

# İLAÇ ETKİLEŞİMLERİ

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## ÖZET

Kanser hastalarında ilaç etkileşimleri, kanser ilaçlarının dar terapötik indekse sahip olmaları ve doğal toksisiteleri nedeniyle özellikle önemlidir. Diğer ilaçlarla etkileşimler, bir kemoterapi maddesinin farmakokinetiğinde veya farmakodinamiğinde etkinliğini veya toksisitesini önemli ölçüde değiştirebilecek küçük değişikliklere neden olabilir. Ağrı tedavisi kanser hastalarının tedavisinde önemli bir yer tutmaktadır. Bu yazıda en sık kullanılan analjezikler ve adjuvanların kanser ilaçlarıyla etkileşimleri üzerinde durulmuştur.

## GİRİŞ

“İlaç etkileşimi” (İE), bir ilacın eş zamanlı verildiği bir başka ilacın farmakolojik etkilerini değiştirmesi anlamına gelmektedir. İlaçlar arası etkileşimlerin tüm yan etkilerin %20-30’unu oluşturduğu saptanmıştır (1, 2). Bu insidans yaşlı ve iki ve üzeri ilaç kullananlarda daha da yükselmektedir. Kanser hastalarının %80’den fazlası 5 veya daha fazla ilaç kullanmakta ve her 4 hastadan birisi günde 10’dan fazla ilaç almaktadır (3-6). Bu ilaçlar içerisinde sitotoksik, hormonal, yan etkileri önleyen ve/veya ek hastalıkları ile ilişkili ilaçlar yer almaktadır. Özellikle sitotoksik ilaçların çoğu dar terapötik indekse sahiptir. İlaç etkileşimleri sonucunda gelişen, ilaçların aktivite-

lerindeki artış veya azalış, kolaylıkla toksisitelerini arttırabilir veya hiç etki gözlenmemesine neden olabilir. Ağrı tedavisi için kullanılan bazı ilaçlar da kanser ilaçlarıyla etkileşebilmektedir (7). Bu nedenle algologların ilaç etkileşimleri konusunda bilgi sahibi olması ve hastanın aldığı ilaçları bu açıdan kontrol etmesi önemlidir.

İlaçların birbiriyle etkileşimi sonucunda; birinin veya her ikisinin etkisinin arttığı, birinin veya ikisinin azaldığı veya tek başlarına alındıklarında hiç görülmeceği bir yan etkinin oluştuğu veya bilinen yan etkilerinin görülme riskinin arttığı gözlenebilir (2).

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