

2. BÖLÜM



KEMOTERAPİYE BAĞLI GELİŞEN KARDİYAK YAN ETKİLERDEN KORUNMA VEYA HAFİFLETİLMESİNE YÖNELİK KLİNİK YAKLAŞIMLAR VE KARDİYOTOKSİSTE TEDAVİSİ

Mesut KARATAŞ¹

ANTI-KANSER TEDAVİLERE BAĞLI GELİŞEN KARDİYAK YAN ETKİLERİN YÖNETİLMESİNE YÖNELİK TEDAVİ SEÇENEKLERİ

Kardiyak Yan Etki Potansiyeli Yüksek Kemoterapi Öncesi

Potansiyel kardiyotoksik kemoterapi öncesi kardiyak koruma stratejisinin belirlenmesi ve zamanlaması çok farklı klinik değişkenlere bağlıdır. Hastanın daha önceden kardiyovasküler hastalığa sahip olması, planlanan anti-kanser ilacın tipi, daha önce yüksek riskli kemoteropatik ilaç kullanımı öyküsünün olması ve kontrol edilmemiş ya da edilemeyen kardiyovasküler risk faktörlerine sahip olması gibi değişkenlere sahip hastalarda daha sıkı risk faktörü kontrolü sağlanmalı ve bu hasta grubunda kemoterapi tedavisi öncesi profilkaktik kalp koruyucu tedavi planlanması daha büyük önem taşır. (1-3)

Örneğin hasta kanada risk skorlamasına göre düşük risklide olsa, yüksek doz yada kümülatif doz antrasiklin (yaklaşık 250-300 mg/m² ve ya üstünde) verilecek olan kanser hastalarına tedavi mutlaka önerilmektedir. Yapılan OVERCOME çalışmasında hematopoietik sistem malignitesi nedeniyle yüksek doz antrasiklin (>250-300 mg/m²) verilen hastalar tedaviden öncesinde 2(iki) gruba ayrılmış, (Standart dozlarda kalp yetmezliği tedavisi verilen ve verilmeyen şeklinde) ve gruplardan birine standart kalp yetmezliği dozunda enalapril ve karvedilol başlanırken diğer gruba sadece kemoteropatik ilaç uygulanmış. Sadece kemoteropatik ilaç alan hastaların 6 aylık takiplerinde sol ventrikül ejeksiyon fraksiyonunda azalma gözlenirken, Enalapril ve karvedilol alan kolda sol ventrikül ejeksiyonun fraksiyonu korunmuştur. (1) Her ne kadar overco-

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İN HASTALARIN KAROTIS DOPPLER YÖNTEMİ İLE ASEMPATOMATİK KAROTIS ARTER HASTALIĞI AÇISINDAN ARAŞTIRILMASINDA FAYDA VARDIR.

Valvülopatiler

Radyoterapiye bağlı kalp kapak hastalığı özellikle radyoterapiye bağlı geç bir komplikasyon olarak karşımıza çıkmakta ve ortalama tanı süresi yaklaşık >20 yıldır. (132) Radyoterapi almış hastaların uzun dönem takiplerinde çok az hasta da normofonksiyonel aort kapağına rastlanılmıştır. Benzer şekilde her ne kadar ilişkisi tam açıklanamamış olasa da çocukluk çağında kanser tedavisi görmüş ve hayatı kalmış hastaların uzun dönem takiplerinde normalde daha fazla oranda triküspit yetersizliğine rastlanılmıştır. (133) Kanser tedavisi bağlı kalp kapak hastalığı tanısı alan hastaların çoğunuğu kanser takipleri bitmiş olan hastalardır ve çok ilginç bir şekilde bu hastaların mevcut medikal kayıtlarında radyasyon öyküsü sıklıkla yoktur. (134) Avrupa ve Amerikan görüntüleme dernekleri (EACVI/ASE) semptomları olan hastalarda ekokardiyografi ile değerlendirme önermektedir. (135) Semptomsuz hastalar içinse radyoterapi den sonraki onuncu yılda ve sonraki her 5 yılda bir ekokardiyografi ile kapak fonksiyonlarının değerlendirilmesini önermektedir. (135)

Özellikle thoraks bölgesine alınan radyoterapinin uzun dönem komplikasyonu olarak gelişen mediastinal ciddi kalsifikasyon veya fibrozis gibi trans torasik görüntülemeyi önemli derecede kısıtlayan durumların varlığında TÖE (Transözefegiyal ekokardiyografi) yol gösterici olabilir. Bunun yanında mitral kapak morfolojisinin değerlendirilmesinde üç boyutlu EKO (Ekokardiyografi) faydalı olabilir. Ekokardiyografik görüntülemenin sınırlarını aşan veya hesaplamaların bizi yanıtlayabileceği durumlar da kardiyak MR (Manyetik rezonans) yararlı olabilir. (136)

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