



ONKOLOJİ HASTALARINDA MUKOZİT TEDAVİSİ

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GİRİŞ

Kanser tedavilerine bağlı oral komplikasyonlar tedavi sırasında veya hemen sonrasında akut olarak gelişebilir ve yıllarca süren oral problemlere neden olabilir. Oral komplikasyonların görülme sıklığı ve şiddeti, kanser tedavisinin şekline, dozuna ve kişiye özgü farklılıklar göstermektedir. Kanser tedavisine bağlı gelişen en önemli oral komplikasyonlardan biri oral mukozittir. Mukozit, oral mukozanın ülserasyonu ve enflamasyonu ile karakterize olup oldukça ağrılıdır. Hastanın yaşam kalitesinde azalmaya, palyatif tedavi maliyetlerinde artışa, yeme ve yutma güçlüğüne, enteral veya parenteral beslenme ihtiyacına, artmış opioid tüketimine, kanser tedavisinin kesintiye uğramasına, hem oral hem de sistemik enfeksiyonlara neden olabilir. Kanser tedavisinde, ağız ve diş bakımına yeterince dikkat edilmemesi, oral mukozit gelişimini tetikleyen en önemli faktörlerden biridir. Malignitenin tipi, kullanılan kemoterapötik ilaç (doz ve uygulama sıklusu), kemik iliği baskılanması ve ciddiyeti ile radyoterapi alanının lokasyonu diğer faktörlerdir.

ETİYOLOJİ VE RİSK FAKTÖRLERİ

Oral mukozit, konvansiyonel doz sitotoksik kemoterapi alan hastaların ortalama %20 ila 40'ını etkiler (1). Genel olarak hematolojik malignitesi olan hastalarda solid tümörü olanlara göre (Baş-boyun tümörleri hariç) mukozit görülme olasılığı daha fazladır. Spesifik ilaç, doz, uygulama yolu ve sıklığı, bireysel hasta

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kör, plasebo kontrollü çalışmada, E vitamini ile tedavi edilen dokuz hastadan altısı, plasebo alan dokuz hastadan yalnızca birine kıyasla lezyonlarda tam iyileşme göstermiştir. Ancak kılavuzlara girememiştir. Sukralfat (topikal, sistemik), sitotoksik kemoterapi ile tedavi edilen solid tümörlü hastalarda oral mukozit tedavisi için önerilmez. Bununla birlikte, metotreksata bağlı mukozit, allopurinol gargaraya (35,36) veya folik asit veya lökovorinin (folinik asit) sistemik uygulamasına yanıt verebilir.

SONUÇ

Kanser tedavisine bağlı oluşan oral mukozit; ağrı, beslenmede yetersizlik ve bunun sonucu olarak kilo kaybı ve tedavinin ertelenmesi gibi birçok soruna yol açan ve hastaların yaşam kalitesini olumsuz yönde etkileyen önemli bir yan etkidir. Bu nedenle oral mukozitin yönetimi önemlidir. Mukozitin önlenmesinde ve tedavisinde kanıta dayalı uygulamaların ve kılavuzların kullanılması ile semptomlar hafifletilebilir ve mukozite bağlı komplikasyonlar azaltılabilir.

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