

Obezitenin Şifresi

**KİLO
VERMENİN
SIRLARINI ÇÖZMEK**

JASON FUNG, MD

OBEZİTENİN ŞİFRESİ



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Orijinal ISBN **ISBN**
978-1-77164-125-8 978-625-375-158-6

Orijinal Adı **Kitap Adı**
The Obesity Code Obezitenin Şifresi

Editör **Çeviri Editörü**
Jason FUNG Dyt: Alican DEMİROĞLU

Yayın Koordinatörü **Sayfa ve Kapak Tasarımı**
Mislina DAĞABAKAN Akademisyen Dizgi Ünitesi

Yayıncı Sertifika No **Baskı ve Cilt**
47518 Girişim Matbaacılık

Bisac Code
MED021000

DOI
10.37609/akya.3367

Kütüphane Kimlik Kartı

Obezitenin Şifresi / çev. edt. ; Alican Demiroğlu.
Ankara : Akademisyen Yayınevi Kitabevi, 2024.
328 s. : şekil. ; 160x235 mm.
Özgün eser adı: The Obesity Code.
Ek ve İndeks var.
ISBN 9786253751586

GENEL DAĞITIM
Akademisyen Kitabevi A.Ş.

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ÖNSÖZ

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Dr. Jason Fung, böbrek rahatsızlığı olan hastaların bakımında uzmanlaşmış Torontolu bir doktordur. Temel sorumluluğu, renal (böbreklerle ilgili) diyaliz gerektiren son dönem böbrek hastalarının karmaşık yönetimini denetlemektir.

Kimlik bilgileri, neden *Obezitenin Şifresi* adlı bir kitap yazması gerektiğini veya neden obezitede yoğun diyet yönetimi ve tip 2 Diyabet hakkında blog yazdığını açıklamıyor. Bu bariz anomaliyi anlamak için önce bu adamın kim olduğunu ve onu bu kadar sıra dışı yapan şeyin ne olduğunu anlamamız gerekiyor.

Dr. Fung, son dönem böbrek rahatsızlığı olan hastaları tedavi ederken iki çok önemli anahtar bilgi öğrendi. İlk olarak, tip 2 diyabet böbrek yetmezliğinin en yaygın tek nedenidir. İkincisi ise böbrek diyalizi, bütün karmaşıklığına ve ömür boyu sürmesine rağmen, yirmi, otuz, kırk ve hatta belki elli yıldır var olan altta yatan bir hastalığın yalnızca son semptomlarını tedavi eder. Yavaş yavaş, Dr. Fung tıbbi tam olarak kendisine öğretildiği gibi uygulanması gerektiğini anladı: karmaşık hastalıkların semptomlarını, öncelikle onların kök nedenlerini anlamaya veya düzeltmeye çalışmadan reaktif bir şekilde tedavi ederek.

Hastalarında bir fark yaratmak için, acı bir gerçeği kabul ederek başlaması gerektiğini anladı: saygıdeğer mesleğimiz artık hastalıkların nedenleriyle ilgilenmiyor. Bunun yerine, zamanının ve kaynaklarının çoğunu semptomları tedavi etmek için harcıyor.

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Böylece Dr. Fung, hastalığın altında yatan gerçek nedenleri anlamaya çalışarak, hastalarında (ve mesleğinde) gerçek bir fark yaratmaya karar verdi.

Aralık 2014'ten önce Dr. Jason Fung'un varlığından habersizdim. Sonra bir gün, YouTube'daki iki dersine denk geldim: "Tip 2 Diyabetin İki Büyük Yalanı" ve "Tip 2 Diyabeti Doğal Yollarla Nasıl Tersine Çeviririm?" Tip 2 diyabete özel bir ilgisi olan biri olarak, en azından ben de bu duruma sahip olduğum için doğal olarak ilgimi çekti. "Bu parlak genç adam kim?" diye düşündüm. Tip 2 diyabeti "doğal yollarla" tersine çevrilebileceğinden emin yapan şey nedir? Ve asil mesleğini, yalan söylemekle suçlayacak kadar nasıl cesur olabilir? İyi bir argüman sunması gerekecek, diye düşündüm.

Dr. Fung'un sadece haklı olmadığını, aynı zamanda herhangi bir tıbbi argümanda kendi başının çaresine bakabilmekten fazlası olduğunu anlamak sadece birkaç dakika sürdü. Sunduğu argüman, en az üç yıldır kafamda dolaşan, çözülmemiş bir argümandı. Ama ben onu hiçbir zaman aynı netlikle görememiş ya da Dr. Fung'un sahip olduğu aynı vurgulu basitlikle açıklayamamıştım. YouTube'daki iki dersinin sonunda, genç bir ustayı iş başında gözlemlediğimi biliyordum. Sonunda neyi kaçırdığımı anladım.

Dr. Fung'un bu iki derste başardığı şey, tip 2 diyabetin tıbbi tedavisi için şu anda popüler olan modeli - dünyadaki tüm farklı diyabet dernekleri tarafından zorunlu kılınan model - tamamen yok etmektir. Daha da kötüsü bu hatalı tedavi modelinin, onu alacak kadar talihsiz tüm hastaların sağlığına neden kaçınılmaz olarak zarar vereceğini açıkladı.

Dr. Fung'a göre, tip 2 diyabetin yönetimindeki ilk büyük yalan, "kronik olarak ilerleyen bir hastalık" olduğu iddiasıdır. Modern tıbbın sunduğu en iyi tedavilere uyanlarda bile, zamanla daha da kötüleştiğidir. Ancak Dr. Fung, bunun basit bir şekilde doğru olmadığını savunuyor. Diyetle karbonhidrat kısıtlaması ve kontrollü oruçları birleştiren Dr. Fung'un Yoğun Diyet Yönetimi (IDM) programındaki hastaların yüzde ellisi birkaç ay sonra insülin kullanmayı bırakabilmektedir.

Öyleyse neden gerçeği kabul edemiyoruz? Dr. Fung'un cevabı basit: Biz doktorlar kendimize yalan söylüyoruz. Tip 2 diyabet tedavi edilebilir bir

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hastalığa, ama tüm hastalarımız reçete ettiğimiz tedavilerle kötüleşiyorsa, o zaman biz kötü doktorlarız. Ve bu kadar uzun süre kötü doktorlar olmak için çalışmadığımıza göre, bu başarısızlık bizim suçumuz değil. Bunun yerine, maalesef kronik olarak ilerleyen ve tedavisi olmayan bir hastalıktan muzdarip olan hastalarımız için en iyisini yaptığımıza inanmalıyız. Dr. Fung, bunun kasıtlı bir yalan değil, ancak bilişsel uyumsuzluklardan biri olduğu sonucuna varıyor; yani onu kabul etmek duygusal olarak çok yıkıcı olacağından, bariz bir gerçeği kabul edememek.

Dr. Fung'a göre ikinci yalan, tip 2 diyabetin tek doğru tedavisinin kademeli olarak insülin dozlarını artırmak olduğu ve anormal kan şekeri düzeylerinden oluşan bir hastalık olduğuna dair inancımızdır. Bunun yerine Dr. Fung, gerçek insülin eksikliğinin bir koşulu olan tip 1 diyabetin aksine, tip 2 diyabetin aşırı insülin salgılanmasıyla oluşan bir insülin direnci hastalığı olduğunu savunuyor. Her iki durumu da aynı şekilde -insülin enjekte ederek- tedavi etmek anlamsızdır. "Neden bir insülin fazlalığı durumunu daha fazla insülinle tedavi edelim?" diye soruyor. Bu, alkolizm tedavisi için alkol reçete etmekle eşdeğerdir.

Dr. Fung'un yeni katkısı, tip 2 diyabet tedavisinin, hastalığın temel nedeni olan insülin direncinden ziyade, hastalığın semptomuna (yüksek kan şekeri konsantrasyonu) odaklandığına dair kavrayışıdır. Ve insülin direnci için ilk tedavi, karbonhidrat alımını sınırlamaktır. Bu basit biyolojiyi anlamak, bu hastalığın bazı durumlarda neden geri dönüşümlü olabileceğini ve bunun tersine, karbonhidrat alımını sınırlamayan modern tip 2 diyabet tedavisinin neden sonucu kötüleştirdiğini açıklıyor.

Fakat Dr. Fung bu şok edici sonuçlara nasıl ulaştı? Ve bu kitabın yararlığına nasıl öncülük etti?

Yukarıda anlatılan, hastalığın uzun vadeli doğasının ve bir hastalığın nedenini ortadan kaldırmak yerine semptomlarını tedavi etmenin mantıksızlığının farkına varmasına ek olarak, 2000'lerin başında, neredeyse şans eseri, obezite ve diğer insülin direnci durumlarında düşük karbonhidratlı diyetlerin faydaları ile alakalı giderek artan literatürün farkına vardı. Karbonhidratı

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kısıtlanmış, yüksek yağlı bir diyetin metabolizma için aşırı sağlıksız olduğuna inanması öğretilmişti ama gerçeğin bunun tam tersi olduğunu keşfedince çok şaşırıldı: Bu diyet seçimi, özellikle en kötü insülin direncine sahip olanlarda bir dizi oldukça faydalı metabolik sonuç üretiyordu.

Obezite (ve insülin direnci) olanlarda vücut ağırlığının azaltılması için bu yüksek yağlı diyetin, en az diğer daha geleneksel diyetler kadar ve genellikle çok daha fazla etkili olduğunu gösteren bir dizi gizli çalışma da cabası.

Sonunda daha fazla dayanamadı. Herkes düşük yağlı kalorisi kısıtlanmış diyetin vücut ağırlığını kontrol etmede veya obeziteyi tedavi etmede tamamen etkisiz olduğunu biliyorsa (ama kabul etmiyorsa) kesinlikle gerçeği söylemenin zamanı gelmişti: İnsülin direnci ve aşırı insülin üretimi hastalığı olan “obeziteyi tedavi etmek ve önlemek” için en büyük umut, kesinlikle insülin direncinin nihai hastalığı olan tip 2 diyabetin yönetimi için kullanılan “düşük karbonhidratlı, yüksek yağlı” diyetle aynı olmalıdır. Ve böylece bu kitap doğru.

Obezitenin Şifresi'nde, Dr. Fung, obezite konusunda bugüne kadar yayımlanmış belki de en önemli popüler kitabı üretmiştir.

Güçlü yönleri, kanıtları dikkatle sunulan çürütülemez bir biyolojiye dayanmasıdır ve bir usta iletişimcinin kolaylıkla ve güvenle erişebileceği, iyi düşünülmüş bir sırayla yazılmıştır. Böylece ardışık bölümleri sistematik olarak, katman katman, mantıksal sadeliğinde tam bir anlam ifade eden kanıta dayalı biyolojik bir obezite modeli geliştirir. Sadece şüpheli bilim insanını ikna etmeye yetecek kadar bilim içerir, ancak biyoloji geçmişi olmayanların kafasını karıştıracak kadar da fazla değil. Bu başarı başlı başına çok az bilim yazarının elde edebileceği çarpıcı bir başarıdır.

Kitabın sonunda dikkatli bir okuyucu, obezite salgınının nedenlerini, hem obezite hem de diyabet salgınlarını önlemeye yönelik girişimlerimizin neden başarısızlığa mahkûm olduğunu ve daha da önemlisi, obezite sorunu yaşayanların bu durumu tersine çevirmek için atması gereken basit adımların neler olduğunu tam olarak anlayacaktır. İhtiyaç duyulan çözüm, Dr. Fung'un şu anda sağladığı çözümdür:

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“Obezite . . . çok föktörlü bir hastalıktır. İhtiyacımız olan şey, tüm faktörlerinin nasıl bir araya geldiğini anlamak için bir çerçeve, bir yapı, tutarlı bir teoridir. Çok sık olarak, mevcut obezite modelimiz, yalnızca tek bir gerçek neden olduğunu ve diğerlerinin sadece aday olduğunu varsayıyor. Ve böylece bitmek bilmeyen tartışmalar başlıyor. . . Hepsi kısmen doğru.”

Dr. Fung, obezitenin gerçek nedenleri hakkında şu anda bildiklerimizin çoğunu açıklayabilecek böyle tutarlı bir çerçeve sağlayarak çok, çok daha fazlasını sağladı.

Modern toplumun karşı karşıya olduğu en büyük tıbbi salgınların tersine çevrilmesi için bir model sağladı -gösterdiği salgınlar tamamen önlenbilir ve potansiyel olarak tersine çevrilebilir, ancak sadece semptomlarını değil biyolojik nedenlerini de gerçekten anlarsak.

Açıkladığı gerçek bir gün aşikâr olarak kabul edilecektir. O gün ne kadar erken gelirse hepimiz için o kadar iyi olur.

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SON NOTLAR

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