BÖLÜM 33

MİDE BENİGN TÜMÖRLERİ

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GASTRİK POLİPLER

Gastrik polipler (GP) mukozal yüzeyden (yüzey epiteli ya da gastrik glandlardan) kaynaklanan ve gastrik lümene protrüde lezyonlardır. Endoskopik değerlendirme esnasında görülme insidansı %6 oranındadır (2-4). Ancak gerçekte bu oranın daha yüksek olduğu tahmin edilmektedir. Çünkü GP'lerin büyük çoğunluğu asemptomatik olup endoskopik incelemeler esnasında insidental olarak saptanmaktadır. GP'lerin çok azı semptomatiktir. Semptomatik olan hastaların büyük çoğunluğu poliplerin kendisine bağlı olmayıp daha çok poliplere eşlik eden Helikobakter pilori'ye (Hp) bağlı kronik nonatrofik gastrit/kronik atrofik gastrit, intestinal metaplazi ya da otoimmün gastrit veya kronik safra reflüsü gibi mukozal inflamasyon sonucu gelişen gastrik mukozal değişikliklere bağlı olmaktadır. Poliplerin kendisine bağlı semptomlar daha nadirdir. Bunlar polip tipi, büyüklüğü ve midedeki lokalizasyona göre epigastrik ağrı, anemi, üst gastrointestinal kanama, mide çıkış obstrüksiyonu ve bulantı-kusma şeklinde olabilir. GP'lerin endoskopik görünümleri değişkenlik gösterir. Bazıları yüzeyden hafif kabarık flat lezyonlar şeklinde, bazıları lobüle konturlu ya da nodüler görünümdedir. Bazı lezyonlar saplı polipler şeklinde görülebilir. Poliplerin yerleşim yeri ve sayıları da polip tipine göre farklılık gösterebilir. Çoğu polipler yüksek çözünürlüklü beyaz endoskoplar ve bu endoskoplardaki narrow band imaging (NBI), blue light imaging (BLI), link color imaging (LCI) ya da i-scan gibi farklı endoskopi sistemlerinin farklı sanal kromoendoskopik özellikleri kullanılarak ya da magnifikasyon ile inceleme eklenerek birbirinden ayırt edilebilmektedir. Ancak adenomatöz poliplerin alt tiplerinin endoskopik ayırıcı tanılarının yapılması pek mümkün değildir. Riskli poliplerin tanılarının, displastik odaklar içerip içermediğinin tespiti için histopatolojik değerlendirme altın standarttır. Gastrik poliplerle ilgili özellikleri içeren özet tablo-1'de gösterilmiştir.

Hiperplastik polipler: Hiperplastik polipler (HP) fundik gland polipleri ile birlikte midenin en sık görülen polipleridir. Tüm gastrik polipler içinde coğrafi bölgeye göre %17-55 oranında görülmektedir (5). Hp infeksiyonu, kronik atrofik gastrit, pernisiyöz anemi, stoma, ülser ve erozyon varlığı gibi durumlarda kronik inflamatuvar uyarıya reaktif yanıt olarak gelişir. Bu nedenle Hp ile birlikteliği sık olup Hp insidansının yüksek olduğu bölgelerde görülme sıklığı artmaktadır (6, 7). Endemik bölgelerde tüm gastrik epitelyal poliplerin

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