

Progesterin İle Hazırlanmış Overyan Stimülasyon Protokolü (Ppos Protokolü)

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GİRİŞ

Kontrollü ovaryen stimülasyonu (KOS) protokolü, yardımcı üreme teknolojisinde (ART) önemli bir adımdır. (1)

KOS protokolünün etkinliğini artırmak için, büyüyen foliküller tarafından üretilen plazma estradiol artışının neden olduğu luteinize edici hormonun (LH) erken dalgalanması önlenmelidir. (2)

Planlanan zamandan önce LH artışının kontrol edilememesi; spontan ovulasyona, azalan oosit verimine veya erken progesteron yükselmesine neden olarak embriyo – endometrium uyumsuzluğuna yol açacaktır. (3)

Geleneksel KOS protokolü, erken LH dalgalanmasını önlemek için yaygın olarak gonadotropin salıcı hormon (GnRH) analogları ile ilişkilendirilir. (4)

Genel etkinliklerine rağmen tüm in vitro fertilizasyon (IVF) döngülerinin %3 ile %10'u arasında LH artışı meydana gelir. (5)

Ayrıca GnRH analoglarının kullanımı; yüksek maliyeti ve hastanın günlük subkutan uygulamaya uyumunun düşük olması nedenleriyle

sorun oluşturmaktadır. Son yıllarda GnRH antagonistleri, enjeksiyon süresinin kısa olması ve over hiperstimülasyon sendromu (OHSS) riskinin azalması gibi avantajları nedeniyle GnRH agonistlerine tercih edilmektedir. (6)

Progesteron, GnRH'nin hipotalamustan gelen pulsatilitesini azaltarak, artan estradiol seviyeleri ile ilişkili LH salınımını inhibe eden bir hormondur. KOS siklusunda LH supresyonu için Medroksiprogesteron asetat (MPA) ilk kez 2015 yılında Kuang ve arkadaşları (7) tarafından kullanılmış ve kısa agonist protokolü ile benzer sonuçlar vermiştir.

GnRH analoglarının aksine LH'nin baskılanması için progesterin kullanımı; oral uygulamanın avantajları, hasta açısından kolay kullanılması ve düşük maliyetli olması sebepleriyle tercih edilmektedir. (8,9)

Bununla birlikte progesterona erken maruz kalınması endometriumun erken gelişmesine neden olacağından endometriyuma taze embriyo transferinin önünde engel oluşturacaktır. (10)

PPOS protokolünde progesteronun endometrium üzerindeki olumsuz etkisini aşmak için tüm embriyoları dondurmamak ve embriyo transferini

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