

Bölüm 5

MENOPOZ DÖNEMİNDE BİLİŞSEL FONKSİYONLARA ETKİ EDEN FAKTÖRLER

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Giriş

Menopoz dönemi, kadınlarda menstrüel döngülerin son bulması ve östrojen çekilmesinin etkilerinden dolayı bilişsel bozukluklar riskinin artışıyla karakterize bir dönemdir. Menopozal geçiş ve erken menopoz döneminde bilişsel performans bozulmaktadır. Bu durumdan tüm kadınlar aynı şekilde etkilenmez. Bu derleminin araştırdığı soru, menopoz döneminde çevresel zenginleştirmenin, kadınların bilişsel test performansını etkileyip etkilemediği ve bilişsel semptomlar için koruyuculuğunun olup olmadığıdır. Menopoz döneminde bilişsel performans bakımından belirleyici faktörleri hem genetik hem de çevresel faktörler açısından kapsamlı bir biçimde ele alınması amaçlanmıştır. Kadınların orta yaş ve ileri dönemdeki sağlığını iyileştirmeye yönelik yaşam tarzı müdahalelerinin önemi derlenecektir. Bu yazının, bilişsel fonksiyonlarda bozulmayı önlemede menopoz dönemi kadınlar için aktivite önerileri sunacağı umulmaktadır. Bu derleminin araştırdığı, menopozla birlikte bilişsel performans bozulmalarının bazı kadınlarda daha şiddetli görünmesinin altında yatan kişinin özgeçmişindeki değişkenler ve genotipiyle olan ilişkisinin birlikte değerlendirilmesidir. Literatürde bilişsel test sonuçları, kadınların genotip ve hayat tarzı faktörleriyle beraber incelenmiş çalışmalar derlenerek bu soruna katkı sunacaktır.

1. MENOPOZ DÖNEMİ

Dünya Sağlık Örgütü, menopoz dönemini overlerde foliküler aktivitenin kaybına bağlı olarak mensin kalıcı olarak durması olarak tanımlar.¹ Doğal menopoz herhangi bir patolojik durum olmaksızın 12 ay boyunca amenore durumudur. Menopoz dönemi, overlerde oositlerin tükenmesi ve östrojen ile progesteron sal-

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çevresel faktörlerin etkisi ve yatkınlık oluşturabilecek polimorfizmlerin değerlendirildiği çalışmalar derlenerek menopoz dönemi kadınların bilişsel semptomlardan etkilenme olasılığının hangi değişkenlere bağlı olduğu hakkında görüş getirilmiştir ve buna bağlı olarak bilişsel semptomların önlenmesine dair yaklaşımlar geliştirilebilir. Östrojen reseptör polimorfizmleri, menopoz döneminde bilişsel bozulma için genetik risk faktörü oluşturur. Çevresel etkileşimler, eğitim, bilişsel aktiviteler ise bellek bozulmaları için koruyucudur. Östrojen çekilmesinden kaynaklanan menopoz ile ilişkili bilişsel bozukluklarda genlerin ve çevresel etkilerin bu dönemde oldukça etkili olduğu görülmüştür.

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