

# Cancer Care Management

We work closely with other medical specialists and allied health professionals to ensure the most ideal outcomes for our patients.



Our surgeons are highly trained to remove cancer with precision



Radiologists interpret scans and help us in the exact staging of patients.



Radiation and Medical Oncologists provide expertise to our patients who may need radiotherapy and chemotherapy.



Reconstructive Plastic Surgeons will help to restore form and function of your physical appearance.



The Speech and Swallowing Therapy team will help you achieve the most ideal outcomes for your speech and swallowing.



Dieticians will provide you with dietary advice before, during and after treatment.



The Dental team ensures that your teeth are in good condition before embarking on radiotherapy.

Our aim is the same as yours – to fight off the cancer and return you to an ideal quality of life.



## Clinics 1B

TTSH Medical Centre, Level 1

### Contact:

6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

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## Department of OTORHINOLARYNGOLOGY (EAR, NOSE & THROAT)

### Laryngeal Cancer





## Overview

The diagnosis of cancer in a patient is often accompanied by disbelief and feelings of helplessness. The feeling of helplessness may be partly due to a lack of knowledge and awareness of the many treatment options available.

This series of brochures will provide you information on common head and neck cancers, focusing on the following:

- Common causes and symptoms
- Investigations required
- Treatment options available

For more information about the condition and treatment options, please consult a head and neck cancer specialist.

## Cancer Patient Services

The Department of Otorhinolaryngology (Ear, Nose, Throat) in Tan Tock Seng Hospital offers the following services in relation to head and neck cancers:

1. Diagnosis of the cancer
2. Appropriate staging of the cancer
3. Treatment – every cancer patient is discussed with a multi-disciplinary team to identify the most ideal evidence-based treatment
4. Long-term follow up and monitoring to ensure the cancer does not return

## Laryngeal Cancer

Larynx (or voice box) cancer is much more common in men than in women in Singapore. However, the overall incidence is decreasing.

### Main Causes

- Smoking
- Excessive alcohol consumption

### Common Symptoms

- Hoarse voice
- Blood in phlegm
- Difficulty in breathing
- Noisy breathing (stridor)
- Lymph glands in the neck
- Weight loss

## Examination and Tests

Your doctor will perform a nasoendoscopy procedure, where a fiberoptic camera is passed through your nose to obtain a view of the voice box.

Two types of investigations are required:

1. **Biopsy** of the voice box to determine the presence of cancer. This is done under general anaesthesia.
2. **Scans** to determine the spread of the disease. Commonly-performed scans include:
  - **Magnetic Resonance Imaging (MRI)** scan of the larynx and neck
  - **Positron Emission Tomography (PET)** scan of the whole body



Left:  
A normal larynx



Left:  
Tumour in larynx

## Treatment

The treatment of larynx cancer depends on the stage of disease:

- Early stage: Either surgery OR radiotherapy
- Advanced stage: Surgery and radiotherapy OR chemoradiotherapy

Chemoradiotherapy has the advantage of retaining the larynx but only some patients are suitable for this treatment. Your doctor will explain which treatment is most suitable for you.

You will also need to undergo speech rehabilitation as surgical removal of the larynx will affect your speech.