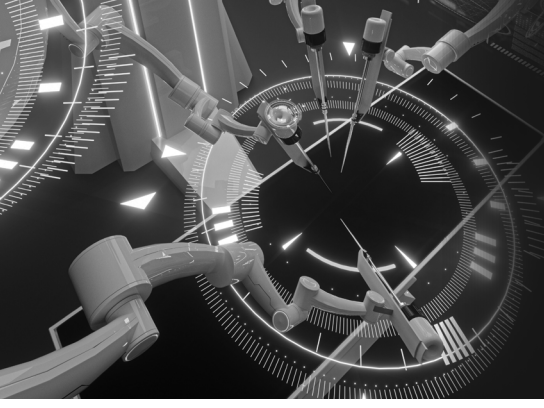




Bölüm

47

OBEZİTEDE CERRAHİ DIŞI TEDAVİ YÖNTEMLERİ

Halil İbrahim TAŞCI¹

OBEZİTE

Tanım ve Sınıflama

Obezite Dünya Sağlık Örgütü (DSÖ) tarafından “vücutta sağlık için risk oluşturacak derecede aşırı ya da anormal yağ birikimi” olarak tanımlanmıştır (1). 2015 yılı itibarı ile dünya çapında yaklaşık 604 milyon yetişkinin obez olduğu, 1980’den beri obezite prevalansının 70’den fazla ülkede ikiye katlandığı ve her geçen gün artarak devam ettiği bilinmektedir (2). Amerika Birleşik Devletlerinde yapılan araştırmalar bireylerde obezite görülme sıklığının sürekli artış eğiliminde olduğunu göstermektedir (3). 1988 yılında %22 civarında olan obezite prevalansı 2018 yılında % 42,4’e kadar yükselmiştir. Son yapılan çalışmalar obezitenin yetişkin erkek ve kadınlarda benzer oranlarda görüldüğünü bildirmektedir (3,4).

Sınıflandırmada uzun zamandır genel kabul gören yöntem vücut kitle indeksinin (VKİ) kullanımıdır. DSÖ’nün VKİ sınıflaması Tablo 1’de özetlenmiştir (5). Bu sınıflamaya göre Sınıf 3 obezite ve başka ek hastalıklarla birlikte olan Sınıf 2 obezite morbid obezite olarak kabul edilmektedir. VKİ’nin her ne kadar hesaplaması kolay olsa da; yaş, etnik aidiyet, vücut kas kütlesi gibi yağ oranının etkileyebilecek faktörleri göz ardı ettiği için ortaya çıkan yetersizliklerine bağlı

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