

GEBELİKTE HEPATİK HASTALIKLAR

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GİRİŞ

Gebelik süreci, maternal fizyolojide ve metabolizmada pek çok değişiklik oluşturan dinamik bir süreçtir. Bu dönemde karaciğer fonksiyonlarını etkileyen bazı özgül durumlar ortaya çıkabilir ve hem anne hem de fetus için önemli riskler oluşturabilir. Gebelik ile ilişkili hepatik hastalıklar, klinik pratikte nadir görülmekle birlikte yüksek morbidite ve mortalite oranlarıyla ilişkilidir. Bu nedenle, erken tanı, etkin yönetim ve dikkatli takip bu hastalıkların seyrini ve sonuçlarını büyük ölçüde etkiler.

Bu bölümde, gebeliğin intrahepatik kolestazi (GİK) ve gebeliğin akut yağlı karaciğeri (GAYK) gibi özgül hepatik hastalıkların yanı sıra, preeklampsi ve HELLP sendromu gibi gebelik sırasında ortaya çıkan karaciğer tutulumlarının tanı, tedavi ve prognozları ele alınmaktadır. Ayrıca, bu hastalıkların epidemiyolojik özellikleri, patofizyolojisi, ayırıcı tanıları ve yönetim stratejileri kapsamlı bir şekilde tartışılmaktadır. Amaç, okuyuculara gebelik döneminde karşılaşılabilecek bu kompleks hastalıkların genel bir çerçevesini sunmak ve güncel literatür ışığında klinik uygulamalar için rehberlik etmektir.

GEBELİĞİN İNTRAHEPATİK KOLESTAZI (GİK)

Giriş ve Tanım

Gebeliğin intrahepatik kolestazi (GİK), gebelikte en yaygın görülen karaciğer bozukluğudur, genellikle ikinci ve üçüncü trimesterlerde ortaya çıkar. Özellikle avuç içi ve ayak tabanlarında kaşıntı (pruritus), serum safra asitleri ve karaciğer enzimlerinin yükselmesi ile karakterizedir. Prevalansı dünya genelinde %0,2 ila %27,6 arasında değişmektedir, Şili ve İskandinavya gibi bazı popülasyonlarda daha yüksek oranlar bildirilmiştir (1,2).

GİK'in temel semptom ve bulguları, genellikle gece şiddetlenen ve döküntü olmaksızın ortaya çıkan yoğun kaşıntı ile kendini gösteren serum safra asitlerinin yükselmesi ve anormal karaciğer enzimleridir (3,4). Hastalığın patogenezi; östrojen-safra asidi ekseni, genetik (ABCB4 ve ABCB11 genlerindeki mutasyonlar gibi), hormonal ve çevresel faktörlerin kombinasyonunu içerir (5).

Hastalık hem anne hem de fetus için önemli riskler taşır. Fetus için bu riskler; preterm eylem,

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