BÖLÜM 3

SİROZ YÖNETİMİNDE NON-FARMAKOLOJİK YAKLAŞIMLAR

Fatmanur İNCE ÖZGENEL[1]

GİRİŞ

Siroz, sağlıklı karaciğer parankimasının fibrotik doku ve rejeneratif nodüllerle yer değiştirmesine ve portal hipertansiyona yol açan uzun bir inflamasyon döneminin ardından gelişen bir hastalıktır. Hastalık, asemptomatik faz (kompanse siroz) ve semptomatik faz (dekompanse siroz) olmak üzere iki fazdan oluşur. Kompanse fazlan dekompanse faza geçiş olduğunda bu fazın komplikasyonları genellikle hastaneye yatış, yaşam kalitesinin bozulması ve yüksek mortalite ile sonuçlanır (1). Siroz, artan ölüm oranları nedeniyle oldukça önemli bir halk sağlığı sorunudur. Son 200 yılda ortalama yaşam beklentisinin neredeyse iki katına çıkması sonucu geç yaşta ortaya çıkan hastalıklar artık daha fazla insanı etkilemektedir. Gelişmiş ülkeler sosyal hizmet taleplerini bir dereceye kadar karşılayabilirken, gelişmekte olan ülkeler ise yaşlanmayla bağlantılı kronik hastalıklar için uzun vadeli bakım ihtiyaçlarını yönetmede zorlanmaktadır. 2019 rakamlarına göre siroz, dünya çapındaki toplam ölüm oranının %2,4'üne katkıda bulunmaktadır (2). Dünya çapında görülen en yaygın 11. ölüm nedeni olan sirozun yıllık ölüm sayısı 1 milyonun üzerindedir (1). Sirozun semptom yönetiminde farmakolojik yaklaşımların yanı sıra beslenme, besin takviyeleri, egzersiz, hasta eğitimi, alternatif ve tamamlayıcı terapiler, geleneksel Çin tıbbı ve öz yönetim müdahaleleri gibi non-farmakolojik yaklaşımlar önerilmektedir. Bu bütüncül stratejiler, hastaların yaşam kalitesini artırmada ve hastalığın olumsuz etkilerini azaltmada önemli katkılar sağlamaktadır.

[1] PhD, Eskisehir Osmangazi University, Health, Practice and Research Hospital, Eskisehir, fatmanurince@ogu.edu tr, ORCID iD 0000-0002-2543-6674

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tarzı müdahalelerinin başlanmasına olanak tanıyarak hastalığın ilerlemesini yavaşlatmak ve komplikasyonların gelişimini önlemek açısından büyük önem taşır.

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