

## PRIKAZ SLUČAJA

- imatelj certifikata o zdravstvenoj sposobnosti kategorije 3
- boluje od DM tipa 2-dapagliflozin/metformin 5/1000
- tlak je o reguliran (120/80) terapijom amlodipin/valsartan 10/160, atorvastatin 20mg
- Freestyle Libre senzor- procjena HbA1c trenutno iznosi preko 7%
- terapija semaglutidom?



## Šećerna bolesti tipa 2

ranije zvan adultni oblik ili o inzulinu neovisni dijabetes

lučenje inzulina je neadekvatno, jer kod bolesnika dolazi do razvoja rezistencije na inzulin

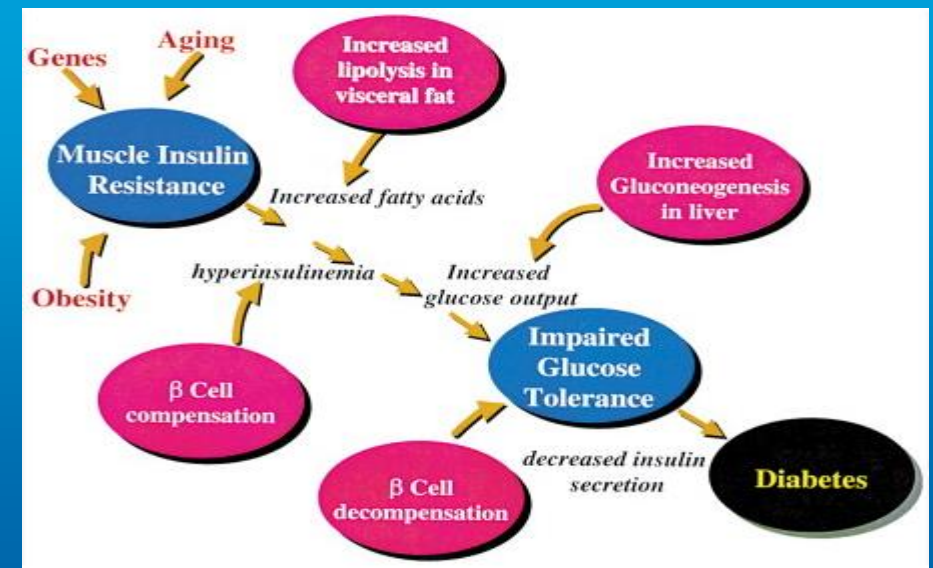
zbog inzulinske rezistencije u jetri dolazi do nemogućnosti suzbijanja glukoneogeneze

periferna inzulinska rezistencija sprječava unos glukoze u periferna tkiva

dolazi do porasta glukoze u plazmi natašte i poslije obroka

razine inzulina su često vrlo visoke, osobito u ranoj fazi bolesti

u kasnijem tijeku bolesti, može doći do pada proizvodnje inzulina, što dodatno pogoršava hiperglikemiju



## ORALNI ANTIDIJABETICI

Prema mehanizmu djelovanja mogu se podijeliti u dvije velike grupe: lijekovi koji stimuliraju  $\beta$ -stanice na lučenje inzulina –  $\beta$ -citotropni lijekovi

- derivati sulfonilureje,
- meglitinidi,
- agonisti GLP-1-receptora
- DPP-4-inhibitori

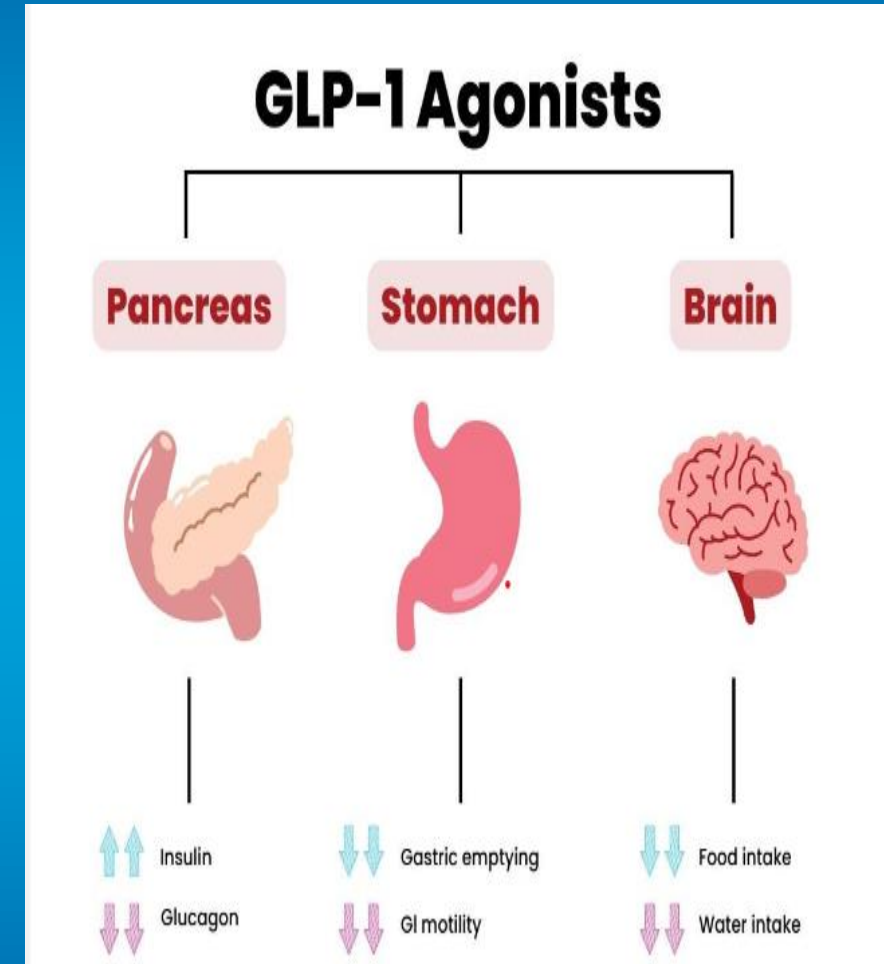
lijekovi koji hipoglikemijski učinak postižu drugim mehanizmima – ne- $\beta$ -citotropni lijekovi

- bigvanidi
- tiazolidindioni,
- inhibitori  $\alpha$ -glukozidaze
- SGLT-2-inhibitori



## GLP-1 agonisti (agonisti receptora peptida nalik glukagonu- 1)

poboljšavaju inzulinsku sekreciju ovisnu o glukozi i usporava pražnjenje želuca. GLP-1 agonisti mogu također smanjiti apetit i promicati mršavljenje i stimulirati proliferaciju beta-stanica. Formulacije su raspoložive za doziranje dvaput / dan, jednom / dan, jednom tjedno.

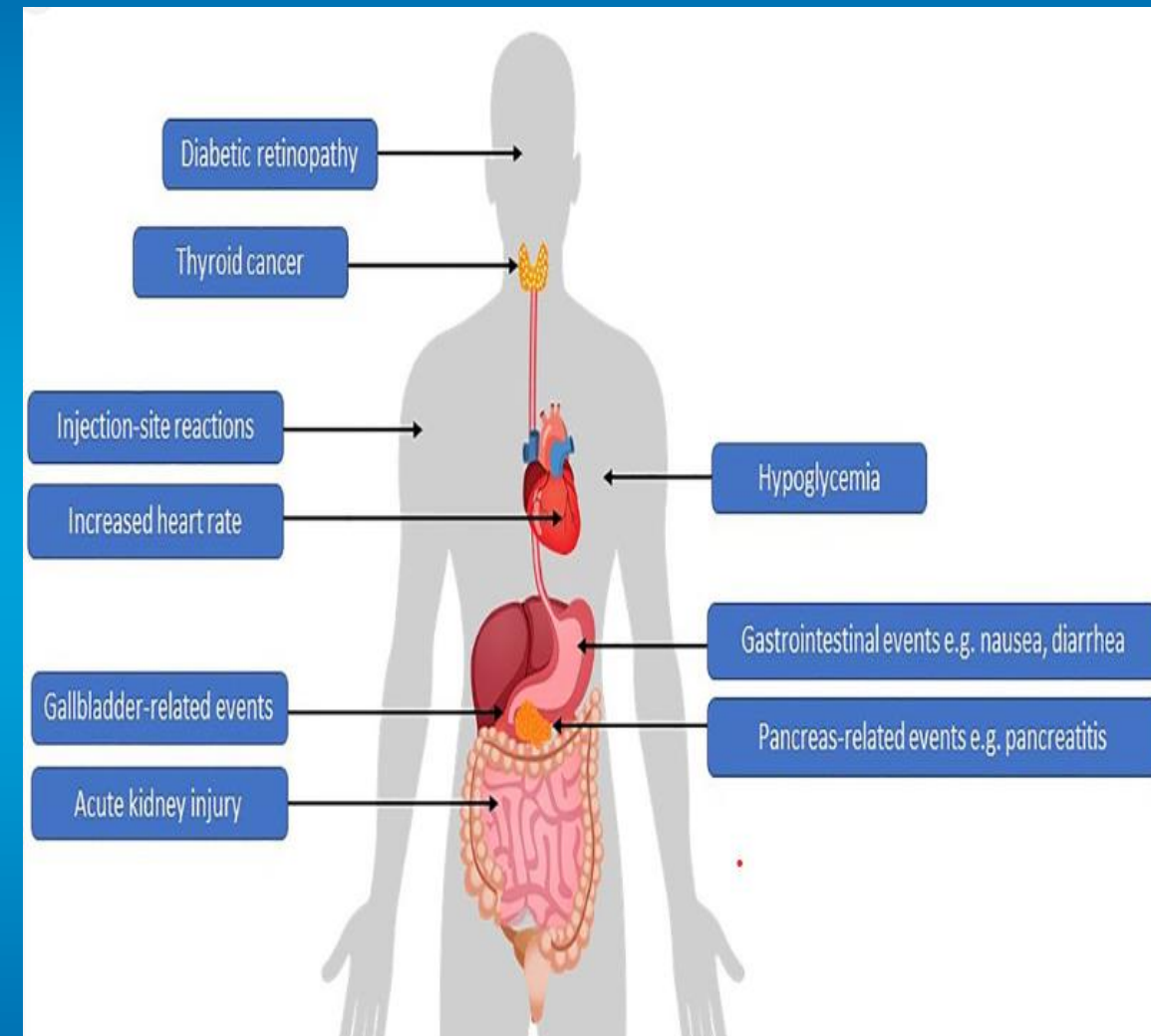


## KONTRAINDIKACIJE

- u bolesnika s osobnom ili obiteljskom anamnezom medularnog karcinoma štitnjače jer je povećan rizik od ovog karcinoma je ustanovljen u ispitivanjima na glodavcima.
- preosjetljivost na djelatnu tvar ili neku od pomoćnih tvari

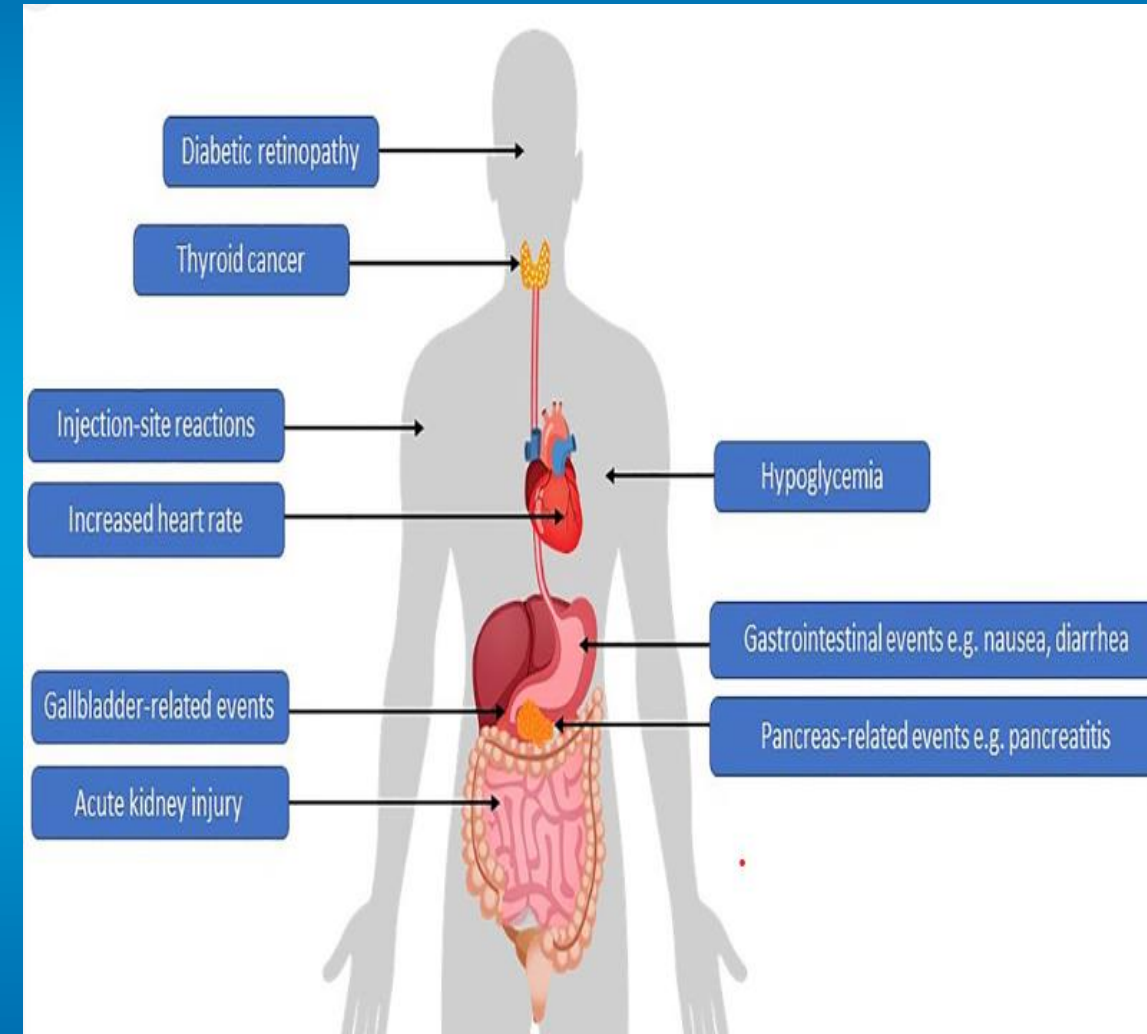
## NUSPOJAVE-ČESTO

- hipoglikemija kod primjene s inzulinom ili sulfonilurejom, drugim oralnim antidijabeticima
- omaglica
- komplikacije dijabetičke retinopatije
- mučnina, proljev, povraćanje, bol u abdomenu, distenzija abdomena, konstipacija, dispepsija, gastritis, gastroezofagealna refluksna bolest, eruktacija, flatulencija
- umor
- povišena lipaza, povišena amilaza, smanjenje težine



## NUSPOJAVE-MANJE ČESTO/RIJETKO

- preosjetljivost, anafilaktička reakcija
- disgeuzija
- povećana srčana frekvencija
- akutni pankreatitis, odgođeno pražnjenje želuca
- reakcije na mjestu injiciranja



## ATCO.MED.B.025 Metabolic and endocrine systems Regulation (EU) 2015/340

(a) Applicants with metabolic, nutritional or endocrine dysfunction may be assessed as fit subject to demonstrated stability of the condition and satisfactory aero-medical evaluation.

(b) Diabetes mellitus:

(2) Applicants with diabetes mellitus requiring medication other than insulin for blood sugar control shall be referred to the licensing authority. A fit assessment may be considered if it can be demonstrated that blood sugar control has been achieved and is stable.



## AMC1 ATCO.MED.B.025 Metabolic and endocrine system

### (e) Diabetes mellitus

(1) The following medication, alone and in combination, may be acceptable for control of type 2 diabetes:

- (i) alpha-glucosidase inhibitors;
- (ii) medication that acts on the incretin pathway;
- (iii) biguanides.

(2) A fit assessment may be considered after evaluation of the operational environment, including means of glucose monitoring/management whilst performing rated duties, and with demonstrated exemplary glycaemic control.

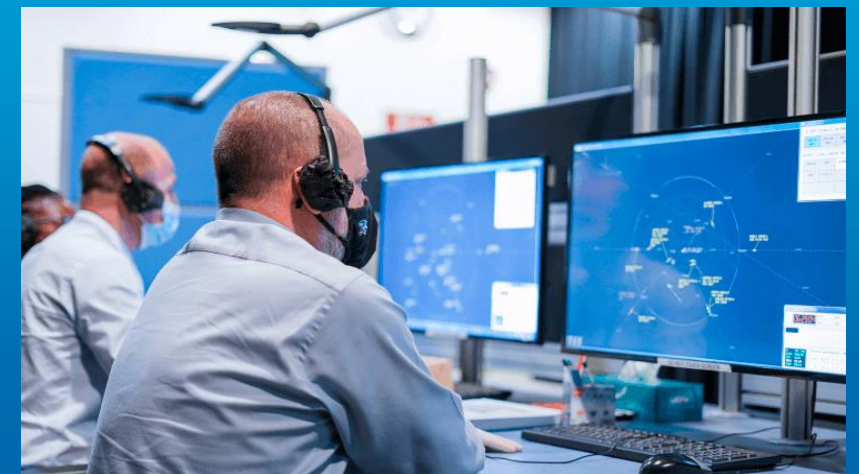
(3) Annual follow-up by a specialist should be required including demonstration of absence of complications, good glycaemic control demonstrated by six-monthly HbA1c measurements, and a normal exercise tolerance test.





## ATCO.MED.A.020 Decrease in medical fitness Regulation (EU) 2015/340

- (a) Licence holders shall not exercise the privileges of their licence at any time when they:
- (2) take or use any prescribed or non-prescribed medication which is likely to interfere with the safe exercise of the privileges of the licence;
- (b) In addition, holders of a class 3 medical certificate shall, without undue delay and before exercising the privileges of their licence, seek aero-medical advice when they:
- (2) have commenced the regular use of any medication; In these cases the AeMC or AME shall assess the medical fitness of the licence holder or student air traffic controller and decide whether they are fit to resume the exercise of their privileges.



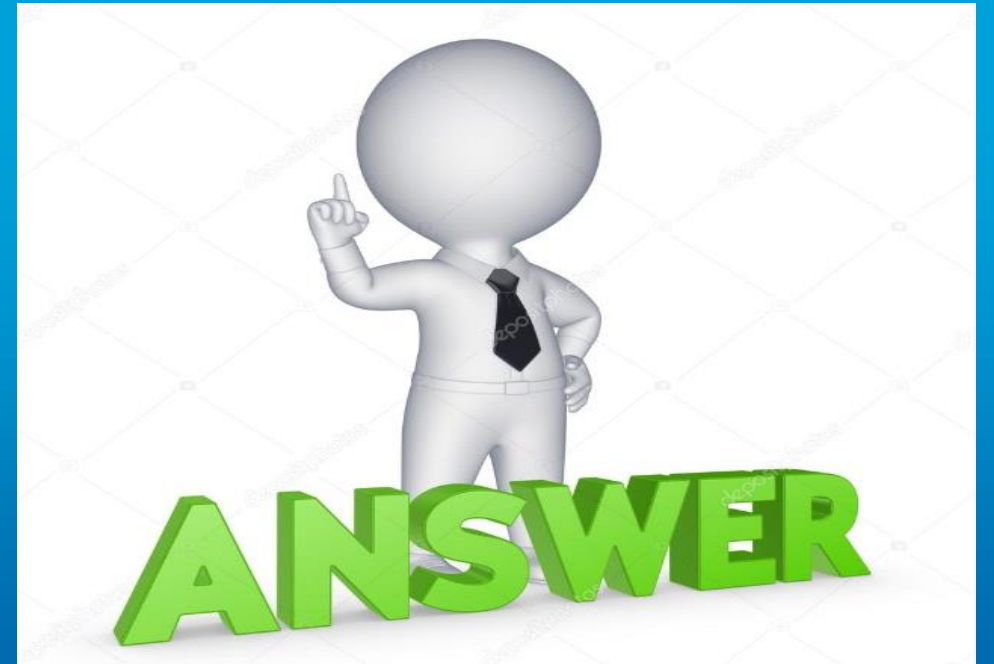
## ZRAKOPLOVNO-MEDICINSKA PROCJENA

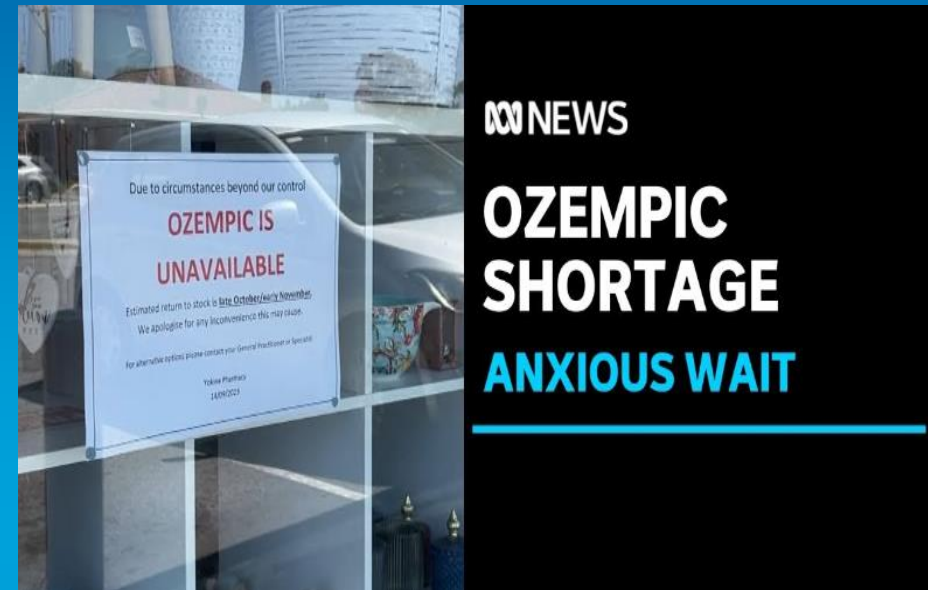
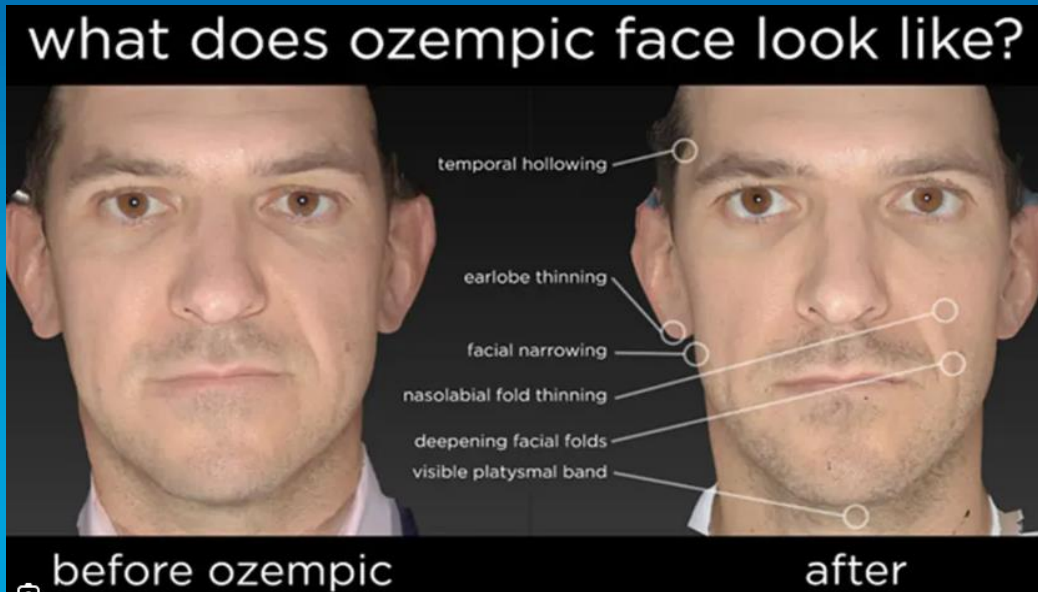
- izostanak epizoda hipoglikemije
- odsutnost komplikacija dijabetesa
- zadovoljavajuća kontrola glukoze
- potpuno i dosljedno osobno praćenje glukoze
- dobro razumijevanje osobnog liječenja dijabetesa

hipoglikemije i nesvjesnost hipoglikemije  
oštećenje krajnjih organa  
loša ili nepredvidiva kontrola glukoze  
nikakvo ili nedosljedno osobno praćenje glukoze.



- javiti se svom AME s nalazom i preporukama dijabetologa i prijaviti privremenu nesposobnost
- započeti terapiju semaglutidom
- tijekom 30 dana pratiti i bilježiti vrijednosti šećera u krvi
- nakon 30 dana s nalazima se javiti AME koji će ili procijeniti jeste li sposobni za nastavak korištenja privilegija dozvole, ili , ukoliko je potrebno, proslijediti nalaze u AMS





## European regulators warn of fake Ozempic pens found at wholesalers in EU, UK amid shortage

By Meg Tirrell, CNN  
 © 2 minute read · Published 1:09 PM EDT, Wed October 18, 2023

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HVALA!

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