BÖLÜM
27

ANORMAL UTERİN KANAMA TANI VE TEDAVİ

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Giriş

Anormal uterin kanama (AUK) anormal miktarda, süre veya programda adet kanamasını ifade eden bir terimdir. Jjinekolojik poliklinik ziyaretlerinin üçte birini oluşturan, yaşam kalitesini olumsuz etkilen yaygın bir jinekolojik problemdir (1, 2). AUK ilk olarak menarşın başlangıcında ortaya çıkabilir. Özellikle üreme çağındaki kadınlarda yaygındır, ancak menopoza kadar yaygın bir sorun olmaya devam eder(3).

Eski ve Yeni Terminoloji

Tıp tarihi boyunca, AUK semptomlarını ve etiyolojilerini tanımlamak için çok çeşitli terminolojiler kullanılmıştır. Ancak bu terminolojiler iyi tanımlanamıştır. Açık tanımların eksikliği, dünya çapında klinik verilerin araştırılmasını ve yorumlanmasını engellemiştir. Bu kaygılar, Uluslararası Jinekoloji ve Obstetrik Federasyonu (FIGO) bünyesinde Menstrüel Bozukluklar Çalışma Grubunun (FMDG) kurulmasına yol açtı. Bu grup AUK semptomlarının tanımları ve terminolojisi üzerine ve AUK'nin altta yatan nedenlerine ilişkin yeni bir sınıflandırma geliştirmiştir (4).

FIGO grubu, daha önce yapısal bir nedenin bulunmadığı tanımlanmayan disfonksiyonel uterin kanama (DUK) terimini terk etmeyi ve menoraji terimini "ciddi menstrual kanama" ile değiştirmeyi kabul etti. 'Metroraji'yerine de 'intermenstrüel kanama'terimleri kullanılmasını önermiştir(5–7). Bunlara ek olarak artık kullanımı önerilmeyen terminolojiler: hipermenore, hipomenore, polimenore, polimenoraji, epimenore, epimenoraji, *hemorajik* metropati, uterin hemoraji ve fonksiyonel uterin kanamadır (5).

Normal Menstrüel Kanama

FİGO AUK Sistem 1 normal menstrüel kanama için 4 parametre tanımlamıştır. Bu parametreler: düzen, sıklık, süre ve miktardır. Normal menstrüel kanama 24-38 günde bir gerçekleşen ve kanama süresi 8 gün ya da az süren kanamalardır(8). Düzenli adet kanamasında bir adetin başlangıcından diğerinin başlangıcına kadar olan siklus süresinde 7-9 gün veya daha az değişiklik olmalıdır(9). Kanama miktarını belirlemek zordur ve subjektiftir. Bir kadının fiziksel, sosyal, duygusal ve / veya maddi yaşam kalitesini etkilemeyen miktarda kanama olarak tanımlanır(3, 10). Döngü başına ≤80 mL vajinal "kan" kaybıdır (11).

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