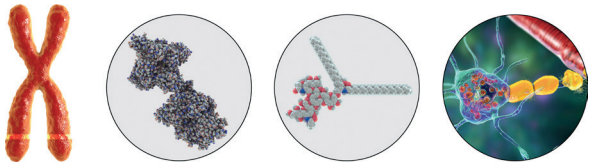

BÖLÜM 4

MULTİPL SKLEROZ BESLENME, SEMPTOMATİK VE DESTEK TEDAVİSİ

Vedat ATAMAN SERİM[1]

GİRİŞ

Multipl Sklerosis veya kısaca MS, öncelikle enflamasyonun hâkim olduğu ardından nörodejeneratif süreçlerin baskın hale geldiği santral sinir sisteminin (SSS) progresif, kronik demiyelinizan bir hastalığıdır. Hastalık süreci ön planda enflamatuar etkinin baskın olduğu erken süreç ve ardından nörodejeneratif süreçlerin baskın olduğu geç dönem olarak aslında ikiye ayrılabilir; erken dönemde enflamasyon tablosuna remiyelinizasyon ile kısmi iyileşmeninde eşlik ettiği görülür (1). MS etiopatogenezinde genetik ve immünolojik altyapı dışında çevresel faktörlerinde belirgin rolü olduğu bilinmektedir (2). MS hastalığının her döneminde çevresel faktörlerin etkisi önemli yer tutar; bunların başında bağırsak florası veya mikrobiyomu ve oluşturdukları metabolitlerin etkisi bulunmaktadır. Henüz bu konuda çalışmalar çok yeni olup, diyet, mikrobiyom ve metabolitlerinin MS etiopatogenezinde rolü tam olarak açıklanamamıştır. Bunun yanında mikrobiomda gelişen dengesizliklerin yani disbiyozisin çoğu hastalığın etiopatogenezinde rol oynadığı gösterilmiş olmak ile birlikte tipik batı diyeti ile disbiyozisin artması ile nöroenflamasyonun tetiklendiği gösterilmiştir (59). MS'te diyetin hastalık başlangıç ve progresyonu üzerine etkisi ile ilgili çalışmalar uzun yıllardır devam etmekte olsa da immunomodülatör etkinin Treg hücreler ve IL10-17 sentezi üzerine ve nörodejeneratif prosesin ilerleyişi üstüne etkisi ile ilgili kesin sonuçlara ulaşılamamıştır. D vitamini ve güneşe az maruz kalmak ile MS ilişkisi uzun süredir bilinmektedir .Yine enflamatuar süreçlerin artış gösterdiği obezite de özellikle genç erişkinlerde MS gelişimi açısından önemli bir risk

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- Ağrı kontrolü açısından, nöralterapi ve akupunktur
- Yorgunluk yönünden, Sulbutiamine ve CoQ10 desteği
- Bitkisel özler, vitamin/mineraller, Ginseng, selenyum ve vitaminD başta olmak üzere
- Diyetler ve koruyucu/belli besin gruplarından uzak durmak
- Meditasyon, Yoga, Masaj ve gevşeme teknikleri alternatif ve tamamlayıcı tıp uygulamaları arasında sayılabilir (98,99).

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