

BÖLÜM 14

GEBELİK VE MEME KANSERİ

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GİRİŞ

Gebelik, kendi başına tıbbi açıdan anne ve fetüs sağlığının birlikte ele alınmasını gerektiren özel bir dönemi kapsamaktadır. Hayatında ve bedeninde önemli değişiklikler yaşayan anne adayının, meme kanseri teşhisi ile ortaya çıkan kendisi ve bebeği için duyduğu endişe, tedavi kararında zorlayıcı bir süreç ile birlikte etik ve tıbbi açıdan zorlukları beraberinde getirmektedir.

Gebelik yaşının son dönemlerde tüm dünyada, daha ileri yaşlara doğru kayması nedeniyle, gebelik dönemi de meme kanseri insidansının arttığı yaşlara yaklaşmaktadır. Gebelikle ilişkili meme kanseri (GİMİK) gebelik sırasında, doğumdan sonraki ilk bir yılda veya laktasyon döneminde görülen meme kanserini tanımlamak için kullanılır.

Gebelikle birlikte eşzamanlı görülen meme kanseri farklı evrelerde, farklı immunhistokimyasal özellikler içermesi ve gebeliğin farklı trimester aralıklarında ortaya çıkması nedeniyle standart tedavi yaklaşımlarını uygulamak mümkün değildir. Tedavi seçiminde anne sağlığı göz önünde bulundurularak kanser tedavisi planlanırken; fetüs sağlığının minimal risk içerecek şekilde aynı anda değerlendirilmesini içeren yaklaşımlar önem kazanmaktadır. En uygun tedavi seçeneğini uygularken, gebenin ve fetüsün yakın izlemi ile doğum zamanlamasını da göz önünde bulundurmak gereklidir. Nadir görülen bu zorlu süreç sırasında farklı disiplinlerin tedavi protokollerinde birbirleriyle iletişim halinde olması ile bireyselleştirilmiş tedavi düzenlenmesi yapılmalıdır.

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Tablo 4 :Farklı trimester dönemlerinde tedavi seçenekleri

Tanısal testler	İlk trimester	İkinci trimester	Üçüncü trimester
Meme cerrahisi	Uygulanabilir	Uygulanabilir	Uygulanabilir
SLNB	Uygulanabilir	Uygulanabilir	Uygulanabilir
Radyoterapi	Uygulanamaz	Uygulanamaz	Uygulanamaz
Kemoterapi	Uygulanamaz	Uygulanabilir	Uygulanabilir
Anti-Her2 tedavi	Uygulanamaz	Uygulanamaz	Uygulanamaz
Endokrin tedavi	Uygulanamaz	Uygulanamaz	Uygulanamaz
İmmünoterapi	Uygulanamaz	Uygulanamaz	Uygulanamaz

SONUÇ

GİMİK tanıdan tedaviye ve doğumun gerçekleşmesi aşamasına dek farklı tedavi modalitelerini ekip olarak çalışmasını gerektiren özel bir hastalık grubudur. Tanı ve evreleme sırasında yöntemlerin seçilmesi, tedavi sırasında oluşabilecek komplikasyonlar ve riskler konusunda hastanın detaylı ve net olarak bilgilendirilmesi önemlidir.

Gebenin fiziksel ve duygusal sağlık bütünlüğünü korurken, fetüsün sağlığını gözetilen tedavi planı, klinik parametreler, gebelik haftası, tümörün evresi, tümör özellikleri ve hasta tercihleri göz önünde bulundurularak şekillendirilirken, meme kanserini en etkin biçimde tedavi edilmesi mümkündür.

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