

Bölüm 7

GEBELİK VE KARDİYOVASKÜLER HASTALIKLAR



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|GİRİŞ

Gebeliklerin yaklaşık %1-4' ünü komplike eden kardiyovaskuler hastalıklar hem anne hem bebek için önem arz etmektedir. Son 30 yılda kardiyovaskuler hastalık kaynaklı anne ölümü gelişmiş ülkelerde %3'ten %15'e çıkmıştır (1,2). Bunun birkaç sebebi vardır; konjenital kalp hastalığına sahip kadınların reproduktif yaşa ulaşma oranının artışı, asiste reproduktif teknolojinin kullanımı ve yaşam tarzı tercihleri ile çocuk sahibi olma yaş aralığının genişlemesi ve komorbid hastalıkların eşlik etme olasılığının artmasıdır. Tüm kardiyovaskuler hastalıkların dağılımına bakıldığında hipertansif bozuklukları gelişmiş ülkelerde konjenital anomaliler, gelişmekte olan ülkelerde ise romatizmal kapak hastalıkları takip eder (3,4,5).

Konjenital kalp hastalığı ile doğan çocukların üçüncü basamak sağlık hizmetlerinden faydalanabilmesi gelecekteki yüksek riskli gebeliklerin önlenmesinde önemli rol oynayacaktır. Gebelik sağlıklı genç kadınlarca iyi tolere edilmesine rağmen daha ileri yaşlarda ve kardiyak hastalıkları olan kadınlarda morbidite ve mortaliteye sebep olabilmektedir. İleri yaş özellikle 40-50 yaş arası gebeliklere kronik hastalıklar da eşlik ediyorsa tabloyu daha riskli hale getirmektedir. Tedavi ve yönetim modaliteleri hem anne hem fetüsü ilgilendirir. Bazen anne hayatını korumak fetus için güvenli olmayabilir. Bu bölümde yönetimi karmaşık olan ge-

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olup morbidite ve mortalite yüksektir; uzun dönemde daha fazla prospektif ve randomize çalışmaya ihtiyaç vardır.

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