



# Bölüm 33

## Erken Evre Meme Kanseri

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### Epidemiyoloji ve Risk Faktörleri

Meme kanserleri, tüm dünyada kadınlarda en sık görülen kanserlerdir ve kanser ölümlerinde birinci sırada yer alır (1). Günümüzde tarama programları ve adjuvan tedavideki gelişmeler ile mortalite oranları azalmasına karşın, halen kadınlarda en önemli morbidite ve mortalite nedenidir.

Tanıda meme kanserlerinin yaklaşık %70-80'ini erken evre (evre I-II) olgular oluşturur. Beş-yıllık sağkalım oranları evre I olgularda %98, evre II olgularda %92, evre III olgularda %75 ve evre IV olgularda ise %27'dir (2). Etiyolojisinde birçok risk faktörü tanımlanmıştır. Bu faktörler arasında en iyi bilinenler; kadın cinsiyet, ileri yaş, erken menarş, geç menopoz, nulliparite, geç gebelik yaşı, hormon replasman tedavisi, toraksa radyoterapi (RT) öyküsü, dens meme yapısı, benign proliferatif meme hastalıkları, obezite, alkol, sigara, yüksek yağlı ve düşük lifli beslenme ve düşük fiziksel aktivitedir (3). Olguların yaklaşık %10'unda genetik yatkınlık ya da aile öyküsü mevcuttur. Meme kanserlerinde en sık görülen germline mutasyon BRCA1 ya da BRCA2 mu-

tasyonudur. Bu olgularda ortalama yaşam boyu meme kanseri riski yaklaşık %70'tir (4).

Meme kanserlerinde histopatolojik alt tipe bakıldığında, olguların yaklaşık %70-80'ini invaziv duktal kanserler (İDK), %7'sini invaziv lobüler kanserler (İLK), %7'sini mikst duktal/lobüler kanserler ve %5'ini ise metaplastik, müsinöz, tübüler, medüller ve papiller gibi daha nadir görülen alt tipler oluşturur. Duktal karsinoma in situ (DKİS) ise heterojen bir spektruma sahip prekanseröz lezyonlardır.

Meme kanserleri gen ekspresyon özelliklerine göre 3 ana moleküler alt gruba ayrılır (5). Moleküler alt gruplar prognoz belirlenmesinde, tedavi yaklaşımının seçiminde ve sistemik tedavi ya da RT yanıtının öngörülmesinde rol oynar.

- **Luminal alt tip:** En sık görülen moleküler alt gruptur. Estrojen (ER) ve progesteron reseptörü (PR) pozitif meme kanserlerini içerir. ER ya da PR pozitifliği için immünohistokimyasal (İHK) olarak tümör hücrelerinin %1'den fazlasında boyanma gereklidir. Bu olgular endokrin tedavi için aday olgulardır. Ancak ER ekspresyonu %1 ile %10 arasında olan tü-

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daha da önemli hale getirmiştir. Günümüzde modern RT teknikleri ile toksisite oranları belirgin olarak azalmasına karşın nadiren uzun dönemde lenfödem, ciltte fibrozis, kardiyak toksisite, akciğer toksisitesi ve sekonder kanserler gelişebilir (109). Darby ve ark.'larının çalışmasında, ortalama kalp dozunda 1 Gy'lik artışın kardiyak hastalık riskinde %7,4 artışa neden olduğu gösterilmiştir (110). Bu nedenle tedavide mümkünse kalp koruyucu RT yaklaşımlarının uygulanması önerilir.

RT sonrası izlemde amaç lokal ya da bölgesel rekürrenslerin erken dönemde yakalanması ve gerekli tedavilerin metastaz gelişmeden önce uygulanmasıdır. Yine karşı meme kanserleri ya da ikinci primer kanserler açısından olgular yakın takip edilmelidir. Olgular ilk iki yıl 3-4 ayda bir, sonraki üç yıl 6 ayda bir ve beş yılı takiben ise yılda bir hikaye ve fizik muayene ile değerlendirilir. Rutin olarak yıllık mamografi çekilmesi önerilir. Rekürrens şüphesi olan olgularda ise gerekli ek tetkikler istenmelidir.

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