

Comparison of dietetic outcomes and 5 year survival in Head and Neck Cancer

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Introduction

Background

- Malnutrition is common in head and neck cancer and is associated with reduced treatment tolerance and poor survival.
- In Ireland, 5 year survival for HNC is ~52-59%¹.
- Aim: Analyse dietetic outcomes and 5 year survival rates in adults with HNC attending St Luke's Radiation Oncology Network.

Methods

- Retrospective review of patients (n=74) who received radical radiotherapy +/- chemotherapy in 2019.
- Medical records reviewed for 5 year survival.

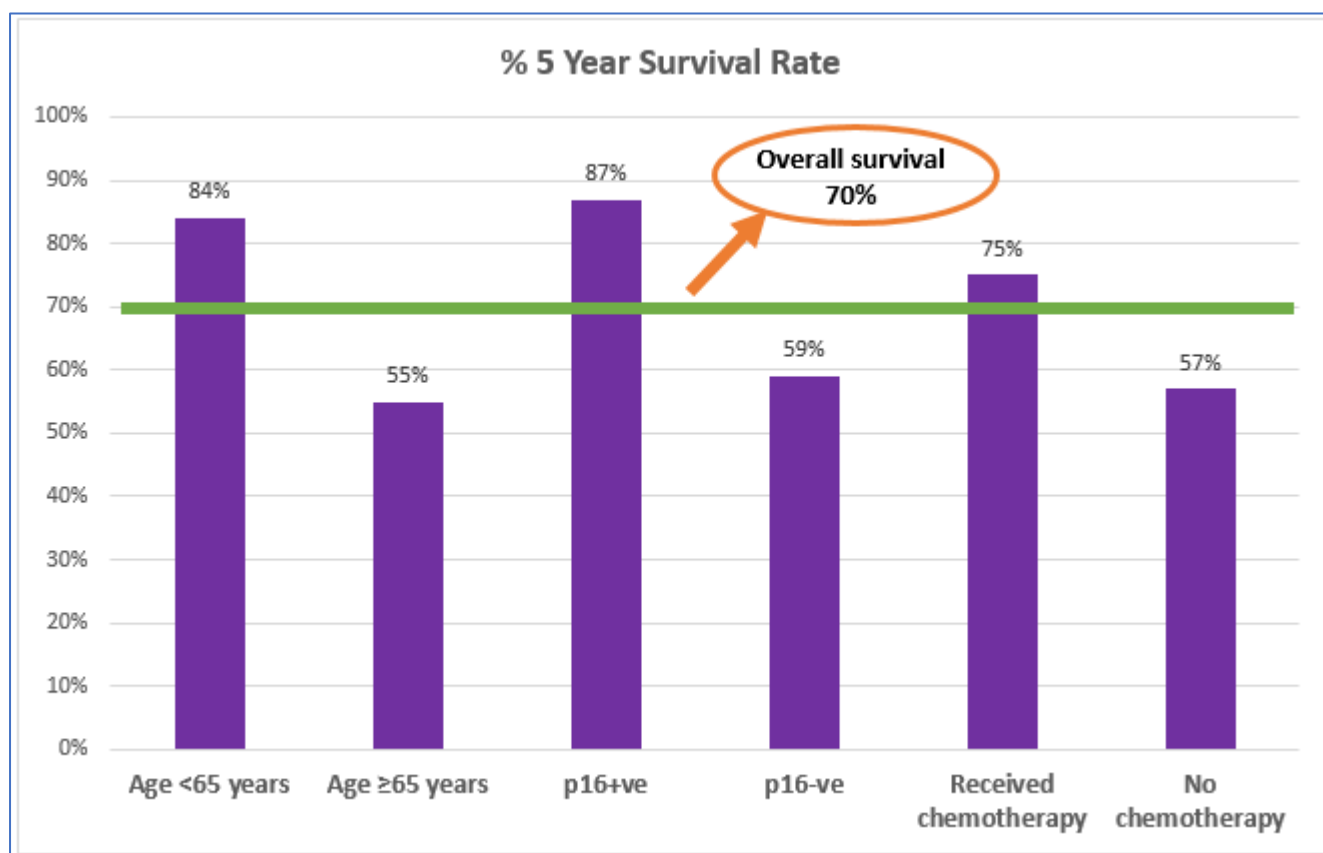
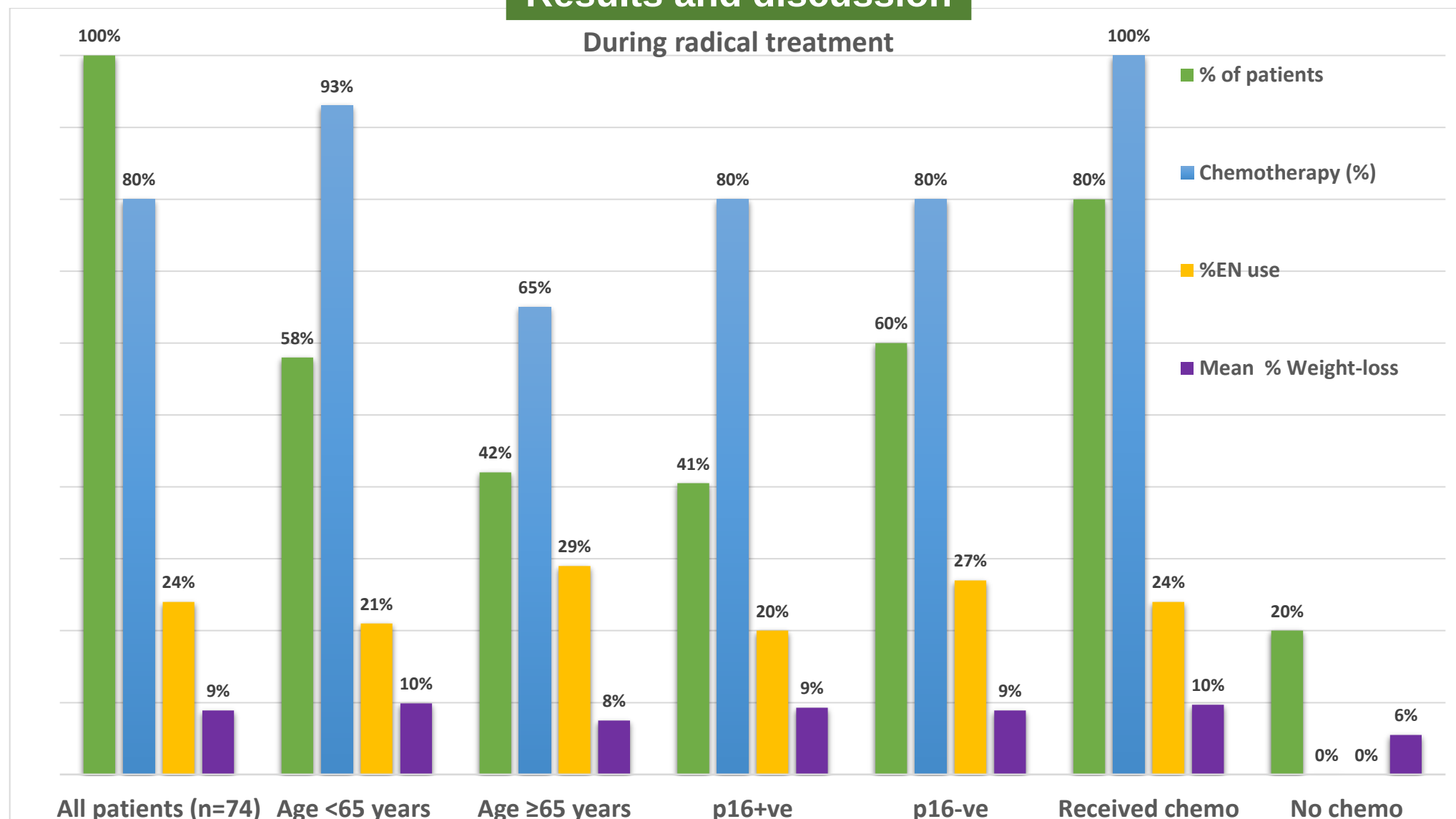
Groups analysed:

- Age (<65yrs Vs ≥65yrs)
- P16 status
- Chemotherapy

Outcome measures:

- % weight-loss during treatment
- Enteral nutrition use
- 5yr survival

Results and discussion



Survivors at 5 years were statistically significantly younger (60.8+/- 10years) (p=0.041), compared to non-survivors (66.4 +/- 10.9years). P16+ve patients had greater 5 year survival (87% compared to p16-ve (59%), this is clinically meaningful but not statistically significant (p=0.054). Females had a higher 5-year survival (80%) Vs males (71%), however this was not significant (p0.718) and likely reflects the smaller female sample size (20% Vs 80%). There was no association between weight loss or use of EN on treatment with overall survival.

Further research is recommended to assess long-term dietetic outcomes, and identify potential variables and correlations within the data.

References

- Gallagher, C., Quinn, C., Fitzgerald, N., Kinsella, J., O'Connor, R., and O' Leary, G. (2022) "The Changing Face of Irish Head and Neck Cancer epidemiology: 20years of data", European Archives of Otorhinolaryngology.