

## How to prevent head and neck cancer



**Quit tobacco:** Avoid all forms of tobacco, including cigarettes, cigars, pipes, snuff, dip, and chewing tobacco.



**Avoid alcohol consumption:** Avoiding alcohol can help lower your risk.



**Get the HPV vaccine:** The HPV vaccine is recommended for both boys and girls between the ages of 9 and 12. It is also advised for individuals up to age 26 who have not been vaccinated.



# UNDERSTANDING HEAD & NECK CANCER

Head and neck cancers encompass a range of malignancies affecting the mouth, throat, voice box, sinuses and salivary glands. Early diagnosis and specialised treatment play a crucial role in improving survival rates and quality of life. At KD Hospital, we offer multidisciplinary care for head and neck cancer with a team of highly skilled oncologists, surgeons, radiologists, and rehabilitation specialists.

**Book your consultation today!**

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## COMMON SYMPTOMS



Painless non-healing ulcer in the oral cavity



Persistent sore throat or difficulty swallowing



Lump or swelling in the neck



Hoarseness or voice changes



Unexplained weight loss



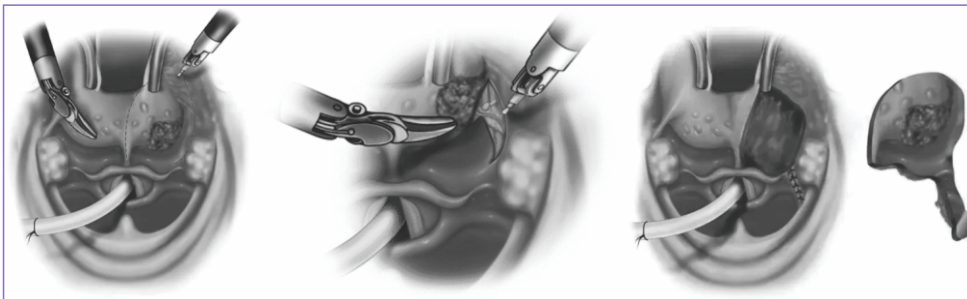
Persistent nasal congestion or nosebleeds

## Types of head & neck cancer

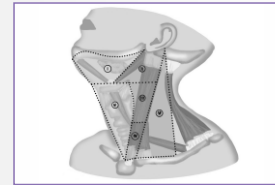
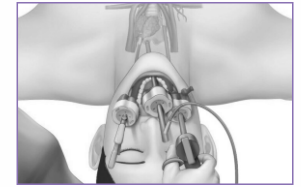
- **Oral cancer** – affects the lips, tongue, gums, and inner lining of the cheeks.
- **Laryngeal cancer** – cancer of the voice box (larynx).
- **Pharyngeal cancer** – affects the aerodigestive tract.
- **Nasopharyngeal cancer** – occurs in the upper part of the throat behind the nose.
- **Oropharyngeal cancer** – affects the middle part of the throat, including the tonsils.
- **Hypopharyngeal cancer** – cancer in the upper oesophagus/digestive tract.
- **Salivary gland cancer** – affects the glands that produce saliva.
- **Sinus & nasal cavity cancer** – affects the spaces behind the nose.

## Head & neck robotic oncosurgery

**Trans-oral robotic surgery (TORS):** Used to treat early cancers of the base of the tongue, tonsils, posterior pharyngeal wall, and soft palate.



**Thyroidectomy & parathyroidectomy:** Minimally invasive procedures using robotic technology for precise gland removal, offering reduced scarring and faster recovery.



**Neck dissection:** A robotic-assisted neck dissection surgery is a minimally invasive surgical procedure that removes lymph tissue in the neck that may have cancer.

**Scarless head and neck surgeries:** Advanced robotic techniques for improved cosmetic outcomes and faster recovery.



## Risk factors for head and neck cancer

**Tobacco use:** Approximately 70% to 80% of head and neck cancers worldwide are linked to tobacco use. This includes smoking cigarettes or cigars and using snuff or any type of chewing tobacco. Exposure to second-hand smoke may also increase the risk.



**Alcohol consumption:** Alcohol consumption increases the risk, especially when combined with tobacco use.



**Human papillomavirus (HPV):** Studies conducted across India show the prevalence of HPV in head and neck cancers ranging from 0% to 86.6%. Some studies indicate that HPV-positive head and neck squamous cell carcinoma (HNSCC) is more common in younger individuals, often presenting at an advanced stage with a higher likelihood of nodal metastasis. (source: sciencedirect)



**Betel nut chewing:** In the Indian subcontinent, nearly half of the oral cancer cases (49.5% in the Indian population) are attributed to betel quid chewing—an avoidable risk factor.

