



METABOLİK SENDROM VE METABOLOMİK ANALİZLERE YAKLAŞIM

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İstanbul Prof.Dr. Cemil Taşcıoğlu Şehir Hastanesi

Tıbbi Biyokimya

10/05/2025

SUNUM İÇERİĞİ

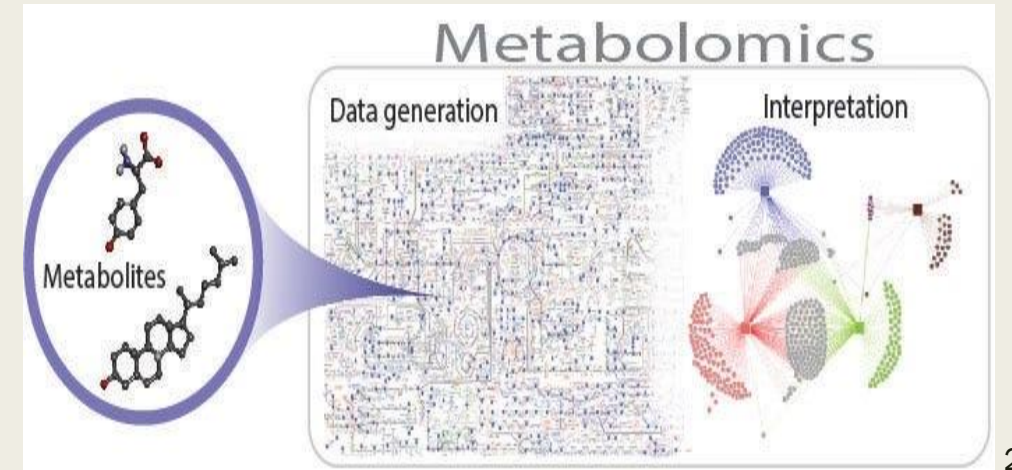
■ Metabolik Sendrom

- Giriş ve Güncel Durum
- Epidemiyoloji
- Etiyoloji
- Patofizyoloji
- Tanı Kriterleri



■ Metabolomik

- Giriş ve Güncel Durum
- Analizler ve Prosedür
- Metabolik Sendromdaki Sonuçlar
- Gelecekte Beklentiler
- Yazılım ve Analiz Programları



METABOLIC SYNDROME

obesity, hypertension, diabetes, cholesterol, blood sugar, insulin, triglycerides, body fat, high blood pressure, heart disease, stroke, and PCOS.

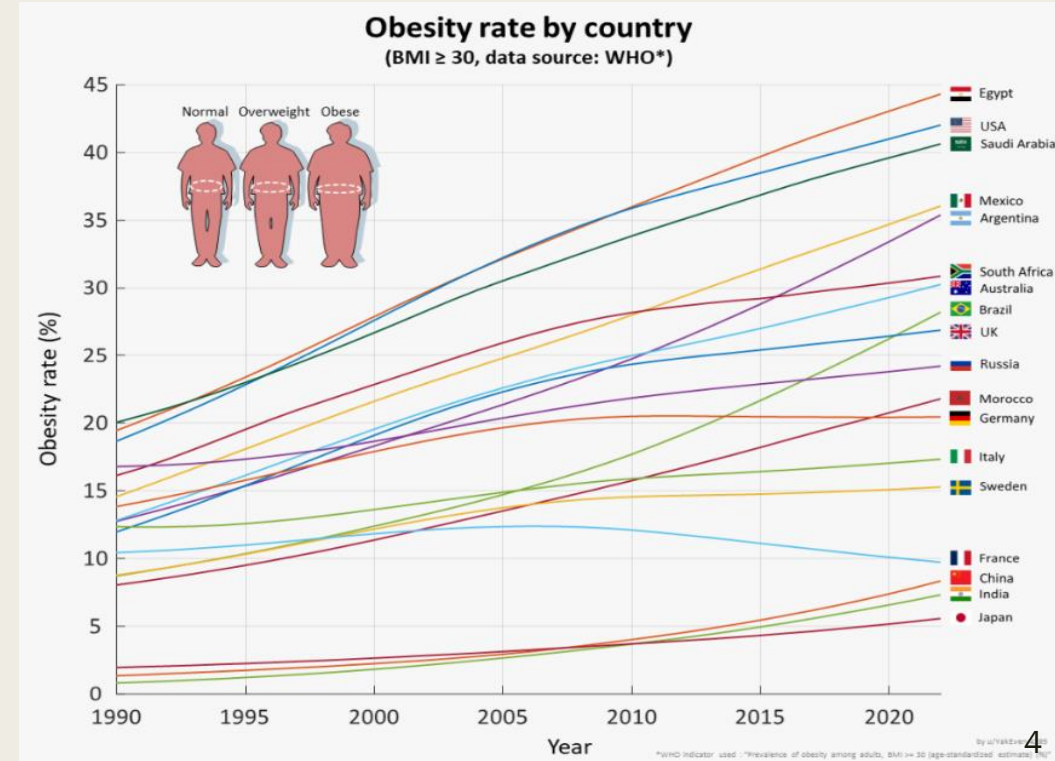
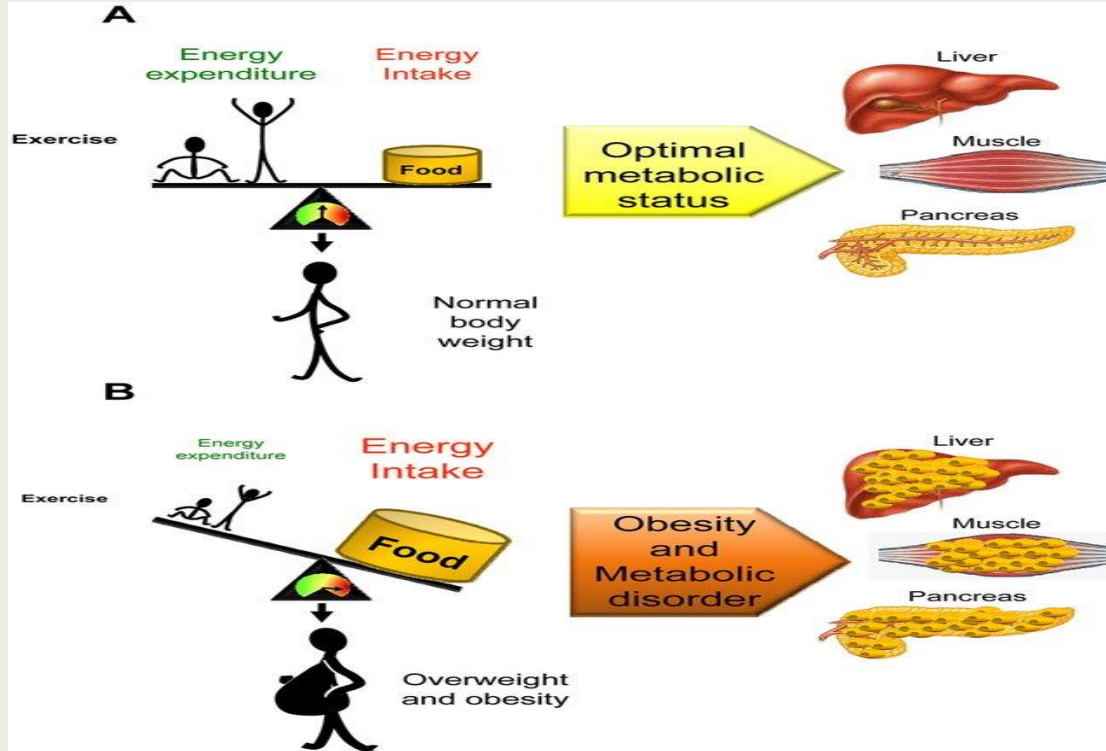
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GÜNCEL DURUM

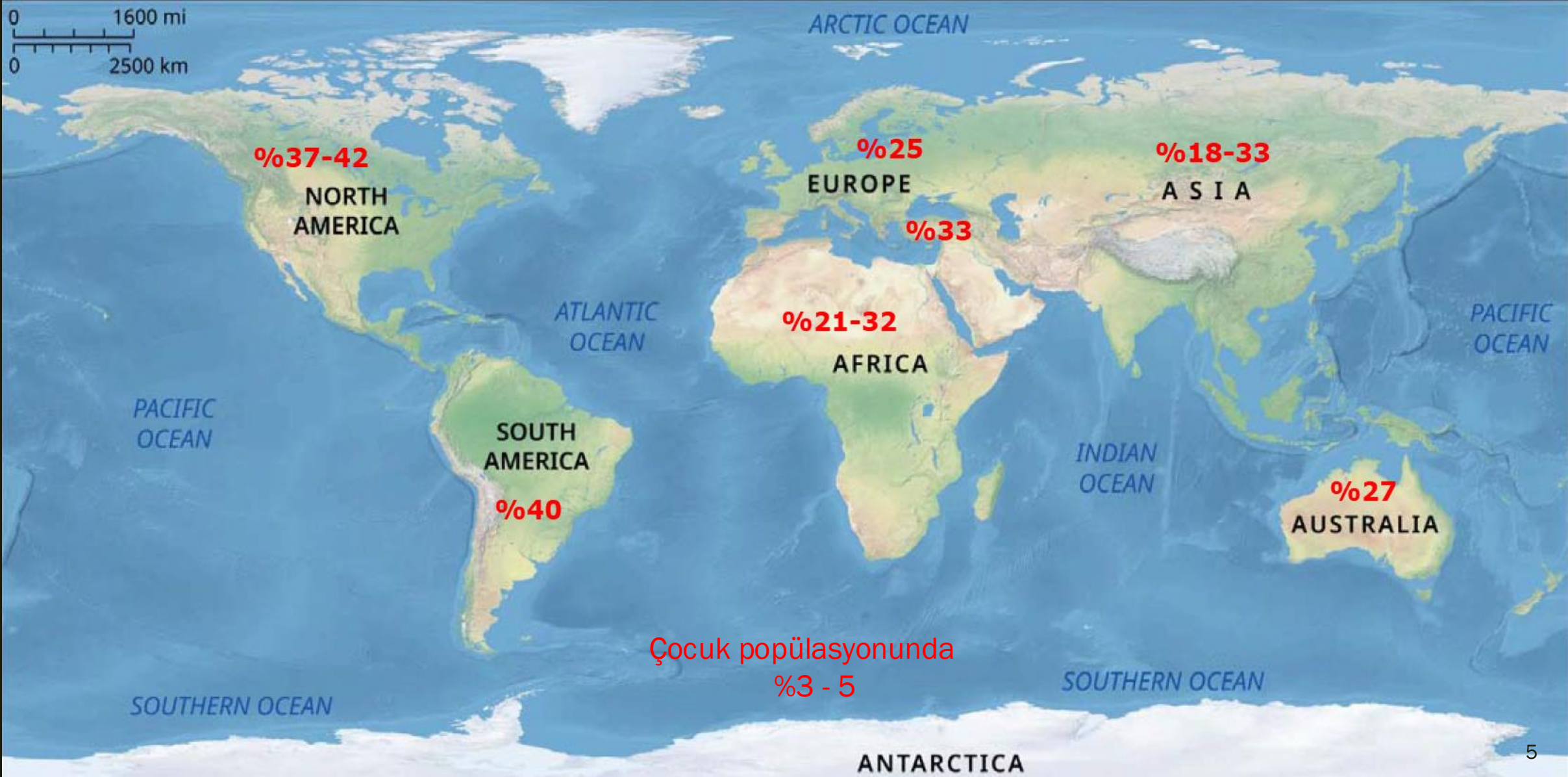
- Hareketsiz yaşam tarzı ve aşırı kalori alımı, son birkaç dekatta obezite prevalansında önemli bir artışa yol açmıştır.



- Dünya nüfusundaki obezite artışı nedeniyle de son 30 yılda metabolik sendrom insidansı da belirgin ölçüde artmıştır.

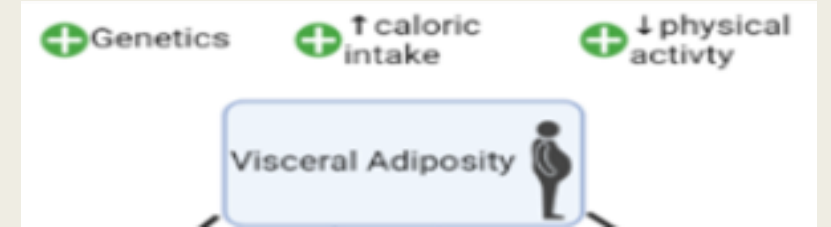


EPİDEMİYOLOJİ



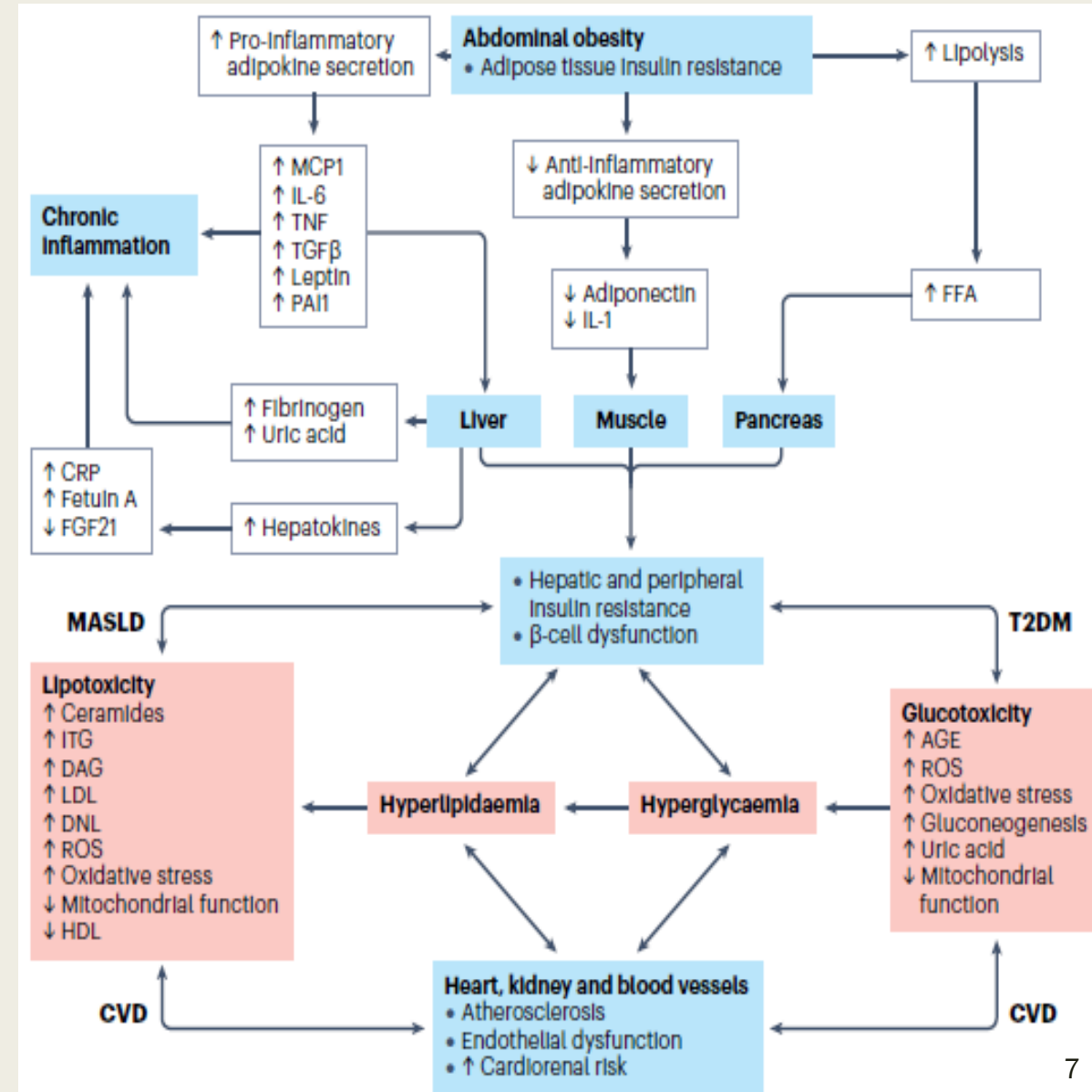
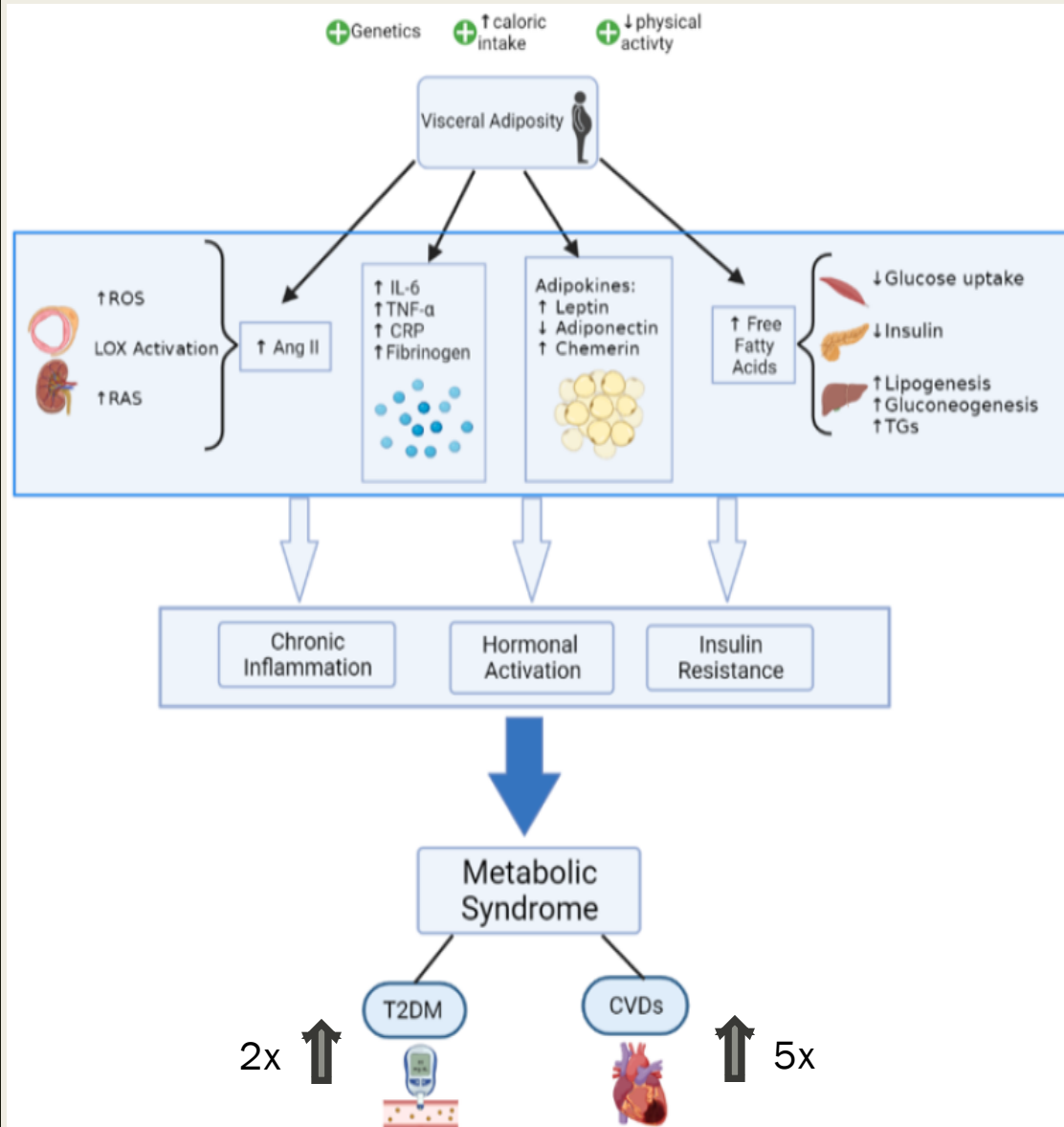
ETİYOLOJİ

MULTİFAKTÖRYEL =

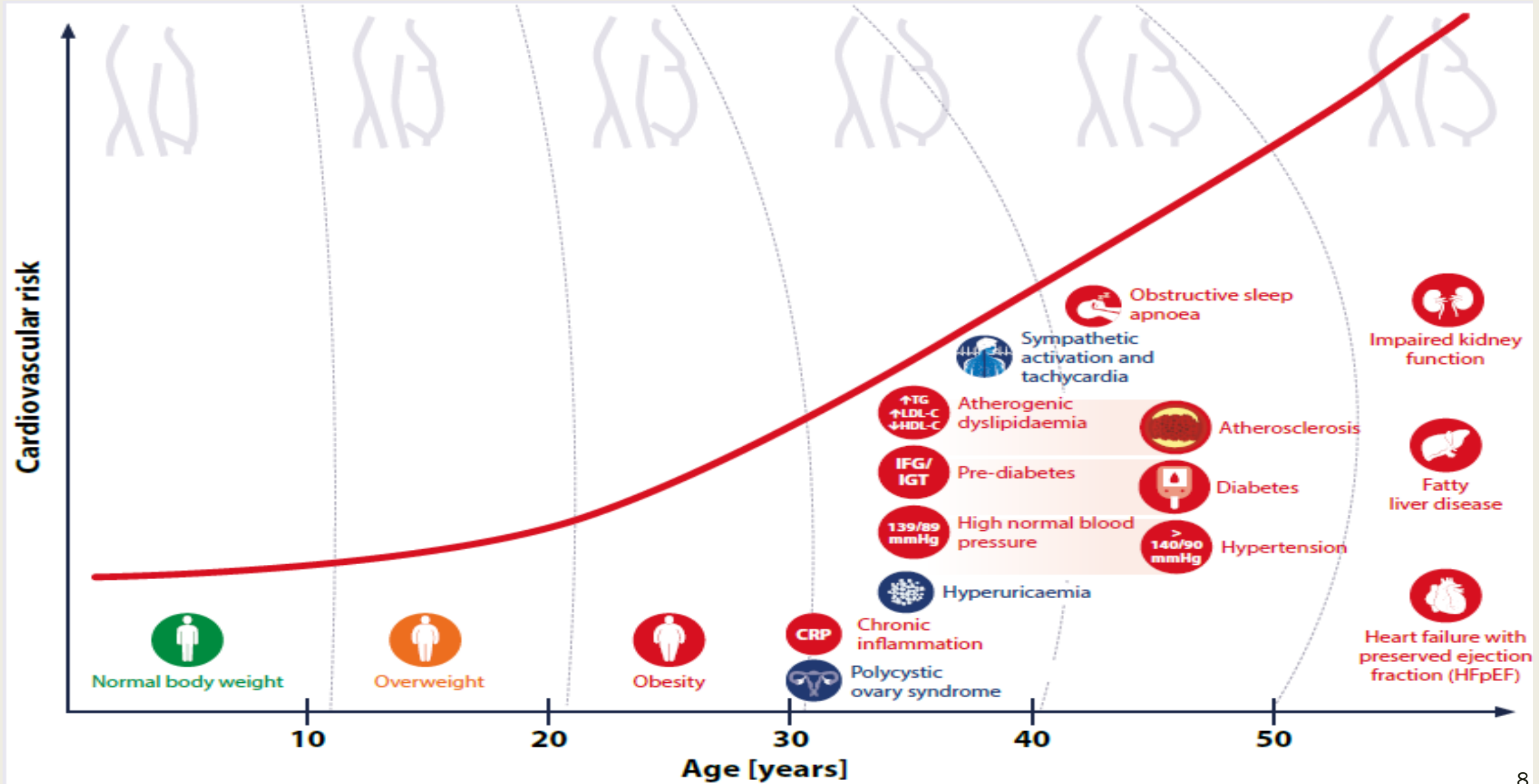


- Metabolik sendrom ve komponentlerinin kalıtsallık değerleri;
- HDL: %40-60
- Dislipidemi: %40-60
- Tip 2 DM: %30-70
- Hipertansiyon: %20-60
- MetS: %10-30

PATOFİZYOLOJİ



MetS gelişiminin zaman çizelgesi

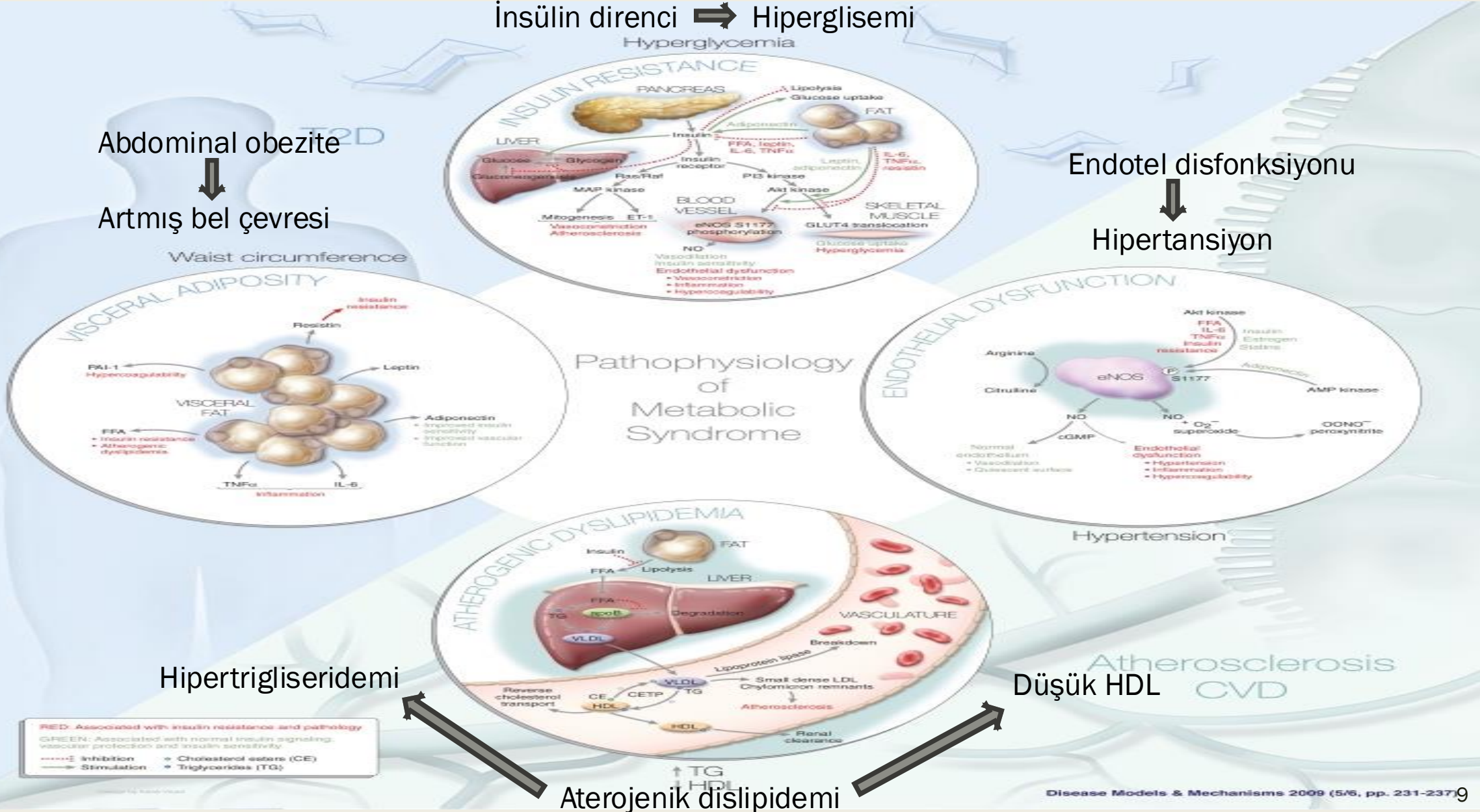


PATOFİZYOLOJİNİN SONUÇLARI

İnsülin direnci $\Rightarrow$ Hiperglisemi

Abdominal obezite
 $\downarrow$
Artmış bel çevresi

Endotel disfonksiyonu
 $\downarrow$
Hipertansiyon



TANI KRİTERLERİ

Table 1 | Diagnostic criteria proposed for the clinical diagnosis of MetS by professional organizations

Organization (year)	MetS definition	Insulin resistance or hyperglycaemia	Adiposity	Dyslipidaemia	Elevated blood pressure	Other
WHO (1998) ⁵	Insulin resistance plus any other two criteria	Impaired glucose regulation or diabetes mellitus, or lowered insulin sensitivity	Waist-to-hip ratio >0.90 in men, waist-to-hip ratio >0.85 in women and/or BMI >30 kg/m ²	Practice Guideline > Circulation. 2009 Oct 20;120(16):1640-5. doi: 10.1161/CIRCULATIONAHA.109.192644. Epub 2009 Oct 5. Harmonizing the metabolic syndrome: a joint interim statement of the International Diabetes Federation Task Force on Epidemiology and Prevention; National Heart, Lung, and Blood Institute; American Heart Association; World Heart Federation; International Atherosclerosis Society; and International Association for the Study of Obesity K G M M Alberti, Robert H Eckel, Scott M Grundy, Paul Z Zimmet, James I Cleeman, Karen A Donato, Jean-Charles Fruchart, W Philip T James, Catherine M Loria, Sidney C Smith Jr; International Diabetes Federation Task Force on Epidemiology and Prevention; National Heart, Lung, and Blood Institute; American Heart Association; World Heart Federation; International Atherosclerosis Society; International Association for the Study of Obesity PMID: 19805654 DOI: 10.1161/CIRCULATIONAHA.109.192644 Abstract A cluster of risk factors for cardiovascular disease and type 2 diabetes mellitus, which occur together more often than by chance alone, have become known as the metabolic syndrome. The risk factors include raised blood pressure, dyslipidemia (raised triglycerides and lowered high-density lipoprotein cholesterol), raised fasting glucose, and central obesity. Various diagnostic criteria have been proposed by different organizations over the past decade. Most recently, these have come from the International Diabetes Federation and the American Heart Association/National Heart, Lung, and Blood Institute. The main difference concerns the measure for central obesity, with this being an obligatory component in the International Diabetes Federation definition, lower than in the American Heart Association/National Heart, Lung, and Blood Institute criteria, and ethnic specific. The present article represents the outcome of a meeting between several major organizations in an attempt to unify criteria. It was agreed that there should not be an obligatory component, but that waist measurement would continue to be a useful preliminary screening tool. Three abnormal findings out of 5 would qualify a person for the metabolic syndrome. A single set of cut points would be used for all components except waist circumference, for which further work is required. In the interim, national or regional cut points for waist circumference can be used.		
EGIR (1999) ⁶	Insulin resistance plus any other two criteria	Plasma insulin >75th percentile, impaired glucose tolerance, or impaired fasting glucose	WC ≥94 cm in men or ≥80 cm in women			
ATP III (2001) ⁷	Any three of five criteria	Fasting plasma glucose >110 mg/dl (6.11 mmol/l), which was modified in 2004 to >100 mg/dl (5.55 mmol/l), or diabetes mellitus	WC ≥102 cm in men or ≥88 cm in women			
AACE (2003) ¹³⁸	Insulin resistance plus any other two criteria	Impaired glucose tolerance or impaired fasting glucose (but not diabetes mellitus)	BMI ≥25 kg/m ²			
IDF (2005) ¹³	Body weight plus any other two criteria	Fasting plasma glucose >100 mg/dl (5.55 mmol/l), diabetes mellitus	Increased WC (population-specific)			
AHA/NHLBI (2005) ¹⁵	Any three of five criteria	Fasting plasma glucose >100 mg/dl (5.55 mmol/l) or on antihyperglycaemic therapy	WC ≥102 cm in men or ≥88 cm in women	TGs ≥150 mg/dl (1.69 mmol/l) or on lipid-lowering therapy, HDL-C <40 mg/dl (1.03 mmol/l) in men or <50 mg/dl (1.29 mmol/l) in women or on therapy	≥130/85 mmHg or on hypertension therapy	Recommended that the IDF cut points be used for people who are not of European origin and either the IDF or AHA/NHLBI cut points used for people of European origin until more data are available
Joint Scientific Statement from IDF, NHLBI, AHA, WHF, IAS and IASO (2009) ¹⁰	Any three of five criteria	Fasting plasma glucose >100 mg/dl (5.55 mmol/l) or on antihyperglycaemic therapy	Population-specific and country-specific definitions (see 'Other' cell)			

AACE, American Association of Clinical Endocrinologists; AHA, American Heart Association; ATP III, National Cholesterol Education Program's Adult Treatment Panel III; EGIR, European Group for the Study of Insulin Resistance; HDL-C, HDL cholesterol; IAS, International Atherosclerosis Society; IASO, International Association for the Study of Obesity; IDF, International Diabetes Federation; MetS, the metabolic syndrome; NHLBI, National Heart, Lung, and Blood Institute; PCOS, polycystic ovary syndrome; TGs, triglycerides; WC, waist circumference; WHF, World Heart Federation; WHO, World Health Organization. Adapted with permission from ref. 11, Elsevier.

ÜLKEMİZDEKİ TANI KRİTERLERİ – TEMD 2024

Tablo 2. Uluslararası Diyabet Federasyonu metabolik sendrom tanı kriterleri

Parametre	Kriterler
Abdominal obezite	Bel çevresi erkeklerde ≥ 94 cm, kadınlarda ≥ 80 cm*
Plazma trigliserit düzeyi	≥ 150 mg/dl ya da TG yüksekliği için farmakolojik tedavi almak
Plazma HDL-kolesterol	Kadında < 50 mg/dl, erkekte < 40 mg/dl ya da düşük HDL-K nedeniyle farmakolojik tedavi almak
Kan basıncı	$\geq 130/85$ mmHg ya da antihipertansif tedavi almak
Açlık kan şekeri	≥ 100 mg/dl ya da kan şekeri yüksekliği için tedavi almak

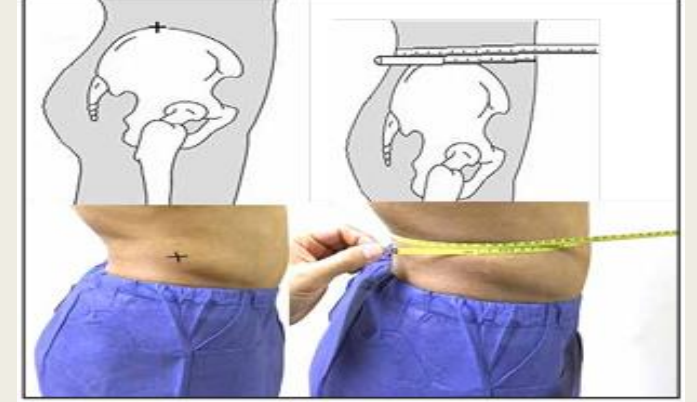
Tanı için bel çevresi ve diğer kriterlerden en az iki tanesinin varlığı gerekir.

*Uluslararası Diyabet Federasyonu bel çevresi kesme noktaları için biliniyorsa ülkeye ait değerlerin kullanımını önermektedir. Ülkemiz için erkeklerde ≥ 100 cm ve kadınlarda ≥ 90 cm üzeri kesme noktaları santral obeziteyi gösterir.

Tablo 2. Türkiye ve diğer ülkelerde abdominal obeziteyi öngördüren bel çevresi değerleri

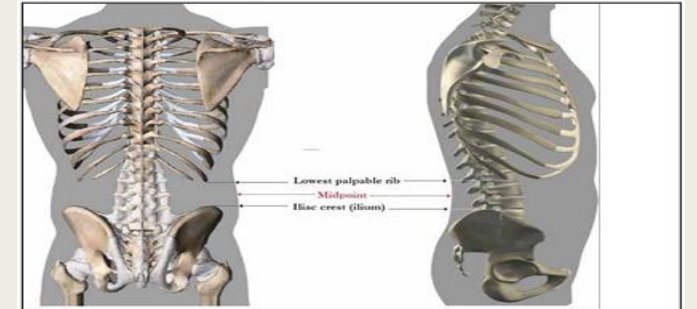
	Kadın (cm)	Erkek (cm)
Türkiye	≥ 90	≥ 100
ABD	≥ 88	≥ 102
Avrupa	≥ 80	≥ 94
Güney Asya ve Çin	≥ 80	≥ 90

Figure 3. National Heart, Lung, and Blood Institute waist circumference measurement at the iliac crest



SOURCE: NCHS, National Health and Nutrition Examination Survey, 2016.

Figure 9. World Health Organization waist circumference measurement



SOURCE: NCHS, National Health and Nutrition Examination Survey, 2016.

AFİŞ ve ÖNERİLER



Table 7. Integration and Interoperability of Omics Data: Approaches, Tools, and Benefits.

Omics Type	Integration Approach	Interoperability Tools and Standards	Benefits	Limitations
Genomics	Cross-referencing genetic variants	VCF (Variant Call Format), dbSNP [109], Ensembl [110]	Identifies genetic variations and their effects	High data volume; interpretation of variants; privacy issues
Transcriptomics	Aligning RNA-seq data with genome	FASTQ, SAM/BAM, GTF/GFF, GEO (https://genome.ucsc.edu/ENCODE/ , accessed on 1 June 2024)	Reveals gene expression patterns and alternative splicing	Data complexity; variability between samples
Proteomics	Correlating protein levels with gene expression	mzML [111], PRIDE [57], UniProt [112]	Understands protein abundance and functional roles	Sensitivity to sample preparation; high technical variability
Metabolomics	Linking metabolites to metabolic pathways	mzTab, HMDB [113], KEGG [114]	Provides insights into cellular metabolism and pathway activities	Complex data integration; diverse chemical properties
Epigenomics	Mapping epigenetic modifications	BED, WIG, GEO, ENCODE (https://genome.ucsc.edu/ENCODE/ , accessed on 1 June 2024)	Studies DNA methylation, histone modifications and chromatin accessibility	High data complexity; dynamic nature of epigenetic changes
Lipidomics	Profiling lipid species	LIPID MAPS [115], mzXML [111]	Explores lipid composition and its role in cell biology	Heterogeneity of lipids; difficulty in quantifying low-abundance lipids
Glycomics	Characterizing glycan structures	GlyTouCan [116], UniCarb-DB [117]	Analyzes glycan functions and interactions	Structural complexity of glycans; limited analytical standards
Microbiomics	Integrating microbiome with host data	QIIME [118], MG-RAST [119]	Examines microbial communities and their impact on host health	Variability in sample preparation; complex data interpretation

Metabolomik

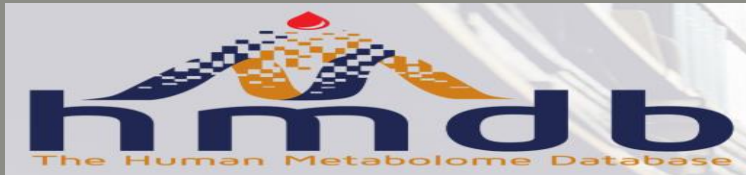
- **Metabolitler;** oligonükleotidler, şekerler, peptidler, nükleozidler, organik asitler, ketonlar, aldehitler, aminler, amino asitler, lipidler, steroidler, alkaloidler ve ilaçlar gibi kimyasal bileşiklerdir.
- Ne kimyasal olarak ne de fiziksel olarak birbirleriyle ilişkileri yoktur.
- Molekül ağırlıkları genellikle <1500 Da (<1700 Da)

■ 2005 yılında İnsan Metabolom Projesi [Human Metabolome Project (HMP)]

1. Hastalıkların tanımlanması, teşhisi ve tedavisi ile tedaviye yanıt sürecini incelemede metabolomla hastalık arasında metabolik yollar üzerinden ilişki kurulması
2. İlaç metabolizması ve toksikolojisinin değerlendirilmesi
3. İnsan metabolizması ve insan genomu arasında bir bağlantı oluşturulması
4. Metabolomik çalışmalar için bir yazılım geliştirilmesi

GÜNCEL DURUM

- ~ 248,136 metabolit
- ~ 132,335 insan metabolizma, ilaç ve hastalıklara ait yolak



Browsing metabolites

Filter by metabolite status (default all):

☐ Detected and quantified ☐ Detected but not quantified ☐ Expected but not quantified ☐ Predicted

Filter by biospecimen:

☐ Blood ☐ Urine ☐ Saliva ☐ Cerebrospinal Fluid ☐ Feces ☐ Sweat ☐ Breast Milk ☐ Bile ☐ Amniotic Fluid ☐ Other Biospecimens

Filter by origin:

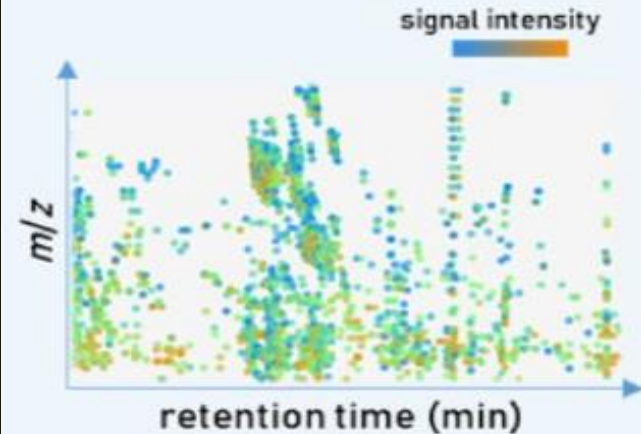
☐ Exogenous ☐ Endogenous ☐ Food ☐ Plant ☐ Microbial ☐ Toxin/Pollutant ☐ Cosmetic ☐ Drug ☐ Drug Metabolite

Filter by cellular location:

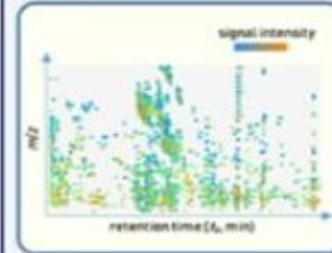
☐ Cell Membrane ☐ Cytoplasm ☐ Nucleus ☐ Mitochondria

METABOLOMİK ÇALIŞMALAR

UNTARGETED



COMBINED UNTARGETED & TARGETED



single point calibration or calibration curve using

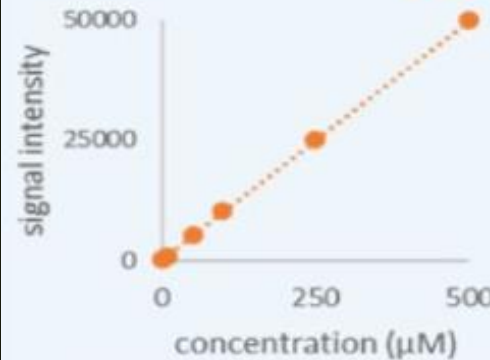
a) single metabolite specific IS

b) class specific IS



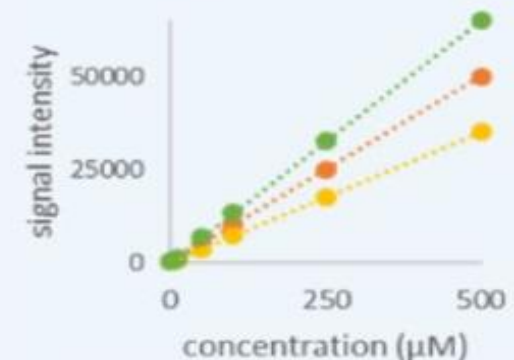
SEMI-TARGETED

calibration curve:
class specific
(internal) standard



TARGETED

calibration curve:
single metabolite specific
(internal) standard



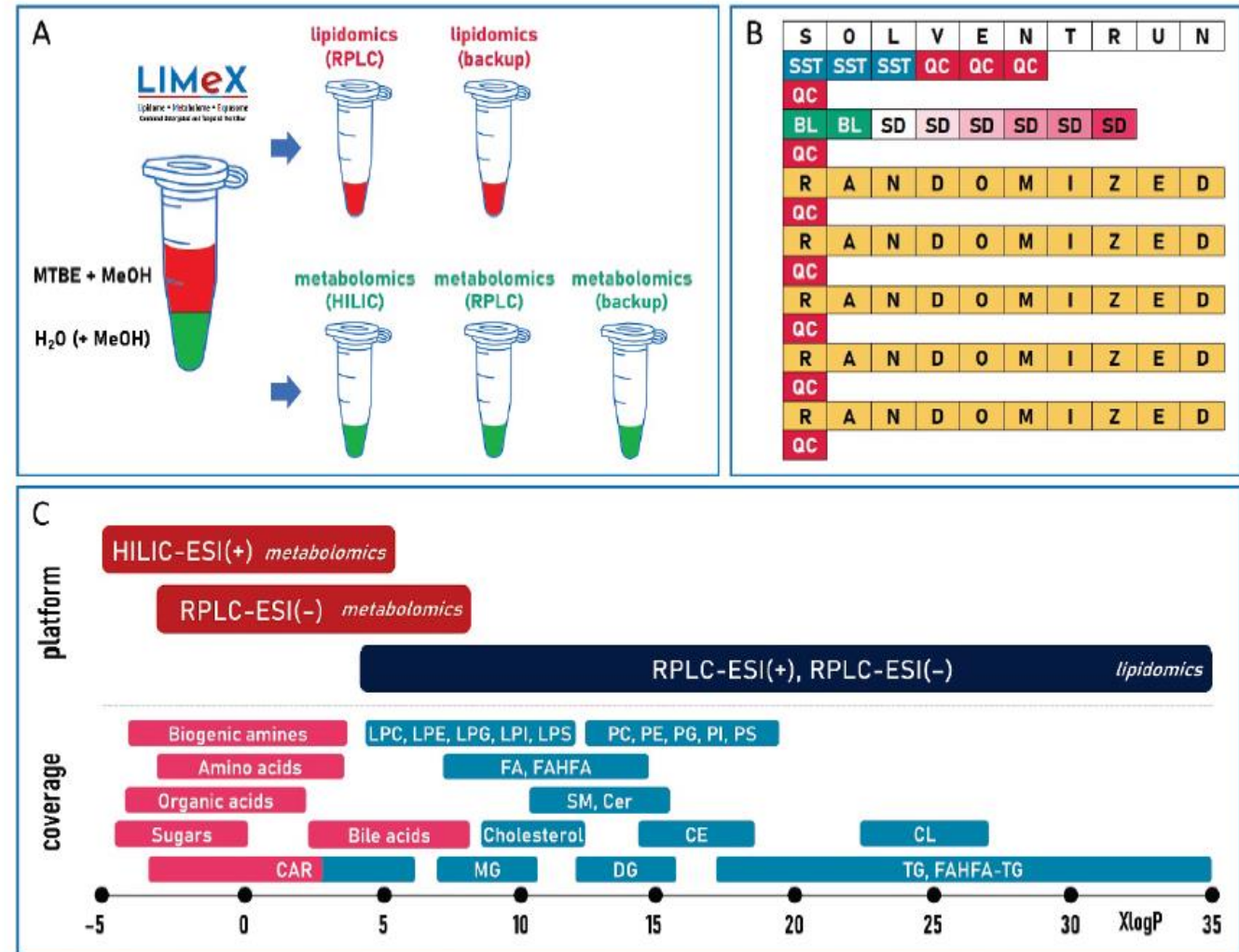
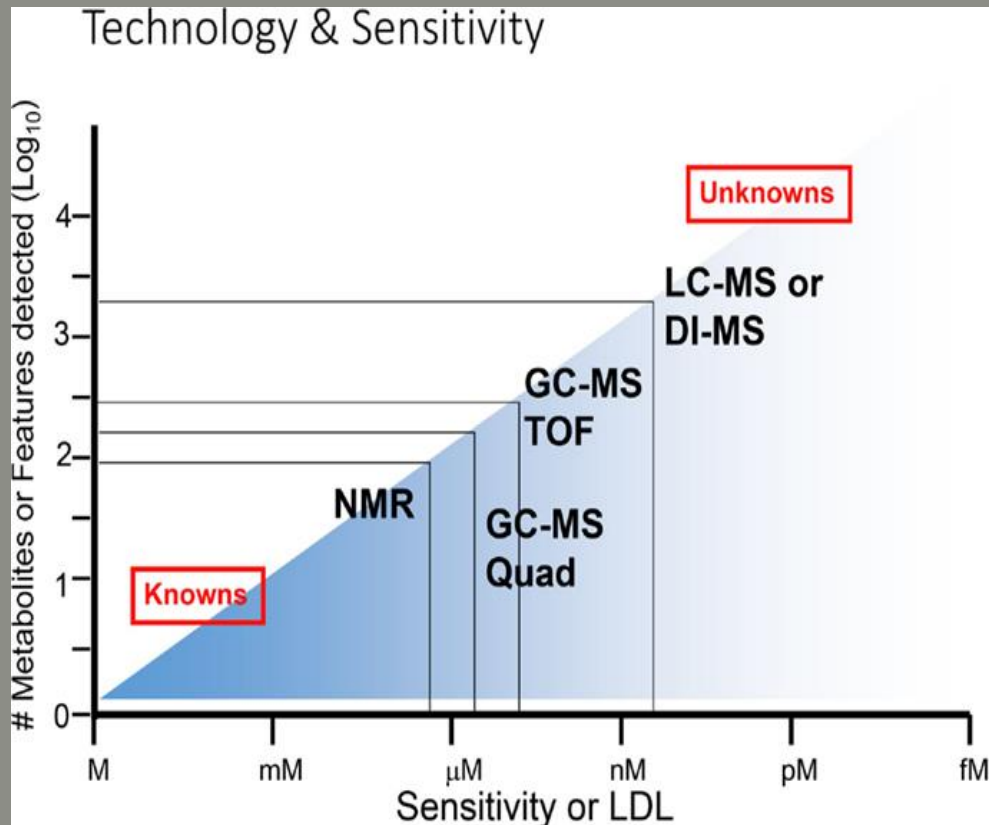
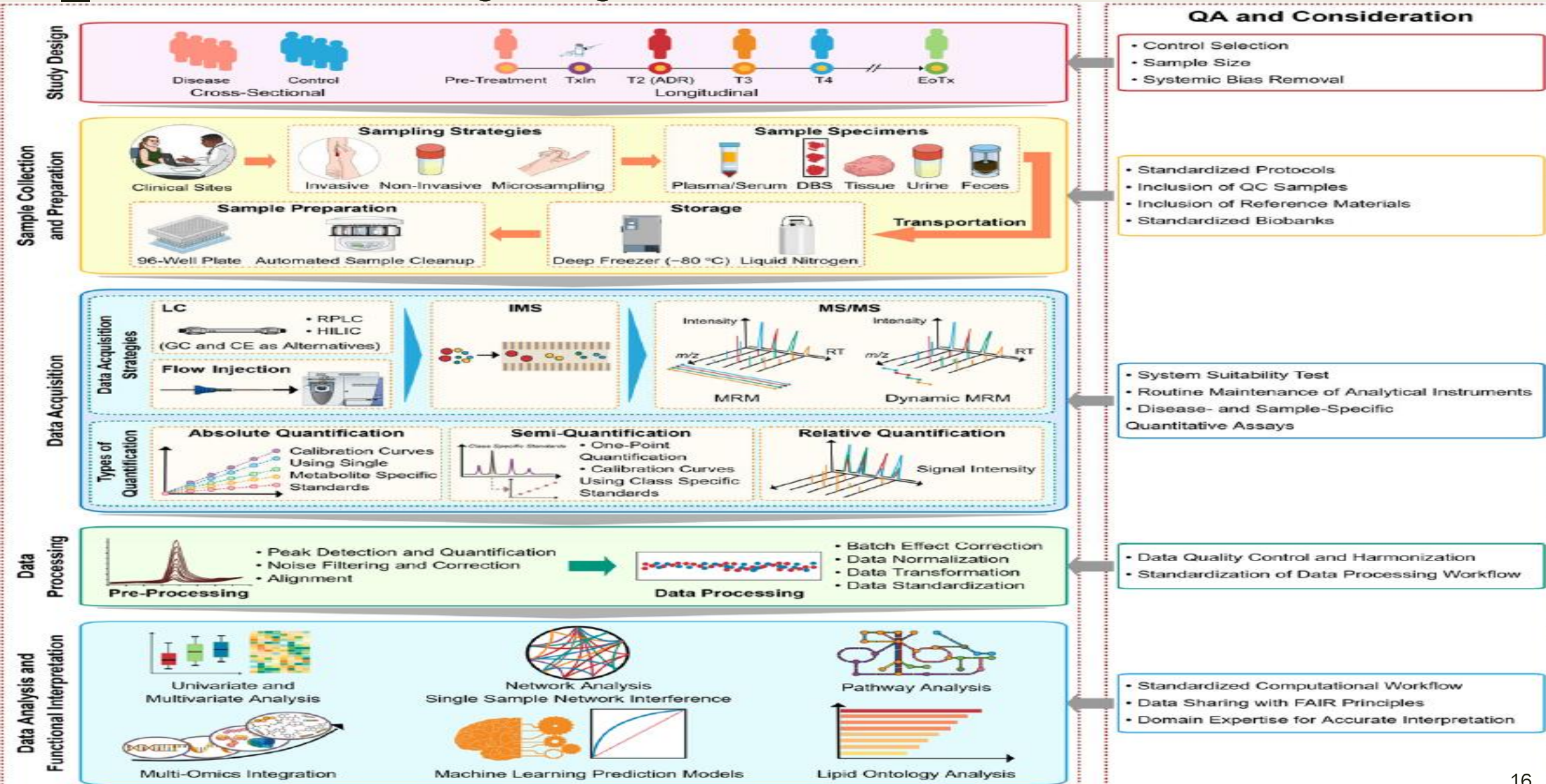
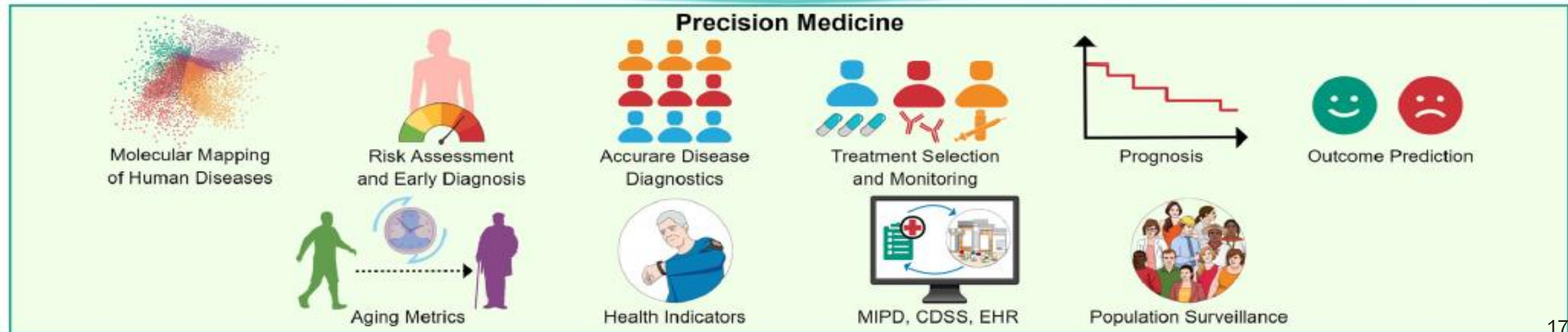
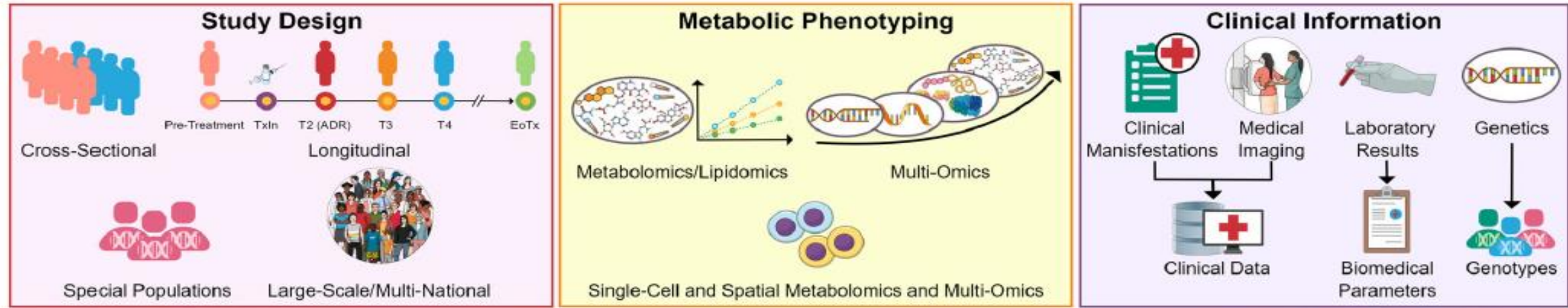


Fig. 2. (A) Example of sample extraction using MTBE, methanol, and water [41], leading to two phases for subsequent metabolomics and lipidomics platforms. (B) Example of a typical LC-MS sequence during metabolomics and lipidomic analysis, consisting of solvent injection for general platform equilibration, followed by a system suitability test (SST), platform equilibration using pooled QC samples, analysis of method blanks (BL), a diluted series of QC samples (SD), randomized study samples with regular QC sample injections after every 10 study samples. (C) Example of different LC-MS platforms [41,42] for metabolomic and lipidomic analysis in relation to the XlogP (predicted octanol/water partition coefficient) range of subgroups of polar metabolites and complex lipids.

ÇALIŞMA PROSEDÜRÜ



OMİKLERİN HASSAS TİPA POTANSİYEL ENTEGRASYONU



Metabolomics as a Tool to Understand Pathophysiological Processes

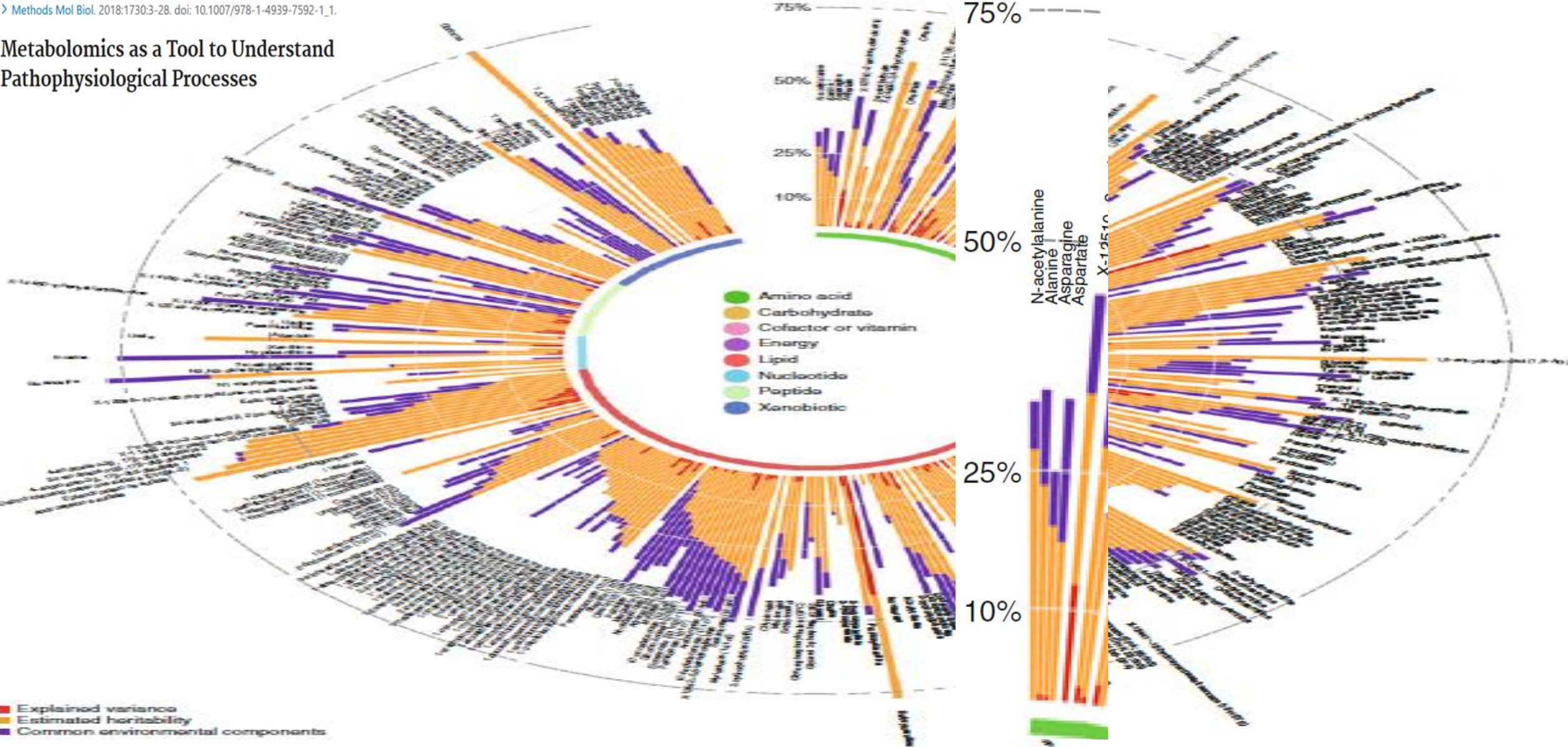
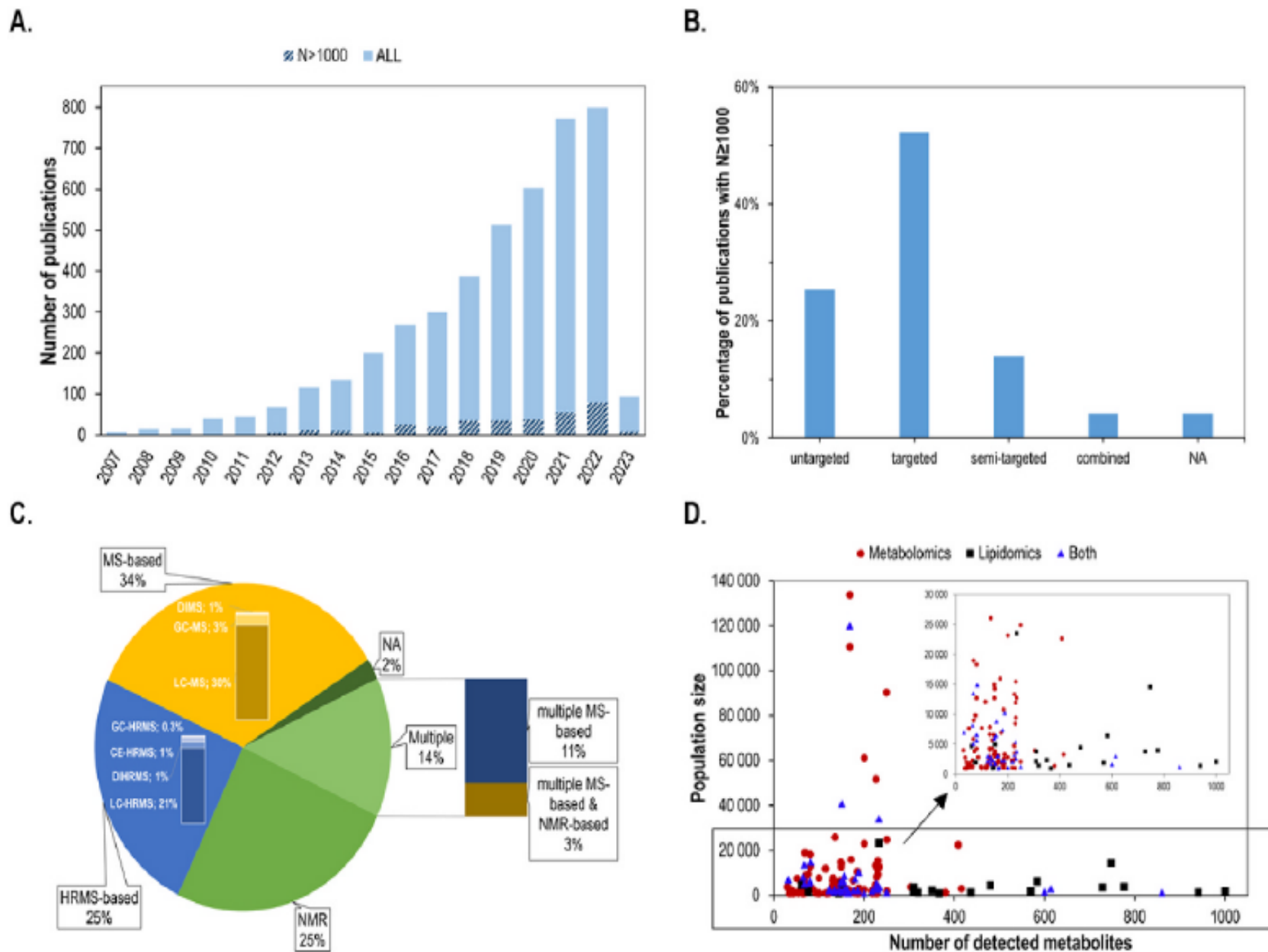


Fig. 3 Map of associations between the single-nucleotide polymorphism (SNP) and metabolite levels in blood. The contribution of genetic vs. environmental factors to metabolite level variance was estimated on the basis of GWAS study results. The proportion of heritability explained by all SNPs associated with a given metabolite at the genome-wide level is shown in red. Figure was reproduced from Shin et al. Nature genetics 2014 with the permission for re-use from Nature publishing group [116]

METABOLOMİK ÇALIŞMALARININ DURUMU



TrAC Trends in Analytical Chemistry
Volume 167, October 2023, 117225

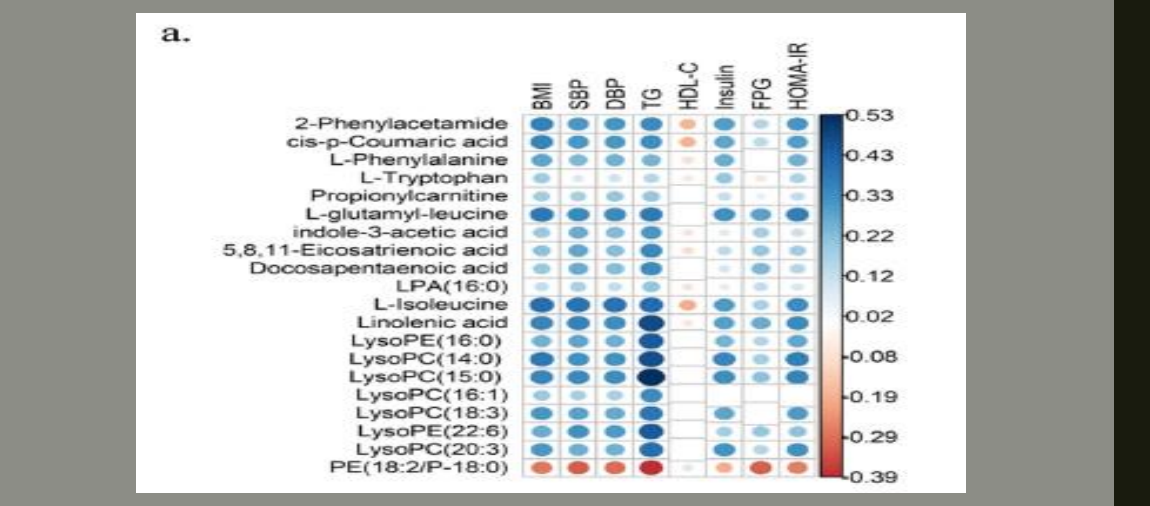


Scaling-up metabolomics: Current state and perspectives

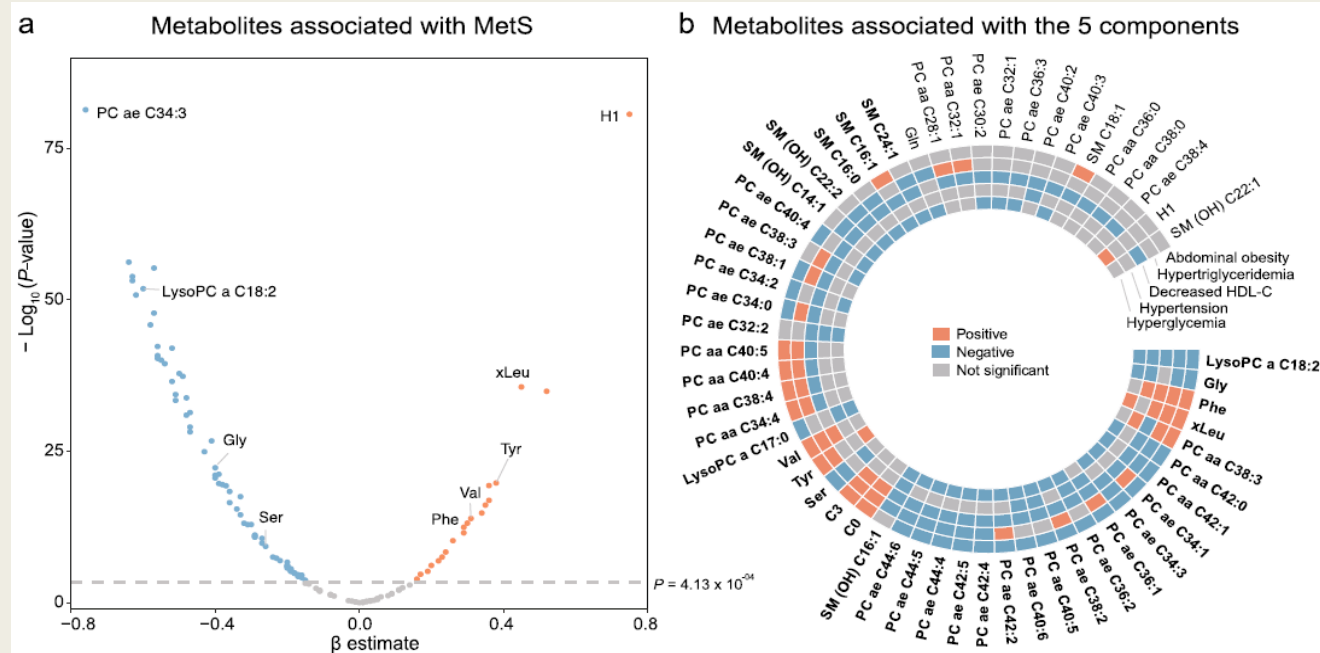
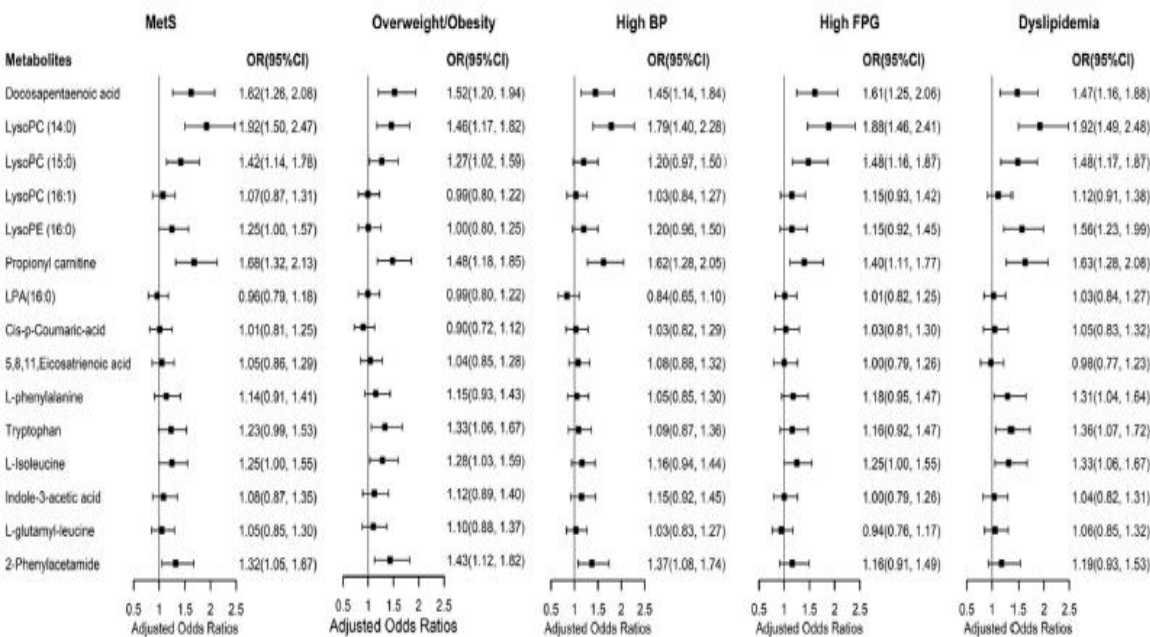
Fig. 1. A. Evolution of publication number, including metabolomics analyses of human cohorts ($N = 4385$), of which are studies involving over 1000 individuals ($N = 335$). B. Distribution of metabolomics approaches among studies involving over 1000 individuals. C. Distribution of analytical platforms used in metabolomics/lipidomics studies involving over 1000 individuals. NA indicates that information was not available in the paper. 'Combined' approach refers to studies that use more than one approach, for example targeted and untargeted methods. D. Number of detected metabolites in terms of population size analysed by targeted either metabolomics, lipidomics or both ($N = 157$).

Multi-stage metabolomics and genetic analyses identified metabolite biomarkers of metabolic syndrome and their genetic determinants

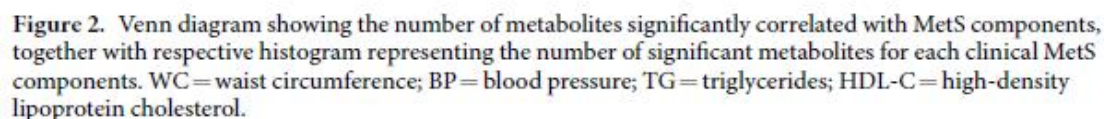
Identification of candidate metabolite biomarkers for metabolic syndrome and its five components in population-based human cohorts



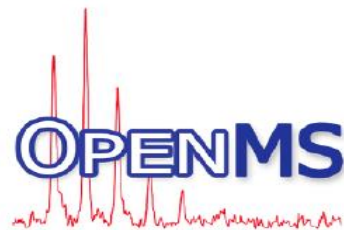
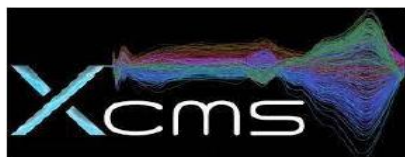
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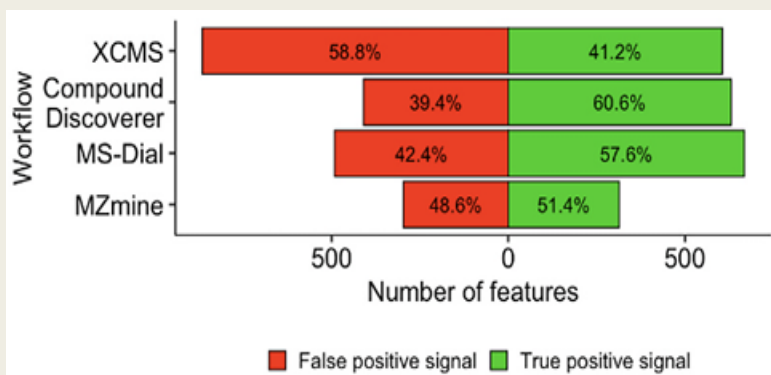
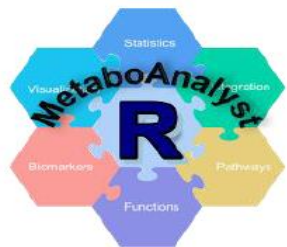
Scaling-up metabolomics: Current state and perspectives



Yazılım ve Analiz Programları



MS-DIAL



❖ 1. Lipid oriented databases

- LIPID MAPS® Structure Database
- LIPID MAPS® Computationally-generated Bulk Lipids
- LIPID MAPS® Lipidomics Ion Mobility Database
- LIPID MAPS® In-Silico Structure Database
- SwissLipids Knowledgebase

❖ 2. Lipidomics data repositories

- Metabolomics Workbench
- MetaboLights

❖ 3. Analysis of targeted lipidomics datasets

- LipidCreator
- METLIN-MRM/XCMS-MRM

❖ 4. Lipid identification from untargeted lipidomics datasets

- ❑ 4.1 Full MS (HRAM LC-MS)
 - Lipid Data Analyzer (LDA)
 - LipidFinder
 - MS-DIAL
 - XCMS Online

❑ 4.2 Data dependent acquisition (DDA)

- Lipid Data Analyzer (LDA)
- LipidHunter2
- LipidXplorer
- Lipostar 2.0
- MS-DIAL
- MZmine

❑ 4.3 Data independent acquisition (DIA)

- Lipostar 2.0
- MS-DIAL

❑ 4.4 Tools considering ion mobility separation

- Lipostar 2.0
- MS-DIAL

❑ 4.5 Identification of oxidized lipids

- Lipid Data Analyzer (LDA)
- Lipostar 2.0
- LPPTiger
- MS-DIAL

❖ 5. Lipid quantification from untargeted lipidomics datasets

- Lipid Data Analyzer (LDA)
- Lipostar 2.0
- MS-DIAL
- MZmine
- XCMS Online

❖ 6. Analysis and visualization of lipidomics data

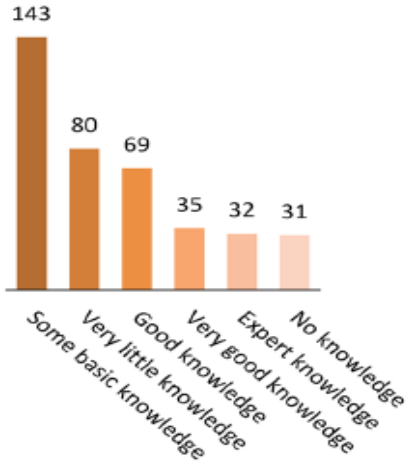
- Lipid Data Analyzer (LDA)
- LIPID MAPS Statistical Analysis Tools
- Lipostar 2.0
- MetaboAnalyst 5.0
- MS-DIAL
- MZmine
- XCMS Online

❖ 7. Data integration solutions

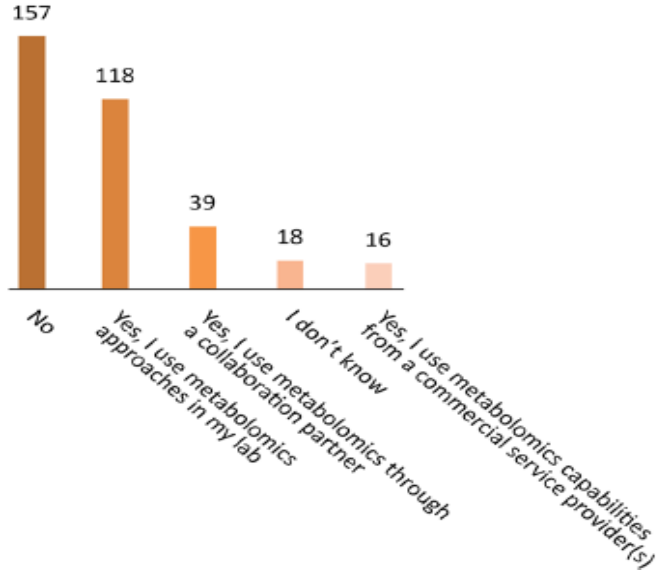
- ❑ 7.1 Lipid annotations and ID converters
 - BridgeDb
 - Goslin
 - LipidLynxX
 - RefMet
- ❑ 7.2 Lipid ontology enrichment analysis
 - LION web
 - Lipid Mini-On
- ❑ 7.3 Pathway and network solutions
 - BioPAN
 - Lipostar 2.0
 - WikiPathways (Lipid portal)

A global perspective on the status of clinical metabolomics in laboratory medicine – a survey by the IFCC metabolomics working group

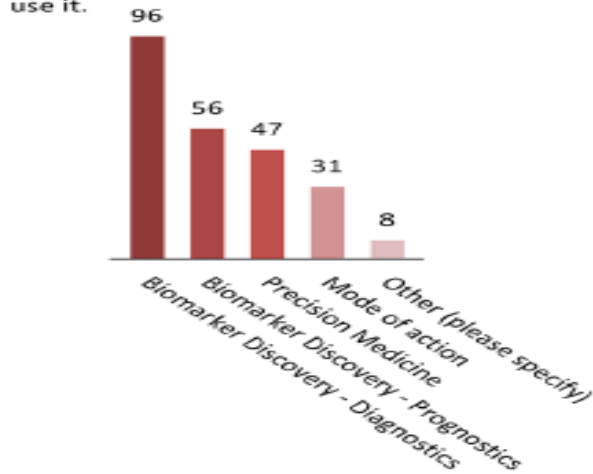
Q6: How would you rate the knowledge of your lab team on metabolomics?



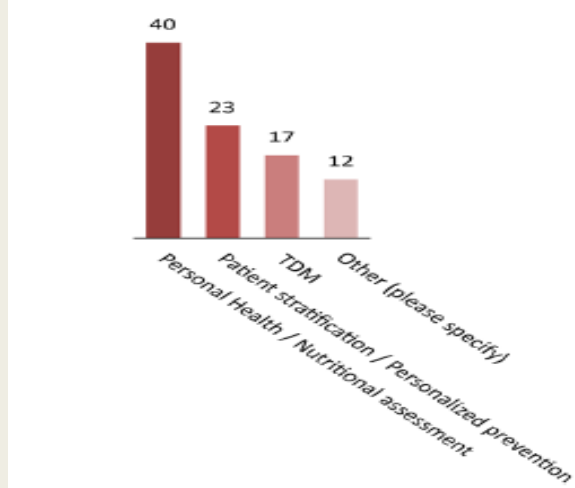
Q7: Are you using or have you used metabolomics assays in your current field of work?



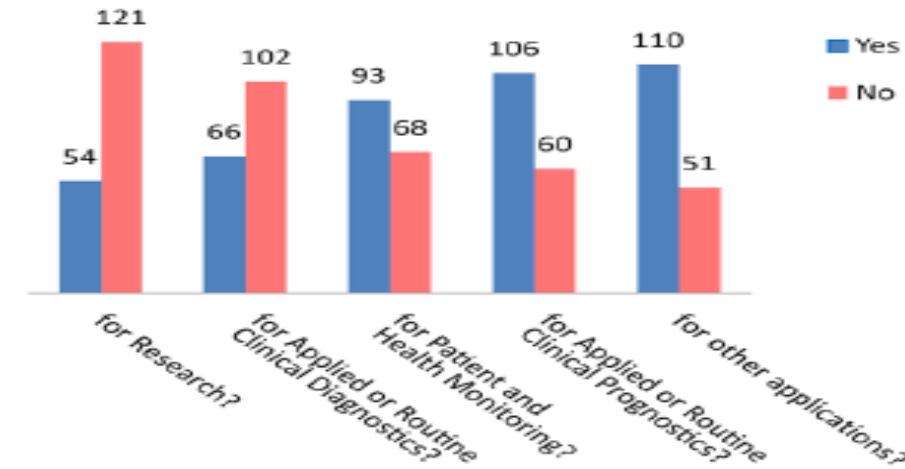
Q13: As you use Clinical Metabolomics for Research, please indicate in which field you use it.



Q16: As you use Clinical Metabolomics in Patient or Health Monitoring, please indicate in which area/field you use it



Q8-Q12: In which areas do you use clinical metabolomics?

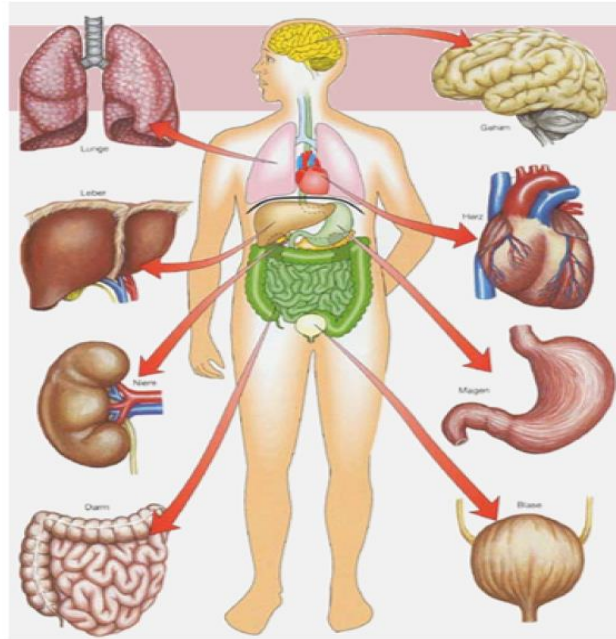


SONUÇLAR

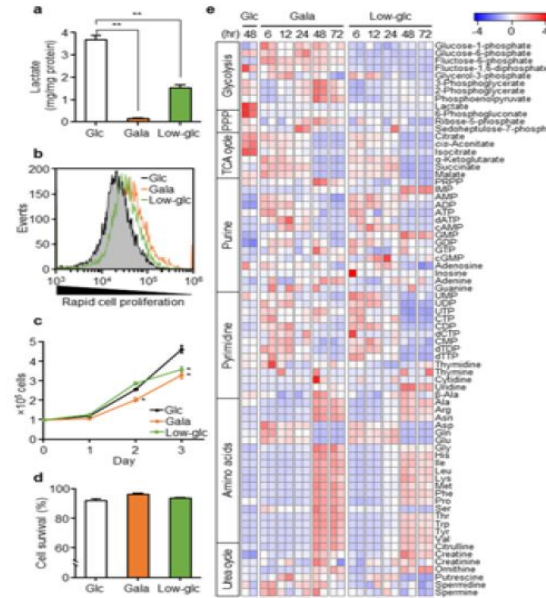
- İlgi ve halihazırda metabolomik faaliyetlerde bulunan katılımcıların yüksek sayısı karşısında olumlu yönde şaşırmışlardır.
- Anketin başında metabolomiklere dair bir tanım sunulmuş olsa da; metabolomiklerin başladığı ve klasik klinik biyokimya panellerinin sona erdiği sınır net olarak tanımlanmamıştır. Bu durum, metabolomikleri rutin testler olarak kullandığını bildiren katılımcı sayısının yüksek olmasını açıklayabilir.

KAYNAKLAR

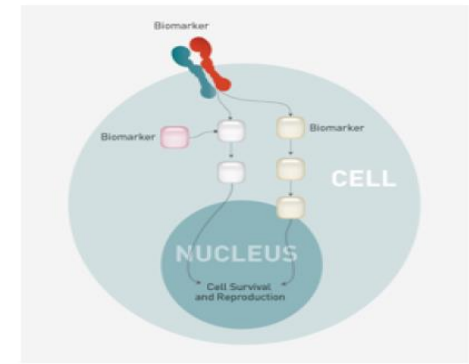
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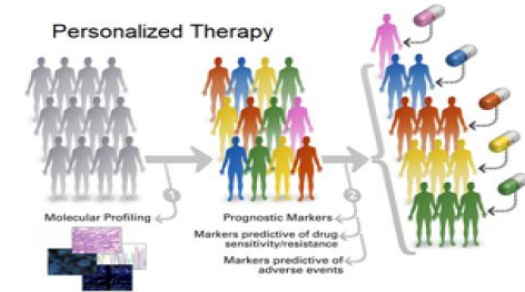
Human diseases



Metabolic profile



Diagnostic biomarkers



Personalised treatment



Precision medicine

TEŞEKKÜRLER...

