

Treatment of head and neck lymphedema

Improving patient quality of life

By Marize Ibrahim



References

- Smith, B. G., & Lewin, J. S. (2010). The role of lymphedema management in head and neck cancer. *Current opinion in otolaryngology & head and neck surgery*, 18(3), 153. Canadian Cancer Statistics Advisory Committee in collaboration with the Canadian Cancer Society, S.C.a.t.P.H.A.o.C. Canadian Cancer Statistics 2021. Toronto, ON: Canadian Cancer Society (2021).
- DiSipio, T., Rye, S., Newman, B., & Hayes, S. (2013). Incidence of unilateral arm lymphoedema after breast cancer: a systematic review and meta-analysis. *The lancet oncology*, 14(6), 500-515.
- Shah C, Vicini FA. Breast cancer-related arm lymphedema: Incidence rates, diagnostic techniques, optimal management and risk reduction strategies. *Int J Radiat Oncol Biol Phys* 2011;81:907-14. 10.1016/j.ijrobp.2011.05.043
- Shaitelman, S. F., Cromwell, K. D., Rasmussen, J. C., Stout, N. L., Armer, J. M., Lasinski, B. B., & Cormier, J. N. (2015). Recent progress in the treatment and prevention of cancer-related lymphedema. *CA: a cancer journal for clinicians*, 65(1), 55-81.
- Jeans, C., Brown, B., Ward, E. C., Vertigan, A. E., Pigott, A. E., Nixon, J. L., & Wratten, C. (2020). Comparing the prevalence, location, and severity of head and neck lymphedema after postoperative radiotherapy for oral cavity cancers and definitive chemoradiotherapy for oropharyngeal, laryngeal, and hypopharyngeal cancers. *Head & neck*, 42(11), 3364-3374.
- Deng, J., et al. Prevalence of secondary lymphedema in patients with head and neck cancer. *Journal of pain and symptom management* 43, 244-252 (2012).
- Piso, D. U., Eckardt, A., Liebermann, A., Gutenbrunner, C., Schäfer, P., & Gehrke, A. (2001). Early rehabilitation of head-neck edema after curative surgery for orofacial tumors. *American journal of physical medicine & rehabilitation*, 80(4), 261-269.
- Murphy BA, Gilbert J. Dysphagia in head and neck cancer patients treated with radiation: assessment, sequelae, and rehabilitation. *Semin Radiat Oncol*. 2009;19:35–42. This article suggests the potential impact of HNL on swallowing function and quality of life after radiation treatment to the head and neck.
- Poulsen MG, Riddle B, Keller J, Porceddu SV, et al. Predictors of acute grade 4 swallowing toxicity in patients with stages III and IV squamous carcinoma of the head and neck treated with radiotherapy alone. *Radiother Oncol*. 2008;87:253–259. This article suggests the potential effect of HNL on swallowing function and quality of life after radiation treatment to the head and neck.
- Lewin JS, Hutcheson KA, Smith BG, et al. Early experience with head and neck lymphedema after treatment for head and neck cancer. Poster presentation. Multidisciplinary Head and Neck Cancer Symposium; Chandler, AZ. February 2010.
- Penner JL. Psychosocial care of patients with head and neck cancer. *Semin Oncol Nurs*. 2009;25:231–241.
- Penner JL. Psychosocial care of patients with head and neck cancer. *Semin Oncol Nurs*. 2009;25:231–241.
- Tschesner U, Linseisen E, Baumann S, et al. Assessment of functioning in patients with head and neck cancer according to the International Classification of Functioning, Disability, and Health (ICF): a multicenter study. *Laryngoscope*. 2009;119:915–923.
- Chaput, G., Ibrahim, M., & Towers, A. (2020). Cancer-related lymphedema: clinical pearls for providers. *Current Oncology*, 27(6), 336-340.

15. Pigott, A., Nixon, J., Fleming, J., & Porceddu, S. (2018). Head and neck lymphedema management: evaluation of a therapy program. *Head & neck*, *40*(6), 1131-1137.
16. Smith BG, Hutcheson KA, Little LG, et al. Lymphedema outcomes in patients with head and neck cancer. *Otolaryngol Head Neck Surg*. 2015;*152*(2):284-291.
17. Ridner, S. H., Fu, M. R., Wanchai, A., Stewart, B. R., Armer, J. M., & Cormier, J. N. (2012). Self-management of lymphedema: a systematic review of the literature from 2004 to 2011. *Nursing research*, *61*(4), 291-299.