

Bölüm 26

MİDE KANSERİ GELİŞİMİNDE SOSYODEMOGRAFİK VE ÇEVRESEL RİSK FAKTÖRLERİ

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GİRİŞ

Mide kanseri, dünyada yaygın olarak görülen multifaktöriyel ve kompleks bir malign hastalıktır. WHO 2018 verilerine göre dünyada en sık rastlanan 6. kanser ve kanser ilişkili ölüm nedenleri arasında 3. sırada olmasıyla önemli bir sağlık sorunudur(1).Türkiye’de de benzer şekilde 5. en sık görülen kanser olup kanserle ilişkili ölüm nedenleri arasında 2. sırada bulunmaktadır(2).

Mide kanserinin görülme sıklığı, farklı toplumlarda değişkenlik göstermektedir. Doğu Asya, Doğu Avrupa, Orta ve Güney Amerika’da en yüksek insidansa sahip olup Afrika ve Kuzey Amerika’da daha düşük insidansa sahiptir(3).

Dünya genelinde görülme sıklığı ciddi bir düşüş eğilimi göstermesine rağmen, ileri evrelerde tanı konulması, kötü prognoz ve sınırlı tedavi seçenekleriyle hala büyük bir halk sağlığı problemi olmaya devam etmektedir(4).

Kanserin nedenleri %5-10 genetik, %90-95 çevresel olup sigara dışındaki en önemli kanser nedeni diyet-kilo-fizik aktivite bileşenlerinden oluşan beslenme ve yaşam tarzı ile ilgili alışkanlıklardır. Birçok diyet faktörü ve çeşitli diyet modelleri, mide kanseriyle ilişkili bulunmuştur. Çalışmalar, Akdeniz diyetinin, yüksek antioksidan kapasiteye sahip diyetlerin ve yüksek lif içeriğine sahip diyetlerin mide kanseri riskini önemli ölçüde azalttığını göstermiştir. Özellikle Batılı tarz diyetlerin mide kanseri riskini arttırdığı gözlenmiştir(5).

Bunların dışında mide kanseri gelişiminde etkili olduğu düşünülen cinsiyet, yaş, ırk, düşük sosyoekonomik seviye, yapılan iş/meslek gibi pek çok risk faktörü bulunmaktadır.

YAŞ

Mide kanseri sıklığı, pek çok kanserde olduğu gibi, yaşla birlikte artmaktadır. Amerika’da 2018 yılında tanı konulan kişilerin yaş ortalaması 68 olup her

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olarak gastrik cerrahi ile mide kanseri ilişkisinde EBV faktörü de göz önünde bulundurulmalıdır (85).

DİĞER POTANSİYEL RİSK FAKTÖRLERİ

Mide kanserine ilişkin olarak bir dizi başka risk faktörü araştırılmış olup bu risk faktörleri arasında; afyon kullanımı, yüksek tuz oranına sahip turşuların tüketimi, zayıf ağız hijyeni ve dış kaybı bulunmaktadır(86,87,88).

SONUÇ

Hem çevresel hem de genetik faktörlerin birlikte rol oynadığı mide kanseri hastalığı, genellikle geç evrelerde teşhis edildiğinden ve klinik tedavilerin sağkallım üzerinde önemli bir etkisi bulunmadığından, kanser gelişmesinin önlenmesi, hastalığı kontrol etmek için en etkili strateji olarak kabul edilmektedir. Risk faktörlerinin belirlenmesi, hastalığın etiyojisini kavrama ve korunmak için yapılacaklar hakkında yol gösterici olacaktır.

Mide kanserinden primer korumada, özellikle diyet faktörleri dikkate alınarak, taze sebze ve meyveden zengin,işlenmiş gıdadan, tuzdan ve nitritten fakir beslenmenin, fiziksel aktivitenin, ideal vücut ağırlığını korumanın ve sigara, alkol tüketiminin azaltılmasının etkili olduğu görülmüştür. Bunların dışında; NSAII gibi ilaçların düzenli kullanımının, yeşil çay tüketimi koruyucu etkiye sahiptir. Hp, EBV gibi enfeksiyöz faktörlerin de eradike edilmesiyle değiştirilebilir risk faktörleri kontrol altına alınarak mide kanserinden büyük oranda korunma sağlanmış olacaktır.

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