16. BÖLÜM

ÇOCUKLUK ÇAĞI SOLUNUM YOLU ALERJİK HASTALIKLARINDA PROBİYOTİKLERİN YERİ

Selçuk VAROL[1]

Solunum yolu alerjik hastalıkları temelde alerjik rinit ve atopik astım olmak üzere iki hastalık şeklinde karşımıza çıkmaktadır. Tüm popülasyonda görülmekle birlikte özellikle çocukluk çağında bu iki hastalığın birlikteliğine oldukça sık rastlanmaktadır. Ortak hava yolunu ilgilendiren her iki klinik antitenin de solunum sistemi içinde sistemik bir inflamatuar sürecin klinik belirtileri olduğu düşünülmektedir. Öyle ki, bu iki hastalığın yüksek oranda birlikte görülmesi birçok klinik çalışmada 'tek havayolu tek hastalık' tanımıyla da anılmalarına neden olmuştur.

Atopik astım, CD4+ Th2 tip hücrelerin sensitizasyonu ile başlar. Th2 hücrelerinden salınan interlökin (IL) 4, 5 ve 13 gibi sitokinler IgE sentezini, mast hücreleriyle eozinofillerin gelişimi ve aktivasyonunu sağlar. Benzer şekilde alerjik rinitte de olaylar alerjenin nazal mukozaya erişmesi ve alerjen sunan hücreler tarafından T hücresine yönlendirilmesiyle başlar. Th2 yönünde farklılaşan T hücreleri yine IL-3, IL-5 ve IL-13 sitokinleri aracılığla B hücrelerinden IgE sentezine yol açar.

[1] Yeşihisar İlçe Devlet Hastanesi

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