

## MEME KANSERLERİ

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### ÖZET

Günümüzde erken tanı ve tedavi seçeneklerindeki gelişmeler sayesinde meme kanserli hastaların yaşam beklentisi uzamış, hayatta kalma oranları artmıştır. Bu nedenle meme kanseri olan ve ağrı çeken hasta popülasyonunun artması beklenmektedir. Ağrı tanı anından yaşam sonuna varan süreçte çok farklı nedenlerle ortaya çıkmakta ve genellikle birden fazla sebep bir arada bulunmaktadır. Tedavi sürecinde görülen ağrıların yanı sıra meme kanserinden kurtulan hastalarda görülen kronik persistan ağrılar, yaşam kalitesini ileri derecede düşürmektedir. Son yıllarda meme kanserinde kronik ağrıyı önlemeye ve iyileştirmeye yönelik girişimler oldukça ilgi görmektedir ve bu konu aktif olarak araştırılmaktadır. Meme kanserinde tümörün birincil etkisine ve uygulanan tedavilere bağlı üst ekstremitte ağrıları ve omuz eklem ağrıları sık görülür. Rotator kaf tendiniti, adheziv kapsülit, skapulotorasik bursit, kostokondrit, artralji, radyasyon ilişkili fibrozis ve kontraktürler ağrıya neden olabilen kas iskelet sistemini patolojileridir. Hastaların yaşam kalitesini olumsuz etkileyen bir diğer ağrı kaynağı ise lenfödemdir. Nöropatik ağrı prevalansının meme kanserinde yüksek olduğu akıld tutulmalıdır. Modifiye radikal mastektomi ameliyatı orta ve şiddetli kronik nöropatik ağrı ile ilişkilidir. Özellikle aksiller diseksiyon sırasında interkostobrakial sinirin potansiyel olarak hasarlanma riski mevcuttur. Dolayısıyla postmastektomi ağrı sendromu tedavisi temelde nöropatik ağrıya yöneliktir. Ayrıca kemoterapi ve radyoterapi uygulamaları, nöral dokuların invazyonu ya da basıya uğraması meme kanserinde nöropatik ağrıya neden olabilir. Multifaktöriyel nedenler ve bu nedenlerin altında yatan karmaşık fizyopatolojik mekanizmalar ile klinikte çeşitli şekillerde karşılaşılan bu ağrıların optimal yönetimi dolayısı ile yaşam kalitesinin iyileştirilmesi; disiplinler arası ortak çalışmayı içeren, kişiye özgü tasarlanmış bir tedavi yaklaşımını gerektirmektedir. Bu bölümde meme kanserlerinde sık görülen ağrılı durumların nedenleri ve mevcut tedavi seçeneklerinden bahsedilmiştir.

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