

Bölüm 6

OVER REZERV TESTLERİ

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GİRİŞ

Günümüzde kadınların eğitim hayatına devam etme isteği, kariyer planları, ekonomik kaygıları, metropol şehirlerde ikamet etme talebi gibi pek çok neden, hem evlilik yaşının yükselmesine hem de ileri yaşlarda çocuk sahibi olmalarına yol açmaktadır. Kadının yaşının ilerlemesiyle birlikte oosit ve folikül havuzunda azalma meydana gelmektedir (1). Son 20 yıl içerisinde üreme sisteminde yaşlanmanın etkisini ve klinik sonuçlarını inceleyen araştırmalar, kadınlarda kalan overyan folikül havuzunun büyüklüğünü ve kalitesini belirlemede kullanılan over rezervi konusuna odaklanmıştır (2).

Over rezervini belirlemede kullanılan test sonuçları, eldeki kaynakların en iyi şekilde kullanılmasına yardımcı olabilecek prognostik bilgiyi elde etmede büyük önem taşımaktadır. Üremeye yardımcı tekniklerin maliyeti, yan etkileri, çiftler açısından zorlukları göz önüne alındığında, tedavi öncesi hastaların seçimi, optimal stimülasyon stratejisi, ovarian hiperstimülasyon sendromu gibi iatrojenik komplikasyonlardan kaçınma ve başarılı gebelik oranları için over rezerv testlerinden elde edilen sonuçların hekimler tarafından dikkatli bir şekilde yorumlanması gerekmektedir.

OVER REZERVİ VE DEĞERLENDİRİLMESİ

Geleneksel olarak over rezervi (OR), “bir kadının overlerinde, menstrüel döngüyü sürdürmek veya gebeliğin oluşumunu sağlamak amacıyla ovülasyon için matür folikülleri üretme potansiyeline sahip olan yumurta deposunu” ifade etmek-

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