

Nýr doktor í læknisfræði



Þann 2. febrúar síðastliðinn varði Sigríður Þórdís Valtýsdóttir doktorsritgerð sína við Uppsalaháskóla. Ritgerðin ber heitið Primary Sjögren's Syndrome. Clinical Studies with Reference to Hormonal Status, Psychiatric Symptoms and Well-Being.

Andmælandi við doktorsvörnina var Hans-Jacob Haga prófessor við Oslóarháskóla. Handleiðarar voru prófessor Roger Hällgren, prófessor Jerker Hetta, dr. Med Ulla Lindqvist og dr. med. Björn Guðbjörnsson.

Hér birtist enskt ágríp doktorsritgerðarinnar.

Primary Sjögren's syndrome (pSS) is a chronic inflammatory connective tissue disease of unknown etiology. The disease primarily involves salivary and lacrimal glands which results in oral and ocular dryness (sicca symptoms). A wide spectrum of extraglandular features from various organs may be seen.

In this thesis, the frequency of psychiatric symptoms in women with primary Sjögren's syndrome was studied and an attempt was made to assess how these symptoms might influence their well being and quality of life.

The main finding was that the women with pSS suffered significantly more often from symptoms of anxiety and depression when compared with age

matched, healthy females and female patients with rheumatoid arthritis. The physical and mental well-being of the patients with pSS was significantly reduced compared to patient controls.

The possible link of psychiatric symptoms to the altered function of the hypothalamic-pituitary-gonadal axis and adrenal androgen secretion was elucidated. Women with pSS have intact cortisol synthesis but reduced serum concentrations of dehydroepiandrosterone sulphate (DHEA-S) ($p < 0.05$) and an increased cortisol/DHEA-S ratio ($p < 0.05$), compared to healthy controls. These findings may reflect a constitutional or disease-mediated influence on adrenal steroid synthesis. Positive correlation was found between DHEA-S serum levels and quality of sexual life ($p < 0.01$) and mental well-being ($p < 0.01$) in women with pSS.