

BÖLÜM 13

Sağlıklı kadın ve bebeklerde epigenetik: Kısa ve orta vadeli anne ve yenidoğan sonuçları

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Giriş

1990’da British Medical Journal’da/İngiltere Tıp Dergisi’nde “Yetişkin hastalığının fetal ve bebek kökenleri ‘Uterus’ yuvadan daha önemli olabilir” adlı makalede İngiliz epidemiyolog David Barker, erken yaşam olaylarını kronik hastalık riskiyle ilişkilendiren hipotezini ortaya koydu.¹ Bunu, doğum ağırlığı ve bebek ölümlerini yetişkinlerde yüksek kardiyometabolik hastalık riskiyle ilişkilendiren çalışmalara dayandırdı ve nörogelişimsel ve nörodejeneratif hastalıkların da onun modeline uyduğuna dair kanıtlar gösterdi. Barker ayrıca araştırmaların daha sonraki çocukluk ve yetişkinlikteki ortamlardan ziyade rahim içi ortamına yönelik olması gerektiğini de tavsiye etti. Tavsiyesi büyük ölçüde dikkate alınmamış olmasına rağmen, Barker’ın hipotezi, sağlığın ve hastalığın gelişimsel kökenleri (DOHaD) olarak bilinen olguya dönüştü ve o zamandan beri ana akım kabul gördü. Bu bölüm, hastalığın epigenetik kökenleri hakkında artan kanıtları tartışıyor ve ardından fizyolojik doğum eylemi ve doğum süreçlerinin kısa, orta ve uzun vadede yavrunun pozitif sağlığı için epigenetik tetikleyiciler olabileceğine dair gelişen hipotezin ana hatlarını veriyor.

Hastalığın epigenetik kökenlerini keşfetmek

DOHaD olgusu, annelerde ve bebeklerde stres, beslenme ve iltihaplanma gibi doğum öncesi ve erken doğum sonrası faktörlerin, çocukları kardiyometabolik hastalıklardan nörobilişsel hastalıklara kadar uzanan kronik hastalıklara yatkın hale getirdiğini gösteren hayvanlar ve insanlar üzerinde yapılan çalışmalardan elde edilen kanıtlarla gelişmiştir.² Bunlar, otizm ve obezite gibi çocuklukta başlayan bozuklukları, şizofreni

yeni doğan bebekler ve komplikasyon yaşayanlar için biyolojik/fizyolojik süreçleri optimize eden ve rahatsız eden yönlerini belirleyen ve tanımlayan araştırmalarla desteklenmesi gerekir.⁵⁸ Buna doğum eylemi ve doğumun epigenetik sonuçlarının kısa, orta ve uzun vadede araştırılması da dahildir.

Dikkate alınması gereken önemli noktalar

- Doğum eylemi ve doğum sırasında olanların yenidoğanın bağışıklık sistemi üzerinde derin etkiler yaratabilecek epigenetik sonuçları olabileceğine dair kanıtlar artıyor.
- Bunun bulaşıcı olmayan otoimmün hastalık üzerindeki uzun vadeli etkileri, henüz araştırmanın erken bir aşamasındadır.
- Fizyolojik doğum eylemi ve doğumun yenidoğan, çocuk ve yetişkinlerin sağlık ve esenlik için hazırlanmaları üzerindeki pozitif değeri hakkında, hatta nesiller arası olabilecek yeni sorular ortaya çıkıyor.
- Sağlık çalışanları, hizmet düzenleyiciler, tedbir uygulayıcıları, hizmet kullanıcıları ve sivil toplum, bu alanda bilinenler (ve şu anda bilinmeyenler) hakkında bilgilendirilmelidir.
- Kanıtlar daha önemli olana kadar, ihtiyatlılık ilkesine dikkat etmek ve faydadan çok zarar getirme olasılığı yüksek olmadıkça doğum müdahalelerini en aza indirecek hizmetler tasarlamak, 'öncelikle zarar verme' ahlaki yükümlülüğü temelinde, doğum bakımını düzenleyen ve sunanların sorumluluğundadır.

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