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Gebelik ve Acil Kardiyak Hastalıklara Yaklaşım

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Giriş

Gelişmiş ülkelerde tüm gebeliklerin %0,2-4'ünde kardiyovasküler hastalıklar (KVH)⁽¹⁾ görülmekte olup gebelik döneminde kalp hastalıkları giderek artmaktadır. Maternal kalp hastalığı, obstetrik olmayan maternal morbidite ve mortalitenin ana nedenidir. Tüm bu sebeplerden KVH ile ilişkili risklerin bilinmesi ve gebelik süresince ve öncesinde önlem alınması gerekmektedir.

Epidemiyoloji

Gebelikte KVH dağılımı değişmekte ve ülkeler arasında farklılıklar görülmektedir. Gelişmiş ülkelerde gebelikte KVH riski ilk gebelikte, ileri anne yaşı ve kardiyovasküler risk faktörlerinin (diyabet, hipertansiyon, hiperkolesterolemi, obezite) prevalansı ile birlikte artmıştır. Geçmişte Amerika Birleşik Devletlerinde gebelerde romatolojik kalp hastalıkları en sık görülen kalp hastalığı iken günümüzde bunun yerini doğumsal kalp hastalıkları almıştır.

Gebelik döneminde hipertansiyon en sık karşılaşılan kardiyovasküler durumdur (%6-8).⁽²⁾ Avrupa ülkelerinde gebelik sırasında en sık görülen kardiyovasküler hastalıklar doğuştan kalp hastalıklarıdır (%75-82).^(3,4) Avrupa ülkeleri dışında romatizmal kapak hastalığı gebelikteki tüm kardiyovasküler hastalıkların %56-89'unu oluşturmaktadır.^(3,4) Gebelikte kardiyomiopati seyrek görülmekle birlikte komplikasyonları ağır seyretmektedir. Peripartum kardiyomiopati (PPKM) ağır komplikasyonların en sık görülen nedenidir.⁽⁵⁾

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