

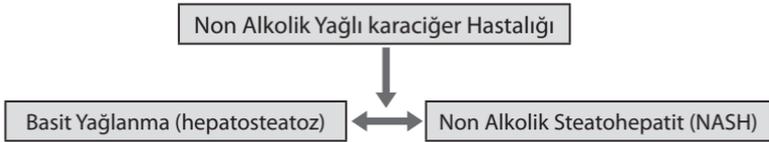
## Bölüm 2

# NON ALKOLİK YAĞLI KARACİĞER HASTALIĞI VE TEDAVİSİ

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### TANIM VE EPİDEMİYOLOJİ

Non Alkolik Yağlı Karaciğer Hastalığı (NAYKH) ilk defa 1980 yılında tanımlanmıştır (1). Alkol tüketimi olmadan hepatositlerin %5 ve üstü olarak yağlanması olarak bilinen NAYKH tüm dünyada en sık görülen karaciğer hastalığı olarak kabul edilir. Yapılan çalışmalarda dünya nüfusunun üçte birinde NAYKH olduğu gösterilmiştir. Patolojik olarak NAYKH basit yağlanma ve enflamasyonun eşlik ettiği steohepatit gibi iki farklı formu bulunmaktadır (Şekil 1). NAYKH karaciğer sirozu, kronik karaciğer hastalığı ve hepatoselüler kanser gibi ciddi durumlara neden olabilmektedir (2-6). NAYKH, obez kişilerde görüldüğü gibi yapılan son çalışmalarda zayıf kişilerde görülebildiği gösterilmiştir (7, 8). NAYKH tüm dünyada artık bir halk sağlığı sorunu olarak kabul edildiğinden günümüzde olduğu gibi gelecekte de önemini koruyacaktır.



Şekil 1. Non Alkolik Yağlı Karaciğer Hastalığı

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Vitamin E, bir antioksidan olarak NAYKH tedavisinde kullanılan yağda çözünen bir vitamindir. Vitamin E ile ilgili birçok çalışma yapılsa da kullanımıyla ve yararıyla ilgili görüş birliği yoktur. Bu nedenle kombine tedavilerde kullanılabilmesi önerilmektedir (49-53).

Sibutramin ve orsiltat obezite tedavisinde sıkça kullanılan ilaçlardır. İştahı azaltarak kilo vermeyi hedefleyen bu ilaçlar NAYKH tedavinde de denenmiştir. Yapılan çalışmalarda kilo verme özellikleri nedeniyle NAYKH tedavisinde etkili oldukları saptanmıştır. Yan etkisi nedeniyle sibutramin tercih edilmez (54, 55).

Omega 3 yağ asitleri de NAYKH tedavisinde denenmiştir. Yapılan bazı çalışmalarda Omega 3'ün faydalı olduğu görülürken bazılarında herhangi bir faydası saptanmamıştır (56-58). Bu nedenle Omega 3 yağ asitleri ile NAYKH arasındaki ilişki inceleyecek geniş çaplı çalışmalara ihtiyaç vardır.

Betain, beta karoten, N asetil sistein ve probiyotikler de NAYKH tedavisinde denenmiş diğer ilaçlardır. bu ilaçlarla ve NAYKH tedavisinde yeni ilaçlarla ilgili bilimsel çalışmalar devam etmektedir.

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