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Squamous cell carcinoma (SCC) of the tongue: Symptoms, staging, and treatments

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Introduction: Squamous cell carcinoma (SCC) of the tongue is one of the most common oral cavity cancers, accounting for 30 to 50% of all oral carcinomas. Surgical therapy is the main treatment option for tongue cancer, while radiotherapy and chemotherapy are adjuvant therapy depending on the stage and histopathological characteristics. The purpose of this study was to evaluate the staging (AJCC 8th edition) and surgical management of squamous cell carcinoma of the tongue.

Methodology: 48 histopathologically proven cases of squamous cell carcinoma of the tongue were included in the present study. Recurrent cases and prior treatment of tongue cancer by chemotherapy and radiotherapy were excluded. All the patients involved in the study underwent tumor resection with neck dissection.

Results: A total of 48 patients were staged as per TNM criteria (AJCC 8th edition). 52.08% of patients were pathologically node-negative (pn0). In pathologically node-positive (pn+) patients N2 Category was the highest followed by N1 Category and N3 Category. The percentage of T1, T2, T3, and T4 lesions were 12.50, 47.91, 29.17, and 10.42% respectively. The lymph node positivity was maximum in T4 followed by T2 and T3. Final histopathological stage grouping revealed early-stage (stage I and II) disease in 17 (35.42%) patients and advanced-stage (stage III and IV) disease in 31 (64.58%) patients. 13, 31 and 4 patients were treated by surgery alone, surgery with postoperative radiotherapy and surgery with postoperative CRT respectively.

Conclusion: This study concluded that the Majority (64.58%) of the patients had been diagnosed with advanced-stage of carcinoma. Histopathology reports demonstrated that most of the patients had well-differentiated squamous cell carcinoma. Four (8.33%) patients were pathologically node-positive with extranodal extension (pn+/ENE+). Stage I and II (Early stage) patients were treated mainly by surgery alone and stage III and IV (advanced stage) patients were treated with combination therapy.

Recent Publications:

1. Ahmed S, Shah Nawaz K, Mandal TK, Ghafir M, Gummaluri SS, Vishal G. Comparative evaluation of antimicrobial efficacy of herbal formulations of septicin and triphala with conventional 2% chlorhexidine on root canal and oral commensal bacteria using Kirby-Bauer method: An in-vitro study. *Contemp Clin Dent* 2022;13:383-8.
2. Vishal G, Dandriyal R, Indra BN, Singh HP, Chaurasia A. Response letter to the "Letter to editor:" to our article-A Comparative study of the anaesthetic efficacy of 4% articaine versus 2% lidocaine with adrenaline during extraction of mandibular molars using an inferior alveolar nerve blocking technique. *The British Journal of Oral & Maxillofacial Surgery*. 2022 May;60(4):528.
3. Saxena S, Giri KY, Sharma P, Niranjanaprasad IB, Dandriyal R, Abhishek K, Vishal G. Comparative Assessment of Clinical and Quality of Life Outcomes in Mandibular Angle Fractures Treated with Standard and Three-Dimensional Mini-Plates. *Journal of Maxillofacial and Oral Surgery*. 2022 Feb 20:1-7.
4. Vishal G, Dandriyal R, Singh HP, Chaurasia A. Comparative study of the anaesthetic efficacy of 4% articaine versus 2% lidocaine with adrenaline during extraction of mandibular molars using an inferior alveolar nerve blocking technique. *British Journal of Oral and Maxillofacial Surgery*. 2021 Sep 1;59(7):783-7

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Biography

Gaurav Vishal is an Oral and Maxillofacial Surgeon (M.D.S), Fellow in Oral Oncology and Reconstructive Surgery. He completed his M.D.S- Oral and Maxillofacial Surgery from the Institute of Dental Sciences, Bareilly International University, Bareilly, India in 2020 and his Fellowship in Oral Oncology and Reconstructive Surgery from Rohilkhand Medical College and Hospital, Bareilly, India in 2021 under the guidance of Dr. Arjun Agarwal (Surgical Oncologist) and Dr. Anurag Yadav (Oral, Onco & Reconstructive Surgeon). He has received the Emerging Oral Onco Surgeon Award from Hanuman Prasad Poddar Cancer Hospital & Research Institute, in collaboration with Indian Medical Association, Lucknow, India. He has participated in international conferences as a Speaker and Moderator. He is an expert in the field of Facial Trauma, Surgical Pathology, Oral Oncology, and Reconstructive Surgery. He has several International and National Publications to his credit. He is a member of the Association of Oral and Maxillofacial Surgeons of India.

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