

# Bölüm 25

## ENDOMETRİOZİS EVRELEME VE YÖNETİM

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ÜNİTE 3

Tüm hastalıklar gibi endometriozisi evreleme-deki amaç hastalığın tedavi edilmediğinde doğal seyri ve uygulanacak bir tedaviye yanıt verme olasılığı benzer olan bireylerin tespit edilmesi olarak tanımlanabilir. Araştırmacılar arasında ortak bir dil oluşturmak, değişik tedavilerin etkinliklerinin karşılaştırmasını amaçlayan çalışmalarda standardizasyon sağlamak da evrelemenin akademik amaçlarıdır. Revize American Society for Reproductive Medicine (rASRM) evreleme sistemi günümüzde en yaygın kullanılan sistemdir. İki yeni sistemden birisi olan ENZIAN sistemi de rASRM sistemi gibi tanımlayıcı bir sistemdir ve amacı DiE lezyonlarını, retroperitoneal yapıların tutulumunu ve organ tutulumunu daha detaylı tanımlayarak rAFS sistemini tamamlamaktır. Cerrahi ile endometriozis tanısı koyulan kadınların IVF haricinde spontan veya diğer fertilitate artırıcı tedavilerle gebelik elde edebilme olasılıklarını öngörmeyi sağlayacak üçüncü bir sistem geliştirilmiş ve Endometriozis fertilitate indeksi (EFİ) olarak isimlendirilmiştir. **Editorial**

### Tanım

Endometriozis endometriyal gland ve stromanın uterin kavite dışında bulunmasıdır. Endometriyotik odaklar en sık overlerde ve pelvik peritoneal yüzeylerde olmakla beraber rektovaginal septumda, servikte [1], vulvada [2], insizyon skarlarında, kemiklerde, akciğerlerde hatta merkezi sinir sistemi [3,4] de dahil olmak üzere vücudun hemen her yerinde bulunabilmektedir.

Peritoneal endometriyotik odakların görünümü ve boyutları çok değişkenlik göstermektedir. Endometriozis peritoneal yüzeylerde sarı-kahverengi lekeler, beyaz opak alanlar, kırmızı, kırmızı-mavi lekeler olarak görülebileceği gibi berrak veziküller hatta nadiren polipoid çıkıntılar şeklinde de görülebilir. Ek olarak laparoskopide otofloresans tetikleyici ışık sistemleri ve gözlenen ışığı 450 - 470 nm dalga boyuna sınırlayan optik filtreler kullanıldığında beyaz ışıkla normal görünen peritoneal yüzeylerde de bazı erken evre endometriyotik odaklar tespit edilebilmektedir [5]. Peritoneal yüzeyden >5mm derinliğe uzanan endometriozis derin infiltran endometriozis (DiE) olarak tanımlanmaktadır.

Endometriyomaların nasıl oluştuğu açıklığa kavuşmamış olmamasına rağmen yaygın kabul gören teori over yüzeyinde oluşan/over yüzeyine implante olan endometriyotik odakların over korteksi ile kaplanarak invaginasyonudur. İnvaginasyon içerisindeki aktif endometriyotik odağın muhtemelen menstruasyon dönemlerinde gerçekleşen kanaması sonucu bir psödokist olan endometriyoma oluştuğu düşünülmektedir.

Endometriyomalar transvaginal ultrasonografi ile genellikle kalın duvarlı, homojen ekojeniteye sahip kistik kitleler olarak görünürler. International Ovarian Tumor Analysis çalışmaları kapsamında ovarian kitle değerlendirmesi nedeniyle sistematik bir ultrasonografik incelemeyi izleyen 120 gün içerisinde cerrahi ve histolojik konfirmasyon yapılan 3511 kadından derlenen verilere göre histolojik olarak konfirme edilen endometriyoma-

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