

16.

Bölüm

OBEZİTE

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1. Pandemide obez hastalar nelere dikkat etmeli?
2. Obezite mi? Yoksa komorbid hastalıklar mı riski artırır?
3. Obezite cerrahisi ertelenmeli mi?
4. Pandemide beslenme ve egzersiz önerileri, 5N1K?

GİRİŞ

Akut solunum yolları enfeksiyonları, insanlarda virüsler ya da bakteriler ile oluşan, en bulaşıcı hastalıklardandır (1). Rhinovirüsler başta olmak üzere, 200'den fazla virüs, akut solunum yolu enfeksiyonuna neden olabilir (2). Aralık 2019'da, Çin'de Şiddetli Akut Solunum Sendromu Coronavirus-2 (SARS-CoV-2) olarak adlandırılan ve hızla yayılan yeni bir koronavirüs salgını bildirildi. Dünya Sağlık Örgütü tarafından 1 Kasım 2020 tarihli güncel verilere göre tanısı doğrulanmış vaka sayısı 45.942.902, mortalite sayısı 1.192.644 olarak açıklandı (3).

Olguların yaklaşık %80'i asemptomatik yada hafif hastalık tablosu gösterirken, diğerlerinde şiddetli hastalık tablosu görülebilmekte ve ölümle sonuçlanabilmektedir. Yaş, sigara kullanımı, diyabet gibi eşlik eden hastalıklara ek olarak obezite de COVID-19 enfeksiyonu için risk faktörü olarak düşünülmektedir (4).

COVID-19 salgını sürecinde, yeni koronavirüs enfeksiyonu ilgili riskleri azaltmak için gerekli olan strateji, önleyici uygulamaların benimsenmesidir. Kişi-

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ruyacaktır. Planlamanın vücut kitle indeksi yerine hastalık odaklı klinik ihtiyaçlar temelinde yapılması, sorunun çözümlenmesi için katkı sağlayabilir.

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