

Bölüm 21

GEBELİK VE HEMATOLOJİK HASTALIKLAR



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Gebelerde hematolojik hastalıklar anemi, trombositopeni, tromboz ve hematolojik maligniteler başlığı altında toplanabilir.

|1. GEBELİK VE ANEMİ

Anemi, kandaki eritrosit veya hemoglobin konsantrasyonunun azalması olup, en yaygın hematolojik anormalliktir. Gebelikte anemi küresel bir sağlık sorunudur. Gebelikte ve lohusalıkta aneminin en yaygın iki nedeni demir eksikliği ve fizyolojik anemidir. Dilüsyonel anemi normal gebelikte fizyolojik olarak görülmekle birlikte, demir eksikliği anemisi olumsuz maternal ve fetal sonuçlara neden olabilir. Bu iki durum, hamilelik sırasında düşük hemoglobin konsantrasyonuna sahip kadınların büyük çoğunluğunu oluşturur. Ancak, aneminin daha az görülen ve tedavi edilmesi gereken nedenleri göz ardı edilmemelidir. Hamile kadınlarda anemi tanımları hamile olmayan kadınlardan farklıdır ve hemoglobin konsantrasyonu için normalin alt sınırı farklı popülasyonlarda değişebilmekle birlikte aneminin varlığını ve düzeyini belirlemek için eşik değerler belirlenmiştir. Dünya Sağlık Örgütü (WHO) ve Amerikan Kadın Hastalıkları ve Doğum Uzmanları Koleji (ACOG) gebelikte anemiye şu şekilde tanımlamaktadır (1-4):

- İlk üç aylık dönem- Hemoglobin <11 g/dL
- İkinci trimester- Hemoglobin <10,5 g/dL
- Üçüncü trimester- Hemoglobin seviyesi <10,5-11 g/dL

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sendromu (hemoliz, yüksek karaciğer fonksiyon testleri ve düşük trombositler), yaygın intravasküler koagülasyon (DIC), trombotik trombositopenik purpura (TTP) ve trombotik mikroanjyopatileri (TMA) içerir.

- Gelişmiş dünyada gebelik sırasında malignite görülme sıklığı yaklaşık yüzde 0,1'dir.
- Hematolojik maligniteler daha az yaygındır, çoğunlukla Hodgkin lenfoma (HL), genç erişkinlerde görece yüksek görülmesi nedeniyle 1/6.000 insidansla en sık görülenidir.
- Gebelikte non-Hodgkin lenfomaya yakın zamana kadar nadiren rastlanırdı. İnsan immün yetmezliği virüsü (HIV) ile enfekte kişilerin %5-10'u bir lenfoma geliştireceğinden non-Hodgkin lenfomanın gebelikte görülme ihtimali artmıştır.

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