BÖLÜM 1

EGZERSİZ VE KOLOREKTAL KANSER EPİDEMİYOLOJİSİ: 1985-2025 DÖNEMİNE AİT BİBLİYOMETRİK BİR İNCELEME

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GİRİŞ

Kolorektal kanser (KRK), dünya genelinde ciddi bir halk sağlığı problemi olarak ön plana çıkmaktadır. Uluslararası Kanser Araştırmaları Ajansı'nın 2022 GLOBOCAN verilerine göre, sadece kolon kanseri için 1.142.286 yeni olgu ve 538.167 ölüm kaydedilmiş; bu da onu tüm kanserler arasında hem en sık görülen ve ölümcül kanserlerden biri haline getirmiştir (Bray et al., 2024; Sung et al., 2021) KRK'nin görülme sıklığı; yaşlanma, Batı tipi diyet, obezite, sigara, alkol kullanımı ve fiziksel inaktivite gibi çevresel ve yaşam tarzı faktörleriyle ilişkilidir. Fiziksel aktivite, bu faktörler arasında en modifiye edilebilir ve halk sağlığı düzeyinde en ulaşılabilir olanlardan biridir. Bu nedenle egzersizin kolorektal kansere etkileri, son 30-40 yılda giderek artan sayıda epidemiyolojik çalışmaya konu olmuştur. Son yıllarda Türkiye'de de egzersiz ve kolorektal kanser ilişkisine dair farkındalık artmaktadır. Örneğin, Tanık ve Naz'ın "Kanserde Fiziksel Aktivite ve Egzersiz" adlı derleme çalışmasında, düzenli egzersizin özellikle meme ve kolorektal kanser insidansını %4050 oranında azaltabileceği ifade edildiği görülmüştür (Tanik et al., 2022).

Yapılan çok sayıda prospektif kohort ve meta-analiz çalışması, düzenli fiziksel aktivitenin kolorektal kanser riskini anlamlı düzeyde azalttığını ortaya koymuştur. Örneğin, Colditz ve arkadaşları (1997) (Colditz et al., 1997a), fiziksel aktivite düzeyi yüksek bireylerde kolon kanseri riskinin %40'a varan oranda daha düşük olduğunu bildirirken, Samad et al. (2005) (Samad et al., 2005a) tarafından yapı-

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yol açmaktadır. Ayrıca düşük ve orta gelirli ülkelerden gelen araştırma katkılarının sınırlı kalması, bu bölgelerdeki bilimsel üretimin artırılması gerektiğini göstermektedir.

Bu bağlamda, gelecek araştırmaların multidisipliner yaklaşımla planlanması, metodolojik standartların geliştirilmesi ve kapsayıcı veri üretimine önem verilmesi büyük önem taşımaktadır. Egzersiz, kolorektal kanserin önlenmesi ve yönetiminde halk sağlığı stratejilerinin merkezine alınmalı; klinik kılavuzlara entegre edilerek bireysel ve toplumsal düzeyde uygulanabilir müdahalelerle desteklenmelidir.

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