Patient presents:
- A minimum of 30 months post treatment for oropharynx cancer and
- Treated at MD Anderson and
- Has one post treatment CT head and neck and
- NED

ELIGIBILITY

CONCURRENT COMPONENTS OF VISIT

SURVEILLANCE

- Transition to HNSVC within 6-12 months to include:
  - History and physical exam
  - Chest x-ray
  - CT head and neck with contrast if less than 4 years from completion of treatment, then
- History and physical exam annually with:
  - Chest x-ray
  - CT head and neck with contrast if less than 4 years from completion of treatment

MONITORING FOR LATE EFFECTS

- Consider:
  - Annual audiogram
  - Xerostomia assessment
  - Dental/osteoradionecrosis assessment
  - Neurocognitive dysfunction assessment
  - Annual TSH (thyroid-stimulating hormone) and free T4 if treated with radiation therapy

RISK REDUCTION/EARLY DETECTION

- Patient education, counseling, and screening:
  - Lifestyle risk assessment
  - Cancer screening
  - Vaccinations as appropriate
  - HPV vaccination as clinically indicated (see HPV Vaccination algorithm)
  - Screening for Hepatitis B and C as clinically indicated (see Hepatitis Screening and Management – HBV and HCV algorithm)
  - Consider cardiovascular risk reduction
  - Limit alcohol consumption

PSYCHOSOCIAL FUNCTIONING

- Assess for:
  - Distress management (see Distress Screening and Psychosocial Management algorithm)
  - Anxiety/depression
  - Financial stressors
  - Body image
  - Social support

DISPOSITION

New primary or recurrent cancer?
Yes
- Return to primary treating physician
No
- Continue survivorship monitoring

Refer or consult as indicated

NED = no evidence of disease
HNSVC = Head and Neck Survivorship clinic

1 See Physical Activity, Nutrition, and Tobacco Cessation algorithms; ongoing reassessment of lifestyle risks should be a part of routine clinical practice
2 Includes breast, cervical (if appropriate), colorectal, liver, lung, pancreatic, prostate and skin cancer screening
3 Based on Centers for Disease Control and Prevention (CDC) guidelines
4 Consider use of Vanderbilt’s ABCDE’s approach to cardiovascular health

Disclaimer: This algorithm has been developed for MD Anderson using a multidisciplinary approach considering circumstances particular to MD Anderson’s specific patient population, services and structure, and clinical information. This is not intended to replace the independent medical or professional judgment of physicians or other health care providers in the context of individual clinical circumstances to determine a patient’s care. This algorithm should not be used to treat pregnant women.
Survivorship - Oropharynx Cancer

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SUGGESTED READINGS


Survivorship - Oropharynx Cancer

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DEVELOPMENT CREDITS

This survivorship algorithm is based on majority expert opinion of the Head and Neck Survivorship work group at the University of Texas MD Anderson Cancer Center. It was developed using a multidisciplinary approach that included input from the following:

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