

18. Bölüm

ADÖLESANLARDA DİYABET VE ASTIM

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| DİYABET

Diabetes mellitus (DM) mutlak veya göreceli insülin eksikliğine bağlı olarak gelişen açlık veya postprandiyal hiperglisemiyle karakterize glikoz ve diğer enerji veren yakıtların (protein ve yağ) metabolizmasında değişikliğe yol açan ömür boyu süren bir hastalıktır. İnsülin eksikliği, hiperglisemi ve diyabete bağlı ortaya çıkan metobolik bozukluklarda birincil rol oynar. Hiperglisemi ise diyabetin mikrovasküler ve makrovasküler komplikasyonlarında anahtar rol oynamaktadır.

Diyabet Semptomları

Klinik semptomlar arasında poliüri, polidipsi, polifaji, kilo kaybı ve genellikle uzun süreli hiperglisemi şiddetli olduğunda meydana gelen bulanık görme yer alır. Semptomların şiddeti ketoasidozu veya hiperosmolar non-ketotik komayı şiddetlendirir. Tip 2 diyabetes mellitüslü bireylerde, hiperglisemi hafif seyrettiğinde yıllarca semptomlar bulunmayabilir veya hafif görülebilir.

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