

BÖLÜM 48

POSTMENOPOZAL KANAMA TANI VE TEDAVİSİ

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Giriş

Menopoz; 12 aylık amenore sonrasında, kalıcı olarak adet kesilmesi olarak tanımlanır. Ortalama menopoz yaşı 51'dir. Henüz menopoz dönemine girmemiş kadınlarda medikal tedavi ya da cerrahiye sekonder olarak erken yaşta da görülebilmektedir(1).

Postmenopozal kanama (PMK) ise ovarian foliküller aktivite kaybı nedeniyle; adet kesilmesinden sonra uterus kanamanın meydana gelmesidir. Benign, premalign ya da malign nedenler gelişiminden sorumlu olabileceği de en yaygın sebebi atrofidir(2-4). Endometrium kanseri en sık ilişkili olduğu malignite olup, postmenopozal kanama ile başvuran hastaların %10'u bu tanıyı almaktadır(5). Erken tanı ve tedavinin prognoza olumlu etkisi nedeniyle, malignite mutlaka dışlanmalıdır. PMK, endometrium kanserli olguların %80-90'ında izlenen, en sık ilk başvuru sebebidir(6).

HRT kullanmayan postmenopozal kanamalı kadınlarda endometrium kanser insidansı %4, 9-11, 5'tir(7). İlk ve tekrarlayan PMK şikayeti ile başvuran hastaların değerlendirildiği prospektif bir çalışma, tekrarlayan PMK'lı kadınlarda pre-

malign ve malign endometrial hastalık riskinin daha düşük, polip riskinin ise daha yüksek olduğunu göstermiştir(8). Başka bir retrospektif çalışma ise, ilk negatif inceleme sonrası tekrarlayan PMK ile gelen hastalarda endometrium kanser riskinin daha yüksek olmadığını ortaya koymuştur. Ayrıca ilk sonuç üzerinden 6 aydan daha uzun süre geçmiş olguların, yeniden değerlendirilmesini önermiştir(9).

Etiyoloji

Postmenopozal kanamaya neden olan birçok faktör vardır (bkz: Tablo 1).

Tablo 1: Postmenopozal Kanama Sebepleri

Etiyolojik Sebepler
1. Atrofi
2. Malignite (uterin, servikal, üriner, kolorektal, hematolojik kanserler... vb.)
3. Polip (endometrial / servikal)
4. Endometrial hiperplazi
5. Hormon replasman tedavisi (HRT)
6. Leiomyom

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