



# Prevention

Head and Neck Cancer Awareness Month April 2023

## HEAD AND NECK CANCER AWARENESS MONTH

### PREVENTING HEAD AND NECK CANCERS

**Note to readers: Innovation** is as essential to cancer prevention as to cancer treatment. Genomic data support **precision prevention** as well as precision medicine. Novel outreach strategies can extend the reach of prevention. Strang will highlight novel approaches in cancer prevention as we have the obstacles Covid created.

**Summary:** An **HPV cancer marker** indicates a very high risk of **oropharyngeal cancer (OPC)**. **CT screening for lung cancer** also finds head and neck cancer.

### INNOVATION IN HEAD AND NECK CANCER PREVENTION

**HPV cancer marker may identify high risk patients for head and neck cancer screening:** Screening for head and neck cancer has not been effective in standard-risk populations. Higher risk increases screening accuracy and number of cancers found. The **HPV16-E6 oncoprotein** is a marker of HPV infection that appears an average of 11.5 years before **oropharyngeal cancer (OPC)**. The Human Papilloma Virus Cancer Coalition measured the absolute risk of OPC in 10 years in patients with the HPV16-E6 marker. In 7 international cohorts, **smoking raised the risk of OPC by 3.2-fold, but the HPV16-E6 marker raised it 400-fold.**

For **50-year-old men** with the marker, the **10-year cumulative risk of OPV was 17%**, and for **60-year-old men, 27%**. For women, the risks were 4% and 6%, respectively. The **risk was very low for marker-negative patients:** for smokers, 10-year risks from age 50 and 60 were 0.15% and 0.25% for men, respectively and 0.03% and 0.05%, respectively, for women. For non-smokers, the risk was two-thirds less. **The very high risk for patients with the HPV16-E6 oncoprotein makes screening feasible. Testing for HPV16-E6 followed by minimally invasive screening may lead to effective screening for OPV.<sup>1</sup>**

**CT screening for lung cancer may find incidental, treatable head and neck cancers:** Lung cancer and head and neck cancer (HNC) have **overlapping risk factors, especially cigarette smoking.** Screening low-dose CT (LDCT) scans can identify HNC. In the National Lung Screening Trial of LDCT screening for lung cancer **found 30% more HNC** (112 vs. 87 cases per 100,000 person-years). HNC deaths were 20% fewer but **not significant different** (11.7 vs. 12.9 deaths per 100,000 person-years). However, **as LDCT screening and attention for possible HNC increase, earlier treatment may lower HNC mortality.<sup>2</sup>**

Authors: James A. Talcott MD, SM, Senior Scientist **Strang** Cancer Prevention Institute

Michael P. Osborne MD, MSurg, FRCS, FACS President **Strang** Cancer Prevention Institute

### REFERENCES

1. Robbins HA, Ferreiro-Iglesias A, Waterboer T, Brenner N, Nygard M, Bender N, et al. Absolute risk of oropharyngeal cancer after an HPV16-E6 serology test and potential implications for screening: Results from the Human Papilloma-virus Cancer Cohort Consortium. J Clin Oncol 2022;40:3613-22.
2. Jassal JS, Grauer JS, Cramer JD. Incidence of head and neck cancer with lung cancer screening: Secondary analysis of a randomized controlled trial. The Laryngoscope 2022;132:1609-14.

# 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

Chef, Dietitian, Restaurateur, Author

Owner, Gigi Hudson Valley Trattoria & Catering, Rhinebeck, New York



THIS NEWSLETTER IS DEDICATED TO FRANCIS OSBORNE



April is Head and Neck Cancer Awareness Month

 **Strang** Cancer Prevention Institute

575 Madison Avenue 10th Floor

New York, NY 10022

Tel: (212) 501-2111

[www.strang.org](http://www.strang.org)

Editor | Research Associate

Merle K. Barash MA AEd, MA Psya

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