



Prevention

Head and Neck Cancer Awareness Month April 2020

HEAD AND NECK CANCER AWARENESS MONTH

PREVENTING HEAD AND NECK CANCERS

The risk of **tobacco**, particularly cigarette smoking,¹ and **alcohol** for head and neck cancer is well-known. **Smokeless tobacco** may be relatively overlooked. Occupational exposures associated with lung cancer may also cause laryngeal cancer. Data continues to emerge on vaccination against **human papilloma virus (HPV)**, as potent a risk factor for head and neck cancer as cigarette smoking (about 15-fold). Although mass **screening for head and neck cancers is unproven**, a trial of **visual inspection suggested benefit for tobacco- and alcohol-exposed men in India**.² Newer imaging technology may improve screening sensitivity. The **diagnosis of head and neck cancer** may provide **opportunities for secondary cancer prevention**. **Integrating smoking cessation into cancer treatment** takes advantage of a cancer diagnosis **to change behaviors that reduce second cancers and prolong life**. In addition, **head and neck cancer** is an indication for **lung cancer screening**.

PRIMARY PREVENTION: SMOKELESS TOBACCO, OCUPATIONAL EXPOSURES and HPV VACCINATION Smokeless tobacco comprises about one fourth of world tobacco consumption. While most consumption occurs in southeastern Asia, the US (along with Sweden) lead among Western nations. It is as carcinogenic for oral cancers as smoked tobacco.³ **Occupational exposures to respirable carcinogens** increase lung cancer risk. A large case-control study found preliminary evidence that asbestos, respirable crystalline silica, chromium-VI, and nickel may also cause laryngeal cancer.⁴ Most **oropharyngeal cancers (OPCs)** in advanced countries are **caused by HPV** and **are more common than cervical cancer**. Oral HPV infection in vaccinated Americans is **about 90% lower** vs. unvaccinated Americans.⁵

SECONDARY PREVENTION: ORAL SCREENING, SMOKING CESSATION and LUNG CANCER SCREENING While **screening for head and neck cancers** is unsupported, a large **trial of visual inspection of patients** with significant tobacco and alcohol exposures in India found a mortality benefit in males (RR 0.60, 95% CI 0.4-0.9) but not overall.² Enhancing visual inspection with **multimodal optical imaging**, incorporating reflectance and fluorescence modalities, improved **detection of high-grade premalignant lesions** in a pilot study, suggesting potential benefit.⁶ Smoking cessations reduces second smoking-related malignancies and prolongs life. Stanford dramatically improved tobacco cessation treatment referrals (100% vs <10%) patient engagement (74% contacted counselors and 33% engaged in cessation treatment vs. <1%) and 20% abstinence at 6 months follow up by integrating smoking cessation into cancer treatment. They instituted an automated "opt-out" referral process with provision of tobacco cessation treatment as a covered benefit and options that included phone and telemedicine.⁷ **Survivors of tobacco-related cancers** like head and neck cancer (HNC) are considered high risk and appropriate for low-dose **CT lung cancer screening**. A qualitative study found that clinicians found screening discussions for patients with cancer histories unfamiliar and problematic. Decision aids for such patients would be helpful.⁸

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The Strang Cancer Prevention Cookbook

Root Vegetable Lasagna

Reduce your Risk for Cancer by Eating a Healthy Diet!

Serve as a colorful nutritious entrée or a vegetable side dish

Use a mandolin to produce uniform thin slices of the root vegetables

6 Servings

2 ancho chiles

1 ½ cups vegetable stock or low-sodium canned broth

1 teaspoon olive oil

2 large baking potatoes (about 1 pound), peeled and sliced lengthwise 1/8 inch thick

2 medium sweet potatoes (about 14 ounces), peeled and sliced lengthwise 1/8 inch thick

2 medium parsnips (about ½ pound), peeled and sliced lengthwise 1/8 inch thick

3 medium turnips (about ¾ pound), peeled and sliced 1/8 inch thick

salt

¾ cup diced roasted peppers, drained if jarred

2 cups shredded low-fat cheddar or Monterey Jack-cheese (about ½ pound)

Preheat the oven to 375 F

In a small saucepan, simmer the ancho chilies in the stock for 10 minutes. Turn off heat and let steep while you prepare the lasagna. Rub a casserole or baking pan (about 3-quart) with the olive oil. Arrange the root vegetable slices in the pan starting with a layer of slightly overlapping potatoes, followed by sweet potatoes, parsnip, and turnips; repeat the sequence.

Season each layer with salt to taste and sprinkle with diced roasted pepper and shredded cheese, reserving about 1/3 cup of shredded cheese. Strain the stock, discarding the chiles, and pour evenly over the casserole. Cover with foil and bake for 50 minutes. Remove the foil, sprinkle with the reserved cheese, and bake for 15 more minutes. Let cool for 15 minutes before serving.

High in Fiber-20 percent of the daily requirement

Calories 285

Protein 13 g

Carbohydrates 41g

Fat 8 g

Cholesterol 0 mg

Dietary Fiber 5 g

Saturated Fat 1 g

Recipe Laura Pensiero, R.D., [Strang](#) Nutrition Consultant

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THIS NEWSLETTER IS DEDICATED TO FRANCIS OSBORNE



April is Head and Neck Cancer Awareness Month



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