BÖLÜM 14

Doğum Eylemi ve Doğumla İlgili Mikrobiyom

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Giriş

İnsan vücudunda yaşayan mikroorganizma popülasyonunu temsil etmek için verilen bir terim olan insan mikrobiyomu, uzun zamandır sağlık ve hastalık ile ilişkilendirilmiştir.[1] İnsan mikrobiyomlarının en büyüğü ve en çok araştırılanı bağırsak mikrobiyomudur. Bağırsak mikrobiyomu, temel koruyucu, yapısal, metabolik ve immünolojik işlevleri yerine getirmek için konakçıyla ortak yaşam geliştiren karmaşık bir mikrobiyal topluluktur.[2]

Mikrobiyomda yapılan değişiklikler patolojik olabilir ve sağlıklı bir bağırsak mikrobiyomunun nasıl geliştirilip sürdürüldüğünü anlamak önemlidir.

Bu bölüm, yaşamın erken dönemlerinde bağırsak mikrobiyotasının (belirlenmiş bir ortamda bulunan mikroorganizmalar) gelişimi hakkında bilinenlere ve özellikle doğum eylemi ve doğum sürecinin etkisine odaklanacaktır.[3]

Bağırsak mikrobiyotasının kökenleri

Bakteri kolonizasyonunun nasıl ve ne zaman başladığı hâlâ tartışılmaktadır. Daha önceki çalışmalar amniyotik sıvıda, göbek kordonu kanında, plasenta dokusunda, fetal membranlarda ve mekonyumda bakteri varlığına dair kanıt sağlamıştır.[4-8] Örneğin Aagard vd. (2014) tarafından yapılan bir çalışma, plasentanın patojenik olmayan benzersiz bakteri türlerini barındırdığını ortaya koymuştur.[9] Bununla birlikte, bu bulgular, plasenta numunelerini negatif kontrollerden ayırmayı başaramayan diğer gruplar tarafından ağır bir şekilde eleştirilmiştir.[10,11] Benzer şekilde, Lim vd. (2018), sağlıklı term gebeliklerden alınan amniyotik sıvının saptanabilir bakteri türleri barındırmadığını göstermiştir.[12] Buna karşılık, mekonyumun *Bacilli* ve *Firmicutes* türleri tarafından karakterize edildiği gösterilmiştir.[3,7,9] Tespit edilen bakterilerin canlı

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