

## Yardımcı Üreme Tekniklerinde PRP Kullanımı

Mustafa Fırat AYDIN<sup>1</sup>

## AMAÇ

Son yıllarda Yardımcı Üreme Teknikleri'nin (ART) başarı oranları giderek artmasına rağmen, ART ye ek olarak alternatif seçeneklere ihtiyaç duyulmaktadır. Trombositten zengin plazma (PRP), tıbbın çeşitli alanlarında yeni bir tedavi yöntemi olarak kullanılmaktadır. Bu tedavi, ortopedi, kardiyotorasik cerrahi, dermatoloji, diş hekimliği, plastik cerrahi ve diyabetik yara iyileşmesi gibi birçok bölümde kullanılmaktadır. Son zamanlarda ise PRP, üreme tıbbında infertiliteye odaklanan bir ilgi alanı haline gelmektedir. Azalmış over rezervi, menopoz, prematüre over yetmezliği ve atrofik endometrium gibi konular bu alanda yapılan araştırmaların odak noktalarını oluşturmaktadır.

PRP, infertilite tedavisinde en güncel konularındandır. İnfertilite, yaygın görülen bir durumdur ve doğru tedavi planlaması için etyopatogenezi anlamak oldukça önemlidir. Değişken etiyolojik nedenlere bağlı olarak tedavi yöntemleri de çeşitlidir. Yardımcı üreme teknikleri, kalıtsal hastalık taşıyıcısı aileler için oldukça önemlidir. Ayrıca, kanser tedavisinde kullanılan çeşitli gonadotoksik ajanların yan etkilerini azaltmak ve

fertiliteyi korumak amacıyla da kullanılmaktadır. Bu bölümde, infertilite tedavisinde PRP kullanımına ilişkin güncel bilgilere yer vereceğiz.

## GİRİŞ

Dünya nüfusunun yaklaşık %13'ü farklı nedenlerle gebe kalmakta güçlük çekmektedir (1). İn Vitro Fertilizasyon ile birlikte gebelik oranlarında önemli bir artış olmuştur. Başarılı implantasyon için, endometriyumun ve embriyonun uyumlu olarak etkileşimde olması gerekmektedir. Ayrıca, endometriyum ve blastokist arasında senkronize bir etkileşimin sağlanması da önemlidir. Yardımcı üreme tekniklerindeki (YÜT) gelişmeler, gebelik oranlarının artmasına neden olsa da, implantasyon sürecindeki başarısızlıkların uzun süredir süregelen bir sorun olarak kalmaktadır. İmplantasyon sürecindeki başarısızlıkların yaklaşık olarak üçte biri embriyoya bağlı nedenlerle açıklanırken, üçte ikisi ise yetersiz endometrial reseptivite ve yetersiz embriyo-endometrium iletişimi nedeniyle olmaktadır. Birçok hastada karşılaşılan tekrarlayan implantasyon başarısızlığı (RIF) ise önemi korumaktadır. Endometrial reseptivitenin zayıf

<sup>1</sup> Uzm. Dr., Sağlık Bilimleri Üniversitesi Gazi Yaşargil Eğitim ve Araştırma Hastanesi, drtherockula@hotmail.com, ORCID iD: 0000-0002-1463-5758

Menopozdaki kadınlarda PRP'nin etkinliği hala belirsizdir, ancak erken sonuçlar umut vaat etmektedir. Ayrıca, gelecekteki çalışmalarda tutarlı ve doğru sonuçlar elde etmek için standartlaştırılmış bir PRP hazırlama protokolünün kullanılması önemlidir.

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