

8.

Bölüm



KANSER VE HİPNOZ

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GİRİŞ

Kanser fiziksel, zihinsel ve sosyal bütünlüğü tehdit eder. Kanser tedavisinde fiziksel, psikososyal açıdan hastanın iyilik halini arttırmaya ihtiyaç vardır. Kanser hastalarında hipnozu; hastanın hayat kalitesini düzeltmek, kansere bağlı oluşan yan etkileri azaltmak, tedavi maliyetini düşürmek, bağışıklık sistemini güçlendirerek ve sağkalımda artış amacıyla kullanmak mümkündür. Hipnoz kanser oluşmadan, tanı ve tedavi için kullanılabilir. Hipnoz özellikle kansere bağlı yan etkilerin giderilmesinde hızlı, maliyet etkin, bağımlılık yapmayan, güvenilir bir metottur.

1. KANSERİN OLUŞUMU

Yaşamın devamı için hücrelerin sürekli yenilenmesi gerekir. Yaşamayan hücreler atılırken yerine yenileri eklenir. Bu görevi yürüten genlerdir. Bazı genler hücrelerin çoğalmasını sağlarken, bazı genler aşırı hücre çoğalmasını engeller (1).

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Genel olarak bakıldığında çalışmaların yoğun olarak meme kanserli kadınlarda yapıldığı görülmektedir. Bu sebeple diğer tümör grupları ile de hipnozun etkinliği gösteren daha çok çalışmaya ihtiyaç vardır. Ayrıca kemoterapi ve radyoterapi alan kanser hastalıklarında hipnozun etkinliğini test eden çalışmalar olmasına rağmen yetersizdir. Daha fazla büyük ölçekli homojen randomize araştırmalara ihtiyaç vardır. Çalışmalar da titiz bir metodoloji ve raporlama sağlamalıdır. Hipnoz, telkine daha yatkın oldukları için çocuklarda etkili bir şekilde uygulanabildiği gösterilmiştir. Hipnoz; tıbbi tedavileri değiştirmek yerine klinik uygulamalara ek ve yardımcı olarak kullanılabilir ve klinik sonuçları iyileştirebilir.

SONUÇ

Sonuç olarak; hipnozun kanser hastalarında tüm aşamalarında kullanımını ile ilgili çalışmalar incelenmiştir. Çok sayıda hipnozun etkin kullanımını ile ilgili kanıtlar olmasına rağmen iyi tasarlanmış güçlü çalışmalara da ihtiyaç vardır.

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