HPV-RELATED HEAD AND NECK CANCERS
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- Recent estimates suggest that over 5% of all cancers are attributable to HPV
- In recent times, experts have made a connection between high-risk HPV infection and most oropharyngeal cancers
- Worldwide, it is estimated that about 45,000 new head and neck cancer cases are attributable to HPV
WORLDWIDE TRENDS: A MURKY PICTURE

• Multiple international studies have provided robust data demonstrating a marked increase in HPV-related oropharyngeal cancers over the past 20 years
• These studies also show that the incidence of HPV-related oropharyngeal cancers varies significantly by region
• Data suggests that these variations are due to regional and cultural differences in sexual practices around the world

70%
In regions such as the US or Northern Europe, more than 70% of oropharyngeal cancers cases are estimated to be HPV-related

17%
In regions such as Southern Europe, only 17% of oropharyngeal cancers cases are estimated to be HPV-related

Some patients can feel extremely vulnerable when being informed they have cancer or when made aware of their HPV status

COMMUNICATING WITH PATIENTS

Communicate the diagnosis

Be prepared to answer some awkward questions

Help patients cope with their emotional reactions

Assess the psychosocial needs of the patients
## RECOMMENDATIONS

<table>
<thead>
<tr>
<th>Education</th>
<th>Counselling</th>
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<tbody>
<tr>
<td>HCPs working in head and neck cancer should provide available information from a variety of sources to decrease gaps in knowledge regarding HPV-related head and neck cancers</td>
<td>Patients may require counselling for emotional support after their diagnosis, this can include:</td>
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<tr>
<td>Education should focus on:</td>
<td>• Rehabilitation programmes</td>
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<td>• Illness</td>
<td>• Stress management and relaxation exercises</td>
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<tr>
<td>• Treatment</td>
<td>• Social interventions</td>
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<td>• Symptom burden</td>
<td>Advice should emphasise the psychosocial impact of their diagnosis and give patients the option for appropriate referrals</td>
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<td>• Sexual behaviours</td>
<td>HCPs should also assess whether ongoing monitoring for support and guidance is needed</td>
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<td>HCPs should also be aware of the possibility of patients finding distressing information online. This is generally not factual and written at a level too difficult for the average patient to comfortably understand</td>
<td></td>
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</tbody>
</table>

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