Bölüm 2

AĞIZ HASTALIKLARI ve ORAL CERRAHİDE KORTİKOSTEROİDLERİN KULLANIM ALANLARI

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1. GİRİŞ

Kortikosteroidler, vücutta adrenal bezin korteksinden endojen olarak salgılanan, vasküler reaktiviteyi kontrol ederek vücudu stres durumuna karşı hazırlayan kortizol benzeri maddelerdir. Kortikosteroid yapılı bu ilaçlar kortizol hormonunun sentetik analoglarıdır. Kortikosteroidler hedef dokulara girdikten sonra belirli hücre içi reseptörlere bağlanarak doğal yollarla vücutta salınan hormonların etkilerini taklit ederler ve genel anlamda vücutta salınanlara nazaran sentetik analoglar daha uzun yarı ömürlü ve daha güçlü etki gösterirler. Bu anlamda sentetik kortikosteroidler doğal kortikosteroidlerden daha yüksek antienflamatuar etki potansiyeline sahiptir ve günümüzde pek çok endikasyonda kullanılmaktadır.[1-3]

Adrenal korteks tarafından dolaşıma salınan çok sayıda doğal steroidden ikisi etkinlikleri bakımından diğerlerine nazaran daha fazla öneme sahiptir. Bunlar mineralokortikoid yapıda olan aldosteron ve glukokortikoid yapıya sahip olan kortizoldür. Mineralokortikoidler sodyum ve su tutulmasını sağlarken böbrek tarafından potasyum idrara geçmesini stimüle eder, ancak antienflamatuar veya antialerjik etkileri bulunmamaktadır. Mineralokortikoidler renin-anjiyotensin sisteminin kontrolü altındadır ve salgılanması hipofiz bezinden bağımsızdır. Glukokortikoidler ise hipotalamik-hipofiz-adrenal (HPA) ekseninin regülasyonu altında adrenal korteks tarafından salgılanan steroid yapılı hormonlardır. Hidrokortizon olarak da bilinen kortizol, insanlarda bilinen majör glukokortikoiddir. Adrenal korteksin zona fasciculata ve zona reticularis hücreleri tarafından sentezlenir ve salgılanması ön hipofiz bezinden adrenokortikotropik hormon (ACTH) tarafından düzenlenir. Karbonhidrat, protein ve yağ metabolizmasını etkileyen çok çeşitli fizyolojik etkilere sahip olan kortizol; kan basıncının, kardiyovasküler fonksiyonların ve bağışıklık sisteminin düzenlenmesini doğrudan etkilemektedir. Kortizolün sekresyonu; adrenal bez, pitüiter bez ve hipotalamus arasındaki strese bağlı gelişen cevap ve negatif feedback mekanizmaları ile düzenlenir.[2-4]

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