12. Bölüm

HİPERLİPİDEMİ YÖNETİMİNDE FİZİKSEL AKTİVİTE

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Giriş

Hiperlipidemi koroner arter hastalığı, sereberovasküler hastalıklar başta olmak üzere metabolik sendrom, hipertansiyon, diyabetes mellitus, glukoz intoleransı ile ilişkilidir (1–3).

Yıllardır hiperlipidemi tedavisinde farmakolojik tedavinin üzerinde durulsa da güvenirlilik ve maliyet göz önüne alındığında nonfarmakolojik diğer tedavi seçenekleri de önem arz eder (2,4). Literatürde yapılan çalışmalar düzenli fiziksel aktivitenin plazma lipid profilini değiştirdiğini; trigliserit düzeyini azalttığını, HDL kolesterol düzeyini arttırdığını, LDL kolesterol düzeyini ise diyet ve kilo değişikliğine bağlı olarak değiştirdiğini göstermiştir (5,6). Bu kitap bölümünün amacı düzenli fiziksel aktivitenin kan lipid ve lipoprotein düzeyine olan etkisini mevcut bilgiler eşliğinde değerlendirmektir.

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