

GERİATRİK HASTALARDA KEMOTOKSİSİTE

15. BÖLÜM

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GİRİŞ

Tüm dünyada olduğu gibi ülkemizde de yaşlı popülasyon giderek artmaktadır. 2030 yılına doğru yaşlı nüfusun, toplam nüfusun %20'sini oluşturacağı öngörülmektedir. Yaşla birlikte immünsüpresyon, artan mutasyon birikimi ve anti-kanser mekanizmaların zayıflaması gibi sebeplerle kanser görülme oranı giderek artmaktadır. Tüm kanserlerin %50'si ve kanserden ölümlerin yaklaşık %70'i 65 yaş üstü popülasyonda biridir. (4)

Kanser hastalığının ana tedavisini sistemik tedaviler oluşturmaktadır. Kemoterapiler, hedefe yönelik tedaviler, hormonoterapiler ve son zamanlarda popüler olan immünoterapiler rutin onkoloji uygulamaları arasındadırlar. Yaşlı kanser hastaları için kemoterapiler başta olmak üzere sistemik tedavilerin yan etkilerinin asgari düzeye indirilmesi oldukça önemlidir. Geriatrik hastaların performansları, komorbid hastalıkları, polifarmasi, yaşlanmaya bağlı fizyolojik değişiklikler, tedavi toleransını ve toksisiteyi etkilemektedir. (3) Sistemik tedavilerin yan etki ve etkinliklerinin araştırıldığı faz çalışmalarında bu popülasyonun dışlanması, çalışmaya alınan grubun ise genelde 65-70 yaş aralığında fit kişilerden oluşması, klinisyenler için geriatrik kanser hastalarının yönetimindeki en önemli sorunlardan biridir. (4)

Kanser hastalarında uygulanan sistemik tedaviler, küratif tedaviler (adjuvan ve neoadjuvan olarak verilen) ve palyatif tedaviler (semptom azaltmak ve yaşam süresini uzatmak amaçlı verilen) olarak sıralanabilir. Yaşlı kanser hastalarında tedaviye başlamadan önce tedavi amacımızı belirlememiz gerekir. Küratif tedavilerde doz düşürmeye gidilmesi, tedavi gecikmeleri ve doz aralığının uzatılması yaşlı-fit hastalarda sağkalım süresini kısaltmaktadır. Ancak kür şansı olsa da kıvrılgan yaşlı hastalarda palyatif destek ön planda düşünülmelidir. (5-7)

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klinik arařtırmalara ihtiya vardır. Sitotoksik kemoterapiyi tolere edemeyen hastalarda, hedefe y3nelik tedaviye bařlamadan 3nce risk-yarar oranı dikkate alınmalı ve hedefe y3nelik tedavilerin kullanımı kiřiselleřtirilmelidir.

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