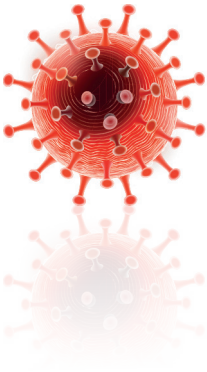

4. Bölüm

COVID-19 ve Diyabet

Hakan DOĞRUEL[1]

GENEL BİLGİLER

Coronavirüsler, insanlarda ve hayvanlarda enfeksiyona neden olabilen önemli patojenlerdir. İlk olarak Çin Halk Cumhuriyeti'nin Wuhan kentinde, 2019 yılı sonlarında tanımlanan ve akut respiratuvar sendrom coronavirus-2'nin (SARS-CoV-2) neden olduğu COVID-19 kısa sürede bütün dünyaya yayıldı. Dünya sağlık örgütü (DSÖ) tarafından Mart 2020'de pandemi olarak ilan edildi (1). COVID-19 pandemisi, kısa sürede son yüzyılın en önemli sağlık sorunlarından biri haline geldi.

DSÖ tarafından pandemi olarak ilan edilmiş diğer bir hastalık Diyabetes Mellitus (DM) ise, hiperglisemi ile karakterize sürekli tıbbi bakım gerektiren bir kronik metabolik hastalıktır (2). Son yıllarda DM sıklığı giderek artmaktadır. Tüm dünyada DM vaka sayısının; 2009' da 285 milyon, 2011' de 366 milyon, 2015' te 415 milyon, 2017' de ise 425 milyon olduğu tahmin edilmektedir. Ayrıca tüm dünya genelinde 2030'da 578 milyon, 2045' te ise 700 milyon DM tanılı bireyin olacağı tahmin edilmektedir (3). DM varlığı birçok hastalık durumunda klinik sonuçları olumsuz etkilemektedir. DM hastalarında, DM olmayan hastalara göre akut koroner sendrom (AKS) sonrası klinik sonuçların daha kötü olduğu birçok çalışmada gösterilmiştir (4-7). Ayrıca herhangi bir sebeple cerrahi girişim yapılan hastalarda, DM varlığının daha sık komplikasyon ile ilişkili olduğu saptanmıştır (8-12). DM tanılı hastaların, DM olmayanlara göre enfeksiyonlara daha yatkın olduğu da birçok çalışmada gösterilmiştir (13-15). Nötrofil kemotaksisi, nötrofilin

[1] Uzm. Dr., Akdeniz Üniversitesi Tıp Fakültesi Endokrinoloji ve Metabolizma Hastalıkları BD, dogruelhakan@gmail.com

Sonuç olarak; COVID-19 ve DM birbirlerinin klinik seyrini etkileyen önemli sağlık sorunlarıdır. COVID-19 enfeksiyonu varlığında DM'nin klinik gidişatı olumsuz etkilemesinin yanında COVID-19 enfeksiyonun glisemik bozukluk ve yeni DM gelişimine yol açabileceği akılda tutulmalıdır. Hiperglisemi yönetiminde bireyleri hipoglisemi, hiperglisemi ve glisemik dalgalanmalardan korumanın yanında anti-diyabetik ajanların spesifik kontrendikasyonları ve dikkat edilmesi gereken hususlar göz ardı edilmemelidir.

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