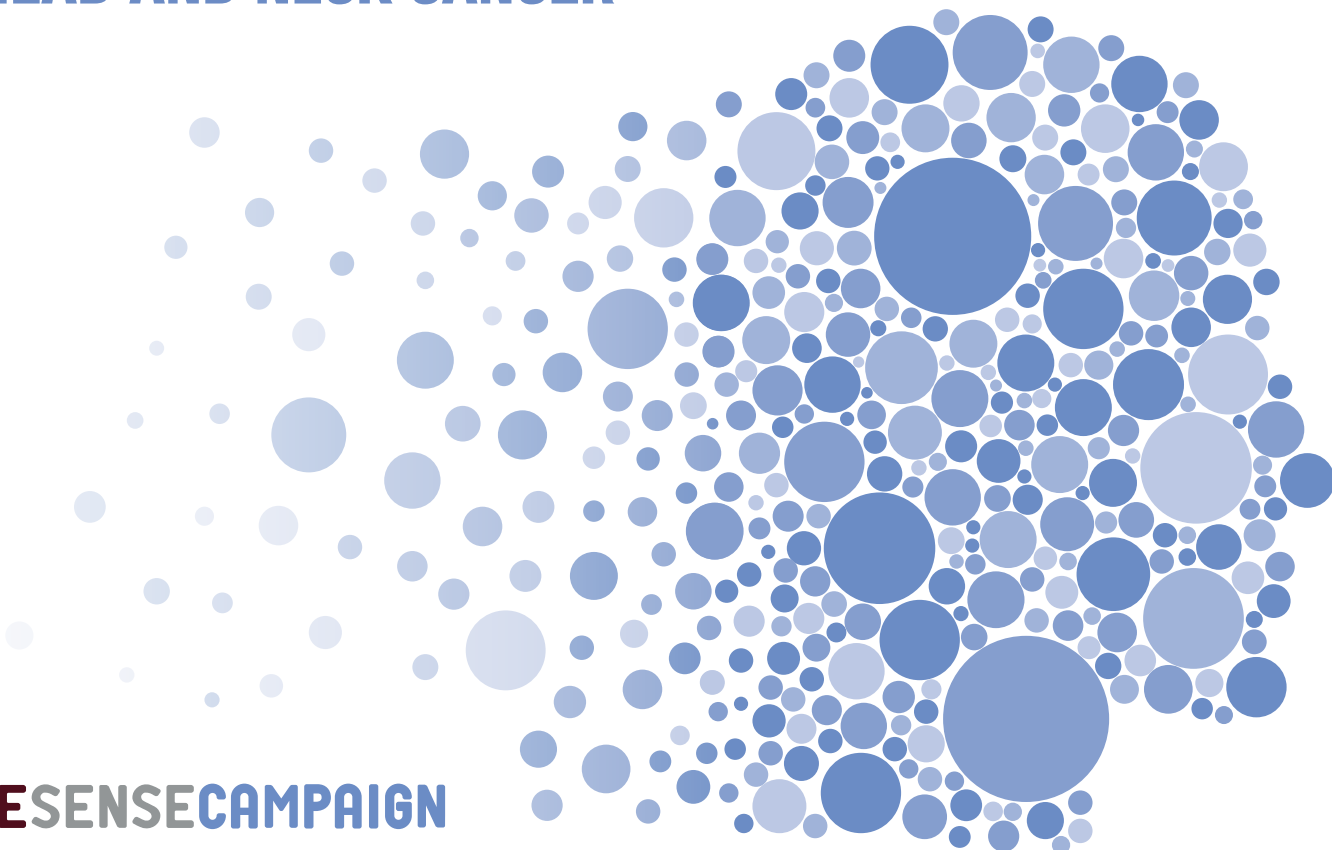


THE IMPORTANCE OF
POST-TREATMENT CARE

MAKE SENSE OF HEAD AND NECK CANCER



MAKESENSECAMPAIGN

MAKE SENSE CAMPAIGN

MISSION STATEMENT

The *Make Sense Campaign*, run by the European Head and Neck Society (EHNS), aims to raise awareness of head and neck cancer and ultimately improve outcomes for patients with the disease. It will do this through:

- Education on disease prevention
- Driving understanding of the signs and symptoms of the disease
- Encouraging earlier presentation, diagnosis and referral

While early diagnosis remains at the forefront of the fight against head and neck cancer, optimal and standardised care is paramount. The *Make Sense Campaign* advocates multidisciplinary post-treatment care as a fundamental part of the patient journey. Effective post-treatment care can support the patient's rehabilitation into society, reduce the chance of recurrence and, most importantly, support improved outcomes for patients.

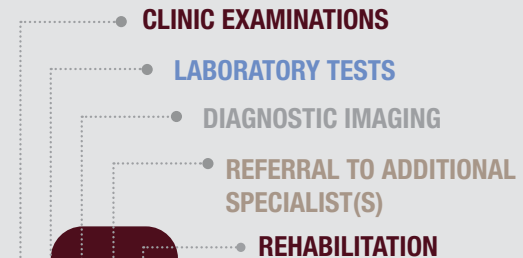
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WHAT IS POST-TREATMENT CARE?

Post-treatment care is a personalised care scheme for patients who have completed cancer treatment.

It may include follow-up clinic examinations, possible diagnostic imaging studies and additional lab tests to monitor treatment response, rehabilitation and recovery.

During post-treatment care, patients may be referred to other specialists, such as mental health care consultants, speech therapists or dieticians, to support them in their recovery.



WHAT?

IS POST-TREATMENT CARE?

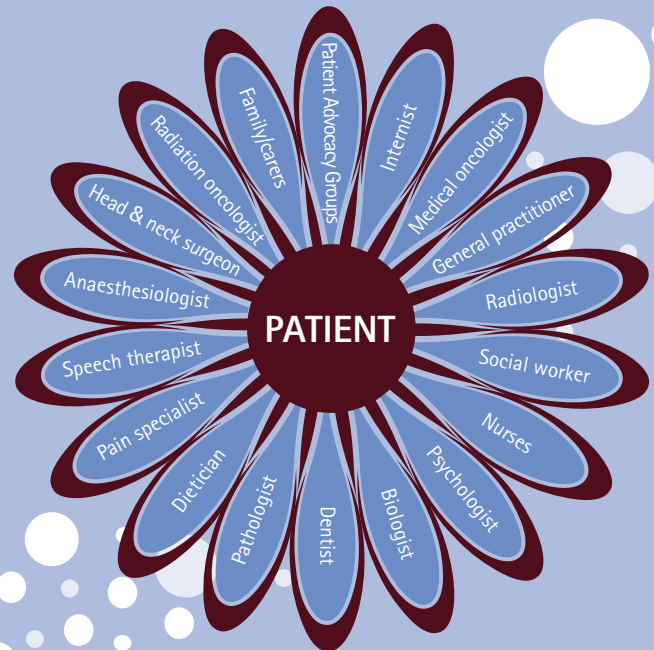


All of the above measures are critical in ensuring the patient has the best quality of life, and increase their chance of success after treatment.

WHO IS INVOLVED IN POST-TREATMENT CARE?

Patients should receive post-treatment care from a dedicated multidisciplinary team (MDT).

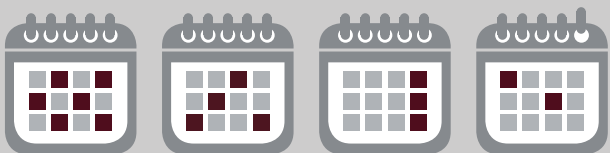
Appropriate use of specialists' knowledge and expertise for all patients will improve decision-making, shorten times between successive stages of treatment and provides an overall optimal level of care.



LENGTH OF POST-TREATMENT CARE

It is recommended that all patients should undergo post-treatment care for a minimum of 5 years, with a prolonged follow-up for selected patients who have a high risk of recurrence.

FREQUENCY OF POST-TREATMENT CARE



The frequency of patient follow-up will decrease over time.

For optimal post-treatment care, patients are encouraged to follow these recommendations.

If you would like more information on multidisciplinary post-treatment care or any aspects of head and neck cancer please visit:

www.makesensecampaign.eu

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SIGNS & SYMPTOMS

As part of their post-treatment care, patients should continue to check the head and neck region and look out for these signs or symptoms:

LUMP ON OR NEAR PREVIOUS TUMOUR SITE

TISSUE HARDENING

SWELLING

INCREASING PAIN

PERIODIC BLEEDING

NERVE DYSFUNCTION

WEIGHT LOSS

CHANGE IN VOICE
DIFFICULTY SWALLOWING

On identifying any of the above signs or symptoms, patients should seek medical attention as soon as possible, and **NOT** wait for their next follow-up appointment.

Early detection will result in earlier diagnosis of recurrence and ultimately improve patient outcomes.