

Bölüm 5

KANSERDE KAŞEKSİ MEKANİZMASI VE KLİNİK ÖNEMİ

Diler US ALTAY¹

GİRİŞ

“Kaşeksi” terimi, Yunanca kakos (kötü) ve hexis (alışkanlık, durum) sözcüklerinden türemiştir. Kaşeksi; kanser, kronik kalp yetmezliği, kronik böbrek yetmezliği ve otoimmün hastalıklar gibi kronik hastalıklarla yakından ilişkili olup, özellikle azalmış iskelet kası kütlesi ile karakterizedir. Kanser hastalarının %80’inde geç evrede ortaya çıkan kaşeksiden ölüm (tümörün kendisinden ziyade) %20-30 civarındadır. Gastrointestinal sistem (GIS) ve akciğer (AC) kanseri olan hastalarda erken dönemde ortaya çıkan kaşeksi, ileri evre kanseri olan hastalarda oldukça yaygındır. Azalmış iskelet kası kütlesi ile birlikte kilo kaybı kanser kaşeksisinin karakteristik semptomudur. Beslenme takviyesi tek başına kaşeksiyi iyileştiremez, bu nedenle sitokinler ve tümör kaynaklı moleküller kanser kaşeksisinde dikkat çekmektedir. 2011 yılında gerçekleşen konsensusta kaşeksinin tanımı için ortak bir karara varılmış ardından bu konu ile ilgili araştırmaların sayısında önemli ölçüde artış olmuştur. Kaşeksi gelişiminde birden çok etiyoloji yer almakta olup patogenezi tam olarak anlaşılamamıştır. Günümüzde kaşeksi için onaylı az sayıda standart tedavi seçeneği bulunmaktadır. Bu yazı ile amaçlanan kanser kaşeksisinin mekanizması ve klinik önemini açığa kavuşturmaktır.

KAŞEKSİ

“Cachexia (Kaşeksi)” terimi, Yunanca kakos (kötü) ve hexis (alışkanlık, durum) kelimelerinden gelmektedir (1). Kaşeksi, yetersiz beslenme (malnutrisyon) nedeniyle tükenme olarak tanımlanır (2). Kanser, kronik kalp yetmezliği, kronik böbrek yetmezliği ve otoimmün hastalıklar gibi kronik hastalıklarla yakından ilişkili olup, azalmış iskelet kası kütlesi ile karakterizedir. Azalmış iskelet kası kütlesi ile birlikte kilo kaybı, kanser kaşeksinin karakteristik bir semptomudur

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KAYNAKLAR

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