

# BÖLÜM 19

## MEME KANSERİ SONRASI FERTİLİTE KORUNMASI VE GEBELİK

Şirin AYDIN<sup>1</sup>  
Pınar ÇAĞLAR AYTAÇ<sup>2</sup>

### GİRİŞ

Meme kanseri, kadınlarda en yaygın görülen malign neoplazmdir (1). Meme kanseri vakalarının yaklaşık %10'u 45 yaşın altındaki kadınlarda görülür (2). Beş yıllık sağ kalım yaklaşık %90'dır (3). Meme kanseri olan genç kadınların yaklaşık yarısı tedaviyi tamamladıktan sonra gebe kalmak istemektedir (4,5).

Meme kanseri hastalarında fertilitenin korunması önemlidir. Meme kanserini takiben gebe kalan kadınlar, gebe kalmayan kadınlara kıyasla %41 daha düşük ölüm riskine sahiptir (PRR: 0.59). Bu da meme kanseri geçiren hastalarda gebe kalmanın, meme kanseri açısından olumsuz bir etkisinin olmadığını düşündürür (6). Çalışmaların birçoğu 45 yaşından küçük erken meme kanser hastalarında, gebeliğin 2 ila 3 yıl ertelenmesini önermekle birlikte, tanıdan en az 10 ay sonra ortaya çıkan gebeliğin, prognozu tehlikeye atmadığı ve aksine sağ kalıma katkısı olduğu gösterilmiştir (7).

Erken meme kanseri teşhisi konan doğurganlık çağındaki kadınların sayısının artmasıyla beraber fertilitite sorunu ortaya çıkmaktadır. 2018 Amerikan Klinik Onkoloji Derneği (ASCO) kılavuzları (8) ve Avrupa Medikal Onkoloji Derneği (ESMO) 4.Genç Kadınlarda Meme Kanseri için Uluslararası Uzlaşma Kılavuzları (9), fertilitenin korunmasının meme kanseri teşhisi konan reproduktif çağındaki

<sup>1</sup> Uzm. Dr. Başkent Üniversitesi Adana Dr. Turgut Noyan Uygulama ve Araştırma Hastanesi, Kadın Hastalıkları ve Doğum AD. dr.sirinaydinn@gmail.com

<sup>2</sup> Doç. Dr. Başkent Üniversitesi Adana Dr. Turgut Noyan Uygulama ve Araştırma Hastanesi, Kadın Hastalıkları ve Doğum AD. pinarcag1976@yahoo.com

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