

Bölüm 4

ENDOKRİN BOZUCULAR

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GİRİŞ

Endokrin bozucular (EB'lar); vücudumuzda doğal olarak bulunan hormonların sentez, salınım, taşınım, eliminasyon fonksiyonlarını etkileyerek değiştiren ve hormon fonksiyonlarına müdahale ederek bu olayı gösteren kimyasal maddelerdir.¹ Vücudumuzdaki hormonları taklit ederek hormon-reseptör etkileşmesi aşamasında etkilerini gösterirler. Hormonların etkisinin herhangi bir yönde değiştirebilirler. EB'lar normal bir bireyin organizmasında ve sonraki kuşaklarında endokrin sistem üzerinde olumsuz sonuçlar ortaya çıkmasına sebep olabilmektedir. İnsanlarda ve hayvanlarda üremeyi ve sağlığı etkilediği gösterilmiştir ve hormonal dengeyi bozduğu belirlenmiştir.² EB kimyasallar özellikle hormon ve homeostatik sistemi bozarak hareket ederler ve genel olarak doğal bitki, hayvan, insan kaynaklı olarak bulunmaktadır ancak asıl sorun oluşturan kısım sentetik olarak üretilen endokrin sistemi bozan kimyasal maddelerdir. Bir kimyasalın endokrin bozucu olarak adlandırılabilmesi için etkisini sağlık üzerinde göstermeli ve bu etkiyi endokrin fonksiyonları değiştirerek yapmalıdır.³ Bununla birlikte EB ' lar gerçek etkisini endokrin sistem üzerinden gösterirler ve dolaylı olarak diğer organların ve sistemlerin üzerinde de etkileri olduğu görülmüştür.⁴ Yapılan bilimsel araştırmalarda EB ' ların karmaşık olan endokrin sinyal yollarını etkileyip istenmeyen sonuçlara yol açabileceğini

düzeylerinin hesaplanmaması burada yaşanan halk için önemli bir halk sağlık sorunudur. DSÖ tarafından EB kimyasallar üzerinde farkındalık yaratmak amacıyla raporlar hazırlanmıştır ve rapora göre endokrin sistem hastalıklarının artması, endokrin sistem ile ilişkili kanser vakalarının yükselmesi, Tip 2 diyabet ve obezite vakalarının artması endişe uyandıran konular arasındadır.⁸² Endokrinologlar EB kimyasallara halkın maruziyetini azaltacak faaliyetlerde bulunmalı ve halkı bu konuda bilinçlendirmelidir. Yetkili kurumlar bu kimyasalları kullanan işletmeleri denetlemeli ve yasal olarak takibi yapılmalıdır. Ayrıca toksik metallerle maruz kalmış sularda yaşayan balık ve deniz ürünleri tüketiminden kaçınılmalıdır çünkü bu ürünlerin beslenme yolu ile vücutta birikip istenmeyen etkiler oluşturması olasıdır. EB kimyasallara farklı şekillerde maruz kalmaktayız ve bunların insan sağlığına ciddi anlamda zarar verme potansiyeline sahip olduğu bilinmektedir. Karmaşık mekanizmaları olan bu kimyasalların insan vücudunda meydana getirdiği anormalliklerin tedavi edilmesi için daha fazla çalışmaların yapılmasına ihtiyaç duyulmaktadır.

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