

EUROPEAN HEAD AND NECK SOCIETY ISSUES RECOMMENDATIONS FOR HEAD AND NECK CANCER SURVIVORSHIP CARE

- **European Head and Neck Society recommendations are the first ever published for head and neck cancer survivor care in the European setting**
- **Recommendations highlight the vital need for a multidisciplinary approach to care and more focus on psychosocial consequences of the disease and treatment**
- **Manuscript was completed by an expert panel as part of the *Make Sense* campaign and published in *Oral Oncology***

TUESDAY, AUGUST 9, 2022: The European Head and Neck Society (EHNS) has today launched recommendations on head and neck cancer survivorship care.¹

The recommendations, published in *Oral Oncology*, highlight the essential need for head and neck cancer survivorship care to follow a multidisciplinary approach, to include careful consideration of the psychosocial consequences of the disease, and to be individual to the survivor, reflecting the diverse consequences of head and neck cancer.

“Head and neck cancer is the 6th most common cancer in Europe, with 168,000 new cases diagnosed in 2020,² and the disease can have devastating consequences for survivors and their loved ones,” said Professor René Leemans, co-author and chair of the Department of Otolaryngology Head and Neck Surgery at the Amsterdam University Medical Center. “These are the first survivorship care recommendations specific to the European healthcare setting and their publication has addressed an important need for up-to-date guidelines to reflect the current landscape and better support quality care for survivors.”

The publication is a revision of the American Cancer Society’s (ACS) 2015 recommendations for Head and Neck Cancer Survivorship Care³ based on an extensive medical literature search and an expert panel review. The purpose of the revision was to update the ACS recommendations and adapt them for the European healthcare setting across five key areas of head and neck cancer survivorship care: surveillance for head and neck cancer recurrence; screening for second primary cancers; assessment and management of long-term physical and psychosocial effects; health promotion, and care coordination and practice implications.

“Head and neck cancer survivors often require significant and ongoing treatment and support, but at present disparities in care exist,” said Professor Irma Verdonck-de Leeuw, co-author from the Amsterdam University Medical Center, Dept of Otolaryngology. “We hope these recommendations will help to bridge the gap in an effort to promote uniform and quality care for every survivor of head and neck cancer.”

The publication of the recommendations was completed by an expert author panel as part of the Make Sense campaign mandate. The Make Sense campaign, initiated in 2013 and run by the EHNS, aims to raise awareness of head and neck cancer, and ultimately improve outcomes for patients with the disease.

=====

About the EHNS

The European Head and Neck Society (EHNS) is an international non-profit association based in Belgium. The EHNS is composed of individuals, national and multinational societies, and associated study groups oriented towards head and neck cancer research, training and treatment throughout Europe. Individuals from the rest of the world are also welcome to apply for membership. The intent of the EHNS is to promote exchange of knowledge in all aspects of head and neck neoplastic diseases and to promote the highest standards of research, education and training, disease prevention and patient care. For more information on the society, please visit: <http://www.ehns.org>.

About Head and Neck Cancer

Head and neck cancer is a way of describing any cancer that is found in the head or neck region, including the inside of the mouth and tongue ('oral cavity'), the throat ('pharynx') and the voice box

('larynx') and excluding the eyes, brain, ears, thyroid or oesophagus. This type of cancer usually begins in the squamous cells that line the moist, mucosal surfaces inside the head and neck, for example, inside the mouth, nose and throat.

About the *Make Sense* Campaign

The *Make Sense* campaign, run by the European Head and Neck Society (EHNS), aims to raise awareness of head and neck cancer, and ultimately improve outcomes for patients with the disease. It will do this through:

- Education on disease prevention
- Driving understanding of the signs and symptoms of the disease
- Encouraging earlier presentation, diagnosis and referral

The *Make Sense* campaign is supported by Bristol Myers Squibb, Merck and MSD. More information about the campaign is available at <https://makesensecampaign.eu/>, on [Twitter](#) and on [Facebook](#).

References

1. European Head and Neck Society recommendations for head and neck cancer survivorship care. Available at: [European Head and Neck Society recommendations for head and neck cancer survivorship care](#)
2. Global Cancer Observatory 2020: Cancer Today. Available at: https://gco.iarc.fr/today/online-analysis-table?v=2020&mode=cancer&mode_population=continents&population=900&populations=908&key=asr&sex=0&cancer=39&type=0&statistic=5&prevalence=0&population_group=0&ages_group%5B%5D=0&ages_group%5B%5D=17&group_cancer=1&include_nmsc=1&include_nmsc_other=1. Last accessed: May 2022.
3. E.E.W. Cohen, et al. CA Cancer J Clin, 66 (3) (2016), pp. 203-239