

8. BÖLÜM

KETOJENİK DİYETTE VİTAMİN VE MİKRONUTRİENT DESTEĞİ

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Ketojenik diyet (KD), dirençli nöbetlerin, piruvat dehidrojenaz kompleks eksikliği ve glikoz taşıyıcı protein tip 1 (GLUT-1) eksikliği gibi belirli metabolik bozuklukların tedavisinde kullanılan yüksek yağlı bir diyettir.¹

Ketojenik diyetin tedavi alanında kullanımı çok eski yıllara dayanmakta olup, eski yıllarda mineral ve vitamin ihtiyaçlarının bilinmediği için vitamin ve mineral eksikliğine bağlı komplikasyonlar sık olarak görülmekteydi. Günümüzde ketojenik diyet tedavisi uygulanan hastaların multidisipliner bir ekip tarafından düzenli ve sık aralıklarla kontrolleri, diyetin başlangıcından itibaren multivitamin desteği verilmesi, ebeveynlerle sağlanan işbirliği ve yakın iletişim sayesinde hastaların günlük gerekli vitamin ve mineral eksiklikleri erken dönemde saptanıp oluşabilecek yan etkilerin önüne geçilebilmektedir. Ketojenik diyetin tedavi olarak kullanımını giderek yaygınlaşmakta, endikasyonları genişlemektedir.

Dengeli beslenme vücudun günlük gerekli mineral ve vitamin ihtiyacını karşılayabilirken, düşük karbonhidrat yüksek yağ ve çok az protein içeren açlık durumunu taklit eden diyet şekli olan ketojenik diyetle vitamin ve minerallerin eksikliği gelişebilmektedir. Dirençli epilepsi endikasyonu ile ketojenik diyet uygulanan çocukların kullanmakta oldukları antiepileptik ilaç tedavileri de besin metabolizmalarını etkileyerek vitamin ve mineral eksikliğine neden olabilmektedir. Büyüme ve gelişmenin normal olarak devamı ve yan etkilerin önlenmesi açısından ketojenik diyet alan hastalarda mikro besin ve vitamin takviyeleri önemlidir. Diyetle ilgili karbonhidrat kısıtlılığının gerekliliğinden dolayı kullanılacak takviyelerin içeriği konusunda dikkatli olunmalı, KD'ye uygun ürünler seçilmelidir.

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