

Bölüm 18

TİROİD KANSERİNDE TIBBİ BESLENME TEDAVİSİ: TEDAVİ SÜRECİ VE SONRASI YAKLAŞIMLAR

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GİRİŞ

Tiroid kanseri, endokrin sistemin en sık görülen malignitesidir ve özellikle kadınlarda daha yaygındır. Genellikle iyi seyirli olan diferansiye tipler (papiller/foliküler) cerrahi ve radyoaktif iyot tedavisine iyi yanıt verirken; medüller ve anaplastik tiplerde prognoz daha kötüdür ve hedefe yönelik sistemik tedaviler gerekebilir (1,2). Kısacası, tiroid kanseri hastalarında cerrahi, RAİ, TSH supresyonu, gerektiğinde kemoterapi/radyoterapi veya hedefe yönelik tedaviler kombine şekilde uygulanmaktadır. Bu tedavilerin her biri, hastanın beslenme durumu ve gereksinimleri üzerinde belirgin etkilere sahip olabilmektedir. Bu bölümde tiroid kanserli hastalarda tanı anından tedavi ve takip dönemine kadarki süreçte tıbbi beslenme tedavisi ele alınacaktır. Güncel bilimsel kanıtlar ve kılavuzlar ışığında, beslenme durumunun değerlendirilmesi, cerrahi dönem beslenme yönetimi, RAİ tedavisi öncesi düşük iyotlu diyet uygulaması, kemoterapi/radyoterapi sırasında yan etkilere yönelik beslenme stratejileri, TSH supresyon tedavisinin getirdiği metabolik etkiler, remisyon döneminde uzun vadeli beslenme planlaması, gerektiğinde enteral/parenteral destek ve vitamin-mineral takviyelerinin yeri gibi konular ayrıntılı olarak incelenecektir. Amaç, klinisyenler ve beslenme uzmanları için kanıta dayalı, uygulamaya yönelik bir rehber niteliğinde kapsamlı bilgiler sunmaktır.

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