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The term neoadjuvant refers to a therapeutic approach used prior to the main treatment (usually surgery) with the aim of reducing tumor size or the extent of the disease. It is a common strategy in oncology, particularly for solid tumors such as breast, lung, esophageal, or rectal cancers.

Objectives of Neoadjuvant Therapy: Reduce tumor size to facilitate surgery, increasing the likelihood of achieving a complete resection. Minimize disease spread by addressing locally advanced or micrometastatic tumor cells. Preserve organs in cases where initial surgery would be overly aggressive or mutilating. Evaluate tumor response to therapy, providing prognostic insights and guiding subsequent treatments. Common Modalities: Neoadjuvant chemotherapy: Used to shrink tumors that are sensitive to cytotoxic agents. Neoadjuvant radiotherapy: Applied in cases such as rectal cancer to reduce the risk of local recurrence. Targeted therapy or immunotherapy: Used in conditions like HER2-positive breast cancer or advanced melanoma. Example in Breast Cancer: A patient with locally advanced breast cancer (T3N1) may receive neoadjuvant chemotherapy to reduce tumor size, enabling breast-conserving surgery instead of a mastectomy.

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