Early Detection, Diagnosis, and Staging

Detection and Diagnosis

Catching cancer early often allows for more treatment options. Some early cancers may have signs and symptoms that can be noticed, but that is not always the case.

- Can Salivary Gland Cancer Be Found Early?
- Signs and Symptoms of Salivary Gland Cancer
- Salivary Gland Cancer Tests

Stages and Outlook (Prognosis)

After a cancer diagnosis, staging provides important information about the extent of cancer in the body and anticipated response to treatment.

- How Is Salivary Gland Cancer Staged?
- Survival Rates for Salivary Gland Cancer by Stage

Questions to Ask Your Cancer Care Team

Here are some questions you can ask your cancer care team to help you better understand your cancer diagnosis and treatment options.

- What Should You Ask Your Doctor About Salivary Gland Cancer?

Can Salivary Gland Cancer Be Found Early?

Salivary gland cancer is not common, so doctors do not recommend testing for it unless someone has symptoms. Still, because of its location, in many cases salivary gland
cancer can be found early. Often patients, their dentists, or their doctors notice a lump within one of the salivary glands (usually on the sides of the face or in the mouth). Checking the salivary glands for tumors is often a routine part of general medical and dental check-ups.

Being alert to possible signs and symptoms of salivary gland cancers and not ignoring them might help find these cancers early, when treatment is likely to be most effective.

- References
See all references for Salivary Gland Cancer

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Signs and Symptoms of Salivary Gland Cancer

The major salivary glands are on each side of the face and below the tongue. Several important nerves and other structures run through or near salivary glands and can be affected by salivary tumors.

Possible signs and symptoms of salivary gland cancer include:

- A lump or swelling in your mouth, cheek, jaw, or neck
- Pain in your mouth, cheek, jaw, ear, or neck that does not go away
- A difference between the size and/or shape of the left and right sides of your face or neck
- Numbness in part of your face
- Weakness of the muscles on one side of your face
- Trouble opening your mouth widely
- Fluid draining from an ear
- Trouble swallowing

Many of these signs and symptoms can also be caused by benign (non-cancerous) salivary gland tumors or by other conditions. Still, if you have any of these problems, it's
important to see your doctor right away so the cause can be found and treated, if needed.

- References
  See all references for Salivary Gland Cancer

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Salivary Gland Cancer Tests

Salivary gland cancer is most often diagnosed when a person goes to a doctor because of symptoms he or she is having.

If you have signs or symptoms that might be caused by a salivary gland tumor, your doctor will do exams and tests to find out if it’s cancer or some other condition. If cancer is found, more tests may be done to find out if it has spread.

Medical history and physical exam

Usually the first step is to take your medical history. The doctor will ask about your symptoms and when they first appeared. You might also be asked about possible risk factors for salivary gland cancer and about your general health.

During the physical exam, your doctor will carefully examine your mouth and the areas on the sides of your face and around your ears and jaw. The doctor will feel for enlarged lymph nodes (lumps under the skin) in your neck, since these could be signs of cancer spread.

The doctor will also check for numbness or weakness in your face (which can happen when cancer spreads into nerves).

If the results of this exam are abnormal, your doctor may order imaging tests or refer you to an ear, nose, and throat (ENT) doctor, also known as an otolaryngologist, who will do a more thorough exam of the head and neck area.
Imaging tests

Imaging tests use x-rays, magnetic fields, or radioactive particles to create pictures of the inside of your body. Imaging tests may be done for a number of reasons, including to help find a suspicious area that might be cancer, to learn how far cancer may have spread, and to help find out if treatment has been effective.

X-rays

If you have a lump or swelling near your jaw, your doctor may order x-rays of your jaws and teeth to look for a tumor.

If you’ve been diagnosed with cancer, an x-ray of your chest may be done to see if the cancer has spread to your lungs. This also provides other information about your heart and lungs that might be useful if surgery is planned.

Computed tomography (CT or CAT) scan

A CT scan uses x-rays to produce detailed cross-sectional images of your body. Unlike a regular x-ray, CT scans can show the detail in soft tissues (such as internal organs). A CT scan can show the size, shape, and position of a tumor and can help find enlarged lymph nodes that might contain cancer. If needed, CT scans can also be used to look for tumors in other parts of the body.

Before the scan, you may be asked to drink 1 to 2 pints of a liquid called oral contrast. This helps outline the structures in your head and neck so that certain areas are not mistaken for tumors. You may also receive an IV (intravenous) line through which a different kind of contrast dye (IV contrast) is injected. This helps better outline structures in your body.

Magnetic resonance imaging (MRI) scan

Like CT scans, MRI scans make detailed images of soft tissues in the body. But MRI scans use radio waves and strong magnets instead of x-rays. The energy from the radio waves is absorbed and then released in a pattern formed by the type of body tissue and by certain diseases. A computer translates the pattern into very detailed images of parts of the body. A contrast material called gadolinium is often injected into a vein before the scan to better see details.

MRI scans can help determine the exact location and extent of a tumor. They can also
show any lymph nodes that are enlarged or if other organs have suspicious spots, which might be due to the spread of cancer.

**Positron emission tomography (PET) scan**

A PET scan looks for areas of high cellular activity (which might be a sign of cancer), rather than just showing if areas look abnormal based on their size or shape. This test can help show whether an abnormal lump or tumor seen on another imaging test may be cancer. If you have been diagnosed with cancer, your doctor may use this test to see if the cancer has spread to lymph nodes or other parts of the body. A PET scan can also be useful if your doctor thinks the cancer might have spread but doesn’t know where.

**Biopsy**

Symptoms and the results of exams or imaging tests may strongly suggest you have salivary gland cancer, but the actual diagnosis is made by removing cells from an abnormal area and looking at them under a microscope. This is known as a biopsy. Different types of biopsies might be done, depending on the situation.

**Fine needle aspiration (FNA) biopsy**

An FNA biopsy is used to remove a small amount of cells and fluid from a lump or tumor for testing. This type of biopsy can be done in a doctor’s office or clinic. It’s done with a thin, hollow needle much like those used for routine blood tests.

Your doctor may first numb the area over the tumor. The doctor then puts the needle right into the tumor and pulls cells and a few drops of fluid into a syringe. The sample is then sent to a lab, where it’s checked under a microscope to look for cancer cells.

Doctors may use FNA if they are not sure whether a lump is a salivary gland cancer. The FNA might show the lump is due to an infection, a benign (non-cancerous) salivary tumor, or a salivary gland cancer. In some cases this type of biopsy can help a person avoid unnecessary surgery.

An FNA biopsy is only helpful if enough cells are taken out to be able to tell for certain what a tumor is made of. But sometimes not enough cells are removed, or the biopsy is read as negative (normal) even when the tumor is cancer. If the doctor is not sure about the FNA results, a different type of biopsy might be needed.
Incisional biopsy

This type of biopsy may sometimes be done if the FNA biopsy didn't get a large enough sample. In this procedure, the surgeon numbs the area over the tumor, makes a small incision (cut) with a scalpel and takes out a tiny part of the tumor. The specimen is sent to the lab to be looked at by the pathologist. These types of biopsies are not done often for salivary gland tumors.

Surgery

As mentioned above, FNA biopsy of a suspected salivary gland cancer may not always provide a clear answer. If this is the case but the physical exam and imaging tests suggest that it is cancer, the doctor may advise surgery to remove the tumor completely. This can both provide enough of a sample for a diagnosis and treat the tumor at the same time (see Surgery for Salivary Gland Cancer for more information).

In some cases if the exams and tests suggest cancer is likely, the doctor may skip the FNA biopsy altogether and go directly to surgery to remove the tumor. The specimen is then sent to the lab to confirm the diagnosis.

- References
  See all references for Salivary Gland Cancer

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How Is Salivary Gland Cancer Staged?

The stage of a cancer is a description of how widespread it is. The stage of salivary
gland cancer is one of the most important factors in planning treatment and estimating a patient’s outlook for recovery (prognosis).

The stage of a cancer is determined from the results of physical exams, imaging tests (CT or MRI scan, etc.) and other tests, which are described in How Is Salivary Gland Cancer Diagnosed?, and by the results of surgery if it has been done.

The American Joint Committee on Cancer (AJCC) TNM system

A staging system is a standard way for the cancer care team to sum up how far a cancer has spread. The most common system for cancers in the major salivary glands is the TNM system of the American Joint Committee on Cancer (AJCC). This system contains 3 key pieces of information:

- **T** describes the size of the primary tumor and whether it has grown into nearby organs or tissues.
- **N** describes whether the cancer has spread to nearby (regional) lymph nodes (bean-sized collections of immune system cells throughout the body).
- **M** indicates whether the cancer has metastasized (spread) to other organs of the body (The most common site of distant salivary gland cancer spread is the lungs).

Numbers or letters appear after T, N, and M to provide more details about each of these factors:

- The numbers 0 through 4 indicate increasing severity.
- The letter X means “cannot be assessed” because the information is not available.

**T groups for major salivary gland cancers**

**TX**: The main (primary) tumor cannot be assessed; information not known.

**T0**: No evidence of a primary tumor. (For example, the cancer was first found in the lymph nodes, but the main tumor itself can’t be found.)

**T1**: Tumor is 2 cm (about ¾ inch) across or smaller. It’s not growing into nearby tissues.

**T2**: Tumor is larger than 2 cm but no larger than 4 cm (about 1½ inch) across. It’s not growing into nearby tissues.
**T3:** Tumor is larger than 4 cm across and/or is growing into nearby soft tissues.

**T4a:** Tumor is any size and is growing into nearby structures such as the jaw bone, skin, ear canal, and/or facial nerve. This is known as *moderately advanced disease*.

**T4b:** Tumor is any size and is growing into nearby structures such as the base of the skull or other bones nearby, or it surrounds the carotid artery. This is known as *very advanced disease*.

**N groups for major salivary gland cancers**

**NX:** Nearby (regional) lymph nodes cannot be assessed; information not known.

**N0:** No spread to regional lymph nodes.

**N1:** The cancer has spread to 1 lymph node on the same side of the head or neck as the primary tumor. The lymph node is no larger than 3 cm (about 1¼ inch) across.

**N2:** This group includes 3 subgroups:

- **N2a:** The cancer has spread to 1 lymph node on the same side as the primary tumor. The lymph node is larger than 3 cm but not larger than 6 cm (about 2½ inches) across.
- **N2b:** The cancer has spread to more than 1 lymph node on the same side as the primary tumor, but none of the lymph nodes are larger than 6 cm across.
- **N2c:** The cancer has spread to 1 or more lymph nodes, none larger than 6 cm across, either on the side opposite the primary tumor or on both sides of the neck.

**N3:** The cancer has spread to a lymph node that is larger than 6 cm across.

**M groups for major salivary gland cancers**

**M0:** The cancer has not spread to tissues or organs far away from the salivary glands.

**M1:** The cancer has spread to tissues or organs far away from the salivary glands.

**Stage grouping**

Once the T, N, and M categories have been assigned, this information is combined in a process called *stage grouping* to assign an overall stage. The stage is expressed in Roman numerals from I (the least advanced) to IV (the most advanced). Some stages
are subdivided with letters.

Stage I: T1, N0, M0: The tumor is no more than 2 cm across and is not growing into nearby tissues (T1). It has not spread to nearby lymph nodes (N0) or distant sites (M0).

Stage II: T2, N0, M0: The tumor is larger than 2 cm but is no larger than 4 cm across and is not growing into nearby tissues (T2). It has not spread to nearby lymph nodes (N0) or distant sites (M0).

Stage III: Either of the following:

T3, N0, M0: The tumor is larger than 4 cm across and/or is growing into nearby soft tissues (T3). It has not spread to nearby lymph nodes (N0) or to distant sites (M0).

OR

T1 to T3, N1, M0: The tumor is any size and may have grown into nearby soft tissues (T1 to T3). The cancer has spread to one lymph node on the same side of the head or neck as the primary tumor, but the lymph node is no larger than 3 cm across (N1). The cancer has not spread to distant sites (M0).

Stage IVA: Either of the following:

T4a, N0 or N1, M0: The tumor is any size but has grown into nearby structures such as the jaw bone, skin, ear canal, and/or facial nerve (T4a). It may or may not have spread to one lymph node (no larger than 3 cm across) on the same side of the head or neck as the primary tumor (N0 or N1). The cancer has not spread to distant sites (M0).

OR

T1 to T4a, N2, M0: The tumor is any size and may or may not have grown into nearby soft tissues or structures such as the jaw bone, skin, ear canal, and/or facial nerve (T1 to T4a). The cancer has spread to more than one lymph node, to a lymph node larger than 3 cm across, or to lymph nodes on the other or both sides of the neck. None of the lymph nodes are larger than 6 cm across (N2). The cancer has not spread to distant sites (M0).

Stage IVB: Either of the following:

T4b, Any N, M0: The tumor is any size and has grown into nearby structures such as the base of the skull or other bones nearby, or it surrounds the carotid artery (T4b). The cancer may or may not have spread to nearby lymph nodes (any N). It has not spread
to distant sites (M0).

OR

**Any T, N3, M0:** The tumor is any size and may or may not have grown into nearby soft tissues or other structures (any T). The cancer has spread to at least 1 lymph node that's larger than 6 cm across (N3). It has not spread to distant sites (M0).

**Stage IVC: Any T, Any N, M1:** The tumor is any size and may or may not have grown into nearby soft tissues or other structures (any T). The cancer may or may not have spread to nearby lymph nodes (any N). It has spread to distant sites (M1).

If you have any questions about the stage of your cancer or how it affects your treatment, be sure to ask your cancer care team.

- References
  
  See all references for Salivary Gland Cancer

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**Survival Rates for Salivary Gland Cancer by Stage**

**Living as a Cancer Survivor**

For many people, cancer treatment often raises questions about next steps as a survivor.

- [Living as a Brain or Spinal Cord Tumor Survivor](#)

Survival rates are often used by doctors as a standard way of discussing a person’s prognosis (outlook).

The 5-year survival rate refers to the percentage of patients who live *at least* 5 years after their cancer is diagnosed. Of course, many people live much longer than 5 years
(and many are cured). To get 5-year survival rates, doctors have to look at people who were treated at least 5 years ago. Improvements in treatment since then may result in a better outlook for people now being diagnosed with salivary gland cancer.

5-year relative survival rates (such as the numbers below) assume that some people will die of other causes and compare the observed survival with that expected for people without the cancer. This is a more accurate way to describe the prognosis for patients with a particular type and stage of cancer.

The rates below are based on the stage of the cancer at the time of diagnosis. When looking at survival rates, it’s important to understand that the stage of a cancer does not change over time, even if the cancer progresses. A cancer that spreads or comes back is still referred to by the stage it was given when it was first found, but more information is added to explain the current extent of the cancer. (And of course, the treatment plan is adjusted based on the change in cancer status.)

The numbers below come from the National Cancer Database, and are based on people diagnosed with cancer of the major salivary glands between 1998 and 1999.

<table>
<thead>
<tr>
<th>Stage</th>
<th>5-year Relative Survival Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>91%</td>
</tr>
<tr>
<td>II</td>
<td>75%</td>
</tr>
<tr>
<td>III</td>
<td>65%</td>
</tr>
<tr>
<td>IV</td>
<td>39%</td>
</tr>
</tbody>
</table>

Again, these numbers include people who were diagnosed and treated many years ago, so the outlook for people now being diagnosed might be better.

Survival rates are based on previous outcomes of large numbers of people who had the disease, but they can’t predict what will happen in any person’s case. The stage of the cancer is important, but many other factors can also affect a person’s outlook, such as their age, the type and grade of the cancer, and how well the cancer responds to treatment. Even when taking these factors into account, survival rates are at best rough estimates. Your doctor is familiar with the aspects of your particular situation and can tell you how the numbers above might apply to you.

- References
  See all references for Salivary Gland Cancer

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What Should You Ask Your Doctor About Salivary Gland Cancer?

It’s important to have honest, open discussions with your doctor. Ask any question, no matter how small it might seem. Here are some questions you might want to ask. Nurses, social workers, and other members of the treatment team may also be able to answer many of your questions.

- What kind of salivary gland cancer do I have?
- Which salivary gland is affected?
- Is my cancer high grade (likely to grow and spread quickly) or low grade?
- Has my cancer spread beyond where it started?
- What is my cancer’s stage, and what does that mean?
- Will I need other tests before we can decide on treatment?
- Will I need to see other doctors?
- How much experience do you have treating this type of cancer?
- Should I get a second opinion? Can you recommend a doctor or cancer center?
- What are my treatment choices?
- What treatment do you recommend and why?
- What’s the goal of the treatment?
- What are the chances my cancer can be cured with treatment?
- How quickly do we need to decide on treatment?
- What should I do to be ready for treatment?
- How long will treatment last? What will it be like? Where will it be done?
- What risks or side effects should I expect? How long are they likely to last?
- Is treatment likely to affect my speech or swallowing?
- Will treatment affect the way I look?
- How will treatment affect my daily activities?
- What will we do if the treatment doesn’t work or if the cancer recurs?
- What type of follow-up might I need after treatment?
- Where can I find more information and support?

Along with these sample questions, be sure to write down some of your own. For instance, you might want more information about your recovery time so you can plan
your work schedule. Or you might want to ask about clinical trials for which you may qualify. You can find more information about communicating with your health care team in The Doctor-Patient Relationship.

- References
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