



Nose cancer

A quick guide to nose cancer

Nose cancer is a type of head and neck cancer. Nasal and paranasal tumors can be noncancerous (benign) or they can be cancerous (malignant). Several types of nasal and paranasal tumors exist.

Depending on where the cancer starts, the disease can have many different names. Nasal and paranasal tumors are abnormal growths that begin in and around the passageway within your nose. Paranasal tumors begin in air-filled chambers around the nose called the paranasal sinuses.

If nose cancer starts in the opening behind the nose, it's nasal cavity cancer. The nasal cavity is right behind the nose and runs along the roof of the mouth, eventually joining the upper part of the throat.

Important note: Tumors in the sinonasal region are rare, 3-5% of head and neck cancer (as stated by American cancer society). The main age group to be affected by nasal and paranasal tumors is 55 years and older.

What are the Causes for Nasal and Sinus Tumors?

Histologically, there are several forms of sinonasal cancer, the most common of which are squamous cell carcinoma, adenocarcinoma, and adenocystic carcinoma.

Genes become disturbed when a cell's DNA becomes damaged. Some risk factors

that can lead to DNA changes and possibly cause nose cancer include:

- Exposure to industrial fumes and leather tanning(Adenocarcinoma)
- workplace exposures to wood dust(Adenocarcinoma)
- Workers in Nickel industry (Squamous cell carcinoma)
- Human papilloma Virus (HPV- Scheneiderian papilloma)

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What are the signs and symptoms?

The signs and symptoms of nose cancer depend on the type of cancer a person has.

Symptoms may include:

- Nasal congestion that doesnot resolve with drops and blockage of one side of the nose
- Unprovoked nasal bleeds
- mucus dripping into the throat and pus in the nose
- Reduced smell sensation
- Widening of framework of nosede:
- losing teeth or numbness of teeth
- watering of eyes and pain around the eyes
- double vision
- pain or pressure in one ear and hearing loss
- trouble opening the mouth
- Swollen lymph nodes of neck

It is important to note that the above mentioned signs and symptoms are nonspecific. This may also indicate other medical conditions, such as infections or nasal polyps.

How to prevent nose cancer?

In order to reduce your risk of nasal and paranasal tumors, you can:

- **Avoidance of known carcinogens and Protect yourself at work** - Follow your workplace safety rules for protecting yourself from harmful fumes and irritants in the air, such as wearing a face mask.
- Quit smoking

When do I see my doctor, and what are the red flags?

Consult your ENT doctor if you have a decreased or lost sense of smell, a blocked or congested nose that does not clear, pressure or pain behind the nose around the upper teeth, nosebleeds (especially if only on one side), a lump or sore inside the nose or mouth or on the face, frequent headaches or pain in the sinus areas, numbness or tingling in the face, swelling or eye trouble, such as double vision, complete or partial loss of sight, or watery eyes. If any of these symptoms last for more than a few weeks, talk to your doctor as early as possible.

What is the treatment for sinonasal cancers?

Treatment depends upon the extent of disease, spread of tumor and histological type of the tumor

An ENT doctor may examine the nose and advise a CT and MRI of the head and neck region to assess the extent of tumor growth. Except for tumors at stage 4, the main modality of treatment is surgical removal of the tumor. Further treatment depends on the biopsy results and may require chemotherapy and/or radiotherapy.

If the disease has spread to the eye or to the jaw bones, surgical clearance of those areas will be advised by the doctor

Note:

Sinonasal malignancies are rare. As a result, it is frequently diagnosed too late. Creating awareness and ensuring early detection can reduce the morbidity and mortality of the disease.

- Dr. Prashanth R Reddy

“E.N.T. health - ENTry for better senses”.

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