

Principles Of Radiotherapy In Head And Neck Cancers

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Abstract

Head and neck malignancy is a very common cancer among Indian males. This is attributable to common habit of chewing Tobacco, Gutkha, betel and betel nuts etc. Presentation is usually at advanced stage. Often surgery is ruled out due to advanced stage. Options for management left are Chemotherapy and Radiotherapy. Usually concurrent Chemo Radiotherapy is given. Head and neck region is very complex anatomically. The aim of giving Radiotherapy in such cancers is to achieve maximum local control with minimal toxicity to normal and vital structures. In the past parallel opposing conventional beams were used and there was considerable damage to vital structures. Now a days treatment is delivered with highly sophisticated linear Accelerators. Intensity Modulated and image guided treatment is given. Treatment is verified at regular intervals. if any discrepancy found replanning is done. With the newer technologies it is possible to deliver Biological effective Dose to tumour for better control while restricting the radiation dose to vital structures. Doses close to 70Gy are given in concurrent setting and 60-66 Gy in post operative setting.

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