

26. BÖLÜM

ONKOLOJİ HASTALARINDA LENFÖDEME YAKLAŞIM

Mazlum Serdar AKALTUN¹

GİRİŞ

Lenfödem, lenfatik sistemdeki hasarlanma veya disfonksiyonuna bağlı olarak etkilenen bölgede ilerleyici şişme ve kronik doku inflamasyonu ile karakterize kronik, progresif ve dizabiliteye yol açabilen bir durumdur (Cornier & ark., 2010). Lenfödem primer ve sekonder olarak iki formda sınıflandırılabilir. Primer lenfödem lenfatik yapıların fonksiyonunu sağlayan genlerdeki mutasyonların sonucu ortaya çıkar. Sekonder lenfödem ise travma, enfeksiyonlar, kanser tedavisi gibi nedenlerle ortaya çıkar (Borman, 2018).

Gelişmiş ülkelerde sekonder lenfödem en yaygın nedeni kanser ilişkili ortaya çıkan lenfödemdir. Birçok kanser tipinde yapılan cerrahi, radyoterapi ve/veya kemoterapi sonucunda lenfödem gelişebilir. Ayrıca lenfatik dolaşımı tıkayan tümoral oluşumlar da lenfödem gelişimine neden olabilir (Gebruers & ark., 2015).

Kanser ilişkili lenfödem, kanser tedavinin tamamlanmasından sonra haftalar, aylar, yıllar sonra gelişebilen bir klinik durumdur. En sık görülen kanser ilişkili lenfödem meme kanseri sonrası gelişen lenfödemdir. Bunun dışında jinekolojik, prostat, melanom, baş boyun kanserlerinden sonra da değişen oranlarda lenfödem görülebilmektedir (Chaput, Ibrahim & Towers, 2020).

Kanser ilişkili lenfödem görülme sıklığı kanser tipi, tedavi şekli gibi faktörlere bağlı olarak değişkenlik göstermektedir. Meme kanseri göreceli olarak yüksek sağkalım oranlarına sahip olduğundan kanser ilişkili lenfödem vakalarının çoğunluğunu oluşturmaktadır (Hinrichs & ark., 2004). Lenfödem özellikle tedaviden sonraki ilk birkaç yılda artar ve yapılan 10 yıllık bir takip çalışmasında

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