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ОСОБЕННОСТИ ПРЕГРАВИДАРНОЙ ПОДГОТОВКИ ПРИ ЭНДОКРИННЫХ ЗАБОЛЕВАНИЯХ. ОБЗОР ЛИТЕРАТУРЫ

Обзор посвящен особенностям прегравидарной подготовки при эндокринных заболеваниях. Показано, что одним из наиболее сложных вопросов современной акушерско-гинекологической помощи является беременность и роды при экстрагенитальных заболеваниях. Особая роль среди соматической патологии отводится эндокринным патологиям, в особенности ожирению, сахарному диабету и заболеваниям щитовидной железы. Эндокринные патологии зачастую приводят к невынашиванию беременности. Таким образом, перед акушерами встает новая задача – оптимизация прегравидарной подготовки пациенток с эндокринными заболеваниями.

Ключевые слова: прегравидарная подготовка; невынашивание беременности; эндокринные заболевания; ожирение; сахарный диабет

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FEATURES OF PRECONCEPTION CARE FOR ENDOCRINE DISEASES. LITERATURE REVIEW

The review is devoted to the features of preconception care for endocrine diseases. It has been shown that endocrine diseases often cause miscarriage. Timely detection and correction of dysfunctions of endocrine organs is one of the key components of increasing the effectiveness of preconception and antenatal monitoring. A special place among somatic pathologies is occupied by endocrine diseases, primarily diabetes mellitus, thyroid diseases and obesity. The introduction of compensatory hormonal therapy for these diseases, which allows preserving fertility, poses a new task for obstetricians - optimizing the preconception care of patients with diseases of the endocrine organs.

Key words: preconception care; miscarriage; endocrine diseases; obesity; diabetes mellitus

Бесплодие, несмотря на успехи, достигнутые в репродуктивной медицине в последние десятилетия, является одной из актуальных проблем современной медицины. В нашей стране отмечается ухудшение демографической ситуации, поэтому данный вопрос волнует не только медицинское, но и социальное-экономическое население [1, 2].

Частота бесплодия в нашей стране составляет 15–20 % от общей популяции супружеских пар. При этом необходимо отметить, что у 40 % супружеских пар срок длится от 5 до 25 лет, а 30–35 % требуют вмешательства вспомогательных репродуктивных технологий (ВРТ) [3].

Прогнозируя рост бесплодия, важным фактором улучшения состояния репродуктивного здоровья населения, увеличение частоты эндометриоза, фибромиомы матки, кист яичников, эндокринных нарушений, воспалительных заболеваний малого таза, широкое использование контрацептивов, а также большую роль играет ухудшение экологической и экологической ситуации в стране [4]. Прегравидарная подготовка (ПП) позволяет выявить факторы риска репродуктивных пар и обеспечить их ликвидацию до начала лечения бесплодия [5, 6].

Прегравидарная подготовка (от лат. pre – «до», gravid – «беременность») – это комплекс диагностических, профилактических и лечебных мероприятий, результатом которых является подготовка организма женщины к полноценному зачатию, вынашиванию и рождению здорового ребенка [6]. Цель ПП – сохранить репродуктивное здоровье супругов, при этом важную роль играет профилактика врожденных осложнений на этапе планирования беременности.

Целью обзора – представить современные данные о прегравидарной подготовке при эндокринных заболеваниях у пациенток.

Проведен анализ доступных научных исследований отечественных и зарубежных авторов, опубликованных в PubMed, Google Scholar, UpToDate, eLibrary и др., посвященных вопросам прегравидарной подготовки при эндокринных заболеваниях.

Эндокринные патологии зачастую приводят к невынашиванию беременности. Только при своевременной диагностике и коррекции эндокринных патологий во многом качественная прегравидарная подготовка и планирование беременности [7, 8].

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