

BÖLÜM 29

İleri Baba Yaşı ve İnfertilite

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GİRİŞ

İnfertilite, en az bir yıllık düzenli, korunmasız cinsel ilişkiden sonra gebe kalmadaki başarısızlıktır (1). İnfertilitenin dünya genelinde yaklaşık 70 milyon insanı etkilediği tahmin edilmektedir (2). Dünya Sağlık Örgütü tarafından bildirilen sonuçlara göre, çiftlerin yaklaşık %8-12'sinin ebeveynliği gerçekleştirmede sorunları vardır, infertilite nedeninin %50'si erkek partnerlerle bağlantılıdır (3). Ne yazık ki, 1990'dan 2017'ye kadar infertilitenin yaş standardize prevalansında kadınlarda %0.370, erkeklerde %0.291 oranında artış olduğu tahmin edilmektedir (4). İnfertilite öyküsü kadar infertilite de her iki cinsiyette daha kötü bir yaşam kalitesine yol açmaktadır (5, 6).

İnfertiliteye yol açabilecek çok sayıda farklı faktör vardır: genetik anormallikler (7), kronik hastalıklar (8), ilaçlar (9), ürogenital ve gonadal hücrelerdeki

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SONUÇ

Erkeklerin baba olmaya karar verdikleri ileri yaş, büyük bir sosyal, tıbbi bir sağlık sorunudur. İleri baba yaşı sadece erkek fertilitasını değil, aynı zamanda gebelik seyrini, sonuçlarını ve çocukların sağlığını da etkiler. İleri baba yaşını tanımlamak için benzersiz bir cut-off ve ileri baba yaşının neden olduğu tüm tıbbi sorunları çözmek için yeni tanı ve tedavi yaklaşımlarına ihtiyaç vardır.

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