

# Bölüm 32

## ENDOMETRİOZİS VE YÖNETİMİNİN FERTİLİTE ÜZERİNDEKİ ETKİLERİ VE POTANSİYEL ÖNLEMLER

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ÜNİTE 3

Endometriotik kist aspirasyonu ve skleroterapi rekürren endometriomanın yönetiminde operatif laparoskopi veya laparotomiye bağlı gelişen over dokusu hasarını azaltmak için alternatif bir yöntemdir. GnRH analogları ile pituiter süpresyonun kist hacmini %50 oranında küçülterek cerrahiye kolaylaştırdığı ve cerrahın optimal sitoredüksiyon yapmasına imkan verdiği yönünde genel kabul vardır. Ovaryan endometrioma varlığında IVF-ET öncesi kistin büyüklüğü, büyüme hızı, adezyon oluşumu, hastanın ani ağrısının ortaya çıkması, acil cerrahi gerektiren kist rüptürü ve torsiyonu yönünden hastalar değerlendirilmeli ve kist yönetimi bireyselleştirilmelidir. Endometrioma cerrahisinin IVF sonuçlarını iyileştirmemediğini, aksine overlerin gonadotropinlere cevabını azaltabileceğinin rapor edilmesine rağmen, büyük endometrioma kisti varlığında, kist oosit toplamasına engel olursa, medikal tedaviye cevap vermeyen ağrı varsa ve malignensi şüphesi durumunda IVF gerektiren hastalarda endometriomaları cerrahi olarak çıkartmak gerekebilir. **Editorial**

### Endometriozis ve Endometrioma

Endometriozis estrojen bağımlı endometrial glandüler epitel ve stromanın uterin kavite dışında sıklıkla batın içine yerleştiği, progresif seyirli, pelvik ağrı ve infertiliteye neden olan yaygın benign bir jinekolojik patolojidir (1,2). Endometriozisteki endometrial doku içinde intraselüler adezyon

moleküllerinin ekspresyonu, lokal aromataz enzim aktivitesi, anjiogenesis ve nörogenesis artmış ve apoptozis azalmıştır (3). Endometriotik odak etrafında oksidatif stressin aracılığıyla ortaya çıkan inflamasyon skar dokusu oluşumuna ve adezyon gelişmesine neden olur (4). Gelişen skar ve adezyon pelvik anatomiye bozarak pelvik ağrı ve subfertilite/infertiliteye neden olur. Meydana gelen inflamasyon, skar dokusu ve adezyon cerrahiye zorlaştırır ve operasyona bağlı komplikasyonların artmasına neden olur (5). Over dokusu içinde yerleşen, içinde eski kan ve hemosiderin bulunan, duvarını endometriozis ve inflame dokunun oluşturduğu psödokapsülle çevrili kiste endometrioma kisti denir. Ovaryan endometrioma endometriozisin en sık görülen türü olup endometriozis olgularının %55'ini oluşturur (6).

### Endmetriozisin Komplikasyonları

Endometriozis ve endometriomanın en önemli iki komplikasyonu ağrı ve infertilitedir. Endometriozis fertil kadınlar arasında nadirdir ve genel popülasyonda %2-8 oranında görülür. İnfertil kadınların %25-40'ında endometriozis bulunur ve endometriozisli kadınların %30-50'si infertildir (7). Endometriozis ve endometrioma varlığı oosit ve embriyo gelişimi ve endometrial reseptivite üzerine olumsuz etkisi olur (8). Endometriozisi olan infertil hastalar tubal faktör nedeniyle infertil olan hastalarla IVF/ICSI embriyo transferi yapıldık-

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