

# BÖLÜM 14

## Gebelikte Tiroid Hastalıkları



Aydın ÖCAL<sup>1</sup>

### Giriş

Tiroid fonksiyon bozukluğu gebelikte sık karşılaşılan bir endokrin bozukluktur. Dünyanın geniş bölgelerinde iyot eksikliği, bu bozuklukların başlıca nedenidir. Aşikar tiroid disfonksiyonu tüm gebe kadınların yaklaşık %1'inde görülür(1).

Gebelik sırasında tiroid fonksiyon bozukluğu hem anne hem de bebek için ciddi komplikasyonlara neden olabilir; bu komplikasyonlar maternal aşikar tiroid disfonksiyonunun optimal tedavisi ile önlenir(2, 3). Birkaç çalışma maternal subklinik hipotiroidizmin doğum komplikasyonları ve çocuklarda nöro-bilişsel bozukluklarla ilişkili olduğunu gösterse de, levotiroksin tedavisinin bu komplikasyonları iyileştirebileceğine dair sınırlı sayıda kanıt bulunmaktadır. Bu nedenle, çoğu ülke, gebelik sırasında tiroid disfonksiyonu için evrensel tarama önermez ve bunun yerine sadece yüksek riskli kadınların test edildiği vaka bulma yaklaşımını önerir. Bununla birlikte, son araştırmalar, hedeflenen tiroid fonksiyon testinin gebe kadınlarda hipotiroidizm vakalarının yaklaşık %30 ila %55'ini kaçırdığını tahmin etmektedir. Bazı dernekler ve araştırmacılar, aşikar hipotiroidizmin erken teşhisini ve tedavisini kolaylaştırmak için hamile kadınların evrensel olarak taranmasını önermektedir.

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