

BÖLÜM 7

DİYABET VE AKCİĞER SAĞLIĞI



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GİRİŞ

Diabetes mellitus, böbrek, retina ve damar sistemi gibi birçok organı hedef alabilen, inflamasyon ve oksidatif stres ile ilişkili sistemik bir hastalıktır. Bu kronik durum akciğer hastalıklarının klinik seyrini ve şiddetini de etkilemektedir (1-5). Pulmoner hastalıklar ile diyabet ilişkisi, ayrı başlıklar şeklinde özetlenmeye çalışılacaktır.

Günümüzde yapılan çalışmalar, yetersiz insülin sekresyonu ve insülin sinyal yollarının bozulmuş etkisinin diyabetin başlıca nedenlerinden ikisi olduğunu göstermiştir. Ayrıca diyabet birçok organı etkileyen bir hastalıktır ve akciğerin de diyabette hedef organlardan biri olduğuna dair giderek artan kanıtlar mevcuttur (1-8).

Sirkadiyen ritimler, hipotalamusta yer alan suprakiazmatik çekirdeğin sirkadiyen saat sistemi tarafından yönlendirilen 24 saatlik ritimlerdir. Sirkadiyen ritimler, metabolizma ile ilgili hastalıklarda yaygın olarak rol oynar. Sirtuinler adenin dinükleotide (NAD⁺) bağımlı histon deasetilazlar olduklarından, tip 2 diyabet gibi hastalıkları düzenlemede de önemli roller oynadığı öne sürülmüştür. Diyabetik akciğerde ortaya çıkan histolojik ve fonksiyonel değişikliklerin ilk

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SONUÇ

Diabetes mellitus, hemen hemen her organı etkilediği gösterilmiş olsa da, muhtemelen klinik önemi belirsiz olduğu için akciğer diyabetin en çok ihmal edilen hedef organlarından biridir. Aslında, çoğu pulmonoloji literatürü diyabeti akciğer hastalıkları için etkili bir faktör olarak ele almamaktadır.

Ortaya çıkan kanıtlar, diyabetin ve yaygın olarak kullanılan hipoglisemik ilaçların çeşitli akciğer hastalıklarının patogenezi, gelişimini ve ilerlemesini ve bunların prognozunu ve klinik sonuçlarını etkileyebileceğini düşündürmektedir. Hipergliseminin proinflatuar, proliferatif ve oksidatif özelliklerinin pulmoner vaskülatür, hava yolları ve akciğer parankimini etkilediği gösterilmiştir.

Diyabet ve akciğer hastalığı arasındaki biyolojik ve klinik ilişkileri değerlendirmek ve güçlendirmek için daha fazla çalışmaya ihtiyaç vardır. Sonuçta sistematik bir hastalık olan diyabette akciğer neden ihmal edilen bir organ olsun?

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