

6. BÖLÜM

Dürtü Penceresinden Yeme Bozuklukları ve Obezite

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Dürtüsellik düşünmeden, yeterli öngörü ya da şuurlu bir muhakeme olmaksızın harekete geçme ve kontrolde yetersizlik sonucu hazı erteleyememe ya da potansiyel riskleri dikkate alamama şeklinde tanımlanmaktadır (Solanto ve ark., 2001). Dürtüsellik çok boyutlu yapıya sahip bir durum olup, bağımlılıktan dikkat eksikliği ve hiperaktivite bozukluğuna (DEHB) kadar pek çok psikopatolojiyle ilişkilidir (Nasser ve ark., 2004). Bu çerçevede yeme davranışı, yeme bozuklukları ve obezitede de dürtüsellik anahtar bir kavram olarak görülmektedir. Nitekim obez çocuklarda, tıknırcasına yeme bozukluğu olan kadınlarda ve kısıtlayıcı tarzda yiyenlerde dürtüsellik kontrol gruplarına göre daha fazla olduğu çeşitli araştırmalarda

gösterilmiştir (Nasser ve ark., 2004; Nederkoorn ve ark., 2004). Dürtüsellik özel bir grup olarak adölesanlarda da yeme ile ilgili davranış kusurları ve yeme bozuklukları için bir risk faktörü olduğu bilinmektedir (Wonderlich, 2004).

Bu bölümde dürtüsellik çeşitli boyutları ile yeme bozuklukları ve obezite ilişkisi gözden geçirilecektir. Ayrıca hem obezite hem de dürtüsellikle ilişkisi bulunan bağımlılık kavramı çerçevesinden “yeme bağımlılığı” da özel olarak irdelenecektir. Son olarak bilinmektedir ki hem yeme bozuklukları hem obezite, tedavileri bakımından da karmaşık durumlardır. Dolayısıyla bu bölümde, kişilerdeki mevcut dürtüsellik tedavileri zorlaştırıcı etkilerine de değinilecektir.

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İkili etkiye sahip olan bazı opioid reseptör antagonistleri, motivasyonu ve ayrıca tercih edilen gıdaya yönelik hedonik etkiyi düşürmekte böylece gıda alımını azaltmaktadır. μ -opioid reseptör sinyalini baskılayan ajanların örneğin gıda, alkol, opiatlar ya da psikostimulan gibi ilaçların kompulsif kullanım durumlarında etkili olduğu bildirilmiştir (Giuliano ve ark., 2012). Halen μ -opioid reseptör sinyalini baskılayan ajanlar kompulsif yeme bozukluğu ve obezite tedavisinde klinik geliştirilme aşamasındadır. Aşırı kilolularda gıda tüketimin azalması ve yüksek yağ/şeker içeren maddelere karşı zevk alıcı yanıtın azalması yoluyla etki göstermektedir (Nathan ve ark., 2012).

Sağlıklı gönüllülerde naltrekson ile karşılaştırılmalı bir fonksiyonel manyetik rezonans görüntüleme (fMRI) çalışmasında μ opioid reseptör antagonisti olan GSK1521498'in gıda ile ilişkili uyarıya yanıt sonrası amigdala ve ventral striatumda aktivasyonu azalttığı belirlenmiştir (Rabiner ve ark., 2011). μ -opioid reseptörlerinin leziz gıdalara karşı hedonik yanıtı oluşturmada asal bir rolü olduğu ve beyin opioid sistemlerinin gıda alımı ve damak tadına uygun besine karşı ödüllendirici etkiyi oluşturmada rol aldığı ileri sürülmüştür (Peciña ve Berridge, 2005; Nathan ve Bullmore, 2009).

SONUÇ

Dürtüsellik çok sayıda psikiyatrik bozuklukta rol aldığı gibi, yeme bozuklukları ve obezitede de hem gidişi hem de sonlanımı olumsuz etkileyen bir faktördür. Yeme bozukluklarını ve obeziteyi değerlendirme ve tedavi planlanmasında dürtüsellik özellikle

değerlendirilmesi gerekli olan bir durumdur. Konuyla ilgili daha fazla ve büyük ölçekli epidemiyolojik, klinik, genetik ve farmakolojik çalışmalara gereksinim bulunmaktadır.

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