

## Bölüm 38

# MEME KANSERİNDE GEBELİK TAKİBİ

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### GİRİŞ

Gebelik veya hamilelikle ilişkili meme kanseri, hamilelik sırasında, doğum sonrası ilk yılda veya emzirme döneminde herhangi bir zamanda teşhis edilen meme kanseri olarak tanımlanır. Gebelik sırasında tespit edilen meme kanserinde hem annenin hem de fetüsün iyilik hali, herhangi bir tedavi planlaması aşamasında dikkate alınması gerektiğinden zorlu bir klinik durum olarak ortaya çıkmaktadır. Gebelik ve meme kanseri ile ilgili prospektif çalışmalar sayıca çok azdır ve klinik kanıtların çoğu retrospektif vaka serileri ve vaka raporları ile sınırlıdır.

### EPİDEMİYOLOJİ

Meme kanseri gebe olmayan ve hamile kadınlarda en sık görülen kanserlerden biridir [1]. Servikal karsinomadan sonra gebelikte en sık görülen ikinci malignitedir. 30 yaşın altındaki kadınlardaki tüm meme kanserlerinin yüzde 20'si kadar gebelikle ilişkilidir; ancak 50 yaşın altındaki kadınlarda teşhis edilen meme kanserlerinin yüzde 5'inden azı gebelik sırasında veya doğum sonrası dönemde tespit edilir [2,3].

Gebelikle birlikte olan ya da ilk olarak gebelik sırasında tespit edilen meme kanseri nispeten nadir bir olaydır. Gebelik ve meme kanseri insidansı (doğum öncesi ve doğum sonrası emzirme dönemi dahil) 100.000 doğum başına yaklaşık 15 ila 35'tir [4-7]. Gebeliğe bağlı meme kanseri insidansı, çocuk doğurma yaşları yaşlara geciktirildiği için artmaktadır [6,8].

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masyon riskini arttırmıyor gibi görünmektedir [107]. Yine de teratojenite riskleri nedeniyle, hamilelik girişimine başlamadan önce hormon reseptörü pozitif meme kanseri olup tamoksifen kullanan kadınların bu tedaviyi üç ay öncesinden kesmeleri önerilmektedir. Ek olarak, bir insan epidermal büyüme faktörü reseptörü 2 (HER2) pozitif meme kanseri için trastuzumab ile tedavi edilen kadınların, fetüste trastuzumab ile ilgili oligohidramnios olası riski nedeniyle gebelikten önce, en az yedi ay boyunca etkili kontrasepsiyon kullanmaları gerekir.

Genç yaştaki meme kanserli kadınlar, kemoterapiye bağlı gonadotoksisite ve beş yıllık hormonal tedaviyi alırken çocuk doğurmada gecikme nedeniyle tedavi sonrası infertilite yaşayabilirler [106].

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