Bölüm 22

Rektum Kanseri

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Epidemiyoloji ve Risk Faktörleri

Kolorektal kanser en yaygın üçüncü kanserdir. Kanserden ölümlerde erkekte ikinci kadında üçüncü sırada yer almaktadır. En yüksek insidanslar Kuzey Amerika, Avustralya, Kuzey ve Batı Avrupa'da iken gelişmekte olan ülkelerde özellikle Asya ve Afrika'da düşük oranlar vardır (1). Bu coğrafi farklılık diyete, çevresel maruziyete ve genetik yatkınlığa bağlı gibi gözükmektedir. Rektal kanserler, kolorektal kanserlerin yaklaşık üçte birini oluşturur (2).

Kolorektal kanserlerin sporadik gelişimi için en büyük risk faktörü yaştır. 40 yaşın altında nadirken, 40-50 yaştan sonra insidans artmaya başlamaktadır. 50 yaş üstü özellikle erkeklerde daha sık görülür. Diğer yandan özellikle rektal kanserlerin erken yaşlarda görülme sıklığı artmaktadır (1).

Etyolojide genetik faktörler, premalign lezyonlar ve beslenme şeklinin etkisi gösterilmiştir (3).

Kolorektal kanserlerin çoğu sporadiktir. Hastaların %5'inde herediter non-polipozis kolorektal kanser (Lynch 1 ve 2) veya familyal adenomatozis koli (Gardner, Turkot, Peutz-Jeghers sendromu) sendromlar eşlik eder. Sıklığın artmasına neden olan bazı faktörler; ülseratif kolit veya Crohn hastası olması, kolonda polip ya da adenom öyküsü olması, ailede kolorektal kanser veya polipozis öykü olması şeklinde özetlenebilir. Aynı zamanda özellikle kırmızı et, yağlı yiyecekler ve lifsiz besinlerin ağırlıklı olduğu ya da, antioksidan ve eser elementten yoksun diyet, sigara, alkol kullanım, fiziksel aktivite azlığı da çevresel risk faktörlerini oluşturur (1,3).

Tanı

Tanısal çalışmalar anamnez ile başlar; fizik muayene, laboratuar, endoskopik ve radyolojik incelemeleri kapsar. Fizik muayene erkeklerde parmakla rektal tuşe ve kadınlarda rektovajinal tuşe ile pelvik muayeneyi içerir. Laboratuvar tetkikleri arasında yapılan gaitada gizli kan aranması basit ve değerli bir incelemedir. Tam kan sayımında anemi görülebilir.

Tanıda en güvenilir yöntem dijital rektal muayne (DRE) ile rektum ve kolonun endoskopik incelenmesidir. Senkron tümör ya da polip

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