

BÖLÜM 22

MULTİPL SKLEROZ VE VİTAMİNLER

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GİRİŞ

MS, sinir hücrelerinin hasarını içeren bir durum olup beyin ve omurilikte lezyonlar (plak oluşumu) ile karakterizedir. Bu lezyonlar, merkezi sinir sisteminde sinirleri koruyan, sinir uyarılarının verimli bir şekilde iletilmesini destekleyen ve sinir hücresinin aksonunu saran miyelin kılıfın tahribatı ile ilişkilidir, MS, bir otoimmün bozukluk olarak kabul edilir; (otoimmün bozukluklar, bağışıklık sistemi arızalandığında ve vücudun kendi doku ve organlarına saldırdığında ortaya çıkar.) MS insidansı ve prevalansı giderek artmakta ve hastalığın tıbbi, sosyal ve ekonomik yükü belirgin hale gelmektedir (1). Beyinde ve omurilikte ortaya çıkan sinir hasarı, kas zayıflığına, görme kaybına, uyuşma veya karıncalanmaya ve koordinasyon ve dengede zorluğa neden olabilmektedir. MS'nin kesin etiyo-lojisi tam olarak aydınlatılamamış olsa da genetik ve çevresel faktörlerin bir kombinasyonundan kaynaklandığı görülmektedir (2). D vitamini, "güneş ışığı vitamini" ve güneş ışığı, bireyin MS geliştirme riskine katkıda bulunduğu düşünülen diğer birçok çevresel faktör arasında yer alır; diğerleri

ise sigara, obezite ve Epstein-Barr virüsü (EBV) enfeksiyonudur. D vitamini ve MS arasındaki etkileşim, önemli araştırmaların konusu olmuştur. Bu bölümde, D vitamininin ve diğer vitaminlerin MS patofizyolojisindeki ve iyileşme sürecindeki rolleri tartışılacak ve vitamin eksikliği olan ve takviyesi yapılan MS hastalarındaki klinik sonuçlarla ilgili kanıtlar gözden geçirilecektir.

MS Patofizyolojisinde Vitaminlerin Etkisi

Bağışıklık sistemi, vücudu yabancı istilacılara karşı koruyan özel hücreler, organlar ve dokulardan oluşan karmaşık bir ağdır. Bağışıklık sisteminin temel sorumluluklarından biri, vücudu enfeksiyona neden olan mikrop ve organizmalardan korumaktır. Bağışıklık sistemi bunu etkili bir şekilde yapamadığında, vücut yanlışlıkla normal hücrelere saldıran otoantikolar üretir. Otoantikorlardan olan düzenleyici T hücreleri daha sonra fırsatçı enfeksiyonları ve hastalıkları önleyemez. Bu başarısız bağışıklık sistemi yanıtına "otoimmün hastalık" denilmektedir. MS, sinir liflerini saran,

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tedavilerinde yararlı olabilir. MS'un potansiyel tedavisinde her bir vitaminin rolünü belirlemek için gelecekteki klinik deneyler gereklidir.

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