Luiz Augusto Nascimento
Marcos Santos
Luís Felipe de Oliveira e Silva
Jessica Sampaio
Ediane Ferreira
Ricardo de Alencar Vilela

Head and Neck Service and Radiotherapy Service-University Hospital-Federal University of Brasilia (UnB)

Quality of life outcomes in head and neck cancer survivors after surgery, chemotherapy and radiotherapy

Purpose: To report quality of life output in patients with head and neck cancer treated with surgery, chemotherapy and radiotherapy. **Methods:**Quality of life outcomes were assessed using EORTC QLQ30 and HN43 questionnaires in a multi-institutional and prospective study. One hundred and eleven head and neck cancer patients with squamous cell carcinoma of oral cavity (43%), oropharynx (24%), hypopharynx (7%) and supraglottic larynx (26%), in clinical stage I (18%), II (16%), III (35%) or IV (31%), completed the questionnaires at the baseline (pre-treatment) and at least one year after radiotherapy. The scores for global quality of Life (QoL) and for dry mouth (HNDR), stick saliva (HNSS) and swallowing (HNSW) symptoms were calculated according EORTC scoring manual. The Student`s t test was used in the comparisons. **Results:** The mean scores at the baseline and at least one year after radiotherapy, respectively, were QoL: 68.6 vs. 72.4 ($p=0.206$); HNDR: 21.6 vs. 56.8 ($p<0.001$); HNSS: 22.8 vs. 49.6 ($p<0.001$); HNSW: 22.7 vs. 24.2 ($p=0.225$). **Conclusions:** The xerostomia-related scores, as expected, increased after oncologic treatment. The swallowing symptom score assessed at the baseline had no statistically significant difference compared to the score assessed at least one year after radiotherapy. The improvement in the QoL score did not reach statistical significance as well.