

23. BÖLÜM

GEBELİKTE HİPOTİROİDİZİM

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ÖZET

Annede TSH düzeyinin artması ve serbest T4 düzeyinin azalması ile seyir eden tablo maternal hipotiroidi olarak adlandırılır. Maternal hipotiroidi fetusda erken doğum, preeklampsi, anemi, plasenta dekolmanı, düşük doğum ağırlığı ve spontan abort riskini artırır. Maternal hipotiroidi tedavi edilmezse akut solunum yetersizliği (RDS) iki kat daha fazla görülür. Tüm bu riskler göz önüne alınarak gebelikte hipotiroidi ve subklinik hipotiroidi 4 haftada bir tiroid fonksiyon testleri ile takip edilmelidir. Gebelik seyri boyunca hastanın ötiroid olması için total T4 konsantrasyonunda %20-50 artış olması gerektiği bilinmektedir. Düşük sT4 ve yüksek TSH seviyesine sahip gebeler trimester spesifik serbest T4 değerinden bağımsız olarak eğer TSH değeri >10mIU/L ise mutlaka tedavi edilmelidir. Subklinik hipotiroidi özellikle anti-TPO pozitif olan gebeler öncelikli olarak aşikâr komplikasyon gelişme riskini en düşük düzeylere indirecek TSH değerleri trimester spesifik normal değerlere incek şekilde tedavi edilmeleri önerilir.

GİRİŞ

Hipotiroidisi olan hamile kadınların değerlendirilmesi ve tedavisi, hamile olmayanlar ile paraleldir, ancak bazı benzersiz sorunlar vardır. Yeterli tiroid hormonu, hamileliği ve optimal fetal gelişimi sürdürmek için gereklidir (1). Gebeliğin ilk yarısında fetus tamamen maternal tiroid hormonuna bağımlıdır. Tiroid bozuklukları, özellikle düşük tiroid fonksiyonu, doğurganlık çağındaki kadınlarda yaygındır ve doğum öncesi kliniklerinde sıklıkla karşılaşırlar. Aşikâr hipotiroidizmin, önemli ölçüde kötü obstetrik sonuçlu gebelik ve yenidoğan sorunlarına neden olduğu bilinmektedir bu durum endokrin ve obstetrik dernekler tarafından tedavi protokollerinde önemli yer alır. İyot, tiroid hormonu üretimi için gereklidir, bu nedenle yeterli iyot alımı hamilelik sırasında ve üreme çağındaki kadınlarda hayati önem taşır. Sınırdaki tiroid fonksiyonu ve tiroid otoimmünitesinin bile, gebelikte toplum tiroid taramasının dikkate alınmasına dair artan kanıtlar mevcuttur (2).

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