgütü (DSÖ) verilerine göre 60 yaş üstü bireylerin oranının 2050 yılında %22 olacağı tahmin edilmektedir (1). Ülkemizde ise 2017 yılı verilerine göre 65 yaş üzeri nüfusun %8.5 olduğu bildirilmektedir (2). Yaşlanmayla birlikte bireyde fizyolojik, psikolojik ve sosyal sorunlar gelişmektedir. Dolayısıyla yaşlı nüfusun artması sağlık hizmetleri başta olmak üzere, toplumsal ve ailesel düzeyde önemli değişimleri beraberinde getirir. Bu durumdan da hiç şüphesiz en çok bireyin kendisi etkilenir (3).

Yaşlanma, DSÖ tarafından stres ve çevresel etkenlere olan uyumun azalması şeklinde tanımlanmaktadır (1). Yaşlanma tüm hücre, doku ve organları etkileyerek vücut sistemlerinin çoğunda kademeli fonksiyon kaybı oluşumuna neden olmaktadır (4). Aynı zamanda bireyde fizyolojik, ruhsal ve psikososyal yönleriyle bir bütün olarak gelişen sorunları da kapsamaktadır (3). Tüm bu değişiklikler geri dönüşü olmayan fizyolojik bir sürecin bileşenidir ve hastalık durumundan bağımsız gerçekleşmektedir (5). Yaşlanmayla birlikte kardiyovasküler, solunum, boşaltım, gastrointestinal, kas-iskelet ve nörolojik sistem fonksiyonlarında bozulma meydana gelmektedir (5).

Günümüzde yaşlı nüfusun artması ve buna paralel olarak yaşlanmayla ortaya çıkan kronik hastalıklar da artmaktadır. Yaşlı bakımı özel bir alanı oluşturmaktayken kronik hastalığı olan yaşlıların bakımı daha önemli bir alanı oluşturmaktadır. Bu bölüm, yaşlılarda sık görülen kronik hastalıklar ve yönetimini ele almak amacıyla Bu bölümde yaşlanmanın sistemlere etkisi, kardiyovasküler sisteme ait kronik hastalıklar, endokrin sisteme ait kronik hastalıklar, nörolojik sisteme ait kronik hastalıklar, solunum sistemine ait kronik hastalıklar ve yönetimi ele alınacaktır.

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<sup>1</sup> Dr. Öğr. Üyesi, İstanbul Atlas Üniversitesi, dilek.baykal@atlas.edu.tr

<sup>2</sup> Arş. Gör. Dr., Bartın Üniversitesi, nemycmlkc@gmail.com

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