

Bölüm 39

ENDOKRİNOLOJİK HASTALIKLAR VE PSİKİYATRİ

Erdoğan AKÇA¹

GİRİŞ

Psikiyatrik hastalıkların sebeplerinin önemli bir kısmını endokrinolojik patolojiler oluşturmaktadır. Hormonal değişikliklerin ruhsal bozukluklarla olan ilişkisi psikiyatri tarihinde araştırmacıların ilgi odağında olmuştur. Kraepelin “demantia precox” ‘un temel patolojisinin endokrinolojik değişikliklere bağlı olduğunu düşünmüştür. “Miksödematöz delilik” tanımıyla miksödemin daha önceki tanımlarına başka bir boyut katan Richard Ashar, hormonal bir bozukluğun organik zeminde baskın bir psikiyatrik görüntüsünün de olabileceğini sandığımızdan çok daha önce tartışmaya açmıştır. Psikiyatrik belirtilerin etyolojik incelemelerinde yüksek oranda endokrinolojik hastalıkların varlığına rastlandığı bilgisi eski tarihli çalışmalara dayanmaktadır⁽¹⁾. Birçok psikiyatrik hastalığın da, özellikle hipotalamus-hipofiz-adrenal bez (HHA) eksenini üzerinden başta görülmeyen hormonal değişikliklere yol açarak endokrinolojik belirtilere sebep olduğu bilinmektedir⁽²⁾. Beyin ve endokrin sistemlerin bu iki yönlü ilişkisinde aydınlatılmayan yerler olmakla birlikte; ortaya konulan bulgular, ruhsal bozukluklar ve hormonal bozuklukların herhangi birinde, iki sistemi de içine alan bir formülasyon çerçevesinde kapsamlı bir inceleme yapmaya yönlendirmektedir. Diğer yandan hormonal tedavilerin geniş bir yelpazede ortaya çıkan psikiyatrik yan etkileri, psikoendokrinoloji kavramını başka bir açıdan önemli hale getirmektedir.

Psikobiyolojik perspektiften ele alındığında, insan davranışı ve nörohormonal etkileşiminde önemli bir kavşak olarak karşımıza çıkan “stres”, ruhsal bozukluklar için asıl risk faktörünü oluşturmaktadır. Özellikle yaşamın erken dönemlerinde maruz kalınan stresin, majör depresif bozukluk gibi birçok ruhsal bozukluğa yakınlık oluşturmasında, işlevlerinde bozulma görülen glikokortikoid reseptörlerin

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rini ve retardasyonunu sadece psikiyatri ekseninde değerlendirmeye sebep olarak bir adrenal yetmezlik tablosunun tanısını geciktirebilir. Bu açıdan bakıldığında tüm klinisyenlerin terapötik stratejilerini geliştirirken bütüncül yaklaşma gerekliliği, endokrinolojik hastalıklarda uzun vadede yol açabileceği olumsuz sonuçlar yönüyle ayrıca önem kazanmaktadır.

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