



# BÖLÜM 14

## TİROİD FONKSİYON BOZUKLARINDA KAS İSKELET SİSTEMİ BULGULARI

Şenay DEMİR YAZICI<sup>1</sup>

Kas iskelet sistemi endokrin sistem ile yakından ilişkilidir. Endokrin sistem içerisinde de özellikle tiroid hormonlarının fonksiyonlarından sıkça etkilenmektedir. Romatolojik yakınma ile başvuran hastalarda yapılan tetkikler sırasında tiroid fonksiyon bozukluğu tespit edilebildiği gibi tiroid fonksiyon bozukluğu ile takip edilen hastalarda da kas iskelet sistemi ile ilgili bulgular ortaya çıkabilmektedir (1).

### HİPOTİROİDİ

#### Epidemiyoloji

Hipotiroidi, tiroid hormonlarındaki yetersizlik ya da var olan hormonun etkisizliği ile oluşan bir durumdur. Kadınlarda daha sık görülmektedir. En sık nedeni iyot eksikliğidir (2). Türkiye iyot eksikliğinin orta-ciddi düzeyde ülkelerden birisidir (3).

#### Klinik

Hipotiroidi nedeniyle başta kardiyovasküler ve gastrointestinal sistem olmak üzere birçok sistem etkilenmekte, metabolik ve mental değişiklikler görülebilmektedir. Hipotiroidi sonucunda kas ve iskelet sisteminde de çeşitli derecelerde bozukluklar meydana gelmektedir.

Hipotiroidi hastalarıyla yapılan prospektif bir çalışmada hastaların %79'unda kas yakınmaları olduğu belirlenmiş ve gerek manuel yoldan yapılan kas testleri

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yüksek çıktığı birçok çalışmada gösterilmesine rağmen bu antikörlerin hastalık-taki rolü net değildir (91,92). Bu nedenle fibromiyaljiya sendromunun teşhisinde bu antikörler henüz tanısal biyobelirteç olarak kullanılmamaktadır. İlerleyen zamanlarda yapılan çalışmalarla birlikte iki hastalık arasındaki ilişki daha net olarak ortaya konulabilir (93). Psöriyatik artrit, seronegatif spondiloartrit grubundan psöriasisin eşlik ettiği bir hastalıktır. Psöriasisli hastaların %4-30 unda artrit tablosu eklenmektedir. Otoimmün tiroid hastalıkları psöriyatik artritli kişilerde normal popülasyona göre daha sık rastlanmaktadır. Karaoğullarından ve ark. (94) yaptığı çalışmada anti TNF- $\alpha$  tedavisi alan hastalarda daha az otoimmün tiroid bozuklukları görülmüş ve TNF- $\alpha$ 'nın tiroid bozukluğunun patogeneğinde etkili olabileceğini belirtmişlerdir.

Kollajen doku hastalığının seyrinin herhangi bir zamanında otoimmün tiroidit meydana gelebilir. Bu nedenle bu hastaların izleminde tiroid ile ilişkili tetkikler de rutin olarak yapılmalı ve tiroidit tespit edildiği anda tedavisine başlanmalıdır (70).

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