

# BÖLÜM 3

## Prostat Kanserinde Biyokimyasal Değerlendirme

Duygu TEKSÖZ<sup>1</sup>

### GİRİŞ

Prostat kanseri, dünya genelinde erkekler arasında en sık görülen kanserlerden biridir. Tedavi için birçok seçenek mevcut olmasına rağmen, genellikle metastatik bir hastalık olarak ileri bir aşamada tespit edilir (1). Prostat kanserinin teşhisi karmaşıktır ve idrar yapma zorlukları, idrarda veya sperimde kan bulunması gibi semptomlara, fiziksel muayeneye (dijital rektal muayene (DRE) dahil), ultrason muayenesine, prostat spesifik antijen (PSA) ölçümü için kan testi ve doku örneği testine (biyopsi) dayanır. Oldukça belirsiz semptomlar nedeniyle prostat kanserinin erken teşhisi sorunlu olabilir ve genellikle hastalık yalnızca ileri bir aşamada teşhis edilir. Bu ileri aşamada aslında kemik metastazıyla ilişkili belirtiler (kemik ağrısı ve spinal maruz sıkışma nedeniyle oluşan eklem zayıflığı) kendini göstermeye başlamıştır. Prostat kanseri erken teşhis edildiğinde tamamen tedavi edilebilirken, hastalığın ileri aşamasında kanser tedavisinin etkinliği çok düşüktür (1-4).

Semptom göstermeyen erkeklerde erken evre prostat kanserini tanılamak amacıyla düzenli tarama protokolleri oldukça önemlidir. Ancak, prostat kanseri için düzenli taramanın bazı sakıncaları bulunmaktadır. Bu sakıncalardan biri, PSA seviyeleri 4 ng/mL (genel eşik değeri olarak kullanılır) üzerinde olan PSA pozitif testlerinin %75'ten fazlasının negatif bir biyopsi ile sonuçlanmasıdır (1,5,6). Biyopsi enfeksiyonlara, yaşam kalitesinde önemli bir düşüşe ve birkaç ay boyunca süren idrar, bağırsak ve cinsel işlev bozukluklarına neden olabilir (7).

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mayacağı açıktır. Bunun yerine, kan tabanlı ve idrar tabanlı bir dizi biyobelirteci birleştiren çok yönlü bir yaklaşım, erken teşhis, risk sınıflandırma ve kişiselleştirilmiş tedavi kararları açısından umut vaat etmektedir. Biyobelirteç keşfinin evrilen peyzajı, teknoloji ve moleküler profillemenin gelişmeleri ile birleştiğinde, prostat kanseri olan hastalar için daha iyi sonuç umudu sunmaktadır.

Geleceğe baktığımızda, bu biyobelirteçleri rutin klinik uygulamada onaylamak ve uygulamak için araştırmacılar, klinisyenler ve endüstri ortakları arasındaki iş birliği hayati öneme sahiptir. Sürekli yenilik ve sıkı değerlendirmeye bağlı olarak, prostat kanseri biyobelirteçleri alanı bu karmaşık hastalığın erken teşhisi ve yönetiminde önemli bir etki yapmaya hazırdır.

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