

BÖLÜM 5

KANSER HASTALARINDA KAŞEKSİ VE BESLENME

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GİRİŞ

Kanser hastalarında yaşam kalitesini ve tedaviden görülen faydayı artıran en önemli faktörlerden biri beslenmedir. Hastalarda kanserin cinsi ve uygulanan tedavi ile tedavi sonucunda oluşan semptomlardan dolayı beslenme sorunları yaşanabilir. Bu da malnütrisyonu neden olmaktadır. Hastaların tanı anında kilo kaybı %20-40 civarında olup, ilerleyen zamanlarda bu oran %80'e kadar çıkabilmektedir. Kanser hastalarının %20'sinde ölümlerinin malnütrisyon nedeni ile olduğu bilinmektedir[1]. Bunun yanında malnutrisyon, enfeksiyon, sarkopeni ve akut böbrek hasarı gibi sorunlara da yol açabilmektedir. Bu yüzden malnütrisyonun tanınması ve tedavi edilmesi önem taşımaktadır. Ancak kanser tedavisi olmadan tek başına uygulanan nutrisyonel destek ise hastalığın gidişatını düzeltme konusunda yeterli olmamaktadır[2].

TERMİNOLOJİ

Malnütrisyon: Metabolizma hızı artışı ve besin alımı yetersizliği sonucu, vücudun gerekli enerjiyi sağlayamaması sonucu oluşur.

Kaşeksi: Malnütrisyonun ilerlemesi sonucunda ortaya çıkan durumdur.

Anoreksi: İştahın azalması veya tamamen iştahın kaybı anoreksi olarak isimlendirilir.

MALNÜTRİSYON

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- 1) BMİ <18.5 kg/m²

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