

PATIENT INFORMATION

Nasal Sinus and Nasal Cavity Cancer

Your nasal sinuses are small hollow spaces in the bones around your nose. They are called the ethmoid, frontal, sphenoid and maxillary sinuses. The sinuses are lined with cells that make mucus, which keeps the nose from drying out; the sinuses are also a space through which your voice can echo to make sounds when you talk or sing.

Your nasal cavity is the passageway just behind your nose through which air passes on its way to your throat when you breathe. The area just inside your nose is called the nasal vestibule.

How is cancer of the sinuses or nasal cavity diagnosed?

The doctor will examine you and ask you about your medical history, signs and symptoms. Your doctor may then order a special x-ray called a CT scan, which uses a computer to make a picture of the inside of your head and neck. Another special scan called an MRI scan may also be done. A special instrument called a nasendoscope may be put up your nostril to see into your nose and into the throat. If tissue that is not normal is found, your doctor will need to cut out a small piece of tissue and look at it under a microscope, this is called a biopsy. Sometimes the biopsy can be done in the Outpatients Department and sometimes it is necessary to do this under a general anaesthetic which may require an overnight stay in hospital.

What types of treatment are available?

1. **Surgery** is commonly used to remove cancers in this area. If cancer has spread into the lymph nodes in the neck, the lymph nodes may also be removed; this is called a neck dissection. The average length of stay will be 2-5 days. (Ask for the leaflet on neck dissection). This operation may be performed at the Royal Devon University Hospital.
2. **Radiotherapy** can be used to destroy cancerous cells sometimes instead of surgery and sometimes after surgery. This decision will be made by the team looking after you and is based on the results of the scans and biopsies.
3. **Chemotherapy** means treatment with drugs. This is rarely used to treat sinus and nasal cavity cancer. It may be used if the cancer has spread more widely.

Care is provided throughout by a large team of doctors, nurses, dietitians, physiotherapists and speech and swallowing therapists all offering support and information for you and your family.

What problems can occur?

Radiotherapy may have some side effects; feeling sick, sore skin, changes in taste and saliva, sore mouth, eye irritations and headaches are common. However these can often be relieved, so it is important to tell your doctor or specialist nurse so that medications can be prescribed.

Hair loss only occurs where the radiotherapy treatment beam enters and leaves the body, in many cases the hair will start to grow back a few weeks after the treatment finishes.

How quickly will I recover?

Recovery depends on the type of treatment you have undergone as well as your own individual healing. Resuming daily activities, including work, as soon as you are able can help the healing process.

You will be seen by the dietitian and she will advise you on the best diet to promote healing and recovery.

You may need further treatment. Sometimes we add radiotherapy to surgery to make sure we get the best chance of a cure.

Your feelings

You are likely to experience a number of different emotions; from shock and disbelief to fear and anger. These feelings are quite natural and it is important for you to be able to express these feelings if you wish. Everyone has their own ways of coping with difficult situations; some people find it helpful to talk to family and friends, while others prefer to seek help from professionals, and some will prefer to keep their feelings to themselves. There is no right or wrong way to cope, but help is there if you need it. Talk to your specialist nurse for further information about the help available. Remember, there are other patients who have gone through the same situation. Your specialist nurse can put you in touch with someone who knows what it is like.

Contacts

Head and Neck Specialist Nurses:

- **Phone: 01803 655044**
- **Mobile: 07827 882192**

www.macmillan.org.uk

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.