

BÖLÜM 1

Epidemiology

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ANAHTAR NOKTALAR

Tanımlayıcı Epidemiyoloji: Kolorektal kanser dağılımının değerlendirilmesi

- Varyasyon oranlarını belirlemek için popülasyonların ekolojik çalışmaları kullanıldı. Görülme sıklığı, ölüm oranı, zaman eğrileri ve yaygınlık bazı anahtar ölçümlerdir.
- Kolorektal kanser (KRK) yükü dünya çapında farklılık gösterir. Yüksek oranlara sahip ülkelerde düşük oranlara sahip ülkelere göre görülme oranı 10 kat, mortalite oranı 5 kat daha yüksektir.
- Tüm dünyada, KRK erkeklerde en sık 3. kanser, kadınlarda en sık 2. kanserdir ve kansere bağlı ölümlerde 4. sırayı alır.
- Birleşik Devletlerde hem erkekler hem de kadınlar da 3. en sık görülen kanserdir (2012 yılında, hem kadın hem de erkek kanser olgularında tahmini olarak kanser olgularının %9'u) ve kansere bağlı ölümlerde 3. sırayı alır (2012 yılında hem erkek hem de kadın hastalarda kanser ölümlerinin %9'u).
- Görülme sıklığı ve mortalitede coğrafi farklılıklar vardır, gelişmiş ülkelerde gelişmekte olan ülkelere göre görülme sıklığı daha fazla fakat ölüm oranı daha azdır.
- KRK görülme oranları Birleşik Devletlerde giderek azalmaktadır, birçok gelişmiş ülkede de sabit kalmakta yada azalmaktadır ancak gelişmekte olan ülkelere ise yükselmektedir.
- Gelişmekte olan ülkelere kolorektal kanser riskindeki artış insanların daha uzun ömürlü olmasına ve sigara içiciliği, fiziksel aktivite eksikliği ve batılı diyet tarzına adaptasyon gibi kötü hayat tarzı değişikliklerine dayandırılabilir.
- KRK görülme sıklığı ve mortalite oranları coğrafik bölge, cinsiyet, yaş veya ırk/etnik ile farklılık gösterebilir.
- KRK'ler nispeten iyi prognoza sahip olduğu için yaygınlığı yüksektir. Sonuç olarak Birleşik Devletlerde hayatta olan 1 milyondan fazla KRK hastası vardır.

Analitik Epidemiyoloji: Kolorektal Kansere belirleyicilerinin değerlendirilmesi

- Çapraz-kesit, vaka kontrol ve kohort çalışmaları KRK riski ile çevresel, hayat tarzı değişiklikleri ve diğer etki edebilecek şüpheli faktörlerin ilişkisini değerlendirmede kullanılabilir. Randomize kontrollü çalışmalar neden ve sonuç değerlendirmesinde altın standarttır.

2. Kendi riskini azaltmak için ne yapabilir (birden fazla doğru yanıt olabilir)?
- A. Sigarayı bırakmak
 - B. Düzenli egzersiz
 - C. Düzenli tarama yaptırmak
 - D. Folik asit desteği almak

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ANSWERS TO MULTIPLE-CHOICE QUESTIONS

Olgu 1

1. A
2. B, C, D

Olgu 2

1. C
2. A, B, C