

# Bölüm 64

## ENDOMETRİOZİS

Özlem ERTEN<sup>1</sup>

### GİRİŞ

Endometriozis hormonlara duyarlı endometrial gland ve stromanın uterin kavite ve kas dokusu dışında olması durumu olarak tanımlanmaktadır (1).

Endometriozis estrojen bağımlı, inflamatuvar süreçlerin baskın olduğu bir durumdur. Reprodüktif dönemde daha belirgin olmakla birlikte premenarşial ve postmenopozal dönemde de görülmektedir. Benign bir hastalık olarak kabul edilmekle birlikte implantasyon, proliferasyon ve neovaskülarizasyon gibi malign hastalıklardaki davranışa benzer bir patoloji sergilemektedir. Asemptomatik bir hal ile akut batın durumu arasında geniş bir semptom çeşitliliğinin görülebildiği ciddi bir jinekolojik patolojidir.

Pelvis dışı dokularda da görülmekle birlikte en sık yerleşimi pelvistedir. Sıklık sırasına göre en sık overler, anterior ve posterior kul de sak, posterior broad ligamentler, uterus, tubalar, sigmoid kolon, apendiks ve round ligamentlarda görülmektedir. Pelvisteki yerleşim gösteren lezyonlar büyüklük ve mikroskopik incelemeye göre 3 alt grupta sınıflandırılmaktadır. Bu patolojiler ayrı ayrı olabileceği gibi tümü birlikte de bulunabilmektedir (1).

1. Yüzeysel peritoneal implantlar; ektopik endometrial doku stroma ve gland dışında fibröz doku, kan ve kistik komponentler de içerebildiğinden eritrosit yıkımına bağlı inflamatuvar sürece bağlı pigmente histiosit ve hemosiderin yüklü makrofajlar olduğu gösterilmiştir. Bu da yüzeysel perito-

neal implantlarda mavi mor ve eskidikçe kahverengi renk değişikliklerine neden olmaktadır (2).

2. Ovarian kistik oluşumlar (endometrioma); ektopik endometrial dokunun overde yerleşmesi durumudur. dublike ovarian parankim ile çevrili olduğundan kanama olduğunda ovarian hematoma neden olur. Olguların üçte ikisi bilateraldir. Fizyolojik hemorajik ovarian kistlerin aksine endometriomalar tipik olarak fibrotik kist duvarı ve yüzeysel adezyonlar da barındırır. İçeriği çikolata renkli sıvıyla dolu olduğundan çikolata kisti olarak da adlandırılmaktadır. Adezyonların varlığı ve çikolata renkli sıvıdaki hemosiderin yüklü makrofajların olması histolojik olarak endometriozisi göstermektedir (2).

3. Derin infiltratif endometriozis (DİE); solid endometrial dokunun peritonun 5mm den fazal derininde yerleşmesi olarak tanımlanmaktadır. Mesane, üreterler, uterosakral ligament, douglasın kısmi ya da tamamen obliterasyonu, rektovajinal septum tutlumunu da içeren şiddetli bir formudur. anatomik yapıların infiltrasyonu nedeniyle organ fonksiyonlarının kaybına ve hayat kalitesini etkileyen ciddi ağrıya neden olabilmektedir (3).

### TARİHÇE

Bugün için endometriozis olarak tanımlanan peritoneal lezyonlar, tıp literatüründe ilk olarak yaklaşık 300 yıl önce 17-18. yüzyıllarda Knapp tarafından tanımlanmıştır. Endometriozis hakkındaki en eski yayın ise 1690 yılında Alman hekim Daniel

yeklinikleri.com/article/tr-turkiye-endometriyozis-tani-ve-yonetim-kilavuzu-74863.html).

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