15. BÖLÜM

ONKOLOJİ HASTALARINDA DİYAREYE YAKLAŞIM

Yakup DÜZKÖPRÜ [1]

TANIM

Diyare için farklı tanımlamalar mevcut olup kabaca dışkılama sıklığında ve miktarında artış olarak belirtilmiştir. DSÖ tarafından günde 3 veya daha fazla sayıda (veya kişi için normalden daha sık) yumuşak ve sulu dışkılama olarak tanımlanmıştır (1). Tanımdan da anlaşılacağı üzere diyare tanımı kişiden kişiye değişebileceği için hekimlerin hastalara soracakları sorularla rehberlik etmesi ve hasta bazlı değerlendirme önem arz etmektedir.

ALTTA YATAN NEDENLER

İshal, kanser hastalarında birçok nedenle ortaya çıkabilir. Bu nedenlerin başlıcaları;

- Kemoterapötikler
- İmmunoterapötikler
- Tirozin kinaz inhibitörleri
- Radyoterapi (RT)
- Cerrahi
- Diğer nedenler

Bunlarla beraber ishalin diğer olası nedenleri de incelenmeli, kanser veya tedavi ile ilişkili olmayan, enfektif veya fonksiyonel sebepler göz önünde bulundurulmalıdır.

Bazı ilaçlar gibi risk faktörlerinin gastrointestinal mukoza üstüne direkt toksik etkileri bilinmesine rağmen hangi ilaç, madde veya mekanizmanın hangi

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