

# 11. Bölüm

## MEME CERRAHİSİ SONRASI KRONİKLEŞEN AĞRI

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### GİRİŞ

Ağrı, “Gerçek veya potansiyel doku hasarına bağlı ya da bu tür hasarlarla ilgili olarak tarif edilen hoş olmayan bir duygusal deneyim” olarak tanımlanabilir. Mastektomi sonrası kronikleşen ağrı (PMPS: Post Mastectomy Pain Syndrome) cerrahi sonrası 3 aylık bir süre boyunca devam eden ağrı olarak tanımlanır.

Kronik ağrı, meme kanseri ameliyatı geçiren hastalar için yaşam kalitesi üzerinde uzun vadeli olumsuz bir etki yaratmaktadır. Meme kanseri ameliyatı sonrası kronik ağrı belirleyicilerinin aydınlatılması, önleme ve erken müdahale stratejilerinin geliştirilmesi için önemlidir. PMPS meme kanseri nedeniyle cerrahi tedavi gören hastalar için uzun süreli ağrıya yol açabilen bir durumdur. Kronik ağrı yaşayan hastalar, stres, endişe ve depresif belirtiler için daha yüksek bir risk altındadır.

PMPS sinir sistemindeki primer lezyon veya disfonksiyondan kaynaklanır. PMPS meme kanseri için cerrahi tedaviden sonra interkostobrakiyal sinir lezyonu, nöroma, diğer sinirlerin lezyonları veya fantom meme ağrıları nedeniyle ortaya çıkabilen nöropatik bir durum olarak kabul edilir. PMPS diğer ağrılı sendromlardan farklıdır; tipik olarak toraks, aksiller bölge ve / veya kolun üst medial kısmında lokalize olur. Yanma, batma, uyuşma, basınç hissi, alodini, hiperpati veya parestezi gibi nöropatik semptomlar gözlenir.

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