

Fonksiyonel Tıp ile SINIRLARI Yeniden mi Çiziyoruz?

Prof. Dr. Serkan Şener

Serkan Şener Fonksiyonel ve Sağlıklı Yaşam Kliniği
Fonksiyonel Tıp Okulu ile SIBO Akademi Kurucu ve Eğitmeni
Fonksiyonel Tıp Akademisi Eğitmeni
Acıbadem Ankara Hastanesi



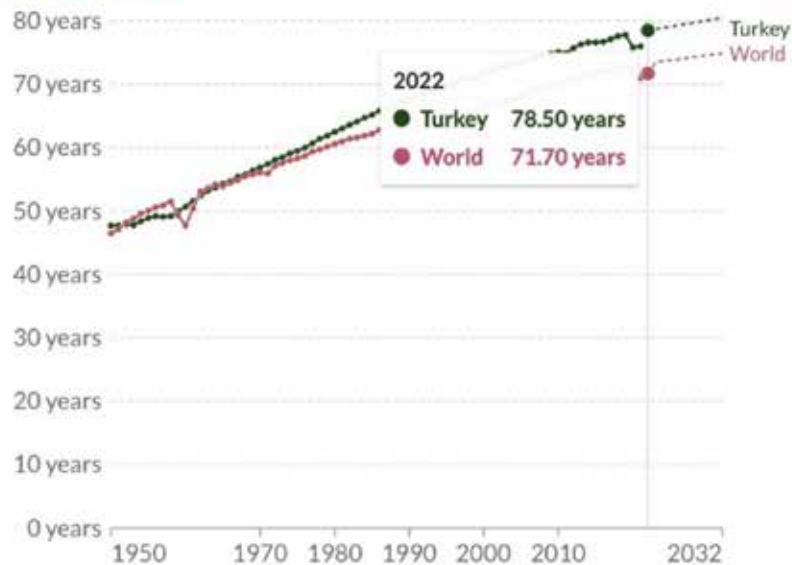
drserkansener

Life expectancy at birth, including the UN projections

Our World
in Data

Shown is the observed life expectancy at birth for both sexes since 1950 and the Medium Variant projections by the UN Population Division.

+ Add country

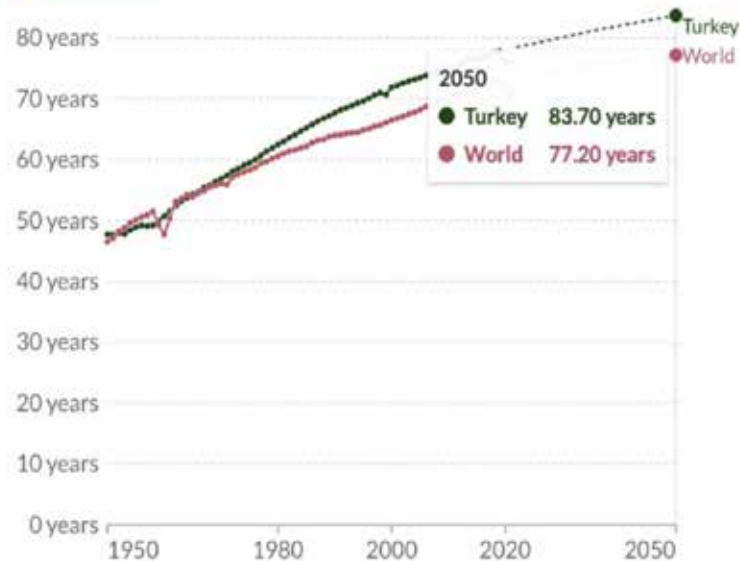


Life expectancy at birth, including the UN projections

Our World
in Data

Shown is the observed life expectancy at birth for both sexes since 1950 and the Medium Variant projections by the UN Population Division.

+ Add country

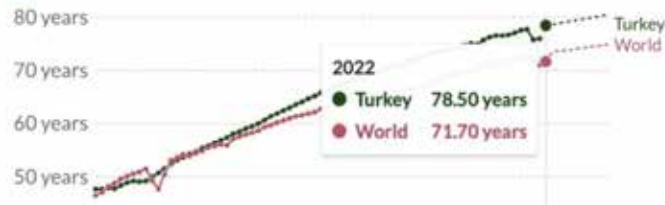


LIFESPAN ≠ HEALTHSPAN

Life expectancy at birth, including the UN projections

Shown is the observed life expectancy at birth for both sexes since 1950 and the Medium Variant projections by the UN Population Division.

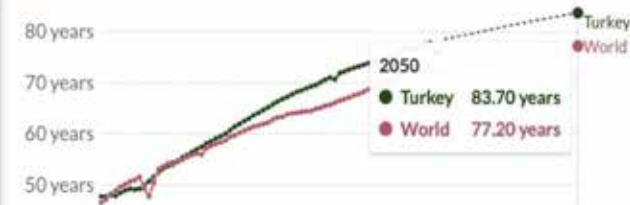
+ Add country



Life expectancy at birth, including the UN projections

Shown is the observed life expectancy at birth for both sexes since 1950 and the Medium Variant projections by the UN Population Division.

+ Add country



[filter table](#) | [reset table](#)

Last updated: 2020-12-04

Download filtered data as: [CSV table](#) | [XML \(simple\)](#) | [JSON \(simple\)](#)

Download **complete** data set as: [CSV table](#) | [Excel](#) | [CSV list](#) | [more...](#)

		Life expectancy at birth (years) ⁱ			Healthy life expectancy (HALE) at birth (years) ⁱ		
Countries, territories and areas	Year	Both sexes	Male	Female	Both sexes	Male	Female
Turkiye	2019	78.6	76.4	80.7	68.4	67.8	69.0
	2015	77.8	75.4	80.1	67.7	66.9	68.4
	2010	76.9	74.6	79.1	66.9	66.3	67.6
	2000	74.4	71.9	76.8	65.0	64.1	65.8

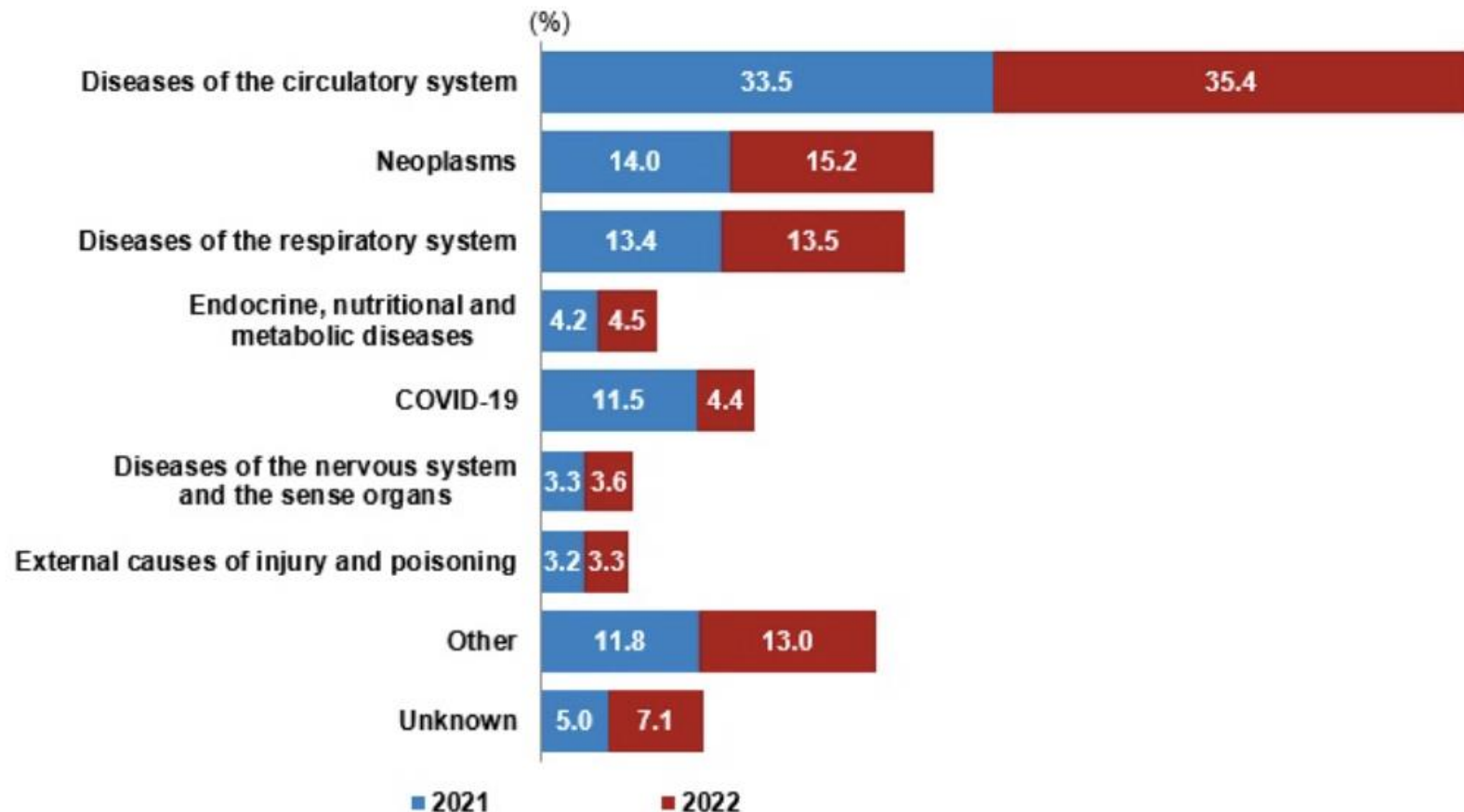
<https://apps.who.int/gho/data/node.main.688>

Table 1.5: Adult person-years lost to disease (DALYs) attributable to high BMI (millions)

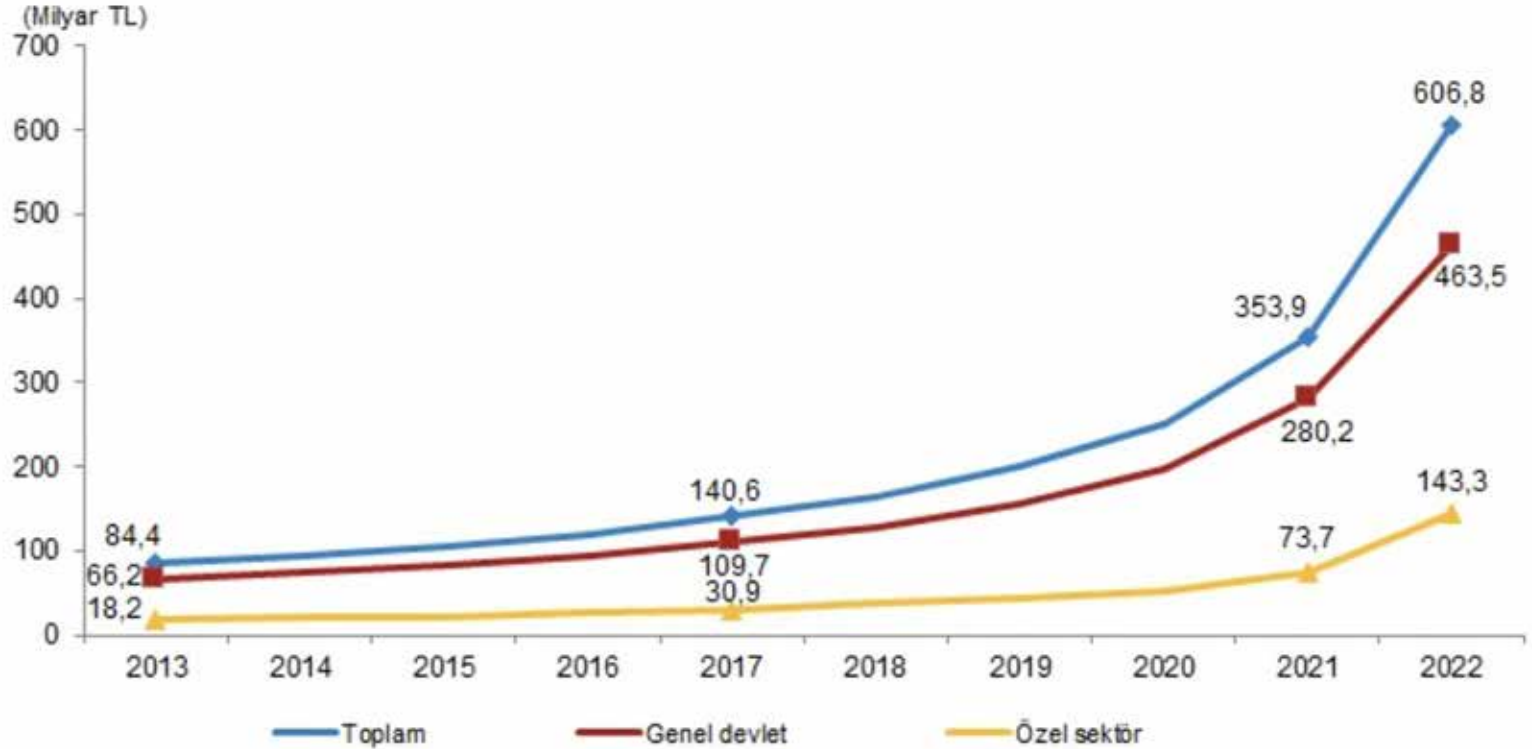
	Total DALYs 2019	Of which, attributable to high BMI
All causes	1,871m	160m (9%)
Of which non-communicable diseases	1,454m	160m (11%)
Of which		
.....Diabetes mellitus (Type 2)	66.1m	34.4m (52%)
.....coronary heart disease	181m	41.4m (23%)
.....Neoplasms	241m	11.2m (5%)
.....Stroke	141m	34.8m (25%)

Source: IHME, 2024

Proportion of causes of death, 2021, 2022

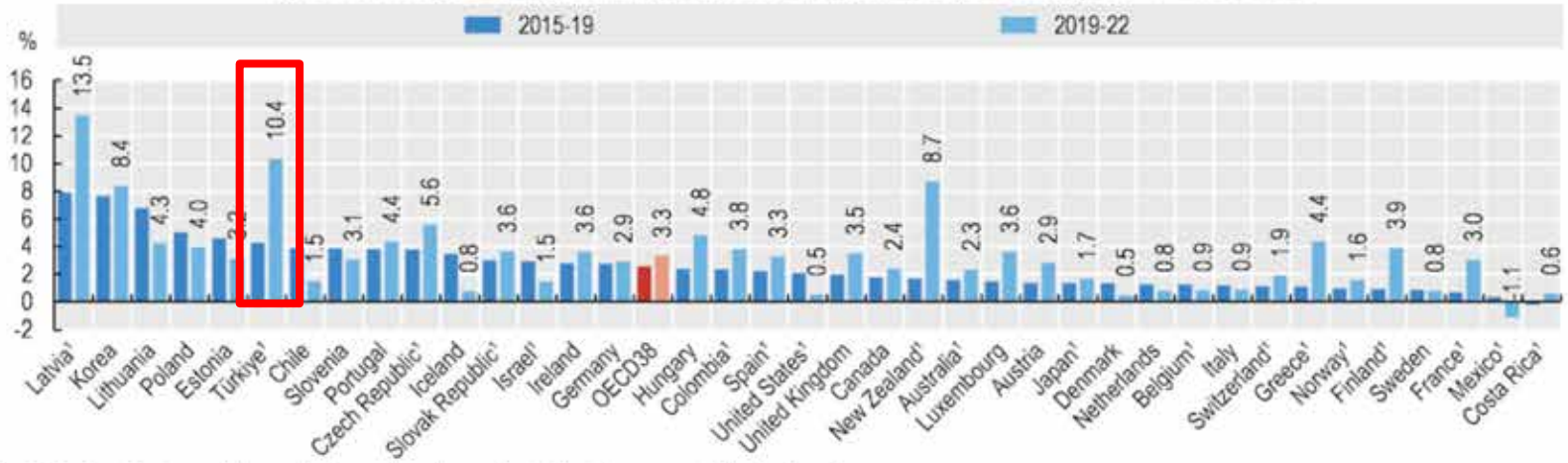


Sağlık harcamaları, 2013-2022



<https://data.tuik.gov.tr/Bulten/Index?p=Saglik-Harcamalari-Istatistikleri-2022-49676>

Figure 7.6. Average annual growth in per capita health expenditure (real terms), 2015-19 and 2019-22



1. Based on OECD estimates for 2022. Growth rates and time periods may have been adjusted to take account of breaks in series.

Source: OECD Health Statistics 2023.

 StatLink <https://stat.link/rqij9k>

Table 1.2: Top 20 countries for the highest proportion of adult men and women living with high BMI 2020 **BMI > 25**

	Proportion of men with high BMI		Proportion of women with high BMI
--	---------------------------------	--	-----------------------------------

T
S
L
M
K
N
A
İ

Vücut Kitle İndeksi Hesaplama

Kilo

Boy

Hesapla

25.26 Fazla Kilolu

Boyunuza göre vücut ağırlığınızın fazla olduğunu gösterir. Fazla kilolu olma durumu gerekli önlemleri alarak obeziteye (şişmanlık) yol açar.

10





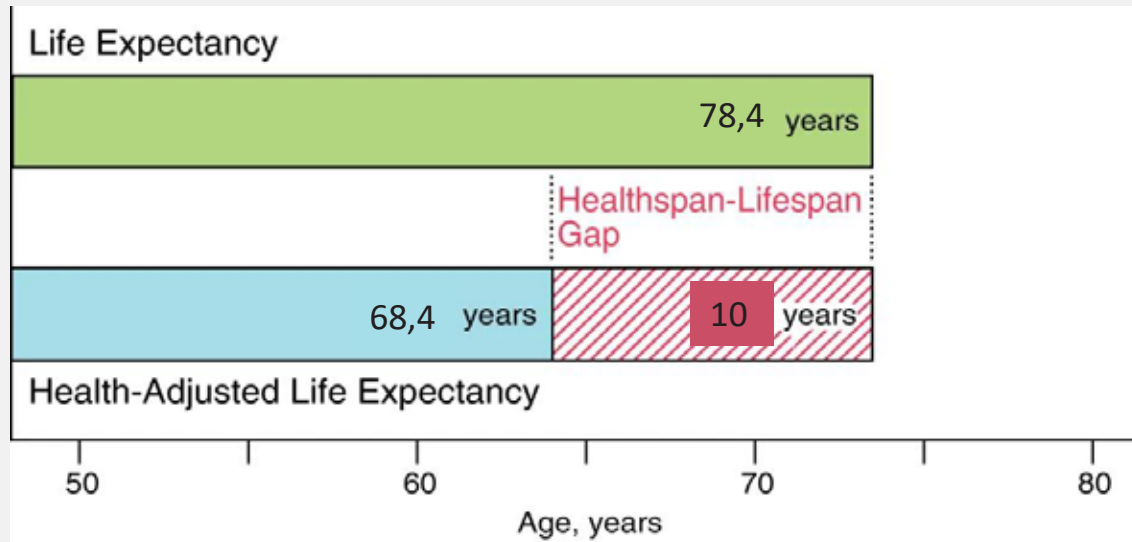
Turkey

Projected numbers of adults and children with high Body Mass Index (BMI)

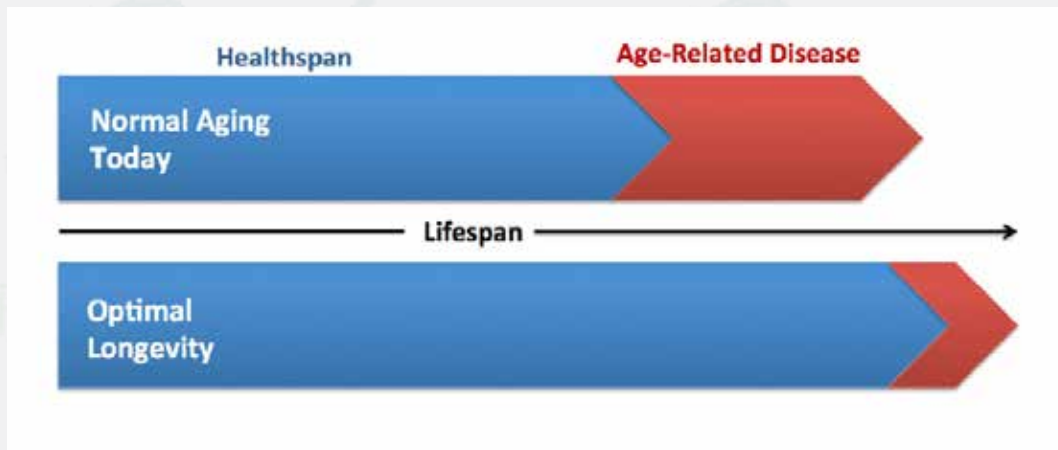
Early signs of NCDs in children aged 5–19 years, 2020 and 2035⁽¹⁾⁽²⁾

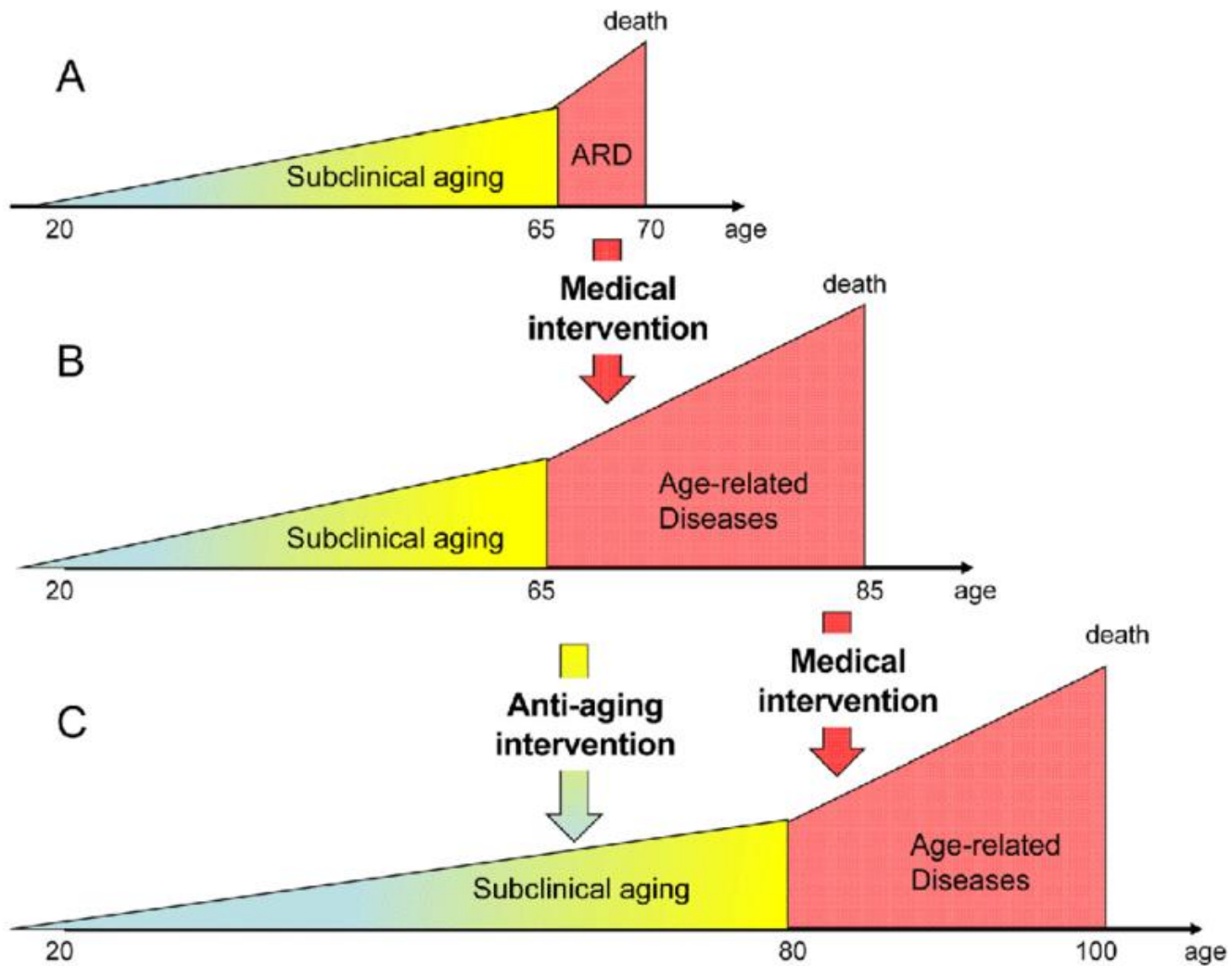
	2020	2035
Prevalence of children with high BMI	38%	61%
Numbers of children with high BMI	7,486,301	11,154,858
of which, children with high blood pressure attributable to high BMI	611,002	1,072,020
of which, children with hyperglycaemia attributable to high BMI	258,000	396,183
of which, children with low HDL cholesterol attributable to high BMI	718,027	1,137,466

FONKSİYONEL ve SAĞLIKLI YAŞAM

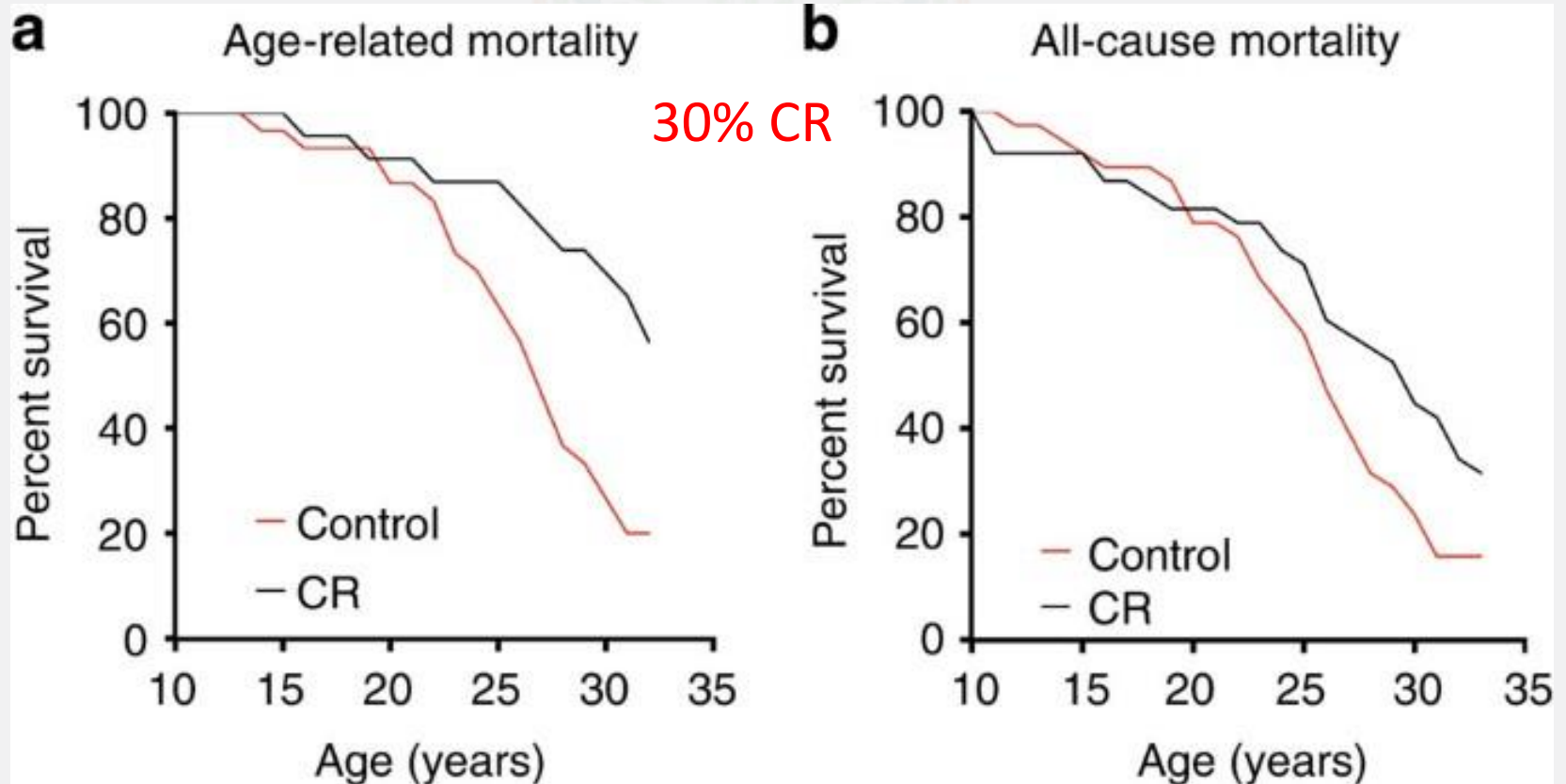


LIFESPAN vs HEALTHSPAN vs LONGEVITY





Caloric restriction reduces age-related and all-cause mortality in rhesus monkeys



Research

Effectiveness and cost effectiveness of cardiovascular disease prevention in whole

po

BM

Cit

- A pr
mill
in sa
no a

•

•



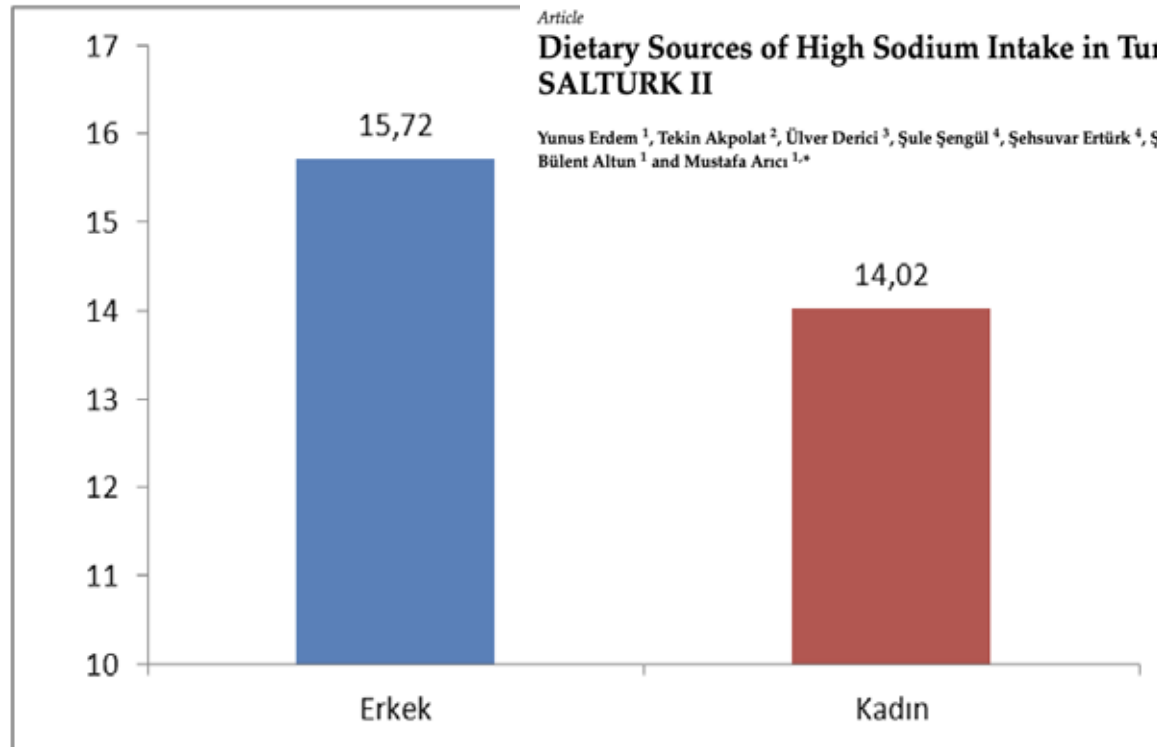
nutrients



Article

Dietary Sources of High Sodium Intake in Turkey: SALTURK II

Yunus Erdem ¹, Tekin Akpolat ², Ülver Derici ³, Şule Şengül ⁴, Şehsuvar Ertürk ⁴, Şükrü Ulusoy ⁵,
Bülent Altun ¹ and Mustafa Arıcı ^{1,*}



ut 50
esult
with

% of
erate

NHS savings worth at least £250m a year.



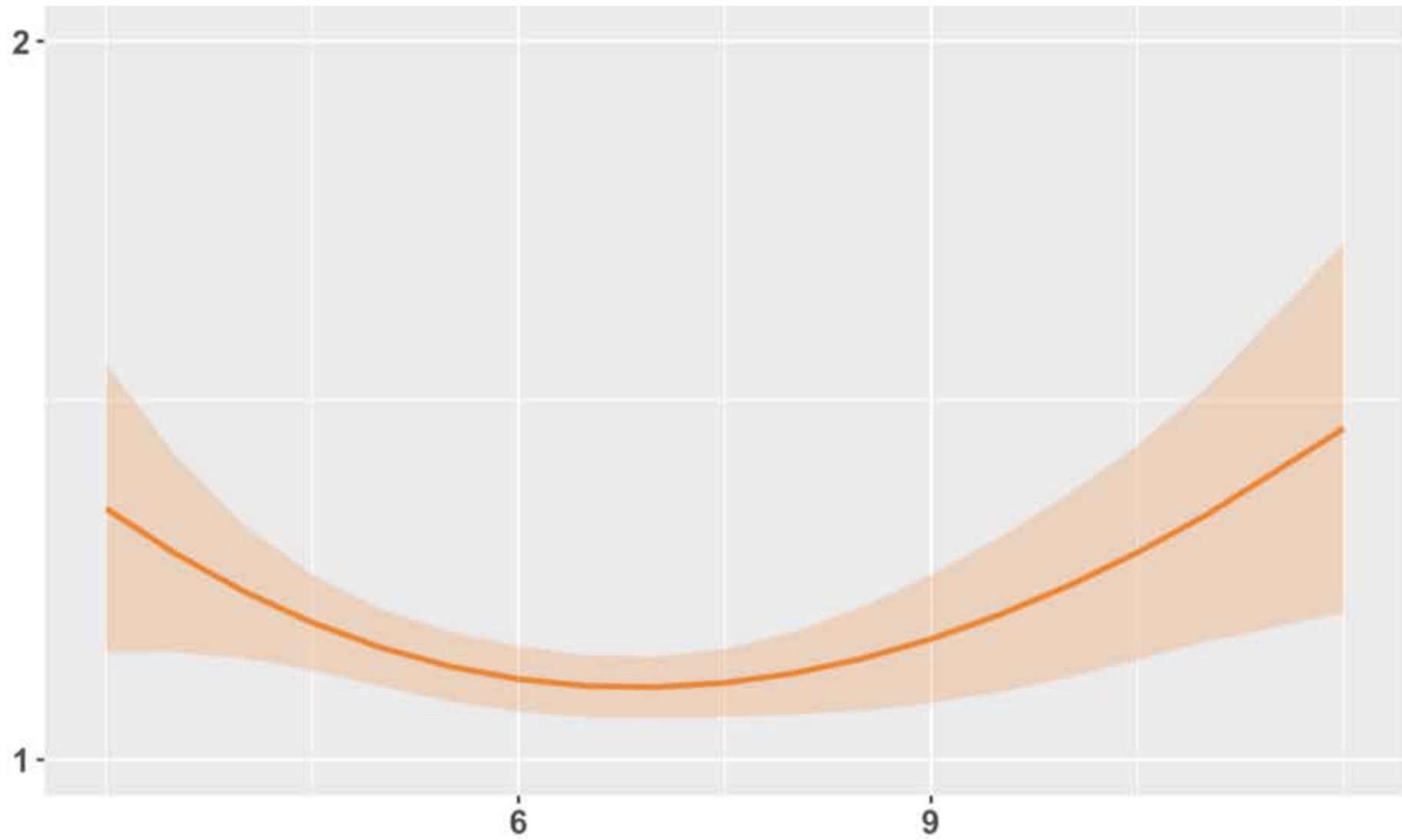
drserkansener

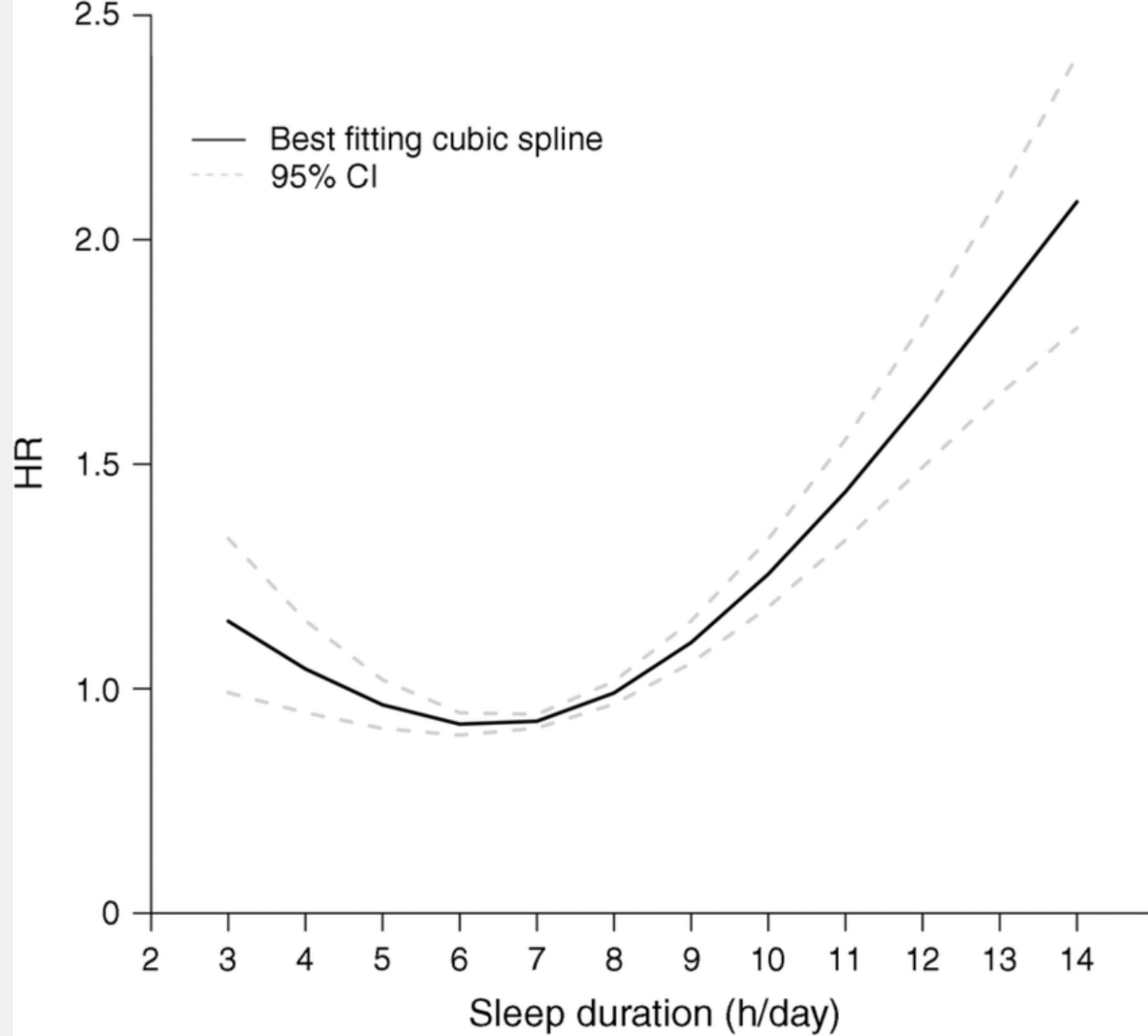
Cost-effectiveness of Mediterranean diet and physical activity in secondary cardiovascular disease prevention: results from the UCC-SMART cohort study

Table 3 Costs, effects, and cost-effectiveness of usual care and the combined lifestyle intervention

	Usual care Per patient	Lifestyle intervention Per patient
Effectiveness		
Cardiovascular events		
10 years, <i>n</i>	0.4 (0.3, 0.4)	0.2 (0.1, 0.3)
Lifetime, <i>n</i>	2.1 (1.7, 2.1)	1.9 (1.4, 1.9)
Survival time		
CVD-free life years	7.8 (7.1, 8.5)	11.1 (9.4, 14)
Incremental QALY	Reference 10.1 (9.9, 11.4)	+3.3 (1.7, 6.1) 12.1 (11.6, 14.3)
Incremental	Reference	+2.0 (1.1, 3.4)
Costs		
Total costs	€82 107 (68 866, 87 761)	€80 870 (69 523, 86 023)
Incremental	Reference	€ −1236 (−5205, 3651)
Cost-effectiveness		
ICER, €/QALY WTP €20 000/	Reference	€ −626 (−1929, 2673)

2008 FRAMINGHAM CARDIOVASCULAR RISK



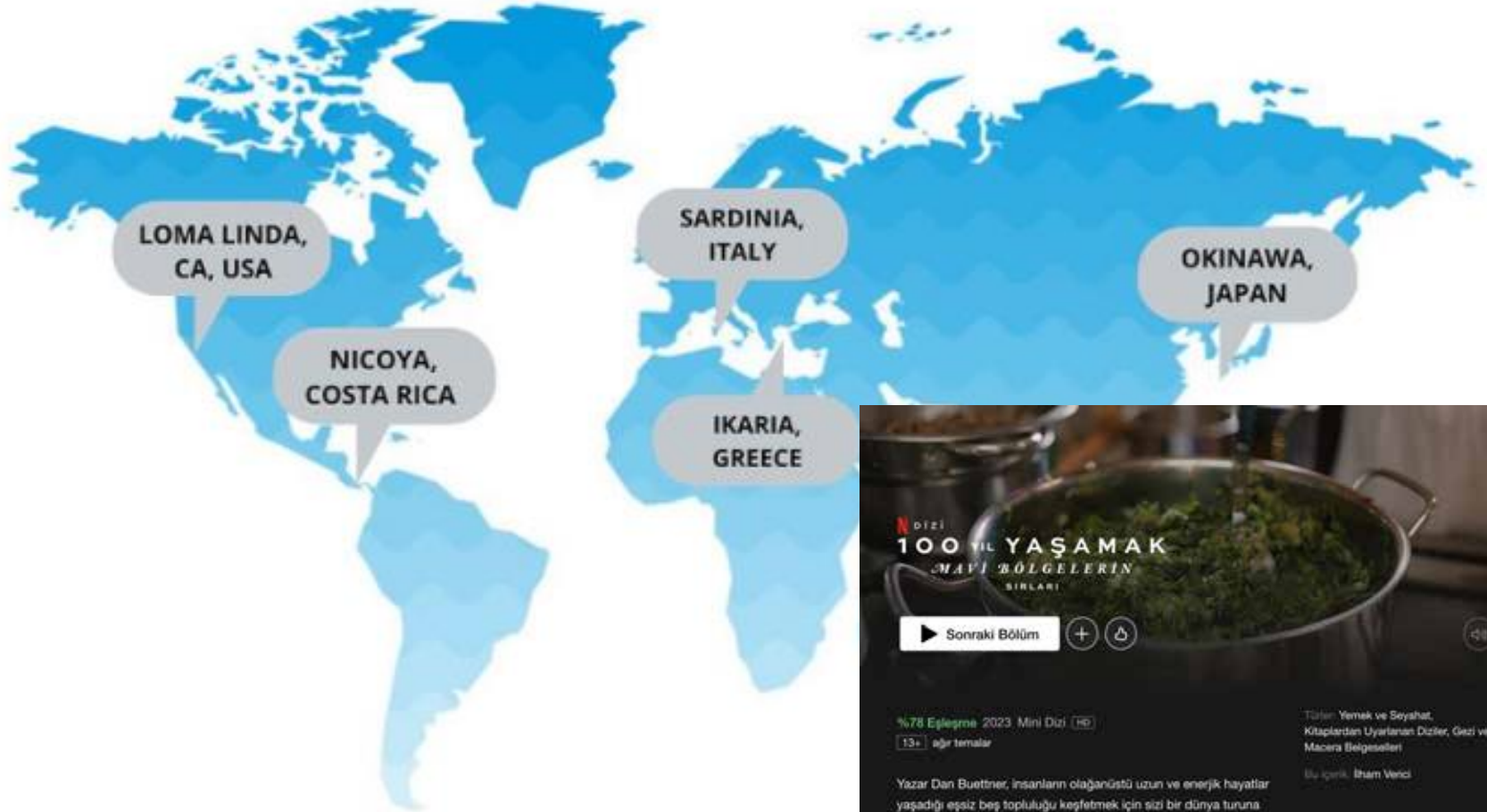


Sleep disorders and mortality: A prospective study in the Canadian longitudinal study on aging

Sheida Zolfaghari ^{a b}, Allison Keil ^{a b}, Amélie Pelletier ^{b c}, Ronald B. Postuma ^{c d}  

- Among 30,097 participants at baseline, 974 deaths were reported in 2019 (60.7 % male, age = 72.3 ± 9.4 years).
- In the initial analysis, mortality cases reported more baseline sleep-maintenance insomnia (12.1 % vs. 8.0 %)
- Daytime somnolence (2.4 % vs. 1.1 %),
- RLS (16.4 % vs. 12.4 %)

THE BLUE ZONES



Loma Linda, ABD

Sardunya,
İtalya

Okinawa,
Japonya



drozdogan.com 2017

Social Relationships and Mortality Risk: A Meta-analytic Review

Julianne Holt-Lunstad , Timothy B. Smith , J. Bradley Layton

Published: July 27, 2010 • <https://doi.org/10.1371/journal.pmed.1000316>

Yaşam Süresi



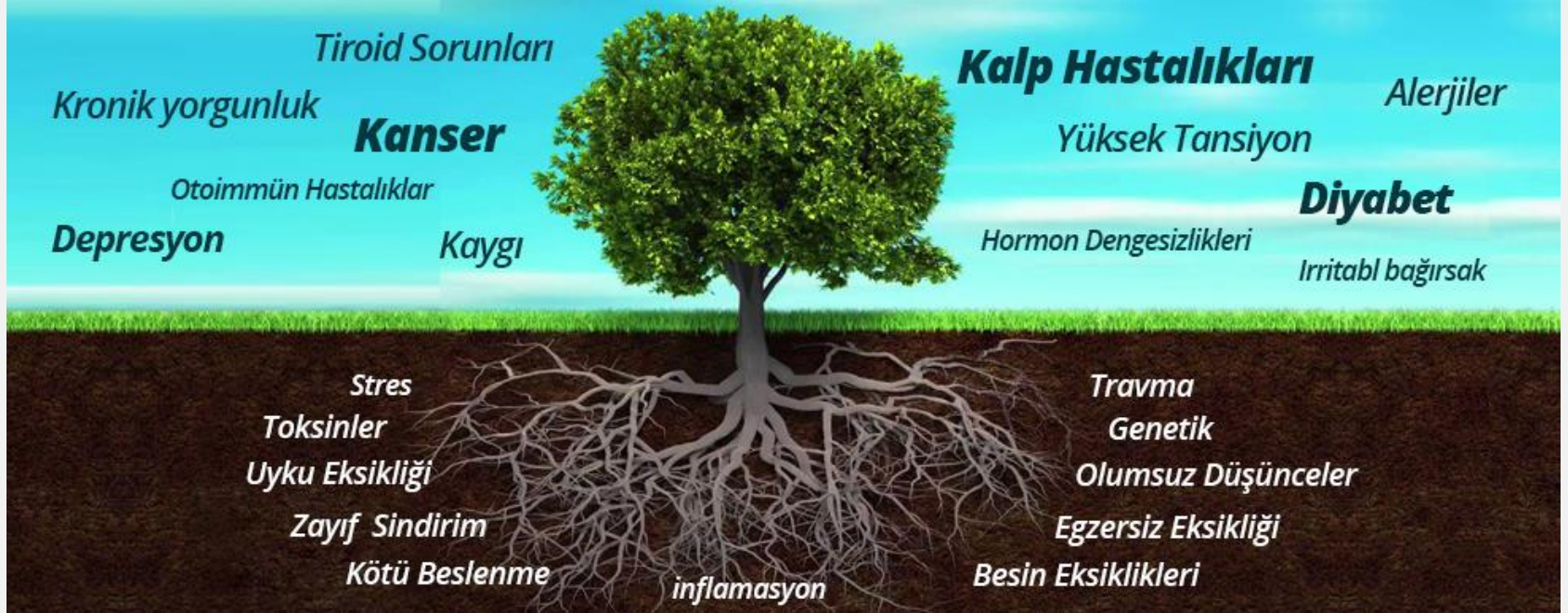
Julianne Holt-Lunstad. Social Relationships and Mortality Risk: A Meta-analytic Review. PLoS Medicine 2010

Wade WF. Clinical Lecture on Functional Medicine. *Lancet*. 1871. Jul 1.

- Dr. Wade, 1871'de *Lancet*'te: *“Tıp bilimindeki ilerlemeler, bilimsel yetiştiriciler ile basit tıp uygulamaları arasında bir yabancılaşılmaya yol açmıştır... Bilim ile sanatı harmanlayan fikirler, şu terimle özetlenebilir: **Fonksiyonel Tıp** ...”*
- “Her semptom, bir fonksiyonun kusurlu bir şekilde yerine getirilmesinden kaynaklanır, dolayısıyla tıpta yaygın olarak moda olandan (SEMPATOM GİDERME) daha yüksek düzeyde bir düşünce tarzını gerektirir.”

FONKSİYONEL ve SAĞLIKLI YAŞAM

Tarım gibidir...

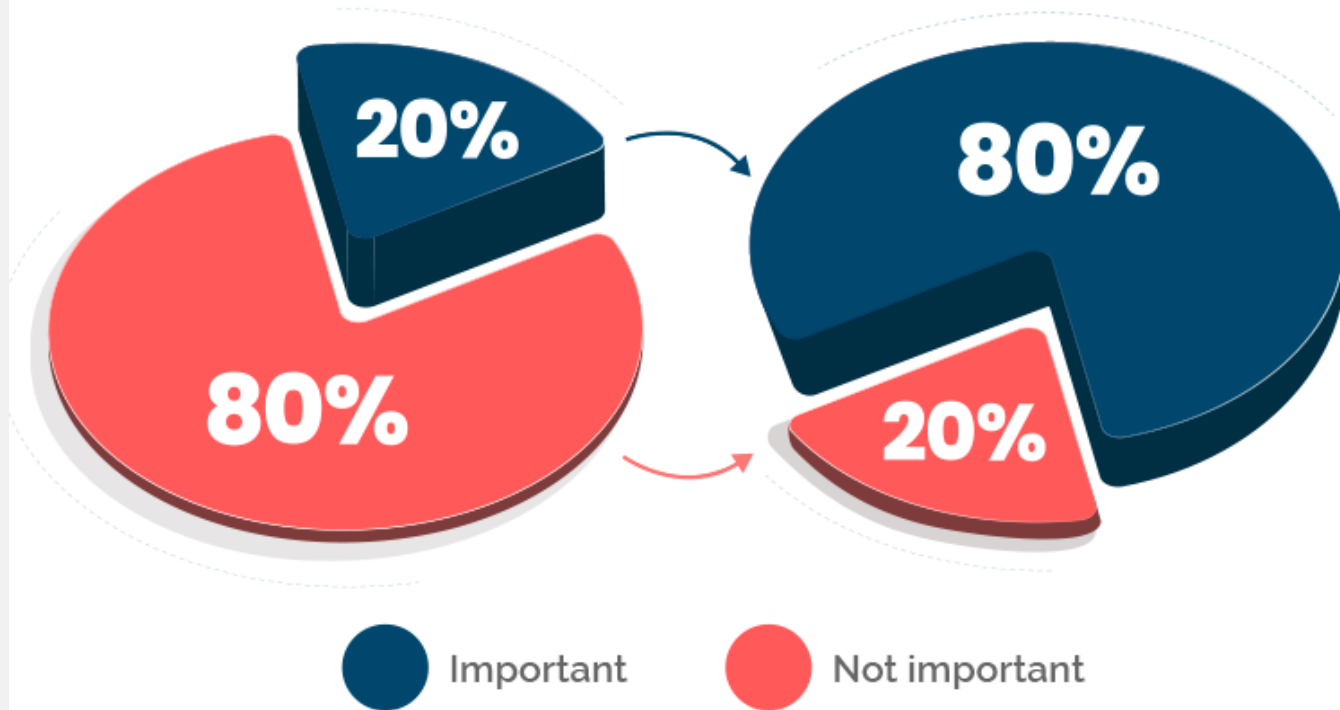


Topraktan Yaprığa ...

PARETO 80/20 RULE

EFFORT

RESULT





fonksiyonel tıp
Arama terimi

+ Karşılaştırın

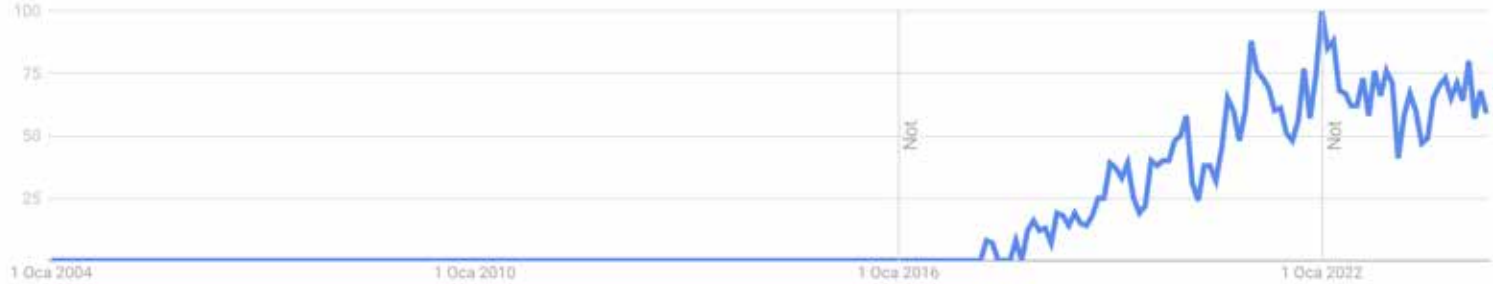
Dünya Geneline

2004 - bugün

Tüm kategoriler

Google Web Arama

Zaman içinde gösterilen ilgi ?



fonksiyonel tıp

Arama terimi

functional medicine

Arama terimi

+ Karşılaştırma ekleyin

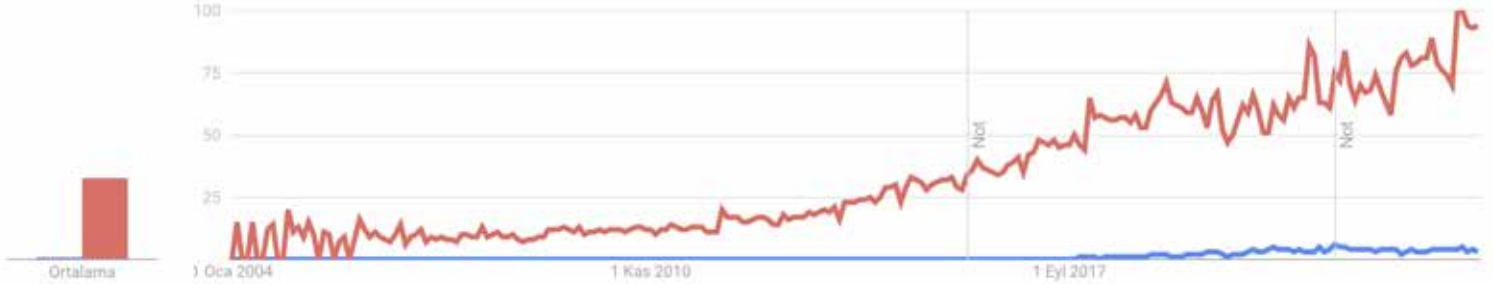
Dünya Geneline

2004 - bugün

Tüm kategoriler

Google Web Arama

Zaman içinde gösterilen ilgi ?



Zaman içinde gösterilen ilgi

Sayılar, arama ilgisini belirli bir bölge ve zaman için grafikteki en yüksek noktayla görece olarak gösterir. 100 değeri, terimin en yüksek popülerliğe sahip olmasıdır. 50 değeri, terimin bunun yarısı kadar popüler olduğu anlamına gelir. 0 değeri ise bu terim için yeterince veri olmadığı anlamına gelir.



Prof. Dr. Serkan Şener

“İçindeki sağlığın gücünü Keşfet”

Yukarı Dikmen Mah. Aleksander Dubçek Cad. Sera Studio 5/9 Çankaya / ANKARA



0312 286 1 682



ssenermd@gmail.com



www.serkansener.com



@drserkansener



@doktorserkansener