

## Standard Treatment Workflow (STW)

# LIP AND ORAL CANCER

### ICD-10-C 06.9

- Tobacco
- Alcohol
- Areca nut
- Sharp tooth
- Ill-fitting dentures



Non healing ulcer/sore in the mouth especially in a tobacco chewer or smoker



Neck mass

Difficulty in opening mouth

Difficulty in protrusion of tongue

Pain referred to ear

Oral premalignant disorders (OPMD): leukoplakia/erythroplakia/sub mucous fibrosis, lichen planus



Screening can detect OPMD and invasive cancer early and improve outcome. Treatment of oral cancer is ideally delivered by a multidisciplinary team (MDT)

#### EVALUATION

- Clinical examination, +/- examination under anaesthesia (EUA), assess pain, nutritional status, & oro-dental hygiene
- USG neck / CT scan head & neck
- Evaluate upper aerodigestive tract for second primary
- Biopsy from primary site, FNAC from neck node
- CBC, LFT, RFT, blood sugar, chest X-ray, ECG
- Tobacco cessation for patient and care givers
- Pure tone audiometry (PTA)
- Speech and swallowing assessment
- Define clinical and radiological staging, goals of treatment

### TREATMENT

#### T1 T2, N0 CANCER

##### OPTIONS WITH CURATIVE INTENT

Initial surgery **preferred** (wide excision with 1 cm margins & supra-omohyoid neck dissection (Level I – III) with reconstruction  
OR  
Radical radiation therapy

#### T3 T4A, N0 N1 N2

##### OPTIONS WITH CURATIVE INTENT

Initial surgery: wide excision with 1 cm margins + comprehensive neck dissection and reconstruction  
OR  
Chemoradiation  
OR  
Neo-adjuvant CT followed by surgery

#### T4B N3 (TONGUE AND BUCCAL CANCERS WITH SKULL BASE / INTERNAL CAROTID ARTERY INVOLVEMENT)

##### AIM OF TREATMENT IS PALLIATION

- Palliative chemotherapy
- RT
- Immunotherapy
- Best supportive care

##### INDICATIONS FOR ADJUVANT RT

Close margin, positive node(s), or presence of any two of following: LVI, PNI, high grade

##### INDICATIONS FOR ADJUVANT CT-RT:

Metastatic nodes with extracapsular extension, involved margins

### THE DRUG OF CHOICE FOR CONCURRENT CHEMOTHERAPY IS CISPLATIN

#### Adjuvant radiation

The minimum post-operative radiation dose is 60 Gy/ 6 weeks/ 30# or equivalent to the primary and nodal areas using conventional treatment planning, 3DCRT or IMRT

#### Radical radiation

66-70 Gy is delivered using conventional planning / 3DCRT/IMRT through a telecobalt machine or a LINAC at 1.8 to 2 Gy per fraction over 7-8 weeks (or a biologically equivalent dose) with adequate margins all around the lesion and including level I, II and III nodes



Large SCC lower Lip



Intraoperative image following tumor excision



Postoperative results following reconstruction

### FOLLOW UP

Follow up: 3 monthly for the first 3 years, 6 monthly for years 4 & 5 and annually thereafter with clinical examination at every visit, evaluation of symptoms as they present and endoscopy of the upper aerodigestive tract annually

To identify recurrences and second primary cancers

Treatment of common side effects - xerostomia, speech and swallowing issues, nutrition and physical rehabilitation, dental care should be looked after by the members of multidisciplinary team

#### Emphasize tobacco cessation for patients

- Set a quit date, tell your family
- Remove tobacco / cigarettes from your home, car, and work
- Tobacco withdrawal symptoms:
  - Trouble sleeping
  - Feeling irritable, anxious, or restless
  - Getting frustrated or angry
  - Having trouble thinking clearly
- Counsellor's help is available to deal with the cravings and triggers
- Can combine nicotine replacement with or ± bupropion

### ABBREVIATIONS

**CBC:** Complete blood count

**CT:** Chemotherapy

**EUA:** Examination under anaesthesia

**FNAC:** Fine needle aspiration cytology

**IMRT:** Intensity-modulated radiation therapy

**LFT:** Liver function tests

**LVI:** Lymphovascular invasion

**MDT:** Multidisciplinary team

**OPMD:** Oculopharyngeal muscular dystrophy

**PNI:** Perineural invasion

**PTA:** Pure tone audiometry

**RFT:** Renal function tests

**RT:** Radiotherapy

**USG:** Ultrasound sonography test

### PREVENT ORAL CANCER BY TOBACCO CONTROL