

15. BÖLÜM

Gebelik ve Varis

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Giriş

Venöz yetmezlik venöz dolaşım bozukluklarının en yaygın görülen durumudur. Venöz yetmezlik bir periferik venöz sistem anomalisidir. Venöz dönüşün azalması veya değişmesi sebep olmaktadır. Bunu da ven'in kendisinde görülen modifikasyonlar (ven'in duvar ve kapakçıkları) ile kas pompası ve kapiller yatağın modifikasyonları sebep olmaktadır. Venöz yetmezlik bulguları en sık bacaklarda gözlenir. Kalpten en uzakta olması sebebiyle damarlar daha büyük geri dönüş basıncına dayanmak zorundadır. Venöz yetmezlik ile oluşan venöz hipertansiyon; bacaklarda ağrı, şişme, cilt rengi değişiklikleri ve ülserler gibi çeşitli klinik belirtilere neden olur [1] Venöz yetmezlik bacaklardaki yüzeysel, derin ve perforan ven sisteminden birini veya daha fazlasını etkileyebilir. Tüm dünyadaki epidemiyolojik çalışmalar, venöz yetmezliğin insidans ve prevalans'ı açısından yüksek değişkenlik gösterdiğini ortaya koymuştur [2].

Etyoloji

Hamilelik sırasında, kadınlar varisli damarlar olarak bilinen venöz yetmezlik gelişimi için yüksek risk taşır. Bunun nedeni abdominal basıncın artması, kan hacminin artması ve hamilelik boyunca meydana gelen hormonal değişikliklerdir [3].

Genellikle gebelik sırasında çoğu vakada erken aşamada olması nedeniyle tanı konulamaz. Hamilelik sırasında hızla gelişir. Bayanlarda hamilelik öncesinde olan kronik venöz yetmezlik hamilelik döneminde variköz venlerle kendini gösterebilmektedir. Ayrıca vulvar varisler, pelvik varisler ve hemoroidal patolojiler de venöz yetmezliğin belirtilerindedir.

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