

0095 Quality of Life Following Intensity-modulated Radiotherapy for Nasopharyngeal Carcinoma

[A.S. MCMILLAN](#), E.H.N. POW, W.K. LEUNG, M.C.M. WONG, and D.L.W. KWONG, University of Hong Kong, Hong Kong

Complications following conventional radiotherapy to the head and neck are substantial and seriously affect patient quality of life (QOL). Intensity-modulated radiotherapy is considered to yield fewer complications and thus may be less deleterious to QOL. Objective: to assess the impact of IMRT on the QOL of southern Chinese with nasopharyngeal carcinoma. Method: 26 newly diagnosed patients (16 male, 8 female; mean age 46.8 [SD,10.1] years; Tumour stage T1 or 2) took part in a prospective study. Evaluation points were before IMRT and 2 and 6 months after therapy. At each session, participants completed the EORTC QLQ-C30, QLQ-H&N35 and SF36 questionnaires. Mann-Whitney/ Friedman tests were used to compare changes over time. Results: at 2 months, there were significant decreases in mean SF36 sub-scale scores (physical function, role-physical, vitality, social functioning) and significant increases in EORTC C30 scales (physical functioning, fatigue, appetite loss) and H&N35 scales (swallowing, senses, social eating, social contact, dry mouth, sticky saliva) [$p<0.005$]. At 6 months, there were no differences in SF36 and EORTC C30 scores compared with baseline, whereas 6 H&N35 scores (swallowing, senses, social eating, opening mouth, dry mouth, sticky saliva) were significantly higher than baseline but only the mouth opening score was higher than at the 2 month evaluation ($p<0.005$). Conclusion: general QOL appeared to be impaired only in the short term whereas oral health-related QOL was still significantly poorer 6 months after IMRT. Supported by CRCG, HKU.

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