



BÖLÜM 1

HALK SAĞLIĞI VE KONJENİTAL HİPOTİROİDİ

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Halk Sağlığı biliminin amacı toplumun sağlık sorunlarını belirlemek; bu sorunların oluşumunu önlemek, risk faktörlerini ortadan kaldırmak ve toplumun sağlık düzeyini yükseltmektir (1). Bu amaçla toplumda yaygın görülen, kişilerde sıklıkla hasara hatta ölüme sebep olabilen önlenabilir hastalıklar için müdahale programları oluşturulur. Böylece erken saptanan ve tedavi edilen hastalıkların yükü azaltılmış, hem bireysel hem de toplumsal fayda sağlanmış olur (2).

Tiroid hastalıklarını incelediğimizde; ötiroidizmle, hipertiroidizmle veya hipotiroidizmle karakterize tiroid hastalıkları, tiroid ilişkili oftalmopati veya tiroid hastalıkları olmaksızın anormal tiroid parametreleri karşımıza çıkmaktadır (3). Bu hastalıkların her biri halk sağlığı açısından değerlendirilebilir olmasına karşın hipotiroidizmle seyreden tablolar bilişsel kapasitenin azalmasına neden olduğundan ayrı bir öneme sahiptir. Hipotiroidizm; tiroid metabolizmasında rol oynayan hormonların (T3 ve T4) yeterince üretilmemesine bağlı gelişen bir tablodur. Dünyada en sık görülen hipotiroidizm tabloları Hashimoto tiroiditi (iyotun yeterli olduğu bölgelerde) ve iyot eksikliğine bağlı gelişen hipotiroidizmdir (iyot eksikliği olan bölgelerde) (4).

İyot eksikliği tedavi edilebilir olduğundan, erken müdahale ile hipotiroidizm vb. sonuçları ortadan kaldırılabileceğinden önlenabilir mental retardasyonun en önemli sebebi kabul edilir (5). İyot; tiroid metabolizmasında rol oynayan hormonların yapımında görev alır (6). Yeryüzünde değişken bir şekilde dağılmış ve çoğunlukla kıyı bölgelerinin toprağında ve suyunda bulunan bir eser elementtir (7). Günlük alım ihtiyacı yaşa göre değişkenlik göstermektedir (8). DSÖ, UNI-

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