

## Bölüm 20

# TİROİD KANSERİ EPİDEMİYOLOJİ VE ETYOPATOGENEZİ

Cengiz KARACAER<sup>1</sup>

### GİRİŞ

Tiroid nodülleri popülasyonun yaklaşık % 20'sini etkiler ve çok yaygındır. Tiroid nodüllerinin büyük çoğunluğu (yaklaşık% 95'i) iyi huyludur. Tiroid nodüllerinin klinik önemi, tiroid nodüllerinin yaklaşık % 5 ila % 10'unda mevcut olan, tiroid kanserini dışlama ihtiyacına dayanır. Tiroid kanseri, Amerika Birleşik Devletleri'ndeki en hızlı gelişen kanseri (hem erkek hem de kadınlarda yılda>% 5 artış) ve en yaygın endokrin maligniteyi temsil eder. Tiroid kanseri kadınlarda daha yaygındır, Amerika Birleşik Devletleri'nde kadınlarda en sık görülen beşinci malignitedir (2016'da kadınlarda tahmin edilen kanser tanısının% 6'sı); ve aynı zamanda, genç erişkinlerde, 20-34 yaş arası kişiler arasında genel ABD kanser teşhisinin % 15'ini temsil eden nispeten daha yaygındır. Bununla birlikte, Amerika Birleşik Devletleri'nde artan tiroid kanseri insidansı, büyük oranda boyun ultrasonografisi gibi görüntüleme kullanımı artmasına bağlanmaktadır (1).

Yakın zamanda yapılan bir çalışmada, ABD'de 50 yaşın altındaki kadın ve erkeklerde tanı alan papiller tiroid kanserlerinin neredeyse yarısının klinik olarak alakasız olabileceği tahmin edilmektedir. Neyse ki, tiroid kanseri çoğu zaman sessiz bir malignitedir ve tiroid kanseri olan birçok hasta, bilmeden hastalıkla yıllarca, hatta on yıllar boyunca yaşayabilir. Artan insidansa rağmen, tiroid kanserinden ölüm oranı çok düşüktür (yaklaşık% 5). Tiroid kanseri nedeniyle ölen hastalar genellikle agresif histopatoloji, yüksek tümör yükü ve uzak metastazlarla kendini gösterir.

### RİSK FAKTÖRLERİ

Tiroid kanserlerinin yüzde doksan beşi bilinen herhangi bir risk faktörü ile ilişkili değildir. Tiroide iyonlaştırıcı radyasyonun tarihçesi, tiroid kanseri riskinde artışla

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tiroid tümörleriyle ilişkili en belirgin çevresel faktördür. Tiroid kanserleri tüm dünyada yıllar geçtikçe sıklığı artmaktadır.

**Anahtar Kelimeler:** Tiroid kanseri, Epidemiyoloji, Etiyopatogenez

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