

GEBELİKTE GÖRÜLEN NÖROLOJİK HASTALIKLAR

29. BÖLÜM

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EPİLEPSİ

Giriş

Yaşamın ilk yıllarında ve 75 yaşından sonra insidansı artmakla birlikte (Hauser, Annegers, and Kurland 1993) epilepsi her yaş grubunda görülebilen yaygın bir nörolojik durumdur, kadınlarda dünya genelinde 1000 kadın başına tahmini olarak 6,85 vaka şeklinde prevalansa sahiptir (Fiest et al. 2017). Epilepsi genellikle kronik bir hastalık olması nedeniyle doğurganlık çağındaki kadınlarda ve gebelerde de görülebilmektedir. Gebelikte en sık görülen nörolojik bozukluklardan biridir ve prevalansı %0,3-0,7'dir (MacDonald et al. 2015).

Epilepsinin Gebeliğe Etkisi

Epilepsili bir gebe veya gebelik planı yapan bir kadına tıbbi danışmanlık yapılırken muhtemelen sağlıklı bir gebelik yaşayacakları ve sağlıklı bir bebek doğuracakları konusunda bilgi verilmelidir (Artama et al. 2017). Epilepsili kadınlarda yapılan retrospektif bazı çalışmalarda genel popülasyona göre az sayıda ama önemli derecede gebelik komplikasyon riskinin artabildiği gözlenmiştir (Stephen et al. 2019). Bununla birlikte epilepsili gebelerin morbidite ve mortalite oranları epilep-

sisi olmayan gebelerden daha yüksektir ancak altta yatan nedenlerle ilgili bilgiler açıklığa kavuşmamıştır (Stephen et al. 2019). Epilepsi hastası olmaları veya olmamaları dikkate alınmadan AEİ (antiepileptik ilaç) almayan kadınlara kıyasla, herhangi bir nedenle AEİ alan kadınlarda spontan düşüklere ve kürtaj oranlarının anlamlı derecede yüksek olduğu tespit edilmiştir (Hernandez-Diaz et al 2017; Mostacci et al 2018). Ayrıca epilepsili kadınlarda epilepsisi olmayan kadınlara göre preeklampsi sıklığı daha yüksek saptanmıştır. Bu çalışmada ek olarak Valproat alan kadınlarda lamotrijin ve levitasetam alanlara nazaran daha yüksek oranda preeklampsi gözlenmiştir (Danielsson et al. 2018).

ABD' de yapılan hastane kaynaklı retrospektif bir çalışma epilepsisi olanlar ile genel gebelik popülasyonu karşılaştırıldığında epilepsili kadınlarda gebelikteki ölüm oranının daha yüksek olduğu gösterilmiştir (100.000 gebelikte 80 ölüme karşı 100.000 gebelikte 6 ölüm) (MacDonald et al. 2015).

Epilepsi, epilepside ani beklenmedik ölüm (SUDEP) ile anne ölümlerinin önde gelen sebeplerinden biri olması (Edey, Moran, and Nashef 2014; Knight et al. 2018) nedeniyle kontrolsüz

Sonuç

Toplumda yaygın olarak görülmemekle birlikte gebelikle ilişkili nörolojik hastalıklar sık karşılaşılsa da ciddi mortalite veya morbidite riskleri nedeni ile önemlidir. Hamilelerde gebelik-ile ilişkili nörolojik birçok hastalık gelişebilmekte, mevcut hastalığı gebelikten veya gebeliği mevcut hastalığından etkilenmektedir. Gebede yeni gelişen nörolojik semptom ve bulgular ışığında hızlı tanı ve tedavinin iki kişinin hayatını kurtarabileceği aklıda tutulmalıdır. Bu amaçla gerekli durumlarda, kadın doğum uzmanı, acil uzmanları, radyologlar, nörologlar ve beyin cerrahları bir ekip halinde ve yakın işbirliği içinde çalışmalıdır.

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