



A Brief Note on Head and Neck Cancer

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Description

The term "head and neck cancer" describes a group of cancerous tumors that develop in or around the throat, larynx, nose, sinuses and mouth. A layer of moist tissue called the mucosal lies just underneath this lining, which is called the epithelium, in some areas of the head and neck. Carcinoma in situ refers to a tumor that is only found in the squamous layer of cells. Invasive squamous cell carcinoma is a kind of squamous cell carcinoma that has progressed beyond the cell layer and into deeper tissue. Cancer of unknown primary is a term used when doctors are unable to determine the cause of the illness.

Types of head and neck cancer

- Oropharyngeal and oral cancers. The mouth and tongue are both part of the oral cavity. From the tonsils to the tip of the voice box, the oropharynx encompasses the center of the throat.
- Laryngeal and hypo pharyngeal cancers In order to breathe, speak, and swallow, the tube-shaped organ in the neck is required. It's near the top of the windpipe's trachea. The hypo pharynx is referred to as the gullet. The bottom part of the throat protects the larynx.
- The Para nasal sinuses are the air-filled regions that surround the nasal cavity. Nasopharyngeal cancer the airway behind the nose in the top portion of the throat is called the nasopharynx
- Salivary gland cancer is a type of cancer that affects the glands in the mouth and throat. The salivary gland is in charge of producing saliva. Saliva is a fluid that is released into the mouth to keep it moist, and it contains enzymes that help in digestion.

Risk factors

Although risk factors have a role in cancer development, the vast majority of them do not cause cancer. Some people who have multiple risk factors never become sick, whereas others who have no known risk factors.

There are two things that dramatically enhance your chances of getting head and neck cancer:

Tobacco: Tobacco products include cigarettes, cigars, and pipes, as well as chewing tobacco and snuff. It is the single most important factor in the development of head and neck cancer. According to researchers, tobacco use is connected to 70 percent to 80 percent of head and neck cancers, and the degree of tobacco use can alter prognosis, or the possibility of recovery.

Alcohol: The risk of cancer in the mouth, pharynx, larynx, and esophagus increases with frequent and strong alcohol drinking.

Prolonged sun exposure is another element that might increase a person's chance of getting head and neck cancer. This is associated to cancers of the lips and skin cancers of the head and neck in particular.

Human Papilloma Virus (HPV): HPV infection has been linked to a higher risk of head and neck cancer in studies. The most frequent route for someone to get HPV is through sexual intercourse with someone who has the virus. HPV is divided into strains, which are various forms of the virus. Some HPV strains have been linked to a higher risk of certain malignancies, according to research. Vaccines against HPV can help individuals avoid certain malignancies.

The Epstein Barr Virus (EBV) is a kind of herpes simplex virus. Exposure to EBV, often known as the mononucleosis virus or "mono," has been associated to the development of nasopharyngeal cancer.

Age: Head and neck cancer is more common in those over the age of 40.

Poor nutrition: A diet lacking in vitamins A and B can increase the chance of developing head and neck cancer.

Gastro Esophageal Reflux Disease (GERD) and Laryngopharyngeal Reflux Disease (LPRD) The development of head and neck cancer may be linked to stomach acid reflux into the upper airway and throat.

Prevention

Experts are still investigating the variables that cause this form of cancer, as well as measures to avoid it. Although there is no way to totally avoid this condition, there are ways to reduce your risk. For additional information about your personal cancer risk, speak with your health-care provider.

Even for persons who have been smoking for many years, the most essential thing a person can do to lower their risk is to stop using all tobacco products.

- Avoiding alcohol is another way to lower your risk of head and neck cancer.
- Using sunscreen on a daily basis, including a sun-protective lip balm (SPF).

It's also crucial to lower your chances of contracting HPV. The Gardasil HPV vaccination has been authorized by the United States Food and Drug Administration (FDA) for the prevention of certain forms of head and neck cancer.