

# 13.

## BÖLÜM

# DIYABETİK HASTALARDA HİPERTANSİYON TEDAVİSİ

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## GİRİŞ

Diabetes Mellitus (DM), insülin sekresyonu ile insülin etkisindeki bozukluklar neticesinde ortaya çıkan kan glukozu yüksekliği (hiperglisemi) ile seyreden sistemik bir hastalıktır. Hastalığın kronik ve ilerleyici olması, komplikasyonlara yol açarak yaşam kalitesini bozabilmesi önemli özellikleri arasında yer almaktadır.

Diyabet 20.yüzyılın ikinci yarısından beri artan sıklıkla karşımıza çıkmakta olup, 21. yüzyıl itibarıyla halk sağlığını en fazla tehdit eden sorunlardan biridir. Diyabete sahip kişilerin sayısı her geçen gün adeta çığ gibi artarken, beraberinde devletler için önemli ekonomik maliyetler de oluşturmaktadır. Diyabet ve komplikasyonları iyi yönetilemediği takdirde hastaneye başvuru sayı ve sıklığında artışa sebep olabilmekte ve uzun vadede erken dönemde ölüme yol açabilmektedir. Gerçekten de diyabet dünyada ölümün ilk 10 nedeni arasındadır (1). Ayrıca, gelişmiş toplumlarda körlük, son dönem böbrek yetmezliği ve travma dışı amputasyonların en önemli nedeni diyabettir (2).

2019 yılında yayınlanan IDF 9 verilerine göre, hem teşhis edilmiş hem de teşhis edilmemiş tip 1 ve tip 2 diyabetin 20-79 yaşlarındaki insanlarda tahmini yaygınlığı 463 milyona yani dünya nüfusunun %9.3'üne yükseldiği saptanmıştır. 2030 yılına kadar ise tahmini olarak dünya nüfusunun %10.2'si olan 578 milyon insanın diyabet hastası olacağı tahmin edilmektedir. 2045 yılında bu sayının yeni bir rekor kırarak 700 milyon ile tahmini dünya nüfusunun % 10.9'una ulaşacağı hesaplanmıştır (1). Diyabet yaygınlığını belirlemek için ülkemizde 2010 yılında yapılan Türkiye Diyabet Epidemiyoloji (TURDEP-II) çalışmasında 20 yaşından büyük 26.499 kişi taranarak, tip 2 diabetes mellitus (T2DM) sıklığının önceki yıllara oranla önemli derecede artış gösterdiği ve %13.7'ye vardığı tespit edilmiştir (3). Buradan anlaşıldığı üzere dünya genelindeki artışa paralel olarak ülkemizde de hem diyabetin görülme sıklığı hem de hasta sayısı belirgin artış göstermektedir. Dolayısıyla sağlık gündeminde uzun süreler daha diyabet ve komplikasyonları önemli yer tutacak gibi

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