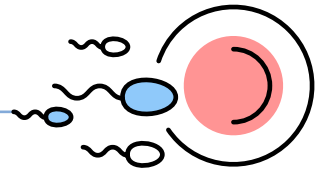
BÖLÜM 11



İNFERTİLİTEDE ÇEVRESEL FAKTÖRLER VE AÇIKLANAMAYAN İNFERTİLİTE

Pınar BAYRAM[1]

GİRİŞ

İnfertil bireylerin sayısını azaltmak, birçok sağlık kuruluşunun birinci önceliği haline gelmiştir. Günlük yaşamda farkında olunmasa bile birçok faktör insan sağlığını olumsuz yönde etkileyebilmekte; üreme sağılığı ve doğurganlık, bireylerin yaşam tarzları ve çevresel faktörler tarafından etkilenebilmektedir.

İnsanlar günlük yaşamda üreme sağlığına yönelik biyolojik (virüsler), fiziksel (radyasyon) ve toksik (kimyasallar) birçok potansiyel tehditle karşılaşmaktadır (1). İnsan vücudunun kendini korumak için savunma mekanizmaları olsa da, bu tehditler soluma, temas, aktarım yoluyla kişinin sağlığını bozabilmekte ve doğurganlığı olumsuz yönde etkileyebilmektedir (2). Yapılan araştırmalar pestisitler, gübreler ve endüstriyel ürünler (plastikleştiriciler ve fitoöstrojenler) şeklindeki endokrin bozucu kimyasallar gibi çeşitli kimyasallara uzun süre maruz kalmanın, çeşitli hormonal yolları bozarak doğurganlığın azalmasıyla ilişkili olduğunu göstermiştir (3). Ek olarak; hava kirliliği, ağır metaller, mesleki maruziyet ve radyasyon gibi diğer çevresel faktörlere maruz kalmanın kısırlığa neden olabildiği veya tekrarlayan düşükler gibi gebelik komplikasyonlarının eğilimlerini artırabildiği belirtilmiştir (4). Dahası, sosyo-ekonomik ve demografik faktörler, sigara dumanı, giyilen dar kıyafetler ve hatta Covid-19 ile enfekte olmak da infertilite oranını yükseltebilmektedir.

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bireylerin çocuk sahibi olamamasına neden olmaktadır. İnfertilite tanısı almış bireylerin beslenmesine ve olumsuz çevresel faktörlere dikkat etmesi, bunun için karşı önlemler alması bireylerin çocuk sahibi olmasına katkıda bulunabilir. Belki de açıklanamayan infertilite durumunu geçici bir dönem ile sınırlı tutarak bireylerin fertilitesini tekrar kazandırabilir.

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