

Bölüm 3

ALZHEİMER HASTALIĞININ GELİŞİMİNDE MİKROORGANİZMALARIN ROLÜ

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GİRİŞ

Nörodejeneratif hastalıklar, sinir hücrelerinin ilerleyici kaybı ve bu kayba bağlı olarak sinir sistemi fonksiyonlarının yitimine neden olan bir grup hastalıktır. Alzheimer hastalığı, beyin kanseri, ensefalit, epilepsi, Parkinson hastalığı, Huntington hastalığı, Multiple skleroz(MS) yaşlılarda görülen nörodejeneratif bozukluklardır. En sık görülen nörodejeneratif hastalıklardan biri olan Alzheimer hastalığı, demansın önde gelen nedenidir.^[1,2] Şu anda dünya çapında 30 milyondan fazla alzheimer hastasının bulunduğu ve bu sayının 2030 yılına kadar yaklaşık 65 milyona çıkacağı tahmin edilmektedir.^[3-5] Bazı epidemiyolojik çalışmalarda Alzheimer hastalığının nedenleri arasında, yaşlanma en önemli faktör olarak kabul edilsede, yaşlanma ile birlikte bir dizi risk faktörü tanımlanmıştır, ancak ateroskleroz, hiperkolesterolemi, obezite ve diyabet de alzheimer riskini arttırmaktadır.^[3,6,7] Yapılan son çalışmalarda Alzheimer hastalığının gelişiminde mikroorganizmaların rol oynayabileceği öne sürülmektedir. Bu derleme çalışmasında enfeksiyöz ajanlar ile Alzheimer hastalığı arasındaki ilişki hakkındaki veriler toplanmış ve özetlenmiştir.

Alzheimer hastalığı

Dr. Alois Alzheimer; demans, kişilik bozukluğu ve uyku problemi olan 55 yaşında hayatını kaybeden bir hastasının beynini incelemiştir. Yaptığı incelemelerde ölen hastasının beyninde şiddetli kortikalatrofi, intranöronal düğümler ve ekstranöronal plaklar şeklinde olan protein birikintilerini fark etmiştir. Bu nöropatolojik özellikler o zamandan beri Alzheimer hastalığı üzerine yapılan araştırmaların ana odağı haline gelmiştir.^[8,9]

Alzheimer hastalarının otopsi örneklerinden elde edilen donmuş beyin doku-

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