

BÖLÜM 6

OBEZİTEDE ANESTEZİ YÖNETİMİ

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GİRİŞ

Günümüzde obezite, küresel ölçekte salgın boyutlarında artış göstermeye devam etmektedir. Obezitenin vücutta yol açtığı fizyolojik değişiklikler pekçok komplikasyonu da beraberinde getirmektedir. Obezitedeki artışa paralel olarak obez hastalar üzerinde uygulanan cerrahi prosedürlerin sayısı da her geçen gün artmaktadır. Obez hastaların cerrahi tedavilerinin ayrılmaz bir parçası olarak anestezi yönetiminde obeziteye özgü bazı kondisyonların göz önünde bulundurulması gerekmektedir. Obezitede anestezi yönetimi preoperatif dönemde hastanın kardiyopulmoner, metabolik, kas-iskelet ve psikolojik yönlerden ayrıntılı bir şekilde değerlendirilmesini, rutin laboratuvar testleri ile birlikte EKG ve gerektiğinde stres-egzersiz testlerinin yapılmasını gerektirir. Intraoperatif anestezi yönetiminde hastaya pozisyon verilmesi, havayolu yönetimi, anestezi indüksiyonu ve idamesi ile nöromusküler blok monitorizasyonunun obezite perspektifi ile yürütülmesi yer almaktadır. Postoperatif bakımda yoğun bakım gereksinimi ile birlikte yine analjezikler ve profilaksi konuları ön plana çıkmaktadır. Bu bölümde öncelikle obezitenin patofizyolojisi ve komplikasyonlarına yer verilmekte, preoperatif, intraoperatif ve postoperatif dönemlerde obez hastalarda anestezi yönetimi ele alınmaktadır.

OBEZİTENİN FİZYOPATOLOJİSİ

Obezitenin patofizyolojisi temel olarak enerjetik ve besinsel olmak üzere iki perspektife dayanmaktadır. Bunlardan enerji dengesinin düzenlenmesi mekanizması üzerinde önemli derecede görüş birliği mevcut olmakla birlikte optimum besin kompozisyonu üzerinde halen tartışmalar mevcuttur ⁽¹⁾. Yetişkin vücut ağırlığı sabit koşullar altında önemli derecede kararlı ve kısa süreli iniş-çıkışlara karşı dirençli olup, çoğu bilim insanı vücut ağırlığı veya adiozitenin aktif olarak düzenlendiğini düşünmektedir ^(2,3). Bu nedenle yeni görüşler doğrultusunda obezitenin bir hastalık olduğu desteklenmekte ve bundan, insan yerine fizyoloji sorumlu tu-

normal kilolu hastalara kıyasla kendine has özellikleri vardır. Bu konuda henüz üzerinde konsensus bulunmayan pek çok problem çözülmeyi beklemekte olup, yapılacak kapsamlı çalışmalara ihtiyaç olduğu kanaatindeyiz.

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