

Bölüm 34

TEKNOLOJİNİN OBEZİTEYE ETKİSİ

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GİRİŞ

Obezite, basit bir ifadeyle anormal-aşırı yağ doku kitlesinin birikmesidir (1). 2000 yıldan uzun süredir tıp dünyası için bilinen mühim bir konu başlığı olan obezitenin epidemik tabiatı (2) çağımızın en önemli halk sağlığı sorunlarının başında gelmekte ve hem ulusal hem küresel boyutta kaygı verici bir ivmede yaygınlaşarak insan sağlığını tehdit etmektedir (3).

Obezitenin tanımlanmasında ölçüm için en yaygın olarak kullanılan ve standart olarak kabul edilen metod vücut kitle indeksidir (VKİ); kilogram cinsinden ağırlığın metrekaresine bölünmesi ile hesaplanmaktadır. Dünya Sağlık Örgütü (DSÖ)'nün güncel obezite sınıflandırmasında erişkinlerde; VKİ 25-29.9 iken fazla kilolu, 30-34.9 iken 1.derece, 35-39.9 iken 2.derece, ≥ 40 ise 3.derece yani morbid obezite tanımlamaları kullanılmaktadır (4). Çocuklarda ise DSÖ Çocuk Büyüme Referansı persantil eğrileri kullanılmaktadır (5). Büyük ölçekli epidemiyolojik çalışmalarda, VKİ 25'ten yüksek olduğunda, nedeni ne olursa olsun metabolik ve kardiyovasküler morbiditenin artmaya başladığı ileri sürülmüş ve obezite için eşik değerin aşağı çekilmesi gerektiği belirtilmiştir. Buna istinaden bazı otörler VKİ değeri 25 ile 30 arasındakileri tanımlamak için fazla kilolu terimini kullanmayı tercih etmektedirler (6).

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SONUÇ

Genetik bazlı sendromlar, hipotalamik hasarlar, santral sinir sistemi kaynaklı iştah bozukluğu gibi obezitenin sebeplerinden bazıları kontrolümüz dışında sayılsa da, en sık sebebi olan aşırı yemek yeme ve fiziksel aktivite yokluğunu bertaraf etmek bizim elimizdedir.

Obezite patofizyolojisi fazla kalori alımı yanında her ne kadar kişiyi sedanter hayata iten teknolojik gelişmelerle ilişkili olsa da, modern cihazların yaygın kullanımını ve internetten bilgiye kolayca erişilebilirlik kişilerin obezite takiplerini ve diğer sağlık sorunlarını e-Sağlık ortamlarında kolayca izleyebilmeleri için eşsiz bir fırsat sunmaktadır. Sayısız obezite hastası Covid-19 pandemisinin gündemde bu kadar yer kapladığı bir dönemde SMS ile bilgilendirme, sohbet odaları, çalışma odaklı web siteleri ve telefon görüşmelerinin yanında görüntülü aramalar sayesinde sorumlu sağlık personeli ile temas halinde kalabilmekte, diyetlerini ve egzersizlerini kişiye özel formda olacak biçimde düzenleyebilmektedir.

Obezite epidemisi ile olan savaşımızda teknolojik gelişmelerin doğru ve yerinde kullanımı ile gücümüze güç kattığı yadsınamaz bir gerçektir. Teknoloji bu hızda devam ettiği müddetçe yakın gelecekte kişilerin kalori alımının, kilo skalasının ve fiziksel aktivitesinin yakından takip edilebileceği sanal obezite yönetim merkezlerinin kurulacağı günler uzak görünmemektedir.

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