

Bölüm 3a



Prostat Kanserinde Kriyoterapi

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GİRİŞ

Prostat kanserinin tedavisinde radikal prostatektomi (RP) veya radyoterapiye (RT) alternatif olarak uygulanan ablasyon tekniklerinin rolü, görüntüleme teknikleri ve ablasyon cihazlarında kullanılan teknolojik gelişmelerle, gün geçtikçe artmaktadır. Lokalize prostat kanserinde ablatif tedavilerin avantajları, normal dokuyu koruyarak nispeten invaziv olmayan bir prosedürle kanser hücrelerini yok etmeleridir. Bu prosedürlerden kriyoterapi, en sık kullanılan yöntemlerdendir.

Kriyoterapi, minimum kan kaybı ve ağrı ile ilişkilidir, açık radikal prostatektomiden çok daha iyi tolere edilir ve tedavi sonrası iyileşme daha hızlıdır. Ayrıca spinal anestezi altında yapılabilmesi nedeniyle ileri yaş veya komorbiditeler nedeniyle ameliyat olmayan lokalize prostat kanserli hastalara önerilebilir.

1. Tarihçe: Prostatta kriyoterapinin ilk ürolojik uygulaması Gonder ve ark.ı tarafından benign prostat hiperplazisi (BPH) ve prostat kanserinin neden olduğu mesane çıkım obstrüksiyonu tedavisinde prostat dokusunun transüretal dondurulması için uygun proplar geliştirmesiyle başlamıştır (1). Prostat için birinci nesil kriyoterapi 1960'lerde ve 1970'lerde transrektal ultrason olmadan ve üretral ısıtma olmadan kullanıldı. Komplikasyonlar arasında inkontinans, erektil dis-

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