

MEME KANSERİNDE REHABİLİTASYON

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GİRİŞ

Kanser son yıllarda giderek artan bir hastalık ve disabilite nedenidir. DSÖ'ye göre kanser tüm dünyada ikinci en yaygın ölüm sebebidir, 2018'de 9.6 milyon insan kanserden ölmüştür. Erken tanı ve tedavi seçeneklerinin çoğalması, tedavide etkinliğin artışı, farklı tedavi metodlarının kullanımı nedeniyle birçok kanser türünde ortalama yaşam süresi artmıştır (1). Bunun sonucu olarak gerek hastalığa bağlı olarak gerekse tedavi sürecinde birçok fonksiyonel yetersizlikle karşılaşılır. Kanser rehabilitasyonu, kanser tanısı alan kişiye, hastalığının izin verdiği sınırlar içinde fiziksel, sosyal, psikolojik ve mesleki fonksiyonlarına maksimum katkıda bulunmak olarak tanımlanabilir (2).

Meme kanseri, DSÖ'nün verilerine göre dünyada tüm kadınlar arasında en sık görülen kanser türüdür ve kanserden ölüm nedenleri arasında beşinci sırada yer almaktadır. 2050'ye kadar tüm dünyada yaklaşık olarak her yıl 3.2 milyon yeni vaka görüleceği tahmin edilmektedir (3).

Erken tanıdaki artış, tedavi seçeneklerinin çoğalması, tedavide multidisipliner yaklaşımın

önem kazanması sağ kalımı arttırmıştır, bu nedenle hastalığa ve tedavisine bağlı komplikasyonların rehabilitasyonu oldukça önemlidir. Meme kanseri tanısı alan hastaların, tanısını aldığı andan itibaren hastalığı ile ilgili bilgilendirmek, tedavi sırasında veya sonrasında oluşabilecek komplikasyonları tedavi etmek, günlük yaşam aktivitelerini daha bağımsız hale getirmek, hastanın hayatı boyunca devam ettirebileceği bir egzersiz programı oluşturabilmek ve nihayetinde yaşam kalitesini arttırmak rehabilitasyonun ana hedeflerindedir.

MEME KANSERİNDE REHABİLİTASYON YAKLAŞIMLARI

Meme kanserinde tedavi seçeneklerindeki artış, sağ kalımın uzaması, meme kanserli hastaların sosyal yaşama daha aktif katılması rehabilitasyonun önemini arttırmıştır. Geçmiş yıllarda bu hastaların rehabilitasyonu sadece omuz disfonksiyonunu tedavi etmeye ve lenfödemle mücadeleye yönelikken şu anki rehabilitasyon yaklaşımları hastalıkla ilgili bilgilendirmeden meme rekonstruksiyonu sonrası rehabilitasyona

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