BÖLÜM 21

OBEZİTE VE ÜREME SAĞLIĞI

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Giriş

Obezite, nüfusun üçte birinden fazlasını etkileyen küresel bir sağlık sorunu olarak kabul edilmektedir. Obezite komplikasyonları arasında kardiyovasküler hastalıklar, tip 2 diabetes mellitus, malignite, nörodejenerasyon ve erken yaşlanma yer alır. Ek olarak, hiperinsülinemi, hiperleptinemi, kronik inflamasyon ve oksidatif stres gibi patolojileri nedeniyle obezite hem kadınlarda hem erkeklerde üreme sağlığını bozarak fertilitenin azalmasına ve infertilite riskinin artmasına neden olabilir. Kadın obezitesinin üreme fonksiyonları üzerindeki olumsuz etkileri, çeşitli ovaryan ve over dışı faktörlere bağlanmaktadır. Fazla kilolu veya obez kadınların normal kilolu kadınlara kıyasla gebe kalma süresinin daha uzun olduğu ve daha düşük fertilite oranı, daha yüksek gonadotropin gereksinimi ve daha yüksek abortus oranına sahip oldukları bilinmektedir. Bunun nedenleri arasında ovaryan folikül gelişiminin, oosit gelişiminin ve kalitesinin, oositin fertilizasyonunun, embriyo gelişiminin ve implantasyonun bozulması yer alır. Erkek obezitesi ise esas olarak hipotalamo-hipofizier-gonadal aksın bozulması, testiküler ısısının artması, spermin fiziksel ve moleküler yapısının bozulması, sperm kalitesinin azalması ve periferik damar hastalıklarına bağlı erektil disfonksiyon nedeniyle subfertiliteye yol açabilir. Kitabın bu bölümünde, obezitenin kadın ve erkek üreme sistemi ve fertilite üzerindeki potansiyel olumsuz etkileri ve ilişkili mekanizmaları gözden geçirilecektir.

Kadın obezitesi ve üreme

Obezite, kadın fertilitesine oldukça karmaşık ve çok faktörlü mekanizmalar aracılığıyla etki eder [(1)]. Obezite, ovaryan foliküllerin gelişimini, oosit gelişimini ve kalitesini, oositin fertilizasyonunu, embriyo gelişimini ve implantasyonu etkileyerek fertiliteyi bozabilir [(2)]. Ayrıca nöroendokrin ve ovaryan fonksiyonları etkileyerek, ovulatuar siklusların ve dolayısıyla fertilite oranlarının

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ile obezitenin üreme sistemi üzerindeki olumsuz etkilerini azaltmak mümkündür.

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