Bölüm 17

TEKRARLAYAN GEBELİK KAYIPLARINA YAKLAŞIM

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TANIM

Art arda en az iki defa ya da daha fazla kez klinik olarak tanımlanan yirminci hafta öncesinde gebeliğin sonlanması durumu olarak tanımlanan tekrarlayan gebelik kaybı (TGK) üreme çağındaki kadınların sık karşılaşılan problemlerinden biridir. Bu tanım ektopik, molar ve biyokimyasal gebelikleri kapsamaz. TGK primer ve sekonder olarak iki gruba ayrılır. Tekrarlayan gebelik kaybı canlı doğumu takiben gelişirse sekonder, hiç canlı doğumla sonuçlanan gebelik öyküsü yoksa primer tekrarlayan gebelik kaybı olarak isimlendirilir. Sekonder TGK daha iyi prognoza sahiptir (1).

İNSİDANS

TGK gebelik planlayan kadınların yaklaşık %3-5'ini etkiler. Sporadik gebelik kaybı ultrasonografik ve histopatolojik olarak tanınmış tüm gebeliklerin %15'inde izlenmektedir. Gebelerin yaklaşık %5'inde ardışık iki gebelik kaybı, %1'inde ise üç veya üçten fazla sayıda gebelik kaybı oluşabilir. Tüm gebeliklerde düşük yapma riski % 22 ile % 57 arasında değişmektedir ve bu oran 6-10 haftada % 15, 10.gebelik haftası sonrasında ise % 2-3'e düşmektedir (2,3).

RİSK FAKTÖRLERİ VE ETYOLOJİ

TGK vakalarının %50'sinde bilinen bir etyoloji vardır ve bu grubun tedavisi yapılabilmektedir. Genel olarak yaygın şekilde kabul edilen nedenler anatomik, immünolojik, genetik, endokrin, enfeksiyöz, trombofilik ve çevresel faktörlerdir. Gebelik kaybı riski anne yaşı ve paritesi ile artar, 35 yaşın altındakilerde %19 ve 35 yaşın üzerindeki hastalarda % 47'ye çıkar. Bununla birlikte, TGK riski bir düşükten sonra % 14-21'den % 24-29'a ve üç düşükten sonra % 31-33'e yükselir. TGK öyküsü olan kadınların tanısı için tam bir tıbbi, cerrahi, genetik, aile öyküsü ve

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değerlendirilmesi faydalı olabilir. Bu ekibe kadın doğum uzmanları, tıbbi genetik uzmanları, romatologlar, hematologlar, immünologlar dahil edilmelidir. TGK yönetimi büyük ölçüde TGK'nın altında yatan neden tarafından belirlenir ve şekil elır. Tanı ve tedavinin her aşamasında, çiftlerin sosyal ve psikolojik açıdan desteklenmesi önemlidir.

Anahtar Kelimeler: Gebelik, Abortus, Tekrarlayan gebelik kaybı

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