

Bölüm 43

MEME KANSERLİ HASTALARDA KONVANSİYONEL TEDAVİYE ALTERNATİF RADYOTERAPİLER

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TÜM MEME RADYOTERAPİSİ

Hipofraksiyonasyon

Hipofraksiyonasyon; fraksiyon sayısının daha az sayıda olduğu ve fraksiyon başına düşen dozun artırıldığı doz şemasıdır⁽¹⁾.

Konvansiyonel radyoterapi tekniğinde, meme koruyucu cerrahiden (MKC) sonra, tüm memeye günlük 1.8 – 2 Gy, 5 – 6 haftalık sürede toplam 50 Gy ve boost (ek doz) 10 Gy olacak şekilde uygulanır. Diğer bir seçenek ise daha kısa sürede uygulanan hipofraksiyonasyon şemasıdır. Hipofraksiyonasyon ile eşit tümör kontrol oranları sağlanırken yan etkiler azalmaktadır. Hipfraksiyonasyonda 40 – 42 Gy tedavi boost eklenerek veya eklenmeden uygulanır.

Amerika Radyasyon Onkolojisi Cemiyeti (American Society for Radiation Oncology (ASTRO)) lenf nodu ışınlaması gerekmeyen tüm hastalarda yaşa, evreye veya sistemik tedavi durumuna bakılmaksızın hipfraksiyonasyonu önermektedir^(2,3).

Kozmesiz ve tedavi başarısı açısından hipofraksiyone ve konvansiyonel radyoterapi sonuçları eşittir. Hipofraksiyone şemanın etkinliği dokuz randomize çalışmanın dahil edildiği bir meta analizde (n: 8228 kadın) 2016'da gösterilmiştir⁽⁴⁾.

Metaanaliz sonucunda kısa süreli tedavi ile;

- Meme kanserine spesifik sağ kalımda fark yok (RR 0.91, 95% CI 0.78-1.06)
- 10 yıllık ölüm oranında fark yok (RR mortalite 0.91, 95% CI 0.80-1.03)
- Memenin görüntüsünde fark yok (RR 0.90, 95% CI 0.81-1.01)
- Radyasyona bağlı geç subkutanöz toksisitede fark yok (RR 0.93, 95% CI 0.83-1.05)

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Memedeki yağ dokusunda hasar
Nadir olgularda kostalarda kırık
Memedede seroma oluşması

BRAKİTERAPİNİN KONTRENDİKE OLDUĞU DURUMLAR⁽⁴⁸⁻⁵⁰⁾

Klinik olarak Evre III veya IV hastalık,
Cerrahi sınırların değerlendirilemediği durumlar,
Ekstensif intraduktal komponent (EIC) varlığı,
Paget hastalığı,
Daha öncesinde geçirilmiş serviks kanseri,
Hamilelik veya emzirme,
Bağ dokusu hastalıkları,
Kollajen doku hastalıkları,
Ataksia Telenjiktazi gibi radyasyon hipersensitivitesiyle giden mental rahatsızlıklar,
Genetik veya metabolik hastalıklar,
Brakiterapinin gerçekleşmesinde zorluklar yaşanacak durumlarda
Anahtar Kelimeler: meme kanseri, hipofraksiyasyon, akselere parsiyal meme ışınlaması, meme brakiterapisi

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