



BÖLÜM 16

TİROİD VE PARATİROİD BEZİ HASTALIKLARI İLE PSİKİYATRİK BOZUKLUKLAR

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GİRİŞ

Endokrin bezi hastalıklarına, davranışsal değişikliklerden ciddi psikiyatrik bozukluklara varan geniş bir yelpazede belirtiler eşlik edebilir. Tiroid hormonları özellikle santral sinir sisteminin embriyojenik gelişim sürecinde ve doğum sonrası süreçte büyük öneme sahiptir. Hayatın farklı dönemlerinde tiroid hormonu düzensizliklerinin beyin üzerindeki etkileri de farklılaşmaktadır. Tiroid hormonunun aktif şekli olan T3'ün reseptörleri santral sinir sisteminde yaygın olarak bulunur. Bu reseptörler, katekolaminerjik sistem ile etkileşerek beyin fonksiyonlarını düzenlemede rol oynarlar (1,2).

2020 yılında gerçekleşen Amerika Birleşik Devletleri Sağlıklı İnsan Programında tüm hastalıklar arasında psikiyatrik bozuklukların en yüksek hastalık yüküne sahip olduğu belirtilmiştir. Psikiyatrik bozukluklar erişkinlikteki en sık engellilik sebeplerinden biridir. Her 4 kişiden 1'inde psikiyatrik bozukluk bulunmaktadır. En sık gözükten psikiyatrik bozukluklar ise anksiyete ve depresyondur (3,4).

Tiroid bezi hastalıkları ve psikiyatrik bozukluklar arasındaki ilişkinin tarihsesi 1800'lü yıllara dayanmaktadır. Hipotiroidi ve psikoz arasındaki ilk ilişki 1888 yılında tanımlanmıştır (5). 1949 yılında ise Asher terminolojiye mikşödem çılgınlığı terimini kazandırmıştır (6). Tiroid hormonu eksikliğinin psikiyatrik bozukluklarla olan ilişkisinin keşfi sonrasında psikiyatrik bozukluklarda tiroid hormonunun rolü üzerinde çalışmalar yapılmıştır. Ancak bu yakın ilişki konusunda

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