

# BÖLÜM 12

## Diferansiye Tiroid Kanseri: Aktif Takip

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### Özet

Papiller tiroid mikrokarsinomlar çoğu kere rastlantısal saptanan  $\leq 10$  mm olan tiroid tümörleridir. Çoğu kez klinik açıdan sessiz, sıklıkla progresyon göstermeyen veya çok yavaş büyüyen tümörlerdir. Yapılan aktif takip çalışmalarının sonuçları çoğu olguda cerrahi yapılmasının gereksiz olduğunu göstermektedir. Cerrahi tedavinin getirebileceği morbidite ve maliyet göz önünde bulundurulduğunda, tüm dünya genelinde bu olguların “aktif takip strateji” dahilinde izlenebileceği görüşü hakim olmaya başlamıştır. Literatürden elde edilen veriler, aktif takip strateji yapılan hastaların izlemlerinde hiç birisinde uzak metastaz ve ölüm bildirmemiştir. Tümörü progresyon gösteren olgularda sonradan yapılacak cerrahi girişim baştan yapılan cerrahi girişime benzer kür ve rekürens oranlarına sahiptir. Kitabın bu bölümünde “aktif takip strateji” ayrıntılı bir şekilde tartışılmıştır.

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