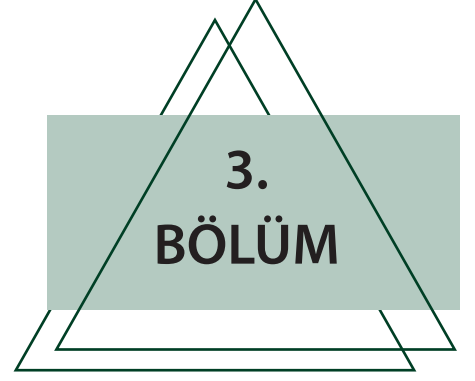


# MATERNAL FİZYOLOJİ



Merve DEMİR<sup>1</sup>

## GENEL BAKIŞ

Kadın vücudu; büyüyen fetüsün ihtiyaçlarını karşılamak, doğuma ve emzirmeye hazırlanmak için gebelik sırasında büyük fizyolojik ve metabolik adaptasyonlara uğrar. Bu değişikliklerin çoğu, fetus ve plasenta tarafından sağlanan uyarılara bağlıdır. Hemen hemen her organ sisteminde adaptasyon meydana gelir. Fizyolojik olan bu değişiklikler ile patolojik durumlar arasında ayırım yapabilmek için bu değişikliklerin tam olarak anlaşılması gerekir.

## ÜROGENİTAL TRAKT

### Uterus

Gebelik öncesindeki uterus yaklaşık 70 gr ağırlığındadır ve yaklaşık 10ml iç hacime sahiptir. Gebelikte yaklaşık 1100 gr ağırlığına ulaşır, 20 litre veya daha fazla iç hacime kadar büyüyebilir. Bu büyüme ve genişleme temel olarak kas hücrelerinin hipertrojisinden kaynaklanmakta iken, daha sınırlı olarak hiperplazi de olmaktadır. Uterustaki hipertrofi 12. haftaya kadar steroid hormonların etkisiyle gerçekleşirken, 12. haf-

tadan sonra daha çok konsepsiyon ürünlerinin uyguladığı baskı ile ilişkilidir. Uterin genişleme en fazla fundusta görülür. Uterustaki hipertofi plasentanın pozisyonundan etkilenir. Plasentayı çevreleyen miyometriyum bölgesi diğer bölgelerden daha hızlı büyür.

Gebeliğin ilk haftalarında kendine özgü armut şekli koruyan uterus, gebelik ilerledikçe dairesel bir şekil alarak 12. haftada küresel hale gelir. Daha sonra boyu eninden daha hızlı büyüyen uterusun şekli oval hale gelir. 12. haftada pelvisi aşan uterus, 20. haftada umblikus seviyesine gelir ve 36. haftada ksifoid seviyesindedir. Yükselen uterus hafif dekstrorotedir. Muhtemelen bu dekstrorotasyondan pelvisin solunda rektosigmoidin bulunması sorumludur.<sup>(1)</sup>

Fetal ve plasental büyümeye gerekli olan maddelerin elde edilmesi ve atıkların uzaklaştırılabilmesi için plasental intervillöz alanın yeterli perfüzyonu önemlidir. Uteroplasental kan akımı gebelik boyunca artar. Gebe olmayan kadında foliküler fazda yaklaşık 45ml/dk olan uteroplasental kan akımı, term gebelikte 750ml/dk<sup>2</sup> ya kadar artabilmektedir.<sup>(2)</sup> Gebelikte uterin korpusu besleyen arterler genişleyip uzarlar, fakat

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Bu değişiklikler sonucunda hastalara endişe veren bulgular meydana gelebilir. Klinisyen, gebelikte meydana gelen bulguların fizyolojik değişikliklikleri mi patolojik durumları mı gösterdiğini ayırt edebilmelidir.

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