

BÖLÜM

12

KANITA DAYALI MIKOZİS FUNGOİDES TEDAVİSİ

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GİRİŞ

Mikozis fungoideste (MF) tedavi seçimi öncelikle hastalığın evresine göre yapılmaktadır. Erken evrede topikal tedaviler ve fototerapi birinci basamak tedaviler olarak sıklıkla kullanılırken ileri evrelerde biyolojik ajanlar, radyoterapi, antikor tedavileri, kemoterapi ve allojenik kök hücre nakline uzanan tedavi seçenekleri bulunmaktadır. Ancak MF’te tedavilerin etkinliğini değerlendiren az sayıda randomize kontrollü çalışma bulunmaktadır. Eldeki verilerin birçoğu retrospektif vaka serilerine ya da prospektif randomize olmayan çalışmalara dayanmaktadır. Bu sonuçlar MF tedavisindeki kanıtların değerini sınırlamaktadır. Bu bölümde erken evre ve ileri evre MF/Sezary sendromu (SS)’da sıkça kullanılan ve önerilen tedavi seçeneklerinin kanıta dayalı etkinliklerinden bahsedilecektir.

ERKEN EVRE (IA, IB, IIA) MF TEDAVİSİ

İzle ve Gör

“İzle ve gör”, erken evre MF tedavisinde önerilen bir yaklaşımdır. Evre IA hastalar, düşük progresyon riskine ve yaş ve cinsiyet olarak eşleştirilmiş popülasyon ile benzer yaşam beklentisine sahiptir. Bu nedenle özellikle seçilmiş bazı olgularda (deri tutulumu T1a) izle ve gör yaklaşımı yapılabilir (Kanıt düzeyi 4). Bu noktada dikkatli bir hasta takibi ve hasta eğitiminin önemi vurgulanmıştır. Bu olgulardan bazılarının progresyon göstereceği her zaman akılda tutulmalıdır (Trautinger et al., 2017).

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