

6. BÖLÜM

TİROİD DIŐI HASTALIK SENDROMU

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GİRİŐ

Önceleri ötiroid hasta sendromu ya da düşük triiyodotironin (T3) sendromu olarak da bilinen tiroid dışı hastalık sendromu (TDHS); major cerrahi ya da hastalık nedeniyle hastanede takip gerektiren hastalarda karşılaştığımız laboratuvar anormallikleridir. Tiroid hormonunun sentezi ve salınması hipotalamus-hipofiz-tiroid aksı tarafından feed-back mekanizmalarla kontrol edilmektedir. Hipotalamustan salınan tirotropinreleasing hormon (TRH) tarafından hipofiz bezi uyarılır ve tiroidstimulan hormon (TSH) salgılanır. TSH'nın hedef organı olan tiroid bezinden de pro-hormon olan tiroksin (T4) başta olmak üzere tiroid hormonları sentezlenir ve salgılanır. Tiroksin, periferde 5' deiyodinazenzimi aracılığıyla aktif hormon olan T3' e dönüştürülür. Triiyodotironin (T3) ise tiroid hormon reseptörleri (THR- α ve THR- β) aracılığıyla doku/organ düzeyinde etkinlik gösterir. TDHS'nda T3 ve T4 ün TSH üzerindeki negatif feed-back kontrolünde fizyolojik olmayan bazı değişiklikler meydana gelir ve yapılan tetkiklerde T3'ün düşük, TSH'nın ise beklenen düzeyde artmadığını

görülebilir (1). Ayrıca periferde, tiroid hormon bağlayıcı proteinlerin ve taşıyıcıların miktarında, deiyodinazların ekspresyon ve aktivitesinde de bazı değişiklikler meydana gelebilir (1). Tiroid hormonu etki basamaklarındaki değişim, hastalığın şiddeti veya evresiyle de ilişkilidir (2). Daha da önemlisi tiroid hormon değişikliğinin yanında sıklıkla ACTH ve kortizol hormon düzeyinde de artış vardır (2). Bu sebeple TDHS'nun izole bir tiroid hormon bozukluğu olarak değil, diğer endokrin ve immünolojik sistemleri de etkileyebilen bir durum olabileceği unutulmamalıdır.

Tiroid dışı hastalık sendromunda görülen tiroid hormon parametrelerindeki anormalliğin klinik önemi çok net değildir, bu sebeple tiroid hormon tedavisinin faydası konusunda da literatürde çelişkili sonuçlar bulunmaktadır (2). Örneğin akut hastalık sırasında metabolizmayı azaltmak amacıyla T3 düzeyi düşmüşse tiroid hormon tedavisi faydalı olmayacaktır, hatta zararlı bile olabilir. Buna karşın hastanın kullandığı ilaçlar nedeniyle gelişen bir tiroid hormon bozukluğu varsa, tiroid hormon tedavisi gerekir ve hasta fayda görebilir (2).

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