

Bölüm 7

İRRİTABL BARSAK SENDROMU VE GÜNCEL TEDAVİ STRATEJİLERİ

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İrritabl barsak sendromu (İBS); defekasyon renk, kıvam ve sıklığında değişiklik ve buna eşlik eden karın ağrısı, şişkinlik, karında huzursuzluk ile karakterize gastrointestinal bozukluktur. İBS'nin dört formu vardır:

1. Kabızlık baskın
- 2-. İshal baskın
3. Karışık tip
4. Sınıflandırılmamış İBS

İBS patogeneğinde suçlanan visseral-enteronöral duyarlılık, barsak-beyin ekseninde aksama, barsaklarda motilite bozukluğu, barsak mikrobiyatada etkilenme, barsak geçirgenliğinin değişmesi ve immun sistemde aktivasyon gibi sıkça karşımıza çıkan faktörler vardır. Tüm bunlara ek olarak; bakteriler, virüsler ve parazit enfeksiyonlarının etkili olduğu mikrobiyal teori de vardır (1).

İBS ile birlikteliği olabilen fibromyalji, kronik ağrı sendromları, temparomandibuler eklem bozukluğu, anksiyete, depresif bozukluk, somatoform bozukluk gibi pekçok komorbit durum vardır (2).

1. DİYET

Diyet; beyin barsak yolunu, nöroendokrin mekanizmalarını, barsak geçirgenliğini, hareketlerini, barsak mikrobiyom değişkenliğini ve immun aktivasyonunu etkiler. Dolayısıyla diyet; İBS hastalarının etyoloji, patogeneze ve tedavisinde her noktada önemli rol oynamaktadır (3). Barsak florasındaki yararlı/zararlı bakteri oranını, zararlı bakterilerin artması lehine değiştiren herhangi bir neden, mikrobiyal disbiyozis denen bir süreci başlatır. Pei Pei Chong ve ark'nın yapmış olduğu bir çalışmada; bu patolojik süreçte barsak hareketini ve geçirgenliğini etkileyen yiyecek alımından kaçınmak ve disbiyozisi düzeltene diyet ile beslenmenin İBS semptomlarını iyileştirdiği gösterilmiştir (4). Örneğin; Gluten içermeyen diyet-

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liği sık görülen hastalık yelpazesi çok çeşitlidir. Geçmişten günümüze kullanımda olan ve geleceğe yönelik umut vadeden pek çok molekül ve tedavi şekli olup, henüz net ve standart bir tedavi stratejisi belirlenememiştir.

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