

Bölüm 41

KRONİK PELVİK AĞRI

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GİRİŞ

Kronik pelvik ağrı (KPA) kadın doğum polikliniğine başvuran hastaların yaklaşık %10' unu oluşturan 6 aydan daha uzun süre devam eden siklik olmayan pelvik bölgedeki ağrı olarak tanımlanır (1). Amerikan obstetrik ve jinekoloji derneği ise tıbbi girişimin ihtiyaç duyulduğu ancak fonksiyonel kayba yol açmayan belirgin ağrı olarak ifade etmektedir. Kadınlarda sık görülen jinekolojik bir problem olan KPA'nın reproduktif dönemde prevalansının yaklaşık %15 olduğu tahmin edilmektedir (2,3,4).

ETİYOLOJİ

Kronik pelvik ağrıya sebep olacak faktörler çok geniş bir spektrumda yer alır. Etiyolojisinde psikosomatik bozukluklar, gastro intestinal sistem hastalıkları, ürolojik rahatsızlıklar ve jinekolojik problemler olabilir.

Jinekolojik Patolojiler arasında; pelvik kitleler, dış gebelik, endometriozis, jinekolojik maligniteler, adenomyozis, pelvik inflamatuvar hastalık, salpenjit, endometrit, myomlar, servikal yada endometrial kaynaklı polipler, geçirişmiş operasyonlara sekonder gelişen adezyonlar

Ürolojik Patolojiler; üriner sistem enfeksiyonları, sistit, taşlar, divertikül

Gastrointestinal Sistem Patolojileri; ülseratif kolit, chrohn hastalığı, kronik kabızlık, irritable bağırsak hastalığı, gastrointestinal sistem tümörleri

Kas – İskelet Sistemi Patolojileri; kas ağrıları, vertebra fraktürleri, eklemelerin dejeneratif hastalıkları, kas yaralanmaları, osteoporoz, disk fitikleri, spinal kordun tümörleri, nevraljiler, duruş bozuklukları

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