

## İnfertil Erkeğin Değerlendirilmesi ve Temel Semen Analizi

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### TANIM VE ETİYOLOJİ

İnfertilite ; çiftlerin 1 yıl süre ile düzenli korunmasız ilişkiye rağmen gebelik elde edememesi durumudur. Bu süre kadın partnerin yaşı 35'ten büyük olduğunda 6 aya indirgenir. Spesifik olarak kadın ya da erkek faktörünü düşündüren bulgular olduğunda daha erken araştırma yapılabilir. (1)

İlk 1 yılda gebelik elde edememiş genç ve sağlıklı çiftlerin %40-50'sinin bir sonraki yıl spontan gebelik elde edeceği akıld tutulmalı ; detaylı tetkik ve tedavi öncesinde bir süre daha beklemenin de alternatif bir yaklaşım olabileceği çift ile paylaşılmalıdır. (2)

İnfertil çiftlerin yaklaşık %35'inde kadın faktörü ile birlikte erkek faktörü tespit edilirken; çiftlerin %10'unda ise erkek faktörü bulunabilen tek sebep olmaktadır.(3)

İnfertil erkeğin ilk değerlendirmesi, fertilitiyi sağlamak için tedavi edilebilir nedenleri tespit etmeye odaklanır. Değerlendirmenin geri kalanında ise amaç hangi çiftlerin yardımcı üreme teknolojilerinden (YÜT) yararlanabileceğini belirlemektir.

Erkek infertilitesinde ideal olarak tanımlanıp tedavi edilebilen faktörler çoğunlukla düzeltilebilen durumlardır. Sperm analizi normal olup gebelik elde edilemeyen durumlarda spermin oositi fertilize edememesi ya da spermde genetik anormallikler düşünülür. Erkek infertilitesine sebep olan genetik faktörler olduğunda çift ; başarı şansı ve mevcut genetik bozukluğun oluşacak bebeklere aktarılabilceği açısından bilgilendirilmelidir. Ayrıca erkek infertilitesinde altta yatan ciddi tıbbi durumlar bulunabilir. (testis tümörü , hipofiz tümörü gibi) (4)

Bu nedenle, tüm infertil çiftlerde erkek, erkek infertilitesi konusunda eğitilmiş bir klinisyen tarafından tıbbi değerlendirmeden geçirilmelidir.

İnfertil erkeğin değerlendirilmesinin temel bileşenleri şunları içerir :

- » Öykü
- » Fizik muayene
- » Semen analizi (anormal ise tekrarlanmalıdır)

İnfertil erkeğin ek değerlendirme yöntemleri ise şunları içerir:

- » Endokrinolojik değerlendirme
- » Aksesuar bezlerin ve kanalların görüntülenmesi

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