

## 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)



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

### Nasopharyngeal 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

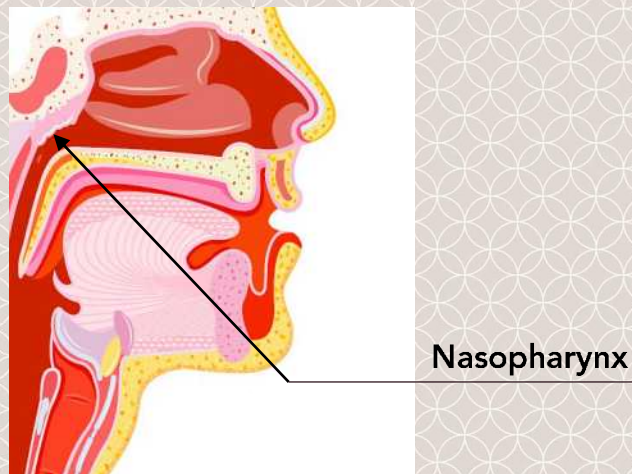
The Department of Otorhinolaryngology (Ear, Nose, Throat) in Tan Tock Seng Hospital offers the following services in relation to head and neck cancers:

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

## Nasopharyngeal Cancer

Nasopharyngeal cancer, or nose cancer, is the most common head and neck cancer in Singapore. It is the 8<sup>th</sup> most common cancer in males in Singapore, accounting for 3.7% of all cancers in males from 2010 to 2014.<sup>1</sup>

This cancer occurs at the back of the nose, just behind the opening that connects the nose to the ear.



### Main Causes

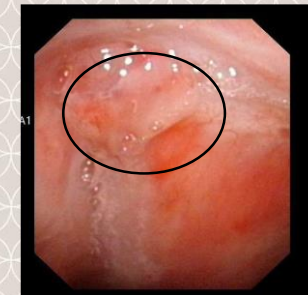
- Long-term consumption of preserved food
- Virus infection (Epstein Barr virus)
- Family history of nasopharyngeal-cancer

### Common Symptoms

- Blood-stained saliva
- Lymph gland enlargement in the neck
- Nose blockage
- Decreased hearing



Normal Nasopharynx



Nasopharyngeal Cancer

## Examination and Tests

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

Two types of investigations are required:

1. **Biopsy** of the back of the nose to determine the presence of cancer. This is done in the clinic.
2. **Scans** to determine the spread of the disease. Commonly-performed scans include:
  - **Magnetic Resonance Imaging (MRI)** scan of the nose and neck
  - **Positron Emission Tomography (PET)** scan to determine if the cancer has spread to the lungs, liver or bones

## Treatment

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

- Early stage: Radiotherapy only
- Advanced stage: Chemoradiotherapy