

BÖLÜM 9

TIROİD CERRAHİSİNE YARDIMCI NÜKLEER TIP YÖNTEMLERİ

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GİRİŞ

Tiroid bezi hastalıkları, özellikle gelişen görüntüleme teknikleri sayesinde saptanan nodüllerin sayısında ve diğer hastalıklarının da tespit edilmesindeki artış nedeniyle günlük pratiğimizde önemli bir yer tutmaktadır. Tiroid bezinin endokrin fonksiyonel bozukluklarının yanı sıra iyi ve kötü huylu tümörleri ile de sıklıkla karşılaşılmaktadır. Hastalıklarının tanısında, başta ultrasonografi (US) ve diğer kesitsel anatomik görüntüleme tekniklerine ilave olarak fonksiyonel bilgi veren nükleer tıp tetkiklerine gereksinim duyulmaktadır. Nükleer tıp tetkikleri, tiroid bezinin fonksiyonel bozukluklarının görüntülenmesinde, hipertiroidizm ve tiroid kanserlerinin tedavisinde ve bu hastalıkların nükslerinin araştırılmasında klinik pratikte önemli bilgiler vermektedir. Tiroidoloji alanında özelleşmiş nükleer tıp klinikleri, tiroid nodüllerinin US ve gerekirse sitopatoloji ile benign/malign ayrımı ile görüntüleme ve tedavinin tek elden yapılmasına olanak sağlamaktadır.

Bu bölümde tiroid bezinin cerrahi tedavisinde özellikle tiroid kanserlerinin cerrahisinde yardımcı nükleer tıp yöntemleri özetlenecektir.

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F-18 DOPA için %60, F-18 FDG için %44 ve Ga-68 DOTATATE için %52 olarak bildirilmektedir. MTK'nin cerrahi öncesi evrelemesinde bu ajanların birlikte kullanımının duyarlılığı artırabileceği belirtilmektedir (57).

Anaplastik Tiroid Kanseri

Anaplastik tiroid kanseri nadir olmakla beraber tiroid kanserlerinin en agresif olanıdır. Hastaların yaklaşık %75'inde ilk tanı konulduğunda lokal invazyonun olduğu, hatta %50'sinde uzak metastaz görüldüğü çalışmalarda gösterilmiştir (49). US, BT ve MRG görüntülemenin yanında, anaplastik tiroid hücrelerinin glukoz metabolizmasındaki artış nedeniyle F-18 FDG PET/BT rutin olarak kullanılmaktadır. ATA (2015) kılavuzunda özellikle cerrahi adaylarının belirlenmesi ve hastalık prognozunun saptanmasında F-18 FDG PET/BT görüntüleme tavsiye edilmektedir (50). F-18 FDG PET rehberliğinde yapılan cerrahiler ise yöntemin nüksü göstermedeki başarısının çok sınırlı olması ve bu işlem sırasında cerrahi ekibin radyasyon maruziyetinin diğer yöntemlere göre fazla olması nedeniyle çok rağbet görmemiştir (31, 32).

SONUÇ

Nükleer tıp görüntüleme teknikleri, tiroid hastalıklarının tanı ve tedavisinde önemli rol üstlenirken, klinik gereklilik halinde cerrahın yol haritasını çizmesine yardımcı olmaktadır. Radyokılavuzlu küçük lezyon lokalizasyonu ile metastatik lenf nodları ve nükslerin işaretlenmesi, tiroid kanserlerinde nüks veya metastatik odakların gösterilmesi, dahası hibrid görüntüleme yöntemleri ile bu odakların anatomik lokalizasyonunun daha doğru belirlenmesi, cerrahi yaklaşım için oldukça önemlidir. Alternatifi olmayan nükleer tıp uygulamaları, tiroid cerrahilerinin başarısını artırarak, mortalite ve morbiditeyi azaltmakta ve hastalığın prognozuna olumlu katkı sağlamaktadır.

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