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in head and neck cancer: part 2: proposed
applications and treatment protocols*

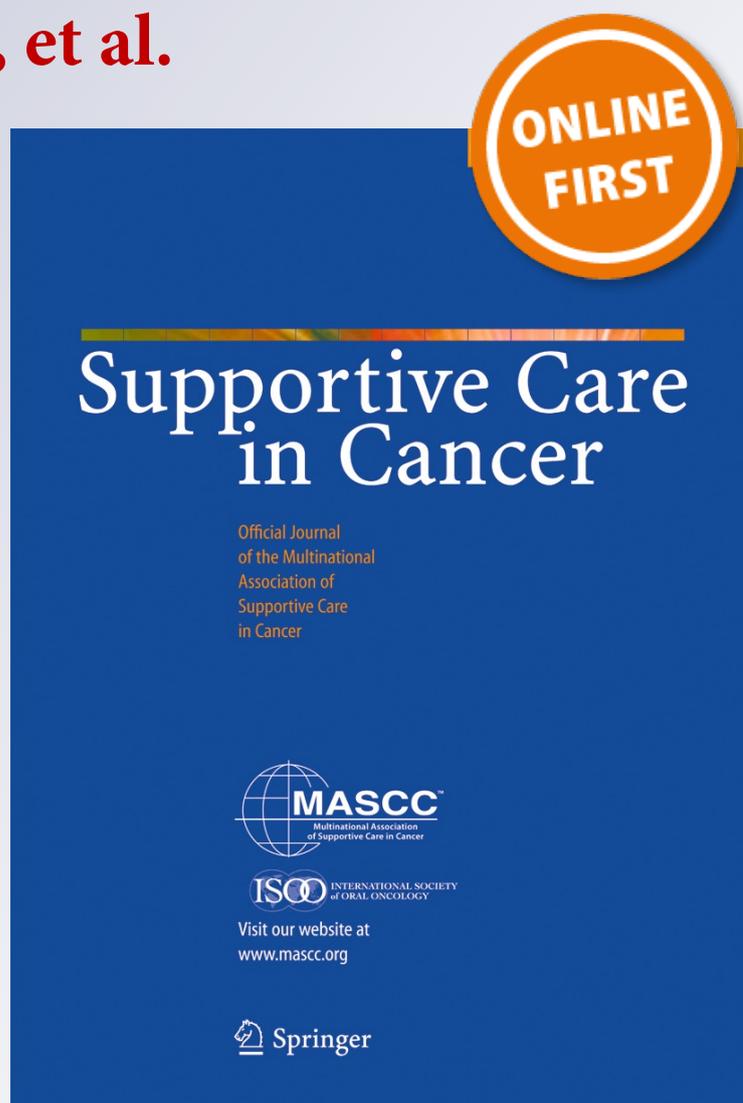
**Judith A. E. M. Zecha, Judith E. Raber-
Durlacher, Raj G. Nair, Joel B. Epstein,
Sharon Elad, Michael R. Hamblin,
Andrei Barasch, et al.**

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Low-level laser therapy/photobiomodulation in the management of side effects of chemoradiation therapy in head and neck cancer: part 2: proposed applications and treatment protocols

Judith A. E. M. Zecha¹ · Judith E. Raber-Durlacher^{1,2} · Raj G. Nair³ · Joel B. Epstein^{4,5} · Sharon Elad⁶ · Michael R. Hamblin^{7,8,9} · Andrei Barasch¹⁰ · Cesar A. Migliorati¹¹ · Dan M. J. Milstein¹ · Marie-Thérèse Genot¹² · Liset Lansaat¹³ · Ron van der Brink⁵ · Josep Arnabat-Dominguez¹⁵ · Lisette van der Molen¹³ · Irene Jacobi¹³ · Judi van Diessen¹⁴ · Jan de Lange¹ · Ludi E. Smeele^{1,13} · Mark M. Schubert¹⁶ · René-Jean Bensadoun¹⁷

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Abstract

Purpose There is a large body of evidence supporting the efficacy of low-level laser therapy (LLLT), more recently termed photobiomodulation (PBM) for the management of oral mucositis (OM) in patients undergoing radiotherapy for head and neck cancer (HNC). Recent advances in PBM tech-

nology, together with a better understanding of mechanisms involved and dosimetric parameters may lead to the management of a broader range of complications associated with HNC treatment. This could enhance patient adherence to cancer therapy, and improve quality of life and treatment outcomes. The mechanisms of action, dosimetric, and safety

✉ René-Jean Bensadoun
renejean.bensadoun@che-nice.com

Judith A. E. M. Zecha
j.zecha@amc.uva.nl

Judith E. Raber-Durlacher
j.e.raberdurlacher@amc.uva.nl

Raj G. Nair
r.nair@griffith.edu.au

Joel B. Epstein
joel.epstein@cshs.org

Sharon Elad
SElad@URMC.Rochester.edu

Michael R. Hamblin
hamblin@helix.mgh.harvard.edu

Andrei Barasch
barasaff@cs.com

Cesar A. Migliorati
migliorati@uthsc.edu

Dan M. J. Milstein
D.M.Milstein@amc.uva.nl

Marie-Thérèse Genot
mtgenot@skynet.be

Liset Lansaat
l.lansaat@nki.nl

Ron van der Brink
RVanderbrink@coh.org

Josep Arnabat-Dominguez
joseparnabat@ub.edu

Lisette van der Molen
l.vd.molen@nki.nl

Irene Jacobi
i.jacobi@nki.nl

Judi van Diessen
j.v.diessen@nki.nl

Jan de Lange
j.delange@amc.uva.nl

Ludi E. Smeele
l.smeele@nki.nl

Mark M. Schubert
mschuber@seattlecca.org

¹ Department of Oral and Maxillofacial Surgery, Academic Medical Center, University of Amsterdam, Meibergdreef 9, 1105, AZ Amsterdam, The Netherlands

considerations for PBM have been reviewed in part 1. Part 2 discusses the head and neck treatment side effects for which PBM may prove to be effective. In addition, PBM parameters for each of these complications are suggested and future research directions are discussed.

Methods Narrative review and presentation of PBM parameters are based on current evidence and expert opinion.

Results PBM may have potential applications in the management of a broad range of side effects of (chemo)radiation therapy (CRT) in patients being treated for HNC. For OM management, optimal PBM parameters identified were as follows: *wavelength*, typically between 633 and 685 nm or 780–830 nm; *energy density*, laser or light-emitting diode (LED) output between 10 and 150 mW; *dose*, 2–3 J (J/cm²), and no more than 6 J/cm² on the tissue surface treated; *treatment schedule*, two to three times a week up to daily; *emission type*, pulsed (<100 Hz); and *route of delivery*, intraorally and/or transcutaneously. To facilitate further studies, we propose potentially effective PBM parameters for prophylactic and therapeutic use in supportive care for dermatitis, dysphagia, dry mouth, dysgeusia, trismus, necrosis, lymphedema, and voice/speech alterations.

Conclusion PBM may have a role in supportive care for a broad range of complications associated with the treatment of HNC with CRT. The suggested PBM irradiation and dosimetric parameters, which are potentially effective for these complications, are intended to provide guidance for well-designed future studies. It is imperative that such studies include elucidating the effects of PBM on oncology treatment outcomes.

Keywords Low-level laser therapy · Low-level light therapy · Photobiomodulation · Mucositis · Orofacial complications · Chemotherapy · Radiation therapy · Head and neck cancer · LLLT · PBM

Introduction

Nearly all patients with advanced head and neck cancer (HNC) suffer orofacial, oropharyngeal, and neck complications from treatment with radiation therapy (RT) or chemoradiotherapy (CRT) [1].

The severity of complications varies depending upon the type and site of the tumor, mode and intensity of therapies involved, and individual patient characteristics. Nevertheless, in most patients, complications are associated with significant morbidity and mortality resulting in increased use of health-care resources and may compromise patient adherence to cancer therapy protocols resulting in suboptimal outcomes. Most patients develop multiple complications, which result in a significant burden of illness with negative impact on quality of life (QoL) [1–5].

Supportive care addressing these complications must continue from initial diagnosis of HNC, through treatment and survival. However, many interventions have limitations and are primarily palliative in nature [6].

Among the presently available supportive care measures, the use of photobiostimulation (PBM) has shown significant promise. PBM refers to various light energies such as low-level laser therapy (LLLT) and light-emitting diode (LED) and visible light (see part 1).

² Department of Medical Dental Interaction and Department of Periodontology, Academic Centre for Dentistry Amsterdam (ACTA), University of Amsterdam and VU University, P.O. Box 22660 1100 DD, Amsterdam, the Netherlands

³ Oral Medicine Oral Pathology and Human Diseases, Menzies Health Institute Queensland and Oral Medicine Consultant, Department of Haematology and Oncology/Cancer Services, Gold Coast University Hospital, Queensland Health, Queensland, Australia

⁴ Samuel Oschin Comprehensive Cancer Institute, Cedars-Sinai Medical Center, Los Angeles, CA 90048, USA

⁵ Division of Otolaryngology and Head and Neck Surgery, City of Hope, Duarte, CA 91010, USA

⁶ Division of Oral Medicine, Eastman Institute for Oral Health, and Wilmot Cancer Center, University of Rochester Medical Center, Rochester, NY 14620, USA

⁷ Wellman Center for Photomedicine, Massachusetts General Hospital, Boston, MA 02114, USA

⁸ Department of Dermatology, Harvard Medical School, Boston, MA 02115, USA

⁹ Harvard-MIT Division of Health Science and Technology, Cambridge, MA 02139, USA

¹⁰ Division of Oncology, Weill Cornell Medical Center, New York, NY, USA

¹¹ Department of Diagnostic Sciences and Oral Medicine, Director of Oral Medicine, College of Dentistry, University of Tennessee Health Science Center, 875 Union Ave. Suite N231, Memphis, TN 38163, USA

¹² Laser Therapy Unit, Institut Jules Bordet, Centre des Tumeurs de l'Université Libre de Bruxelles, Brussels, Belgium

¹³ Antoni van Leeuwenhoek Department of Head and Neck Oncology and Surgery, Netherlands Cancer Institute, Amsterdam, the Netherlands

¹⁴ Antoni van Leeuwenhoek Department of Radiation Oncology, Amsterdam, Netherlands Cancer Institute, Amsterdam, the Netherlands

¹⁵ Department of Oral Surgery, Faculty of Dentistry, University of Barcelona, Barcelona, Spain

¹⁶ Seattle Cancer Care Alliance (SCCA), Oral Medicine, 825 Eastlake Ave E Ste G6900, Seattle, WA 98109, USA

¹⁷ World Association for Laser Therapy (WALT) Scientific Secretary, Centre de Haute Energie (CHE), 10 Bd Pasteur, 06000 Nice, France

Systematic reviews have suggested efficacy of PBM for oral mucositis (OM) management in myeloablative hematopoietic stem cell transplant (HSCT) recipients and in HNC patients [7–12]. However, recent advances in PBM application and PBM devices, together with a better understanding of the pathobiology of HNC treatment-induced complications, may lead to a broader range of indications for PBM in the management of these problems.

A task force consisting of an international multidisciplinary panel of clinicians and researchers with expertise in the area of supportive care in cancer and/or PBM clinical application and dosimetry was formed. The mission of this group is to identify potential indications for PBM in the management of side effects of cancer therapy, design of PBM study protocols, identify validated outcome measures, and test the efficacy and safety of proposed protocols for the management of complications related to cancer therapy.

Part 1 of this review addressed mechanisms of action, dosimetric, and safety considerations. This paper (part 2) discusses the following: (i) selected oral, oropharyngeal, facial, and neck complications of treatment for HNC, in which PBM may have potential for prophylaxis and/or treatment; (ii) PBM parameters for prophylaxis and therapy to mitigate these complications based on current evidence and knowledge; and (iii) directions of future research related to the use of PBM in HNC.

PBM for the management of orofacial and neck complications of cancer therapy

The following paragraphs summarize selected acute and chronic complications associated with HNC therapy and the literature relevant to the use of PBM for the management of these complications.

For each of these complication, we propose prophylactic and therapeutic PBM protocols based on evidence derived from the literature and expert opinion (Table 1). These protocols are intended to provide clinical guidance and to serve as a starting point for continuing research. Please see part 1 of this review for discussion of mechanism of action and of safety of PBM.

Oral mucositis

Oral mucositis affects virtually all patients undergoing CRT for HNC. Clinically, the manifestations of OM form a continuum, with erythematous mucosal changes when mild, and ulcerative lesions that expose the submucosa when severe. The detrimental effects of OM upon QoL and functional status are significant [2].

The current understanding of the pathogenesis of OM is largely based on animal models, which document the multifactorial nature of this inflammatory condition and have implicated a cascade of interrelated events in multiple tissue compartments. These observations lead to the five-phase model of OM, based on the sequence of events following cytotoxic treatment [13]. Inflammation induced by the formation of excessive reactive oxygen species (ROS) and activation of nuclear factor kappa B (NF- κ B) are the key factors in its pathobiology [14]. Subsequent studies implicated microvascular injury, formation of proinflammatory cytokines, host–microbiome interactions, and extracellular matrix alterations in mucositis pathogenesis [15]. In addition, epidermal growth factor receptor (EGFR) inhibitors and tyrosine kinase receptor inhibitors (TKI) administered as single drugs or combined with CRT may enhance OM or cause additional symptoms [16, 17]. Effective management options for OM are limited [18], and pain control is typically inadequate [2].

A Cochrane meta-analysis concluded that PBM may prevent severe OM [7]. A systematic review and meta-analysis of 11 randomized controlled trials (RCTs) in HNC patients treated with (chemo)radiation therapy concluded that there was consistent evidence that PBM applied with doses of 1–6 J per point reduced OM prevalence, severity, and duration, and its associated pain [9]. Another meta-analysis including RCTs in various cancer treatment settings showed that PBM reduced OM risk and decreased its severity and duration [10]. The efficacy appeared to be similar for red [630–670 nm] and NIR (780–830 nm) light, although the optimal doses may vary between these wavelengths. Similarly, a systematic review and meta-analysis including 18 RCTs reported that prophylactic PBM reduced severe OM and associated pain in patients treated for HNC or undergoing HSCT [12]. The Clinical Practice Guidelines of the Multinational Association of Supportive Care in Cancer and International Society for Oral Oncology (MASCC/ISOO) Mucositis Study Group found evidence to recommend PBM for the prevention of OM in HSCT recipients conditioned with high-dose chemotherapy, with or without total body irradiation, and to suggest a role for patients treated with RT for HNC [11, 18]. Evidence was derived from high-quality studies using specific PBM parameters, and the authors noted that there remains a need to identify optimal PBM parameters per cancer treatment modality.

Based on this evidence and on our experience, we propose the following regimen for the management of OM and mucositis affecting the oropharynx: wavelength of 633–685 or 780–830 nm; power output of between 10 and 150mW; *energy density* 2–3 J/cm², and no more than 6 J/cm² on the tissue surface treated; administered two to three times a week up to daily; and using successive intraoral applications on single spots on the mucosa, rather than a scanning motion over the entire mucosal surface. The upper safety limit was set as a precaution since no clinical data defining a safe upper limit

Table 1 Suggested photobiomodulation regimens for prevention and/or treatment of cancer therapy-induced morbidity in head and neck cancer patients

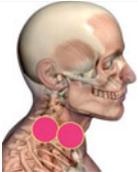
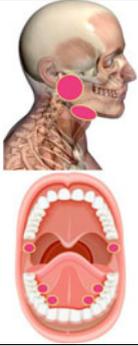
Complication	Treatment protocol**	Treatment area	PBM Device Characteristics and application	Therapeutic PBM Dose	Optional target tissues
Oral Mucositis	<p><i>Prophylactic:</i> <i>Chemotherapy:</i> Protocols vary. Start PBM treatment at first day of CT or prior to therapy and continue during all courses of chemotherapy</p> <p><i>Radiotherapy:</i> start PBM treatment the first day of RT or prior to RT and continue during all days of RT (no requirement regarding the timing of PBM sessions, before of after RT session)</p> <p><i>Therapeutic:</i> Continue treatment at least 3 times a week until symptoms improve Daily treatment is recommended in case of severe mucositis</p>		<p><i>Extra-oral:</i> Infrared (IR) LED cluster or Mixed Red and IR LED cluster 20mW/cm² - 80mW/cm²</p> <p><i>Intra-oral:</i> 630 - 830nm 20mW - 80mW</p>	<p><i>Extra-oral:</i> 3 J/cm² IR LED cluster</p> <p><i>Intra-oral:</i> <i>Prophylactic:</i> 2 J per point until the whole area involved is covered (2 J for prophylactic use) <i>Therapeutic:</i> 4 J per point</p>	<p><i>Extra-oral:</i> Lips, cutaneous surface corresponding to the buccal mucosae, bilateral cervical lymphatic chain*</p> <p><i>Intra-oral:</i> <i>Prophylactic:</i> treat each of the at risk mucosal surfaces * <i>Therapeutic:</i> sites vary, depending upon the site of mucositis</p>
Radiation dermatitis	<p><i>Prophylactic:</i> Start daily PBM treatment at the initiation of RT, or with a grade 1 radiation dermatitis</p> <p><i>Therapeutic:</i> Continue treatment at least 3 times a week until symptoms improve</p>		<p><i>Extra-oral:</i> Red laser diodes cluster, 630-680 nm, 20-150 mW/cm² or Mixed Red and IR LED cluster 20mW/cm² - 80mW/cm²</p>	<p><i>Extra-oral:</i> <i>Prophylactic:</i> 2 J/cm² for laser diodes panel, 3 J/cm² for extra oral LED Cluster</p> <p><i>Therapeutic:</i> At least 4 J/cm²</p>	<p><i>Extra-oral:</i> Cutaneous surfaces on the radiation field where dermatitis is anticipated (often erythematous after RT)</p>
Dysphagia	<p><i>Prophylactic:</i> <i>Radiotherapy:</i> start treatment the first day of radiotherapy and continue all days of radiation (no requirement regarding the timing of laser sessions, before of after radiation session)</p> <p><i>Therapeutic:</i> Continue treatment at least 3 times a week until symptoms improve</p>	<p><i>Extra-oral:</i> Lateral and ventral pharynx and larynx</p> <p><i>Intraoral:</i> Soft palate, oropharynx</p>	<p><i>Extra-oral:</i> IR laser diodes or LED cluster 750- 830 nm 20mW/cm² - 80mW/cm²</p> <p><i>Intra-oral:</i> 630 - 680nm 20mW - 150mW</p>	<p><i>Extra-oral:</i> <i>Prophylactic:</i> 3 J/cm² laser diodes or LED cluster</p> <p><i>Intra-oral:</i> <i>Prophylactic:</i> 3 J per point</p>	<p><i>Extra-oral:</i> Midline neck and lateral neck anterior to sternocleidomastoid muscle</p> <p><i>Intra-oral:</i> Bilaterally, 4 points to soft palate and onto oropharynx</p>
Hyposalivation and xerostomia	<p><i>Prophylactic:</i> <i>Radiotherapy:</i> start PBM treatment the first day of RT and continue daily with radiation (no requirement regarding the timing of PBM sessions, before of after RT session)</p>		<p><i>Extra-oral:</i> IR laser diodes or LED cluster 750- 830 nm 20mW/cm² - 80mW/cm²</p> <p><i>Intra-oral:</i> 630 - 680nm 20mW - 150mW</p>	<p><i>Extra-oral:</i> <i>Prophylactic:</i> 3 J/cm² laser diodes or LED cluster</p> <p><i>Intra-oral:</i> <i>Prophylactic:</i> 3 J/cm² per point</p>	<p><i>Extra-oral:</i> Major salivary glands, bilaterally (parotid, sublingual and submandibular)*</p> <p><i>Intra-oral:</i> Total of 6 points (3 each side) targeting major salivary glands and minor salivary glands (on vestibular side, in the rear of salivary ducts)</p>
Dysgeusia	<p><i>Therapeutic:</i> Continue treatment from the day the patient complains of taste alterations, at least 2 or 3 times a week until symptoms improve**</p>		<p><i>Intra-oral:</i> 630 - 680nm 20mW - 150mW</p>	<p><i>Intra-oral:</i> Dorsal and lateral tongue at 3 J/cm²</p>	<p><i>Intra-oral:</i> A total of 10 points on the dorsum of the tongue</p>

Table 1 (continued)

<p>Trismus</p>	<p><i>Prophylactic:</i> Radiotherapy: Apply PBM on pterygoid/TMJ region, at least 3 times a week, when high dose RT is given in that region (oropharyngeal and nasopharyngeal carcinoma for example).</p> <p><i>Therapeutic:</i> Continue treatment from the day of diagnosis at least 2 or 3 times a week</p>		<p><i>Extra-oral:</i> IR laser diodes or LED cluster 750- 830 nm 20mW/cm² - 80mW/cm²</p> <p><i>Intra-oral:</i> 630 - 680nm 20mW - 200mW</p>	<p><i>Extra-oral:</i> 3-6 J/cm² laser diodes or LED cluster</p> <p><i>Intra-oral:</i> 3 J per point</p>	<p><i>Extra-oral:</i> Bilaterally over the temporalis muscle, TMJ, masseter muscle, buccinator muscle *</p> <p><i>Intra-oral:</i> Bilaterally, point over the region of pterygoids/pterygomandibular raphae (may be difficult clinically) and other muscles of mastication *</p>
<p>Osteonecrosis</p>	<p><i>Therapeutic:</i> Continue treatment at least 2 or 3 times a week until symptoms improve</p> <p>Daily treatment is recommended Combination with other medical/surgical treatment approaches may be needed.</p>		<p><i>Extra-oral:</i> IR laser diodes or LED cluster 750- 830 nm 20mW/cm² - 80mW/cm²</p> <p><i>Intra-oral:</i> 630 - 680nm 20mW - 200mW</p>	<p><i>Extra-oral:</i> 6 J/cm² laser diodes or LED cluster</p> <p><i>Intra-oral:</i> 6 J per point</p>	<p><i>Intra-oral:</i> 5 or more points (1 cm apart) along lingual and buccal aspects of maxilla and / or mandible depending on site and size of region affected *</p>
<p>Head and neck lymphedema</p>	<p><i>Therapeutic:</i> Continue treatment at least 2 or 3 times a week until symptoms improve</p>		<p><i>Extra-oral:</i> IR laser diodes or LED cluster 750- 830 nm 20mW/cm² - 80mW/cm²</p>	<p><i>Extra-oral:</i> 3 J/cm² laser diodes or LED cluster</p>	<p><i>Extra-oral:</i> Treat edematous area over the neck or surgical site if any, also targeting regional lymphatic chain*</p>
<p>Voice/speech alterations (due to local inflammation)</p>	<p><i>Therapeutic:</i> Continue treatment from the day patient complains of difficulty speaking, at least 2 or 3 times a week even if symptoms are not improving dramatically**</p>		<p><i>Intra-oral:</i> 780nm - 830nm 50mW - 200mW</p>	<p><i>Intra-oral:</i> 3 J/cm² per point</p> <p><i>Extra-oral :</i> on larynx area, wavelength 750-830 nm IR laser diodes or LED cluster 20mW/cm² - 80mW/cm²</p>	<p><i>Intra-oral:</i> Towards the anterior oropharynx over the dorsum of tongue (avoid gag reflex, do not touch any soft tissues including dorsal tongue). Patient may gently close the mouth during the procedure to reduce gag reflex</p>

These protocols are based on evidence derived from the literature (mainly derived from mucositis studies) and expert opinion and are intended to provide clinical guidance and to serve as a starting point for research. LED cluster probe dose has been expressed in J/cm², and single point laser dose has been expressed in joules per point. For LED cluster probes, treatment time (s) = dose (J/cm²) / power density (W/cm²). For single-point laser probes, treatment time (s) = dose (J) / laser power (W)

are currently available. *Emission type*, continuous or pulsed (<100 Hz) as low-frequency pulsed light may be superior to continuous wave light for wound healing or the prevention of injury. Extraorally administered PBM may be effective for the management of OM of the buccal mucosa, vestibule, and inner epithelial surfaces of the lips which could be applied in combination with an intraoral device.

Dermatitis

Radiation dermatitis occurs in the majority of patients with locoregionally advanced HNC treated with RT.

The pathobiology of acute radiation dermatitis is complex and partially overlaps that of OM. Irradiation of the

skin leads to direct tissue injury and inflammatory cell recruitment, involving damage to epidermal basal cells and connective tissue including endothelial cells and vascular components [19]. Radiation-induced generation of free radicals induces DNA injury and release of inflammatory cytokines [mainly interleukin (IL)-1 and IL-6] [20, 21]. This process leads to the development of erythema, edema, and possible ulceration. Late RT-induced changes involving skin are characterized by the loss of follicular structures, an increase in collagen and damage to elastic fibers in the dermis, and a fragile epidermal covering [22]. Transforming growth factor beta (TGF-β) is considered to play a central role in mediating RT-induced tissue fibrosis [23–25].

The severity of skin reactions is dependent on the total radiation dose, the dose per fraction, the overall treatment time, beam type and energy, the surface area of the skin exposed to radiation, the use of combined chemoradiotherapy with or without targeted therapies, and individual risk factors [20]. The severity of acute reactions has been shown to predict late effects. Radiation dermatitis impacts adversely on cosmesis and function and reduces QoL, especially in patients who develop secondarily infected dermatitis [19].

Patients with head and neck squamous cell carcinoma (HNSCC) treated with an epithelial growth factor receptor (EGFR) inhibitor may develop an acneiform skin rash in addition to radiation dermatitis [17, 22].

Based on the effects of PBM on the epidermis and dermis (reduced inflammation and improved wound healing), and on the shared similarities in pathobiology with OM, it seems reasonable to assume that PBM may reduce the prevalence and/or severity of radiation dermatitis [26–28].

A study in pigs suggested that multiwavelength PBM ameliorated the development of late radiation damage to the skin [29]. DeLand et al. [30] reported that LED treatments immediately after intensity-modulated radiation therapy (IMRT) reduced the incidence of radiation dermatitis in patients with breast cancer. However, Fife et al. [31] were not able to reproduce these results, although unfortunately, they did not specify important parameters such as irradiation time and size of area treated.

A case series report described promising results for PBM treatment at a NIR wavelength (970 nm) in patients with EGFR inhibitor-induced facial rash [32].

Dysphagia

Acute and chronic dysphagia and odynophagia are common in HNC patients, due to cancer following oropharyngeal/laryngeal surgery and in those treated with RT or CRT [33, 34]. Dysphagia can be due to anatomical, mechanical, or neurological changes affecting any structure from the lips to the gastric cardia [35].

Dysphagia associated with RT or CRT has a complex pathogenesis, involving acute inflammation, edema, and fibrosis, with consequent neurological and muscular injury that may result in generalized weakness and a lack of muscle coordination while swallowing [34, 36, 37]. Excessive fibrosis results in a loss of elasticity that may contribute to chronic dysphagia [38, 39]. In addition, hyposalivation may contribute to dysphagia following RT [3]. Moreover, the duration of total parenteral nutrition (TPN) or tube feeding and resulting reduced swallowing may affect the ability to return to safe, normal oral intake, since inactivity will cause atrophy of the swallowing muscles [40, 41]. Dysphagia negatively affects QoL [3, 42] and may predispose to aspiration and life-threatening pulmonary complications [43, 44].

IMRT and more recently volumetric-modulated arc therapy (VMAT) have emerged as an effective technique to deliver the full radiation dose to the tumor and regions at risk while reducing exposure of surrounding healthy tissues. Eisbruch and coworkers [45] identified dysphagia/aspiration-related structures (DARS) as susceptible to damage during IMRT. In particular, damage to the tongue base, pharyngeal constrictors, the larynx, and the autonomic neural plexus was found to be crucial in the development of post-RT dysphagia. Studies confirmed that reducing the radiation dose to DARS decreases dysphagia risk [46–49].

In addition, preventive swallowing exercises in the pretreatment setting had promising results on preserving (pharyngeal) swallowing function [48–50].

One study reported a lower incidence of severe OM and mucositis affecting the throat (contributing to acute dysphagia) when six predetermined oral sites were exposed to PBM prior to and during RT [51]. In this study, dysphagia was scored indirectly by assessing the need for TPN. Given the ability of PBM to prevent and ameliorate inflammation and pain associated with OM, and potential to control exuberant fibrosis [52], PBM delivered to the DARS structures may have a potential role in the management of acute and chronic dysphagia. This requires further investigation.

Hyposalivation and xerostomia

Another significant complication of RT to the head and neck region is hyposalivation, and its related complaint of xerostomia (subjective oral dryness). For all head and neck radiation regimens pooled, nearly all patients suffered from xerostomia as a result of RT [53].

Irradiation of the salivary glands results in loss of gland function, beginning early in the course of RT [54] and has been shown to induce apoptosis in parotid glands in a dose-dependent manner. This process is p53-dependent [55].

Saliva plays an important role in maintaining mucosal integrity, promoting oral wound healing, taste perception, formation of food bolus, initiation of food ingestion, swallowing, and speech [56]. Alterations in the oral microbiome, reduced oral clearance, changes in saliva composition (e.g., decreased buffer capacity, pH, immunoglobulin concentrations, defensins), and dietary changes may increase the risk for mucosal infections and rapidly progressing dental demineralization and caries [57]. A substantial decrease in salivary function has a significant impact on QoL and results in an increased burden of long-term dental care and nutrition [58–60].

There can be a modest improvement in xerostomia a few months after RT, suggesting that an adaptation or compensatory function of nonirradiated salivary glands or recovery of some of the function occurs. However, most patients have persisting oral dryness for the rest of their life, even when 3D conformal radiotherapy and IMRT is used. With IMRT

preserving more of the major salivary glands, long-term oral dryness may be reduced, but a significant proportion of patients still experience xerostomia [61].

The literature on PBM for the management of hyposalivation is limited. In a study involving a variety of noncancer patients with xerostomia, PBM was applied daily: extraorally to the parotid and submandibular glands and intraorally on the sublingual glands. A gradual increase in the stimulated salivary flow was found after PBM compared to controls [62]. Similar results in noncancer patients were reported by Vidović et al. [63]. Animal studies have shown an increase in the number of duct epithelial cell mitoses and stimulation to protein synthesis in submandibular glands following PBM [64, 65]. Similarly, a study reported the use of PBM to increase salivary flow rate and amylase activity in rat parotid glands [66]. These authors also performed a study in HNC patients and reported that PBM given concurrently with RT could prevent hyposalivation and xerostomia and had an impact on the composition of saliva [67]. Less severe xerostomia was also reported following PBM in HSCT recipients [68] and in patients treated with chemotherapy for solid tumors [69]. Increased salivary flow was observed in HNC patients treated with RT [70]. A recent study performed in HNC patients at least 6 months following conventional RT found no improvement of hyposalivation and xerostomia, likely due to irreversible acinar atrophy and fibrosis [71].

These results point to the potential use of PBM for prevention of hyposalivation/xerostomia; it may also show efficacy for the treatment of hyposalivation when there is residual gland function following current RT modalities.

Taste alterations

Taste is one of the five senses and interacts with smell, touch, and other physiological cues to affect the wider perception of flavor. Disturbed taste (dysgeusia) is complex and includes difficulties with smell and touch resulting in reduced food interest and affecting appetite and QoL. Taste function is the perception derived when food molecules stimulate taste receptors of the tongue, soft palate, and the oropharyngeal region to perceive basic taste qualities (sweet, sour, salty, bitter, and umami), which can be measured via standardized methods [72].

The prevalence of dysgeusia is estimated to be 66.5 % following RT alone and 76.0 % after CRT; approximately 15 % of patients continued to experience dysgeusia after treatment [73]. Ohrn and colleagues reported that the severity of taste alterations assessed by patients was correlated with the cumulative RT dose [74].

The mechanisms of dysgeusia during cancer therapy are not well understood; however, it is believed that CT and RT cause dysgeusia by destroying rapidly dividing taste bud cells and olfactory receptor cells [73]. Direct neurologic toxicity

may also be involved, as taste recovery lags epithelial recovery and may continue indefinitely [75]. Hyposalivation may also have a significant contribution. The presence of the anterior part of the tongue in the radiation field may be predictive of taste disturbances [76].

Altered taste significantly affects overall QoL and may lead to energy and nutrient deficiencies and related complications that may lead to weight loss [3, 73]. Management options to decrease the prevalence and severity of taste problems are inadequate [75].

A pilot study reported that PBM administered to taste buds may ameliorate neurologically mediated burning mouth syndrome symptoms including taste alterations [77], but to our knowledge, there are no published studies on PBM for the management of taste problems in cancer patients. Whether PBM has any efficacy in the management of dysgeusia in patients treated for HNC remains to be explored.

Trismus

Trismus refers to reduced opening of the jaws that may be caused by spasm of the muscles of mastication, fibrosis in masticatory muscles, and temporomandibular joint disorders, which generally refers to mouth opening of less than 40 or less than 20 mm, whereas less restrictive classifications also have been used [78].

The prevalence of trismus is estimated to be 25 % following conventional RT, 5 % following IMRT, and 31 % for CRT [79]. Patients may have limitations in jaw opening associated with tumor invasion of the masticatory muscles or the temporomandibular joint, or may develop trismus following RT to these structures [78, 80]. Cumulative radiation doses above 60 Gy are more likely to cause trismus [81], while the inclusion of the lateral pterygoid muscles in the high-dose fields appears to be the most decisive factor [82]. Trismus due to RT, typically develops 3–6 months post-RT associated with fibrosis and frequently becomes a lifelong problem [80, 83].

Studies have demonstrated that fibrosis is an important initial event in RT-induced trismus. Additionally, there may be scar tissue from surgery, nerve damage, or a combination of these factors [80]. Mandibular hypomobility ultimately results in muscle contraction and potentially temporomandibular joint dysfunction [79].

Trismus and orofacial pain interfering with function may have significant health implications including reduced nutritional intake, difficulty speaking, compromised oral health, and poor QoL [84]. Aside from avoiding RT to the masticatory structures, early interventions (e.g., mouth opening exercises) are indicated to prevent or minimize trismus [48, 85, 86].

Concerning muscle spasms following oral surgery, a reduction was found in several studies using PBM [87, 88]. To our knowledge, PBM to prevent or reduce the severity of RT-

induced trismus in HNC patients has not been reported. The evidence for PBM to reduce fibrosis and promote muscle regeneration forms the main rationale for a potential clinical benefit and justifies further study.

Soft tissue necrosis and osteoradionecrosis

Soft tissue and/or osteoradionecrosis (ORN) may occur as a consequence of RT. ORN is a process of radiation-induced vascular occlusion leading to loss of osteocytes and bone necrosis following RT [89]. The incidence of ORN has declined with proper pretreatment dental care and advances in RT; in conventional RT, mandibular ORN prevalence ranges from 5 to 15 %. More recently, in the era of IMRT, less than 5 % of patients are affected [60, 80, 90].

The pathogenesis of ORN is not completely understood. It has been proposed that ORN occurs following a radiation-induced fibroatrophic process, including free radical formation, endothelial dysfunction, inflammation, microvascular thrombosis, fibrosis and remodeling, and finally bone and tissue necrosis [91]. Common triggers of necrosis are inflammatory dental disease, trauma to soft tissue, and dental surgical procedures in sites of high-dose radiation exposure to bone. Dental surgery after RT is considered a critical risk factor for ORN, but ORN can also arise due to periodontal disease, trauma or spontaneously [92–94]. Prevention of ORN is mainly based on extractions of compromised teeth before RT and adequate dental care and prevention during and following cancer therapy [1, 89].

PBM has a biostimulatory effect on irradiated rat bone when applied before and during RT [95], and similar results were reported by El-Maghraby et al. [96]. In contrast, an *in vivo* study found that PBM was not able to reverse RT-induced bone damage [97]. To our knowledge, there are no clinical studies on the effects of PBM for RT-induced jaw osteonecrosis. However, multiple studies suggested a benefit from PBM in the management of medication-related osteonecrosis of the jaw (MRONJ) [98–101]. Vescovi et al. proposed a prophylactic protocol including PBM for reducing BRONJ incidence following tooth extractions [102]. Luomanen et al. reported about a successful treatment of a patient with MRONJ using Nd:YAG laser [103]. A study in a rodent wound healing model found evidence that both laser and LED PBM were capable of stimulating angiogenesis *in vivo* [104].

The possible role of PBM in the management of RT-induced jaw osteonecrosis deserves further exploration.

Head and neck lymphedema

A commonly neglected late effect in patients treated for HNC is secondary lymphedema [105], although this complication may be reduced with IMRT. Patients may develop

lymphedema externally, on the face and neck, and/or internally involving the larynx and pharynx. External lymphedema may have a profound effect on appearance and body image [106], whereas internal lymphedema may impact breathing, contribute to dysphagia and trismus, and may affect speech [107].

In a single center study on 81 HNC patients, 75 % had lymphedema. Of those, 10 % had external, 39 % had internal, and 51 % had both types of lymphedema [107]. Individuals with pharyngeal carcinoma were at highest risk [108]. Lymphedema typically develops 2–6 months after the completion of RT and may resolve spontaneously in some patients, but not in all. Assessment and measurement of head and neck lymphedema remains challenging [109].

Lymphedema is initiated by disruption of lymphatic structures by surgery, RT or both, resulting in the accumulation of lymph fluid in the interstitial tissues. This leads to infiltration of inflammatory cells and, because of the lymphatic dysfunction, cytokines and chemokines remain in the tissue and recruit additional inflammatory cells from the circulation. This ongoing inflammatory response results in additional soft tissue damage and fibrosis, which further adversely affects lymphatic function [110].

PBM has been identified as a potential treatment for post-mastectomy lymphedema, as it stimulates lymphangiogenesis, enhances lymphatic motility, and reduces lymphostatic fibrosis [111]. Patients received additional benefits from PBM when used in conjunction with standard lymphedema treatment [112]. Systematic reviews found evidence suggesting that PBM reduced limb volume in patients with lymphedema following treatment for breast cancer [113–115]. It was concluded that future research should be performed comparing PBM with standard practices and to establish the duration of light application, number of treatment sessions, energy settings, power density, and dose. In addition, longer follow-up was considered necessary [114]. Lee and coworkers proposed that PBM may also have a role in the management of lymphedema associated with HNC [116].

Voice and speech alterations

Voice and speech are important communication tools and form part of a person's identity and personality. Voice quality mainly depends on the movement and characteristics of the vocal cords, and speech on the resonance characteristics of the vocal tract. Speech is based on the volitional coordinated movements of the articulator structures and can be affected by any alteration in muscle or tissue properties of these structures. Although voice and speech dysfunctions significantly affect QoL, these complications have received little attention and are likely underreported in efforts to preserve organ function after cancer therapy [117–119].

Currently, there is limited information on the prevalence of speech and voice dysfunction in advanced HNC patients treated with RT or CRT. Prospective studies are needed, including baseline measurements and standardized multidimensional assessment of functional aspects of voice and speech [118].

The etiology of voice and speech problems resembles that of dysphagia and may include neuromuscular weakness as a result of tumor invasion. Dependent on the dose tolerance of the critical organs involved, CRT-induced voice and/or speech dysfunction can result from mucositis of the soft palate, tongue and laryngeal soft tissues, edema, fibrosis, or atrophy of the vocal folds, pharyngeal and oral tissues, and altered saliva or hyposalivation [120–122].

New RT delivery techniques designed to spare these structures may prevent functional impairment.

A study using an animal model of reflux laryngitis (a condition including hoarseness, voice fatigue, globus, chronic cough, throat pain, and dysphagia) suggested that the anti-inflammatory effects of PBM may play in the management of this condition [123].

We are not aware of any studies on the effect of PBM on the quality of speech and voice in HNC patients. Since PBM may preserve function of the anatomical structures involved by its anti-inflammatory effects and may have indirect benefits by stimulating the salivary flow, future studies are warranted.

Conclusion

Acute and chronic complications induced by RT and CRT in patients with HNC represent a significant clinical challenge [1]. There are similarities with respect to pathophysiology across different complications, and patients may suffer from multiple concurrent and interrelated problems [13]. There is anecdotal evidence suggesting that the inflammation associated with acute complications is a harbinger for chronic complications. This observation suggests that preventive approaches starting before, and in the early phases of treatment with RT and CRT, may not only reduce the risk for developing acute problems but may also have an impact on the risk for late complications.

PBM has shown effectiveness in the management of OM and elicits several potentially beneficial effects, including reduction of inflammation and pain, promotion of tissue repair, reduction of fibrosis, and protection and regeneration of nerves. Therefore, there is a clear motivation for studies on the application of PBM for the prevention and treatment of a broad range of acute and chronic complications associated with RT or CRT in HNC patients.

The purpose of this article is to serve as a basis for establishing a platform for facilitating future collaborations among clinicians and researchers, in order to create firm scientific evidence for the use of PBM in patients with HNC. PBM protocols should be administered using parameters that are

likely to affect the anatomic structures at risk. The parameters (including the wavelengths) we have proposed are largely based on evidence derived from studies using PBM for the management of OM (typically 633–685 or 780–830 nm). However, trials directed to other (non-head and neck) indications for the use of PBM suggest that a broader range of wavelengths (590–1064 nm) has efficacy for healing and for reducing inflammation and pain. Future investigations should be conducted to better define optimal PBM parameters for each of the complications of HNC treatment. LED specifics need to be carefully matched to PBM using lasers when considering LED arrays and using them clinically. In addition, the ideal timing and frequency of PBM administration should be determined, as well as how long PBM should be continued following the completion of cancer treatment. PBM parameters should be reported in detail (discussed in part 1) and validated outcome measures must be identified and employed to assess the effect of prophylaxis and therapy, from the time of diagnosis through active treatment and survival.

Despite the potential benefits and plausible safety of PBM for supportive care in HNC patients, vigilance remains warranted. While the reported results of *in vitro* studies of PBM on malignant cells vary, and clinical reports have shown little or no adverse reactions, there is a paucity of robust data regarding potential protection and promotion of tumor. Studies should be also directed to the potential beneficial effects of PBM by enhancing the efficacy of (C)RT or immunologic antitumor reactivity.

Investigations on the efficacy of PBM in the management of side effects of HNC treatment should be conducted. It is imperative that such studies include elucidating the effects of PBM on oncology treatment outcomes.

Compliance with ethical standards

Disclaimer This article is based on a narrative review of existing data and the clinical observations of an international multidisciplinary panel of clinicians and researchers with expertise in the area of supportive care in cancer and/or PBM clinical application and dosimetry. This article is informational in nature. As with all clinical materials, this paper should be used with the clear understanding that continued research and practice could result in new insights and recommendations. The review reflects the collective opinion and as such does not necessarily represent the opinion of any individual author. In no event shall the authors be liable for any decision made or action taken in reliance on the proposed protocols.

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