BÖLÜM 7

HİPOTİROİDİZM VE CERRAHİ

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Dolaşımdaki tiroid hormon eksikliği sonucunda oluşan ve tedavi edilmezse, ciddi sağlık problemlerine ve nihayetinde ölüme yol açabilen bir hastalıktır. Yeni doğanlarda hipotiroidizm nörolojik bozukluklara ve mental retardasyon kliniği ile karşımıza çıkan kretenizme neden olabilir. Hipotiroidizm; organ sistemleri üzerinde fonksiyon ve metabolizma bozukluklarına neden olarak farklı semptomlar görülmesine neden olabilirler

EPİDEMİYOLOJİ

Hipotiroidizm; toplumda sık görülen bir hastalıktır. Kadınlarda, yaşlılarda ve belirli etnik gruplarda daha yaygın görülmektedir. Hipotiroidide klinik olarak TSH seviyesi yüksek ve FT_4 seviyeleri düşük olabilirken; subklinik hipotiroidide, FT_4 seviyeleri yüksek, serum TSH ise normaldir. Bu durumun geçerli olabilmesi için, sağlam bir hipotalamik-hipofiz-tiroid ekseni, eşzamanlı hastalık olmaması ve bu eğilimin en az 4 haftalık bir süre boyunca tekrarlanabilir olması gerekir. Amerika Birleşik Devletleri, Avrupa ve Japonya'daki çalışmalarda hipotiroidizm prevalansının kadınlarda % 0,06 ile % 0,12 arasında ve erkeklerde % 0,13 ile % 0,4 arasında olduğu bildirilmiştir (1). Hipotiroidizm, iyot alımı nispeten yüksek olan veya ciddi derecede iyot eksikliği olan popülasyonlarda daha sık görülmektedir (2-3). Hipotiroidizm kadınlarda, yaşlılarda (> 65 yaş) ve beyaz bireylerde daha sık tespit edilir (4-5). Hipotiroidizm, tip 1 diyabet, otoimmün mide atrofisi ve çölyak hastalığı gibi otoimmün hastalıkları olan hastalarda daha yaygındır ve çoklu otoimmün endokrinopatilerin bir parçası olarak ortaya çıkabilir. Down sendromlu veya Turner sendromlu bireylerde hipotiroidizm riski yükselir (6).

Konjenital hipotiroidizme yol açan monogenetik bozukluklar nadirdir ve TSH direncini (TSH reseptöründeki inaktive edici bir mutasyona bağlı olarak) tiroid disgenezini ve tiroid disormonogenezini kapsar (7).

Etyoloji

Hipotiroidizm, primer (tiroid hormon eksikliğine bağlı), sekonder (TSH eksikliğine bağlı), tersiyer (tirotropin salgılayan hormon eksikliğine bağlı) olarak sınıflandırılabilir. Sekonder ve tersiyer hipotiroidizm santral hipotiroidizm

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