

BÖLÜM 16

Varikosel

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GİRİŞ

Varikosel, testiküler venöz kan akımının reflüsü ile beraber her iki veya tek testiste venöz pampiniform pleksusun anormal genişlemesini ifade eder (1). Varikosel erkek infertilitesi, aynı taraf testiste büyüme ve gelişme geriliği, ağrı ve hipogonadizmle alakalıdır. Varikosel tüm toplumda erkeklerin %15-20'sinde bulunurken, infertil erkeklerin %40'ında bulunur (2, 3). Varikoselin prevalansı yaşla birlikte artmaktadır. Ülkemizde 40 yaş üzeri erkekler üzerinde yapılan bir çalışmada varikosel prevalansı %48 olarak bulunmuştur. Toplam 224 varikosel hastasının alındığı çalışmada bilateral varikosel 120 hastada görülmüştür. Grade 3 varikosel görülme oranı %13,3, Grade 2 varikosel görülme oranı %21,1 ve Grade 1 varikosel görülme oranı %13,6'dır (4).

Pampiniform pleksusun anatomisi

Varikosel genelde sol tarafta izlenir. Testiküler venler testisten köken alır ve pleksus pampiniformise dallar verir. Pleksus pampiniformis spermatik kort içerisinde inguinal kanaldan geçerek abdomene girer. Sağ spermatik ven direkt olarak inferior vena kavaya düşük bir basınçla açılır. Sol spermatik ven ise daha yüksek

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Profilaktik varikoselektomi

Adölesanlarda varikoselektomi pek çok vakada aşırı tedavi şekli olabilir. Çünkü adölesan varikoseli ile infertilite arasındaki ilişki şüphelidir ve bu hastalar ilerde kolay yünden çocuk sahibi olabilir. Bu nedenle profilaktik varikoselektomi, yalnızca seri klinik muayene veya Doppler ultrasonografi incelemelerinde ve/veya düzensiz semen analizi bulguları ile ispatlanan testis hipotrofisi olan durumlarda önerilir (31, 34).

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