

Bölüm 17

MASTEKTOMİ TEKNİKLERİ

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GİRİŞ

Mastektomi sözcüğü, kadın göğsü anlamına gelen Yunanca “mastos” kelimesinden ve eksizyonu simgeleyen Latince terim “ektomi” den gelmektedir⁽¹⁾. Meme dokusunun tamamen veya kısmen çıkarılması olarak tanımlanan “mastektomi”, kanser tanısı konan hastalar için cerrahi bir tedavi şekli iken yüksek riskli hastalarda meme kanseri riskini azaltmada yaygın kullanılan bir seçenek haline gelmiştir.

Uygun hastalarda meme koruyucu cerrahi, giderek artan oranda mastektomi ve meme rekonstrüksiyonuna tercih edilmektedir. Günümüzde meme kanseri tanısı alan kadınların sadece %40' ına mastektomi yapılmaktadır. Ayrıca meme kanseri riskini arttıran birçok genetik mutasyonun tanımlanmasıyla profilaktik mastektomi gündeme gelmiştir. Mutasyon taşıyıcıları için profilaktik mastektomi meme kanseri riskini önlemeye yardımcıdır.

Mastektomi; parsiyel, basit, modifiye radikal ve radikal olarak sınıflandırılmaktadır. Terminoloji ve teknikteki diğer varyasyonlar genellikle meme rekonstrüksiyonuna eşlik eden teknikler olan deri koruyucu ve nipple-areola koruyucu mastektomiyi içermektedir.

TARİHÇE

MÖ 3000 yılına dayanan Edwin Smith Papirüsü, meme kanserine ait bilinen ilk referansı içerir. MÖ 400' de Hipokrat birçok tıbbi rahatsızlığın yanı sıra meme kanserinin de fazla miktarda kara safra nedeni ile oluştuğunu savunmuştur. Romalı Galen ise kara safranın vücuttan atılımını sağlamak amacıyla yarayı kanatıp tedavi etmeyi amaçlamıştır. Eski Yunan Döneminde İskenderiyeli Leonides

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nımlanabilir. Rezidü meme dokusu hissi, ameliyattan yıllar sonra da devam edebilir. En yaygın şikayet ağrıdır, ancak kaşıntı, meme ucu hassasiyeti, erotik hisler ve adet öncesi tipte göğüs ağrısı da diğer yakınma şekilleri olabilir^(82,83).

Kol morbiditesi: Mastektomi sonrası yaygındır. Kolda şişme, ağrı, uyuşma ve sertlik, omuzda ağrı, sertlik ve sinir yaralanması nedenli olabilir. Postmastektomi radyoterapi de kol morbiditesi ve omuz işlev bozukluğuna katkıda bulunur. Meme kanseri ameliyatından sonra hastalara gerektiğinde rehabilitasyon hizmetleri verilmeli ve omuz fonksiyonlarını iyileştirme ve lenfödem riskini azaltma yöntemleri hakkında bilgi verilmelidir⁽⁸⁴⁾.

Brakial pleksopati: Ameliyathanede kola uygun olmayan pozisyon verilmesini takiben gerilme hasarından dolayı kolda brakiyal pleksopati gelişebilir.

SONUÇ:

Mastektomi tekniği, Halsted' in morbiditesi yüksek RM' sinden teknik olarak daha zahmetli TDKM' ye dönüştü. Bu yeni mastektomi teknikleri, onkolojik olarak daha eski operasyonlara eşdeğer olan, ancak eşzamanlı meme rekonstrüksiyonuna izin vererek daha iyi estetik sonuçlar sunmaktadırlar.

Anahtar Kelimeler: Mastektomi teknikleri

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