TÜTÜN VE COVID-19 İLİŞKİSİ

12. BÖLÜM

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Giriş

Çin Halk Cumhuriyeti'nin Hubei eyaleti, Vuhan şehrinde 2019 Aralık ayında çıkarak tüm dünyayı etkisi altına alan ve belirsizlikleriyle halen devam eden koronavirüs salgını, ciddi boyutta can kayıplarıyla birlikte pek çok açıdan toplumları derinden etkilemiştir. Alışılagelen yaşam tarzlarını ve toplumsal ilişkileri dönüştüren; "küreselleşme" dâhil genel kabul görmüş pek çok doğruyu sorgulatan; "birbirine bağımlılık" olgusunu hiç olmadığı kadar somutlaştıran ve yerel-ulusal-küresel tüm sosyo-ekonomik kurumlarımızı yeniden düşünmeye iten bu salgın toplumsal hafızalarımızda da derinden iz bırakacak gibi görünmektedir. Salgın esnasında, tahmin edileceği gibi, tüm dünyada bağışıklık sistemini güçlendirme, virüsün bulaşmasını önleme arayışları içine girilmiştir. Salgına neden olan virüsün ön planda solunum sistemini etkilemesi, ölümün solunum yetmezliğinden kaynaklanması gibi sebeplerle hem medya ve kamuoyu hem de bilim dünyasının ilk meselesi sigara ve tütün kullanımının hastalığın seyrini nasıl etkilediği/etkileyeceği olmuştur. Bu bağlamda, 2019 yılında ortaya çıkan salgının tütün ile ilişkisi incelenmiştir.

Koronavirüsler ve COVID-19

Koronavirüsler, yüzeylerindeki çubuksu uzantılar "corona (taç)" görünümü oluşturduğundan Coronavirus (taçlı virüs) olarak adlandırılan büyük bir virüs ailesidir. Koronavirüsler, zarflı RNA virüsleri olup, 60-140 mm boyutunda, tek zincirli ve pozitif polaritelidirler. Çok çeşitli virüs türleri barındırdıkları için değişken hastalık türlerine neden olabilirler (1).

İnsanlarda sık görülen ve insandan insana geçebilen alt türler, soğuk algınlığı gibi hafif enfeksiyonlara yol açabildiği gibi hayatı tehdit eden ağır klinik tablolara da yol açabilir. Koronavirüsler son 2019'dan önce Orta Doğu Solunum Sendromu (MERS, Middle East Respiratory Syndrome) ve Ağır Akut Solunum Sendromu (Severe Acute Respiratory Syndrome, SARS) olmak üzere iki salgına neden olmuştur. SARS-CoV, 2003 yılında, Çin'de epidemiye yol açmış, 8442 kişi enfekte olmuş ve % 11 oranında mortaliteye neden olmuştur. MERS-CoV ise 2012 yılında 2494 kişinin enfekte olduğu, % 34 oranında mortaliteyle seyreden bir salgına neden olmuştur. Her iki etkenin de hayvanlardan insana bulaştığı gösterilmiştir (1).

Çin'in Hubei eyaletinin Vuhan şehrinde, ilk vaka 8 Aralık 2019 tarihinde olmak üzere, yeni pnömoni vakaları görülmeye başlanmıştır. Bu va-

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değişkenli regresyon analizleri ile değerlendirile-bildiği çalışmalarda elde edilecek güçlü kanıtlara ihtiyaç vardır.

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