

# Treatment outcome for local recurrent nasopharyngeal carcinoma in University Malaya Medical Centre from 2010-2017

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## ABSTRACT

**Introduction:** We aim to analyse the different treatment outcomes received by patients with recurrent local Nasopharyngeal cancer. **Methods:** A total of 22 patients previously diagnosed with Stage I- IVB (AJCC 7th Ed.) Nasopharyngeal carcinoma (NPC) that developed local recurrence within 6 months post concurrent chemo-radiation with histological and radiological confirmation that received treatments in UMMC from 2010- 2017. Patients are analyzed based on the treatment that they have received in recurrent disease; surgery, radiotherapy, and chemotherapy groups. **Results:** Surgery provides the best outcome, followed by reirradiation and lastly chemotherapy; 5- year OS and median survival for each group is; 33.3%, 66 months; 30%, 44 months; 0%, 8 months respectively. Surgery is well tolerated with minimal side effects and no life-threatening complications compared to reirradiation. From the reirradiation group, 100% developed xerostomia, 60% developed hearing loss, 10% developed temporal bone necrosis, and 10% developed RT-induced dysphagia. **Conclusion:** Surgery and reirradiation offer better PFS and OS compared to chemotherapy. Early resectable relapse will have a better outcome and less toxicity with surgery. Reirradiation could be considered in patients with more local advanced stages and favorable prognostic features. For unfit patients that are not amenable to re-RT or surgery, palliative chemotherapy is a reasonable option.

# Prevalence and factors associated with dizziness and imbalance among elderly with healthy ageing in Malaysia

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## ABSTRACT

**Introduction:** Dizziness and imbalance is a common problem among elderly. The aims of the study is to determine the prevalence of dizziness and imbalance among healthy ageing elderly, related associated factors and effect of dizziness on level of functioning in daily activity. **Methods:** A cross-sectional study carried out among members of University of Third Age (U3A), Malaysia using Amer Dizziness Diagnostic Scale (ADDS) and Activities-specific Balance Confidence (ABC) Scale questionnaire. A total of 200 respondents age from 60 years old till 86 years old were recruited in the study. **Results:** Out of 200 respondents, the prevalence of dizziness and imbalance among elderly was 63.5% with 30.5% due to Central Mediated Problem (CMP), 17.5% Benign Paroxysmal Positional Vertigo (BPPV), 12.5% Unilateral Vestibular Hypofunction (UVH) and 3% Cervicogenic Dizziness Problem (CGD). There is a significant association between hypertension and neurological problems with the ADDS Questionnaire. Dizziness and imbalance have an impact on level of functioning ( $p < 0.05$ ) with participants who have dizziness or light-headedness upon head or body movement and longer duration of dizziness have lower confidence level in maintenance balance on ABC scale ( $P < 0.001$ ). **Conclusion:** In view of high prevalence of dizziness, a screening among elderly in the community is recommended.