

METASTATİK MİDE TÜMÖRLERİNE YAKLAŞIM

32. BÖLÜM

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ÖZET

Mide kanseri, dünyadaki görülme sıklığı azalmasına rağmen, düşük sağkalım oranı nedeni ile hala önemli bir sağlık problemidir. Düşük sağkalımın en önemli sebeplerinden biri hastaların başvuru sırasında ileri evre olmalarıdır. Metastatik mide tümörleri için standart tedavi palyatif kemoterapi ve destekleyici bakım olmasına rağmen kemoterapi tedavisi avantajlarına rağmen tatmin edici sonuçlar vermemektedir. Bu nedenle metastatik mide tümörü yönetiminde değişik alternatif tedavi yöntemleri denenmektedir. Karaciğere yönelik tedaviler arasında rezeksyon, radyofrekans ablasyon, mikrodalga ablasyon, hepatik arter infüzyon kemoterapisi varken peritoneal metastaz durumlarında sitoredüktif cerrahi takiben intraperitoneal kemoterapi, paraaortik lenf nodu metastazlarında ise paraaortik lenf nodu diseksiyonu tedavi seçenekleri arasındadır. Lokal ve sistemik tedavilerin kombine edilmesi ve bu yöndeki çalışmaların artması ile metastatik mide tümörlerine karşı yaklaşımlar zamanla değişiklik gösterecektir.

GİRİŞ

Mide kanseri dünya çapında önemli bir sağlık sorunu olmaya devam etmektedir ve hematojen metastaz, lenfatik metastaz veya periton tohumlanması gibi çeşitli yollarla yayılma potansiyeli olan dinamik bir hastalık olarak kabul edilmektedir (1,4). Mide kanserinin göreceli olarak agresif davranışları, hastalığın erken evrelerinde bile metastaza neden olabilir ve metastazlar aynı anda birden fazla odağı etkileyebilir (5,6).

Onlarca yıl önce, metastatik mide kanseri (MMK) için tek tedavi seçeneği destekleyici bakımıdı. Çeşitli kanser türlerinde sitotoksik kemoterapi ajanlarının artan kullanımıyla birlikte,

MMK için de kemoterapi kullanılmaya başlanmıştır ve çeşitli çalışmaları, sistemik kemoterapinin destekleyici bakıma üstünlüğünü göstermiştir (7,9). İyi bilinen çalışmalarдан biri 1997'de yayınlandı ve kemoterapi grubuna randomize edilen hastalar için genel sağkalım (GS), ilerlemiş mide kanserinde en iyi destekleyici bakıma kıyasla daha uzun olma eğilimindeydi (8'e karşı 5 ay; istatistiksel olarak anlamlı değil) (7). Çalışmada, sistemik kemoterapi, daha uzun kalitede sağkalım (medyan 6'ya karşı 2 ay) ve hastalığın ilerlemesi için daha uzun süre (medyan 6'ya karşı 2 ay) sağladı. Hayatta kalma ve yaşam kalitesi ile ilgili ilk çalışmaların olumlu sonuçlarının ardından, çok ajanlı rejimlerden oluşan palyatif

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ilerlemiş mide kanserli hastalarda R0 elde edildiğinde daha iyi sağkalım sağlayabileceği sonucuna varmışlardır.

Yeni bir kavram olarak dönüşüm cerrahisi, ileriye dönük çalışmalarla klinik değerlendirmeyi gerektirir. Birkaç Koreli, Japon ve Çinli iş birliği grubu tarafından yürütülen büyük bir kohortun sonuçları, MMK'nın yönetiminde dönüşüm terapisinin gelecekteki rolünü belirleyecektir (131).

SONUÇLAR

MMK, mide kanserinin agresif biyolojisi nedeniyle sıkılıkla karşılaşılan bir sorundur. MMK için standart tedavi sistemik kemoterapidir. Ancak, MMK tek bir antite değildir ve sonuçları iyileştirmek için mide kanseri yönetiminde bazı perspektif değişikliklerine ihtiyaç vardır. Çalışmalar, özellikle karaciğer, periton ve para-aortik lenf nodu metastazı ile ilgili olanlar, seçilmiş hasta gruplarında kişiselleştirilmiş bir yaklaşımın faydalarnı göstermiştir. Bu nedenle, mevcut literatür ışığında, MMK'lı tüm hastalar umutsuz olarak değerlendirilmemeli ve deneyimli merkezlerde multidisipliner yaklaşımın bir parçası olarak, bu tür hastalar için olası kombinasyonik ve lokal tedavi seçenekleri bireysel olarak düşünülmelidir.

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