

Bölüm 16

MİDE KANSERİ

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MİDE ADENOKARSİNOMU

1. Epidemiyoloji

Mide kanseri, dünya çapında en yaygın üçüncü kanser ilişkili ölüm nedeni olarak bilinmektedir (1). Fakat tüm dünyada mide kanseri insidansı son birkaç dekatta hızla düşmüştür(2). Bu düşüşün nedenlerinden biri, H. Pylori, diyet ve çevresel risk faktörleri gibi bazı risk faktörlerinin daha iyi tanınması olabilir. Hem gelişmiş hem de gelişmekte olan ülkelerde mide kanseri, erkeklerde kadınlardan daha yaygın olarak görülür.

Mide kanserinin %70'ten fazlası gelişmekte olan ülkelerde ortaya çıkarken, coğrafi bölgelere göre insidansında farklılıklar görülmektedir. Doğu Asya, Doğu Avrupa ve Güney Amerika'da mide kanseri insidansı yüksek olarak izlenirken, Kuzey Amerika ve Afrika'nın bazı bölgelerinde insidansın çok düşük olduğu görülür (5). Ayrıca aynı bölgede, farklı etnik gruplar arasında da görülme sıklığı konusunda da önemli farklılıklar bulunmaktadır. Hatta bir çok ülkede, kuzeyden güneye mortalite ve insidans farklılıklar gözlemlenmiştir. Örneğin Japonya'da mide kanseri mortalitesi ve insidansı, kuzeydoğu bölgelerinde daha fazla izlenir(3).

Özellikle uluslararası göç halinde ve özellikle ikinci ve üçüncü kuşak göçmenlerde, yerel yaşam tarzı modelini benimsemeleri, mide kanseri riskinde değişikliğe yol açabilir. Amerika Birleşik Devletleri'nde yaşayan Japon göçmenler arasında yapılan çalışmalar, genetik faktörlerden ziyade çevresel faktörlerin, mortalite ve insidans oranlarını daha fazla etkilediğini tespit etmiştir(4).

2.Risk Faktörleri

1. Çevresel Faktörler

Tuz ve konserve yiyecekler: Son dönemde yapılan çalışmalar kuvvetle göstermektedir ki; yüksek miktarda tuz alımı ve tuzlanmış balık, kurutulmuş et, tuzlu sebzeler gibi tuzla korunmuş çeşitli yiyecekler mide kanseri riskini arttırmaktadır(6-7).

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lidir. Diğer tedavilere cevap vermeyen inatçı semptomları olan hastalar için, total gastrektomi uygulanabilir.

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