

The sociability of head and neck cancer survivors at 5 years

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Introduction

- Head and neck cancer : 5,3% of all cancers and 507 000 deaths in 2017, increasing since
- New population due to HPV+ cancer with younger and healthier patients
- Few studies on quality of life after healing

Primary endpoint : Identify alteration of sociability in a population of head and neck cancer survivors and to evaluate and identify the factors related to sociability's alteration after 5 years

Materials and Methods

- Descriptions of the VICAN study (2010-2015) and population
- Evaluate sociability by 2 questions from EORTC QLQ-C30 : « During the past week:
 - Has your physical condition or medical treatment interfered with your family life? Not at all/A little/Quite a bit/Very much
 - Has your physical condition or medical treatment interfered with your social activities? Not at all/A little/Quite a bit/Very much »
- Ethical aspect
- Statistical analysis : bilateral Chi2 test for categorical variables, or Student's t test for quantitative variables + logistic regression to assess the factors predictive of poor sociability at 5 years after diagnosis

Results

- Population : 291 patients, 77% male, 61,5% < 60 years, 22% current smokers, 35,1% oropharyngeal cancer
- Alteration of sociability 5 years after cancer's diagnosis : 44%
- Education, Comorbidities, Pain, Psychological issues and Body image are significantly related to an alteration of sociability after healing of H&N cancer
- Dysphonia, Dysphagie, Sticky saliva and Affected physical quality of life are too significantly related to an altered sociability after 5 years

Conclusion

Physical changes due to treatment cause psychosocial distress such as depression, anxiety and isolation. It also affects relationships of all kind. These results should lead to a practice's improvement to anticipate changes the patient will suffer. Patients would be interested in programs to help them to improve difficulties. It should become a public interest to fight against loneliness and help and preserve survivors' sociability.