

ENDOKRİNOLOJİK RAHATSIZLIKLAR, DİYABET VE OBEZİTE

4. BÖLÜM

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Giriş

Obezite, birçok organı ve sistemi farklı yollarla etkileyen çeşitli komplikasyonlarla ilişkili kompleks kronik bir tıbbi durumdur. Obezite pek çok endokrinolojik sorunları beraberinde getirmektedir. Obezitenin morbidite ve mortalite ile ilişkisi 2000 yıldan fazladır tıbbi olarak bilinmektedir (1). Obezitenin santral tipinde metabolik rahatsızlıklar diğer tiplere göre daha sık görülmektedir. Obezite ile birlikte olan endokrinolojik rahatsızlıklar Tablo 1’ de belirtilmiştir.

Tablo 1. Obezite İle Birlikte Görülen Endokrinolojik Rahatsızlıklar

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| 1. | İnsülin Rezistansı- Hiperinsülinemi |
| 2. | Tip 2 diyabet |
| 3. | Dislipidemi |
| 4. | Hipertansiyon |
| 5. | Metabolik Sendrom |
| 6. | Polikistik Over Sendromu |
| 7. | Kadın İnfertilitesi |
| 8. | Erkek Hipogonadizmi |

(Not: Hipertansiyon, Metabolik sendrom, Polikistik over sendromu, Kadın infertilitesi ve Erkek hipogonadizmi ayrı bölümler halinde incelenecektir.)

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göre total kolesterol, LDL, trigliserid değerlerinde azalma HDL düzeyinde artış olduğu saptanmıştır (42).

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