



# BÖLÜM 5

## GEBELİK VE TİROİD HASTALIKLARI

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Tiroid kaynaklı hastalıklar, gebelikte diyabetten sonra en sık ikinci endokrin bozukluktur. Tiroid hormonlarının gebelik sürecinde embriyonal, fetal gelişim ve anne sağlığı üzerinde derin etkileri vardır. Annede gelişen tiroid fonksiyon bozukluklarının düşük, preeklampsi, erken doğum gibi kötü gebelik sonuçlarına yol açtığı bilinmektedir. Açık maternal tiroid hastalıkları ve hatta subklinik maternal tiroid hastalıklarının fetal gelişim üzerine olası etkileri mevcuttur. İlave olarak, maternal tiroid dokusunu etkileyen ilaçlar plasentayı geçerek fetal tiroid bezini etkileyebilir. Bu bölümde gebelik sürecinde ortaya çıkan fizyolojik değişiklikler, tiroid hastalıklarının fetal ve maternal sonuçlar üzerine etkileri gözden geçirilmektedir.

### 1. NORMAL GEBELİKTE TİROİD ADAPTASYONU

Gebelik sırasında tiroid hastalığının tanısı için normal gebeliğe eşlik eden tiroid fizyolojisi ve tiroid fonksiyon testlerindeki değişikliklerin anlaşılması gerekmektedir. Gebelik sırasında tiroid fonksiyonunda gelişen başlıca değişiklikler aşağıdaki gibidir:

**I- İnsan koryonik gonadotropin (hCG) tarafından tirotropin (tiroid uyarıcı hormon [TSH]) reseptörünün uyarılması:** hCG ortak bir  $\alpha$ -alt biriminden ve hormona özgü nonkovalent bağlı  $\beta$ -alt biriminden oluşan glikoprotein hormon ailesinin bir üyesidir. hCG'nin alfa-alt üniti hipofiz hormonları olan tiroid uyarıcı

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