

KANSER AĞRISI YÖNETİMİNDE NÖROŞİRÜRJİKAL YÖNTEMLER

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ÖZET

Kanseri önleme ve tedavi etmeye yönelik kapsamlı çabalara rağmen, kanser her yıl yüzbinlerce insanı etkilemeye devam etmektedir. Ağrı, kanser hastaları arasında, özellikle ileri evre metastatik hastalarda, en sık görülen semptomlardan biridir. Kansere bağlı ağrı, genellikle şiddetli ve dirençli doğası, hastalık sürecini çevreleyen duygusal ve sosyal koşullar ve sıklıkla ilişkili sınırlı yaşam beklentisi dahil olmak üzere çeşitli nedenlerle hem hasta hem de klinisyen için zor bir dönemi temsil eder. Bu hastalarda fonksiyonel durumu ve genel yaşam kalitesini iyileştirmek için iyi bir ağrı kontrolü sağlamak çok önemlidir. Kanser hastalarının %10 veya daha fazlasının, genellikle doz sınırlayıcı yan etkilerden rahatsız oldukları için farmakolojik tedavi seçenekleriyle yeterli ağrı kontrolü yaşayamadıkları tahmin edilmektedir. Kanser ağrısının yönetimine yönelik multidisipliner bir yaklaşımda, nöroşirürjikal yöntemler tedavinin önemli bir parçasıdır. Son yirmi yılda, kanser ağrısı mekanizmalarına ilişkin yeni edinilen bilgilerin yanı sıra mikrocerrahi, stereotaktik teknikler, bilgisayarlı tomografi ve manyetik rezonans görüntülemeindeki gelişmelerin yardımıyla, nöroşirürjikal girişimlerin daha kaliteli analjezi sağlama olasılığı yüksek olsa da ağrı yönetiminde kullanılan nöroşirürjikal yöntemlerin rolü ilgili branş hekimleri tarafından hâlen yeterince bilinmemektedir. Uygun hastalarda nöroşirürjikal yöntemlerin erken kullanılması, yalnızca etkili ağrı kontrolü değil aynı zamanda medikal tedavilere bağlı yan etkilerin azaltılması ve uzamış sağkalım avantajına da sahiptir. Sürdürülebilir ve etkili sonuçlar için doğru hastaya, uygun şekilde eğitilmiş bir nöroşirürjiyen tarafından, doğru zamanda ve doğru şekilde müdahale ilkelerine bağlı kalınmalıdır.

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tir. Sürdürülebilir ve etkili sonuçlar için doğru kişiye, doğru kişi tarafından, doğru zamanda ve doğru yerde doğru müdahale ilkesine bağlı kalınmalıdır.

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