Bölüm

3

Hipertansiyon ve Gen Polimorfizmleri

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GİRİŞ

Tüm dünyada ve ülkemizde, beklenen yaşam süresinin uzaması ve sağlıksız yaşam şartlarının artması ile birlikte kronik hastalıklarda da artış olduğu gözlenmektedir. Yaşlı nüfusun artışı, kronik hastalık görülme sıklığının artmasını da beraberinde getirmektedir. Artan kronik hastalıklar morbidite ve mortalite açısından önem arz etmektedir [(1)].

Hipertansiyon kronik bir hastalık olup, tekrarlanan ölçümlerde arteriyel kan basıncının 140/90 mmHg'den daha yüksek olması olarak tanımlanan, ciddi komplikasyonlara neden olması ve toplumda sık olarak görülmesi sebebiyle önemli bir sağlık sorunudur [(2)].

Dünya çapında 1 milyardan fazla kişiyi etkileyen hipertansiyonun tedavi edilmediği müddetçe, inme, koroner arter hastalığı, periferik arter hastalığı, kalp yetmezliğine sebep olduğu ve ölüm oranını arttırdığı ortaya konmuştur. Hipertansiyon, hem genetik hem de çevresel faktörleri içeren bir hastalık olduğundan, bu hastalığa dahil olan genetik ve çevresel faktörleri anlamak birçok ciddi durumu ve ölümü önlemeye yardımcı olabilir [(3)].

Renin Anjiyotensin Aldosteron Sistemi, vücudun sodyum dengesi ve kan basıncını düzenlemeye yönelik en güçlü sistemlerinden biridir [(4).] Renin Anjiyotensin Aldosteron Sistemi'nin farklı genlerinin genotipik varyasyonları hipertansiyona yatkınlıkla ilişkilendirilmiştir. Buna göre, hipertansiyonun patogenezini ve ilgili komplikasyonlarını anlamak için Renin Anjiyotensin Aldosteron Sistemi'nin farklı bileşenleri ve yolları ile fizyolojik ve genetik yönlerinin derinlemesine kavranması gereklidir [(5, 6)].

Hipertansiyonla ilgili genetik varyasyonların bilinmesi, hastalığın patofizyolojisinin daha iyi anlaşılması ve yeni ortaya çıkan tedavi yöntemlerinin tasarımına rehberlik etmesi açısından büyük önem taşımaktadır [(7, 8)].

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