

Bölüm 6

GEBELİKTE HİPOTİROİDİZM

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GİRİŞ

Hipotiroidizm gebe kadınların %3-5 ini etkileyen ve gebelikte en sık görülen tiroid hastalığıdır. Hipotiroidizmin yorgunluk, konstipasyon ve kilo alımı gibi semptomları normal gebelikte de görülmektedir. Bu nedenle belirleyici semptom ve bulgu olarak soğuk intoleransı, bradikardi ve derin tendon reflekslerinde geç gevşeme dikkatli değerlendirilmelidir. Gebelikte hipotiroidizmin başlıca semptom ve bulguları Tablo 1 de gösterilmiştir (1).

Tablo 1: Gebelikte hipotiroidizm başlıca semptom ve bulguları.

| Gebelikte Hipotiroidizm Semptomları | Gebelikte Hipotiroidizm Bulguları |
|-------------------------------------|---|
| Yorgunluk ve halsizlik | Yavaş hareket etme |
| Kilo alımı | Yavaş konuşma |
| Konstipasyon | Derin tendon reflekslerinin geç gevşemesi |
| Soğuk intoleransı | Bradikardi |
| Kognitif disfonksiyon | Karotenemi |
| Cilt kuruluğu | Ciltte kabalaşma |
| Ses kısıklığı | Şişkin yüz ve kaşların dökülmesi |
| Ödem | Periorbital ödem |
| Myalji ve parestezi | Diastolik hipertansiyon |
| Artralji | Plevral ve perikardiyal effüzyon |
| İşitme kaybı | Assit |
| Depresyon | Miksödem |

Hipotiroidizm tanısı serbest T4 konsantrasyonunun düşmesi ve bundan dolayı TSH seviyesinin yükselmesi ile konulur. Gebelikte hipotiroidizm disfonksiyonun derecesine göre aşikâr (artmış serum TSH ve azalmış serbest T4 veya tek başına TSH>10 mIU/L) veya subklinik hipotiroidizm (artmış serum TSH ve normal serbest T4) şeklinde olabilir.

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