

BÖLÜM 18

PERİNATAL ENFEKSİYONLAR TANI VE TEDAVİ

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Giriş

Çocuklarda ve yetişkinlerde hastalığa neden olan enfeksiyonlar gebelik ve puerperal dönemde geçirildiğinde fetusta ciddi komplikasyonlara neden olabilmektedir. Bu geçişin hematojen yol (transplasental), asendan yol, vertikal yol (doğum esnasında), doğum sonrası (laktasyon) ve iatrojenik (invaziv girişimler) olarak gerçekleştiği kabul edilmektedir (1). Gebelik döneminde fetus mikroorganizmalara oldukça hassas olduğundan abortus, yapısal anomaliler, intrauterin mort fetus ve etkilenen fetusta ileri dönemde sekellere neden olabilmektedir (1).

Günümüz şartlarında gebelik öncesinde riskli grupta hastalık etkenlerinin taranması, mikrobiyolojik, immünolojik ve serolojik testlerle hastalığın tanısının konulması mümkündür. Fetusta anomali taraması ile etkilenme riski olan ve etkilenmiş fetusların takibi sağlanabilmektedir.

Perinatal enfeksiyonların taranması

Gebelik esnasında perinatal enfeksiyonların tarama programları sıklığına ve uygulanabilirliğine bağlı olarak ülkeden ülkeye değişiklik göster-

mektedir. Yenidoğanda ise konjenital enfeksiyon şüphesi durumunda patojenler için test yapılması önerilmektedir (2).

Toksoplazmozis

Toksoplazma zoonotik bulaşma veya gıda kontaminasyonu yoluyla insanları enfekte edebilmektedir. Çiğ veya az pişmiş etin tüketilmesi, yıkanmamış sebze ve meyve yenmesi, enfekte olmuş kedilerin dışkılarıyla atılan oositleri içeren suların içilmesi ve kedi kumu veya toprakla temas enfeksiyona neden olabilir (3).

Fetal enfeksiyon riski, enfeksiyonun geçirildiği gestasyonel yaş ile doğru orantılı olarak artar. Bu risk 13. Haftada % 15, 26. Haftada % 44 ve 36 haftada % 71 olarak bildirilmiştir (4). Fetal enfeksiyonun ciddiyeti ise patojenin fetusa bulaştığı gebelik haftası ile ters orantılıdır. İlk üç aylık dönemde, fetusta ciddi anormalliklere veya abortusa yol açabilir. Üçüncü trimesterde ise vakaların yaklaşık % 80'inde asemptomatik konjenital toksoplazmozis bulunmaktadır (5).

Gebelik döneminde geçirilmiş toksoplazma enfeksiyonunun transplasental yolla fetusa geçişi abortus, ölü doğum, nörolojik ve oküler defektle-

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azaltmaktadır (94, 95). Antepartum, intrapartum ve fetusun profilaksisinin kombinasyonu, bulaşma riskini azaltmak ve gebelik boyunca maternal viral yükü azaltmak için önerilir (94, 96, 97). Perinatal bulaş riski maternal HIV viral yükün baskılanmasıyla azalmaktadır (98, 99). Erken dönemde başlanan antiretroviral tedavi viral yükün azalmasını ve buna bağlı olarak da perinatal bulaşın azalmasını sağlamaktadır (98, 100).

Gebelerde, antiretroviral rejim seçiminde virüsün direnç profili, ilaçların anne ve fetustaki güvenliliği ve etkililiği, rejimin uygunluğu ve bağışıklık potansiyeli, diğer ilaçlarla etkileşim potansiyeli dikkate alınmalıdır. Bu ilaçların kullanımıyla birçok ülkede anneden bebeğe bulaş ihtimali oldukça azalmıştır.

Gebelik öncesi özellikle HIV enfeksiyonu açısından risk grubundaki hastaların uyuşturucu madde kullanımı ve birden çok partnerle korunmasız ilişki gibi değiştirilebilir alışkanlıkları değerlendirilmelidir (101-103). Cinsel yolla bulaşan hastalıklardan korunmak için cinsel ilişki sırasında kondom kullanımı önerilmelidir.

Gebeliğin ilk trimesterinde bir kombinasyon antiretroviral ilaç rejimi alan kadınlarda fetal anatomisinin ayrıntılı bir ikinci trimester ultrason değerlendirmesi önerilmektedir (104). Doğumdan önce, HIV ile enfekte kadına, anne sütüne HIV bulaşma riski ile ilgili endişeler nedeniyle emzirmenin tavsiye edilmediği konusunda bilgilendirilmelidir.

Sonuç

Perinatal enfeksiyonlar fetal ve neonatal morbidite ve mortalitesinde önemli nedenlerden biridir. Enfeksiyonların zamanında teşhisi ve uygun tedavinin başlatılması kritik değere sahiptir. Perinatal enfeksiyonların önlenmesi için gebelik öncesi ve gebelik döneminde ülkelerin belirlenmiş tarama programları kapsamında hareket edilmeli ve şüpheli durumlarda tanıya yönelik ileri değerlendirme yapılmalıdır. Ayrıca gebelik ve öncesi dönemde olası enfeksiyonlar açısından hastalar

enfeksiyonu önleme konusunda bilgilendirilmelidir.

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