

**METABOLİK SENDROMLU HASTALARDA
KALP HIZI DEĞİŞKENLİĞİ VE KALP HIZI
TÜRBÜLANSI**

Yazar
Gülay AYDIN



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Bu kitapta yer alan fikirler ve düşünceler yazara ait olup, hiçbir kurum veya kuruluşun görüşünü yansıtmamaktadır. Bu kitap, "Metabolik Sendromlu Hastalarda Kalp Hızı Değişkenliği ve Kalp Hızı Türbülansı Ölçümü ve Değerlendirilmesi" adlı doktora tezinden üretilmiştir.

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ÖNSÖZ

Değerleri Meslektaşlarım,

Kardiyovasküler hastalıkların gelişiminde yer alan çeşitli risk faktörlerini bir arada barındıran Metabolik Sendromlu hasta sayısı ülkemizde ve dünyada gün geçtikçe artmaktadır. Metabolik Sendrom teşhisinde genellikle National Cholesterol Education Program Adult Treatment Panel kriterleri kullanılmaktadır. Metabolik Sendrom kriterlerini karşılayan hastaların kardiyak otonomik fonksiyonlarının nasıl olduğunun araştırılması gerekmektedir.

“Metabolik Sendromlu Hastalarda Kalp Hızı Değişkenliği ve Kalp Hızı Türbülansı Ölçümü ve Değerlendirilmesi” kitabımda, 24 saatlik ritim holter takılmak sureti ile kardiyak otonomik fonksiyonların değerlendirilmesinin sonuçları yer almaktadır. Tüm ilgili meslektaşlarıma bir kaynak olmasını diliyorum.

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İÇİNDEKİLER

1. GİRİŞ	1
2. GENEL BİLGİLER	5
2.1 Metabolik Sendrom	5
2.1.1 Metabolik Sendrom Tanısında Kullanılan Kriterler	6
2.1.2 Epidemiyoloji	8
2.1.3 Metabolik Sendromun Patogenezi	9
2.2 Kalp Hızı Değişkenliği	9
2.2.1 Kalp Hızı Değişkenliği Ölçüm Tekniği	9
2.2.2 Kalp Hızı Değişkenliği Ölçüm Metodları	10
2.3 Kalp Hızı Türbülansı	14
2.3.1 Kalp Hızı Türbülansı Ölçüm Tekniği	16
3. GEREÇ VE YÖNTEM	19
3.1 Çalışmaya Alınma Kriterleri	19
3.2 Çalışmadan Dışlanma Kriterleri	20
3.3 Kullanılan Cihazlar	20
3.4 İstatistiksel Değerlendirme	21
4. BULGULAR	23
5. TARTIŞMA	27
5.1 Metabolik Sendromunun Türkiye'deki Prevalansı	28
5.2 Metabolik Sendromda Koroner Kalp Hastalığı Riski	29
5.3 Kalp Hızı Değişkenliğinin Değerlendirildiği Durumlar	30
5.5 Kalp Hızı Türbülansının Değerlendirildiği Durumlar	34
6. SONUÇLAR VE ÖNERİLER	37
KAYNAKLAR	38

KISALTMALAR

ach	: Asetilkolin
AHA	: Amerikan Kalp Derneği (American Heart Association)
AMI	: Akut Miyokard İnfarktüsü
ark.	: Arkadaşları
cm	: Santimetre
CRP	: C Reaktif Protein
dk	: Dakika
dL	: Desilitre
DM	: Diyabetes Mellitus
EKG	: Elektrokardiyogram
FB	: Frekans bandı
HF	: Yüksek Frekans (High Frequency)
ICD	: İmplant Edilebilir Kardiyoverter Defibrilatör
IDF	: International Diabetes Foundation
KAH	: Koroner Arter Hastalığı
KHD	: Kalp Hızı Değişkenliği (Heart Rate Variability)
KHT	: Kalp Hızı Türbülansı (Heart Rate Turbulance)
KVH	: Kardiyovasküler Hastalık
KY	: Kalp Yetersizliği
LDL	: Düşük Dansiteli Lipoprotein (Low Density Lipoprotein)
LF	: Düşük Frekans (Low Frequency)
LV	: Sol Ventrikül (Left Ventricular)
LVEF	: Sol Ventrikül Ejeksiyon Fraksiyonu
mcg	: Mikrogram
mcg/dk	: Mikrogram/dakika
MF	: Orta Frekans (medium frequency)
mg/dL	: Miligram/desilitre
mg/g	: Miligram/gün
MI	: Miyokard İnfarktüsü
mmHg	: Milimetreciva
ms.	: Milisaniye
MS	: Metabolik Sendrom
NCEP ATP III	: National Cholesterol Education Progame Adult Treatment Panel III

Kısaltmalar

NO	: Nitrik oksit
ort	: Ortalama
std	: Standart
TB	: Türbülans Başlangıcı
TE	: Türbülans Eğimi
TCA	: Trisiklik Anti Depresanlar
TE	: Türbülans Eğimi
TG	: Trigliserid
Tonset	: Türbülans Başlangıcı
Tslope	: Türbülans Eğimi
ULF	: Ultra Düşük Frekans (Ultra Low Frequency)
VEA	: Ventriküler Erken Atım
VLF	: Çok Düşük Frekans (Very Low Frequency)
VKİ	: Vücut Kitle Endeksi
WHO	: Dünya Sağlık Örgütü (World Health Organization)

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