

## Bölüm 25

# GEBELİKTE BAĞ DOKUSU HASTALIKLARI



Deniz TAŞDEMİR<sup>1</sup>

### GİRİŞ

Bağ dokusu hastalıkları kadınlarda daha sık görülmektedir. Sıklıkla reproduktif dönemde veya öncesinde ortaya çıkar (1). Bu hastalıklar başlıca Romatoid Artrit (RA), Sistemik Lupus Eritematozus (SLE), Antifosfolipid Antikor Sendromu (APS), Sistemik Skleroz (SSc), Sjögren Sendromu ve İnflamatuvar Miyozit olarak sıralanabilir. Yapılan çalışmalarda SLE’li gebelerde gözlemlenen kötü sonuç oranlarının yüksek olması, hastalık alevlenmesi endişesi ve güvenli tedavi seçenekleri için kanıt bulunmaması nedeniyle SLE’li gebelere gebelik danışmanlığı verilmektedir. Nitekim, SLE / APS’li kadınlarda özellikle daha yüksek preeklampsi, intrauterin büyüme kısıtlaması (IUGR) ve prematürite oranları vardır (2), (3), (4). Bununla birlikte, hastalık yönetimindeki ilerlemelerle, bu popülasyonlarda gebelik sonuçları iyileşmiştir ve böylelikle günümüzde bağ dokusu hastalığı olan daha fazla kadın gebe kalmayı denemektedir. (5). Bu alandaki ileri ve çok sayıda araştırma, yüksek riskli gebelikler için risk faktörlerinin belirlenmesine ve gebelik yönetiminde hastaya özgü bir yaklaşıma gidilmesine daha fazla olanak sağlamıştır. Gebelikte tedavi edilmeyen hastalığın hem anne hem de çocuk için risklerle ilişkili olduğunun vurgulanması ve hastaya gebelik öncesi danışmanlık verilmesi önemlidir. Araştırmalar, aktif hastalığı önleyen ve hamilelik boyunca bebeğe zarar vermeyen uzun süreli kullanım gerektiren ilaçların önemini göster-

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