

BÖLÜM 44

GIDA KAYNAKLI ENFEKSİYONLARIN TANISI VE KONTROLÜNDE MOLEKÜLER YÖNTEMLERİN KULLANIMI



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Giriş

Dünya genelinde her yıl yaklaşık olarak 10 kişiden birinde görüldüğü tahmin edilen ve çeşitli bakteri, virüs, parazit, toksin veya kimyasal ile kontamine olmuş su ve gıdaların tüketilmesi ile gelişen gıda kaynaklı hastalıkların büyük bir çoğunluğundan ishalleri hastalıklara neden olan enfeksiyon etkenleri sorumludur. Gıda kaynaklı bakteriler neden oldukları enfeksiyonlar aracılığıyla hemolitik üremik sendrom ve Guillain-Barré sendromu gibi ciddi komplikasyonlara ve özellikle gelişmekte olan ülkelerde ölümlere neden olabilmektedir. Bu enfeksiyonlar, ölüme ek olarak sağlık merkezine başvuru ve hastaneye yatışa bağlı sağlık hizmeti harcamaları, erken ölüme bağlı giderler ve iş kayıpları aracılığıyla ülke ekonomisine getirdikleri yük açısından ciddi bir halk sağlığı tehdididir¹.

Prevalansları ve önem dereceleri ülkeden ülkeye değişiklik göstermekle birlikte, dünya genelinde bu enfeksiyonlardan sıklıkla izole edilen bakteri-

ler arasında *Campylobacter*, *Salmonella*, *Shigella*, *Yersinia*, *Vibrio*, *Aeromonas* ve *Plesiomonas* türleri ile başta Shiga toksin oluşturan *Escherichia coli* (STEC) olmak üzere diyet etkeni *E. coli* patotipleri [Enteropatojenik *E. coli* (EPEC), Enterotoksijenik *E. coli* (ETEC), Enteroinvaziv *E. coli* (EIEC), Enteroagregatif *E. coli* (EAEC)] yer almaktadır^{2,3}. Ayrıca, son yıllarda *Clostridioides difficile* enfeksiyonlarının da gıda kaynaklı olabileceği ileri sürülmektedir⁴. Bu nedenle, bu bölümde *C. difficile* enfeksiyonlarına da yer verilmiştir.

Gıda kaynaklı bakteri enfeksiyonlarının laboratuvar tanısında klasik olarak kültür ve kültürden bağımsız testlerden yararlanılmaktadır. Özgüllüğünün oldukça yüksek olması nedeniyle tanıda altın standart olarak kabul edilen geleneksel kültür yöntemi, izole edilen bakterilerin antibiyotik duyarlılıklarının araştırılmasına, moleküler yöntemlerle tiplendirilerek bölgesel, ulusal veya uluslararası düzeyde salgınlarla ilişkilendirilmesine ve epidemiyolojik açıdan ileri incelemelerin (rezervuar ve

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birlikte gıda kaynaklı bakterilerin alt tip düzeyinde tiplendirilmesi için uygun değildir ^{67,83}. Belirli bir bakteriye özgül olan yüzlerce gen bölgesinin çok sayıda farklı primer çifti aracılığıyla çoğaltılarak dizilenmesi esasına dayanan "yüksek düzey multipleks amplikon dizi analizi", *Salmonella* cinsi bakterilerin sürveyansında ümit vadetmektedir. Ancak, dışkı örneğinde hedef bakteri ile genetik benzerlik gösterebilen çok sayıda normal flora elemanı mevcuttur. İhtiyaç duyulan yüzlerce farklı primerin tasarlanabilmesi için normal flora elemanlarından farklılık gösteren hedef dizilerin bulunmasının zor olması, bu yöntemin halk sağlığı sürveyansı açısından dışkı örneklerinde uygulanabilmesini kısıtlamaktadır ⁸¹.

Metagenomik yaklaşımlardan bir diğeri olan "shotgun" dizi analizi, hedef gözetmeksizin örnekte bulunan nükleik asitlerin tamamının dizilenmesine imkân tanır ⁶⁷. Bu yaklaşım, bakteriye özgül değildir ve etkenle ilgili herhangi bir bilgiye gereksinim duymadan örnekte bulunan herhangi bir mikroorganizmaya ait gen dizilerini saptayabilir ^{81,82}. "Shotgun" dizi analizinin, klasik tanı yöntemleriyle saptanamayan gıda kaynaklı patojenlerin tanısında, karışık enfeksiyonların saptanmasında ve gıda kaynaklı salgınların araştırılmasında başarılı olduğu çeşitli çalışmalarda gösterilmiştir ^{84,85}. Ancak, patojen bakterilerin dışkı örneğinde bulunan normal flora elemanlarına kıyasla çok daha az sayıda bulunması nedeniyle bu yöntemin duyarlılığı düşük olabilmektedir. Saptama limitinin 10^4 - 10^5 cfu/ml olduğu bildirilen "shotgun" dizi analizinin duyarlılığının %67'ye kadar düşebildiği bildirilmektedir ^{65,86}. Bu yöntemin önemli bir diğer dezavantajı ise sonuçların DNA ekstraksiyonu ve kütüphane hazırlanması gibi çeşitli laboratuvar tekniklerinden ve kullanılan dizi analizi teknolojisi, biyoinformatik analiz sistemleri ve referans veri tabanlarından etkilenmesidir. Bu parametrelerin henüz standardize edilmemiş olması, "shotgun" dizi analizinin gıda kaynaklı bakterilerin tanısında ve rutin sürveyansında kullanımını kısıtlamaktadır ^{65,82,83}.

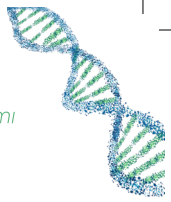
"Shotgun" dizi analizi, dışkı veya gıda gibi herhangi bir örnekte bulunan direnç genlerinin tamamına yakınının saptanabilmesine de olanak sağlar. Ancak, patojen bakterilerle birlikte çok sayıda diğer bakterilerin de bulunduğu dışkı veya gıda gibi örneklerde saptanan direnç genleri çoğunlukla bireysel olarak bakterilerle ilişkilendirilemez. Bu nedenle, metagenomik yaklaşımın gıda kaynaklı bakterilere ait antimikrobik direnç sürveyansında tek başına kullanılması henüz mümkün değildir ⁶⁵.

Sonuç

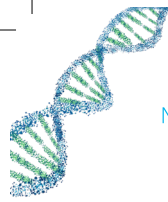
Kaydedilen ilerlemelerle bir paradigma kaymasına yol açabilecek potansiyele sahip olan moleküler yöntemlerin halen önemli kısıtlılıklarının bulunması gıda kaynaklı enfeksiyonların tanısı ve kontrolünde geleneksel kültür yöntemlerinin yerini almasını şu an için engellese de bu yöntemlerin çok yakın bir gelecekte hastalıkların tanısı ve salgın yönetiminde ön plana geçeceği açıktır.

Kaynaklar

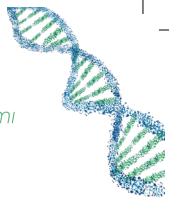
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