



Prevention

Head and Neck Cancer Awareness Month April 2021

HEAD AND NECK CANCER AWARENESS MONTH

PREVENTING HEAD AND NECK CANCERS

Note to readers: Fear of COVID exposure has sharply reduced medical visits and preventive care. Where available, we address cancer prevention while minimizing COVID risk during the pandemic.

The COVID pandemic **sharply reduced primary care visits**, including screening and prevention. For head and neck cancer, primary prevention includes encouraging reduced ethanol and tobacco consumption and the **human papilloma virus (HPV) vaccination**.

Oropharyngeal cancer is the **most common HPV-associated cancer**. The **FDA expanded** the indication for **HPV vaccination to 27-45-year-old men and women** in October 2018.

A risk-based reanalysis of a trial that found a survival benefit from screening for head and neck cancer by **visual inspection** of men in India found that **focusing on high-risk patients could reduce the screened patients without reducing the benefit**.¹

PRIMARY PREVENTION: HPV VACCINATION

In 2015, the surging **HPV-associated** oropharyngeal cancer (OPC) rate surpassed the declining cervical cancer rate as the **most common HPV-related** cancer, 5 years earlier than predicted in 2011. About **19,000 cases** occur **annually**. **HPV** vaccinations prevent infections but are **underused**. Vaccinating older populations with OPC in mind will be critical to reducing HPV-associated cancers.

An analysis of 6 studies found **vaccination 88-93% effective** at preventing persistent HPV infection for up to 4 years. Vaccination also prevents reinfection at other sites. Anti-HPV antibody levels are as high in oral fluids as blood after vaccination. However, because of **poor vaccine coverage**, protection at the **population level** was estimated at **only 17%**.²

To address the risk of HPV-associated OPC, the FDA expanded the **indication for Gardasil-9 HPV vaccination to 27-45-year-old men and women**.

SECONDARY PREVENTION: ORAL SCREENING

The cluster-randomized Kerala Oral Cancer Screening Trial found that **visual inspection of patients** reduced **head and neck cancer mortality by 27%** in **tobacco and alcohol ever-users**.³ A recent reanalysis found that **targeting screening could reduce costs but preserve most mortality benefits**. Screening only tobacco/alcohol ever-users would screen 43% and reduce head and reduce mortality by 23.3%, while screening the 50% highest risk ever-users would screen 22% and reduce mortality by 20%.¹

A cancer diagnosis can make tobacco cessation efforts more successful. Stanford improved tobacco cessation referrals, patient engagement, and 6-month abstinence with an automated "opt-out" referral process.⁴

Survivors of tobacco-related cancers like head and neck cancer (HNC) are considered high risk and appropriate for low-dose **CT lung cancer screening**.

For further information please visit strang.org

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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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