

# 13. BÖLÜM

## ONKOLOJİ HASTALARINDA UYKU BOZUKLUKLARI

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### GİRİŞ

Uyku, tüm vücut fonksiyonları için hayati önem taşıyor ve karmaşık bir dizi davranışsal ve fizyolojik süreçleri kapsar. Bu süreçlerden bir veya birkaçında aksamaların olması; tek başına veya kombinasyon halinde ortaya çıkabilen çeşitli uyku sorunlarına yol açabilir (1).

Kanser hastalarında uyku sorunları yaygın görülür. Genellikle tanı koymadan önce başlar ve tedavi sürecinde devam eder. Uyku ve kanser arasındaki çift yönlü ilişkiye dair çok fazla çalışma yapılmıştır (2,3). Kanser hastalarının tedavisi sürecinde uyku bozuklukları; ikinci en can sıkıcı semptom olarak değerlendirilir (1).

Uyku problemlerinin; kanserin nüks ihtimalinin artmasına, kanser hastalarında iyileşme sürecinin bozulmasına, bilişsel işlevlerde bozulmaya, güvenlik sorunlarında artışa, ilaç kötüye kullanımında artışa, sağlık harcamalarında artışa, sosyal ilişkilerin bozulmasına neden olduğu bilinmektedir (4,5).

Kanser hastalarında sıklıkla karşılaşılan uyku sorunları hipersomnia ve insomniadır. Uyku sorunlarına en sık eşlik eden semptom yorgunluktur. Baş yorgun kanserlerinde ise daha çok obstruktif uyku apnesi eşlik eder (6,7).

Obstruktif uyku apnesi gibi uyku bozukluklarının tanı ve tedavisinde özelleşmiş uyku klinikleri ve multidisipliner yaklaşım gereklidir.

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güladığı halde fayda görmeyen hastalarda kısa süreli, düşük dozda ilaç tedavisinin BDT-İ ile kombine edilebileceği; ilaç tedavisi sürecinde yan etkilerin ve ilaç etkileşimlerin yakından takip edilmesi gerekliliği belirtilmiştir.

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