

Bölüm

8

ADOLESANLARDA ANORMAL UTERİN KANAMALAR

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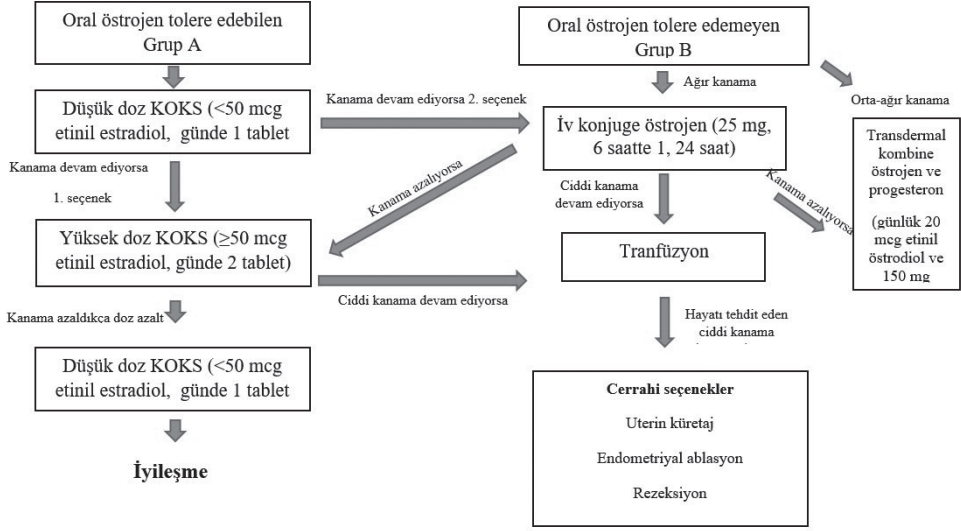
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Anormal uterin kanama (AUK), gebe olmayan bir kadında, uterin korpustan kaynaklanan; süre, miktar, sıklık ve/veya düzen açısından anormal olan kanamalardır. Adolesan dönemde jinekolojik nedenli hastane başvurularının en sık sebebidir¹. Altta yatan etyoloji ve/veya AUK'nun kendisine bağlı olarak uzun dönem sağlık sorunları oluşabilmekte, yaşam kalitesi düşmekte ve okul devamlılığı etkilenmektedir. Bazı adolesanlar, bu dönemde adet düzensizliklerinin normal algılanması nedeniyle AUK'larının olduğunun farkında olmayabilir. Bu nedenle bütün adolesanlarda rutin olarak adet döngüsü sorgulanmalıdır².

Adolesan dönemde normal adet sıklığı 21-45 günde birdir. Yaş ilerledikçe menstrual siklus aralığı daralır, menarştan sonra üçüncü yılda %60-80'inde 21-34 günde bir olan normal erişkin döngüsü sağlanır^{3,4}. Normal kanama süresi 2-7 gün olup ortalama kan kaybı döngü başına 30-40 mL'dir (Günde 3-6 ped/tampon veya siklus boyunca 10-15 ped/tampon)⁵. Kanamanın 80 mL'nin üzerinde olması anemiyle sonuçlanır⁶. Uluslararası Jinekoloji ve Obstetrik Federasyonunun (FIGO) belirlediği AUK terminolojisi Tablo-1'de verilmiştir. Anormal kanamaları tanımlamaya yönelik kullanılan "menoraji, metroraji, hiper/hipomenore, polimenore ve disfonksiyonel uterin kanama" terimlerinin kullanımı tanımlamaları karşılamadığı ve kafa karıştırıcı olmaları nedeniyle artık önerilmemektedir^{7,8}. Önceden sık kullanılmakta olan "disfonksiyonel uterin kanama" terimi, yeni terminolojide yapısal olmayan nedenlere bağlı ağır AUK'yı ifade etmektedir⁹. AUK'nun en sık görülen klinik şekli ağır adet kanamasıdır (AAK).



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