

Table S1 Questions and answers from the ASCO's and ChatGPT 4.0

Questions	American Society of Clinical Oncology	ChatGPT 4.0
What is head and neck cancer?	The term “head and neck cancer” describes a number of different cancers that develop in or around the throat, larynx, nose, sinuses, and mouth. These cancers begin when healthy cells in these areas change and grow out of control, forming a mass called a tumor. Many of these tumors start in flat squamous cells that form the surface layer of tissue inside the head and neck. There are human papillomavirus (HPV) vaccines that can help protect against certain head and neck cancers	Head and neck cancer refers to a group of cancers that develop in the tissues of the head and neck region. This area includes several different structures, such as the oral cavity (mouth), throat (pharynx), voice box (larynx), salivary glands, sinuses, and nasal cavity. These cancers can arise from various cell types, including squamous cells, which line the inside of the mouth, throat, and other structures in the head and neck. Head and neck cancers are categorized based on the specific area where they originate. Common types include oral cancer (involving the lips, tongue, gums, cheeks, and roof or floor of the mouth), oropharyngeal cancer (involving the back of the throat, including the tonsils and base of the tongue), laryngeal cancer (involving the voice box or larynx), and nasopharyngeal cancer (involving the upper part of the throat behind the nose). Other less common types include cancers of the salivary glands, sinuses, and nasal cavity. Risk factors for head and neck cancer include tobacco use (including smoking and smokeless tobacco), heavy alcohol consumption, human papillomavirus (HPV) infection, sun exposure, certain dietary factors, and a weakened immune system. Symptoms may vary depending on the location and stage of the cancer but can include lumps or sores that don't heal, persistent sore throat, difficulty swallowing, changes in voice, and swelling in the neck. Treatment for head and neck cancer typically involves a combination of surgery, radiation therapy, chemotherapy, targeted therapy, and immunotherapy, depending on the type, stage, and location of the cancer. Early detection and prompt treatment are crucial for improving outcomes and quality of life for individuals with head and neck cancer
What are the types of head and neck cancer?	There are 5 main types of head and neck cancer. Laryngeal and hypopharyngeal cancer starts in the larynx or the part of the throat surrounding the larynx. Nasal cavity and paranasal sinus cancer develops behind the nose where air passes on its way to the throat or in the air-filled areas surrounding the nasal cavity. Nasopharyngeal cancer affects the nasopharynx, the air passageway at the upper throat behind the nose. Oral and oropharyngeal cancer begins in the mouth, tongue, or middle of the throat. Salivary gland cancer begins in a salivary gland	Head and neck cancer encompasses various types of cancer that originate in the tissues of the head and neck region. The main types of head and neck cancer include: Oral cancer: this type of cancer occurs in the oral cavity, including the lips, tongue, gums, inner lining of the cheeks, roof and floor of the mouth, and the area behind the wisdom teeth. Oropharyngeal cancer: oropharyngeal cancer develops in the tissues of the oropharynx, which is the part of the throat located at the back of the mouth. It includes the base of the tongue, tonsils, soft palate, and the walls of the throat. Laryngeal cancer: laryngeal cancer affects the voice box or larynx, which is located in the neck. This type of cancer can involve the vocal cords, epiglottis, or other structures of the larynx. Nasopharyngeal cancer: Nasopharyngeal cancer develops in the upper part of the throat behind the nose, known as the nasopharynx. Hypopharyngeal cancer: hypopharyngeal cancer occurs in the hypopharynx, which is the lower part of the throat just above the esophagus and windpipe. Salivary gland cancer: salivary gland cancer originates in the salivary glands, which produce saliva to aid in digestion and oral health. These glands are located in various areas of the head and neck, including the parotid, submandibular, and sublingual glands. Sinonasal cancer: Sinonasal cancer affects the nasal cavity and paranasal sinuses, which are air-filled spaces located within the bones of the face and skull. Thyroid cancer: while the thyroid gland is located in the neck, thyroid cancer is often considered separately from other head and neck cancers. However, it can still affect the structures of the head and neck region. These types of head and neck cancer can have different risk factors, symptoms, and treatment approaches. Early detection and appropriate treatment are essential for improving outcomes and quality of life for individuals with head and neck cancer
What does stage mean?	Staging is a way of describing a cancer's location, if or where it has spread, and whether it is affecting other parts of the body. There is a different staging system for each type of head and neck cancer	In the context of cancer, “stage” refers to the extent or progression of the disease within the body. Staging helps healthcare providers determine the severity of the cancer, guide treatment decisions, and predict the patient's prognosis (the likely outcome or course of the disease). Cancer staging typically involves evaluating several factors, including the size of the tumor, whether the cancer has spread to nearby lymph nodes, and whether it has metastasized (spread) to distant organs or tissues. Staging systems vary depending on the type of cancer, but they generally use a standardized classification system to categorize cancer into different stages. The stages of cancer are usually denoted by Roman numerals or a combination of letters and numbers. The stages may range from 0 to IV, with stage 0 indicating a very early or pre-cancerous condition, and stage IV indicating advanced cancer that has spread to distant sites in the body. Staging helps healthcare providers determine the most appropriate treatment approach for each individual patient. It also provides valuable information about the prognosis, allowing patients and their families to better understand the potential course of the disease and make informed decisions about their care
How are cancers of the head and neck treated?	Treatment depends on the type and stage of cancer, possible side effects, and the person's preferences and overall health. Doctors also consider how treatment might affect how a person feels, looks, talks, eats, and breathes. The main treatment options for head and neck cancer are surgery, radiation therapy, chemotherapy, targeted therapy, and immunotherapy. One treatment or a combination of these treatments may be used. The goal of surgery is to remove the tumor and some surrounding healthy tissue. Some people need more than 1 operation. Radiation therapy may be recommended instead of surgery, or it may be used after surgery to destroy remaining cancer cells. Chemotherapy may be used before or after surgery or combined with radiation therapy. Targeted therapy that targets a tumor protein called epidermal growth factor receptor (EGFR) or an uncommon change in the NTRK gene may be recommended. Immunotherapy may be an option for some people with advanced head and neck cancer. People with cancer are encouraged to talk with their doctor about all treatment options, including clinical trials. Clinical trials are an option to consider for treatment and care for all stages of cancer. Rehabilitation will be an important part of the cancer care plan. It can help people with cancer regain and improve abilities that changed after treatment. Before treatment begins, ask your health care team about preventing or managing side effects of cancer treatment. This is called palliative care or supportive care and is an important part of the overall treatment plan	Cancers of the head and neck are typically treated using a combination of therapies, depending on factors such as the type and stage of the cancer, as well as the patient's overall health. Treatment modalities for head and neck cancer may include: Surgery: surgical removal of the cancerous tumor is a common treatment for head and neck cancer, especially for localized tumors that have not spread to other parts of the body. The extent of surgery depends on the size and location of the tumor and may involve removing part or all of the tumors, nearby lymph nodes, and surrounding tissues. Surgery may also be used for reconstructive purposes to restore function and appearance. Radiation therapy: radiation therapy uses high-energy beams to kill cancer cells or shrink tumors. It may be used as the primary treatment for early-stage head and neck cancer or in combination with surgery or chemotherapy for more advanced tumors. Radiation therapy can be delivered externally (external beam radiation) or internally (brachytherapy), depending on the location and size of the tumor. Chemotherapy: chemotherapy involves the use of drugs to kill cancer cells or slow their growth. It may be used alone or in combination with radiation therapy (chemoradiation) for certain types and stages of head and neck cancer, especially when the cancer has spread to other parts of the body. Chemotherapy may also be used before or after surgery to reduce the size of the tumor or prevent recurrence. Targeted therapy: targeted therapy drugs specifically target molecules involved in cancer growth and progression. They may be used alone or in combination with other treatments for certain types of head and neck cancer, particularly those with specific genetic mutations or biomarkers. Targeted therapy can help improve treatment outcomes and reduce side effects compared to traditional chemotherapy. Immunotherapy: immunotherapy drugs help the body's immune system recognize and attack cancer cells. They may be used as a treatment option for some types of advanced or recurrent head and neck cancers, particularly those that are HPV-related. Immunotherapy can be used alone or in combination with other treatments and has shown promising results in improving survival rates and quality of life for some patients. The choice of treatment for head and neck cancer depends on various factors, including the type and stage of the cancer, the patient's overall health and preferences, and the expertise of the healthcare team. Multidisciplinary care involving a team of specialists, including surgeons, radiation oncologists, medical oncologists, and other healthcare professionals, is often needed to provide comprehensive and personalized treatment for head and neck cancer patients.
How can I cope with a cancer diagnosis?	Absorbing the news of a cancer diagnosis and communicating with your doctor are key parts of the coping process. Seeking support, becoming organized, and considering a second opinion are other useful steps. Take care of yourself during this time. Understanding your emotions and those of people close to you can be helpful in managing the diagnosis, treatment, and healing process	Coping with a cancer diagnosis can be challenging, but there are several strategies and resources available to help you navigate this difficult time: Educate yourself: learn as much as you can about your type of cancer, including treatment options, potential side effects, and prognosis. Knowledge can help reduce anxiety and empower you to make informed decisions about your care. Build a support network: lean on friends, family members, and support groups for emotional support. Talking to others who have been through a similar experience can provide valuable insights and encouragement. Do not hesitate to reach out to healthcare professionals, counselors, or religious/spiritual advisors for additional support. Take care of your emotional and mental well-being: practice self-care activities that help you relax and reduce stress, such as meditation, deep breathing exercises, yoga, or spending time in nature. Consider seeking professional counseling or therapy to help you cope with your emotions and develop healthy coping strategies. Stay connected: stay connected with your healthcare team and keep them informed about any concerns or questions you may have. Open communication with your doctors can help ensure that you receive the best possible care and support throughout your cancer journey. Maintain a healthy lifestyle: focus on eating a nutritious diet, getting regular exercise, and getting enough sleep to support your overall health and well-being. Avoid tobacco and limit alcohol consumption, as these can have negative effects on cancer treatment and recovery. Seek practical support: do not hesitate to ask for help with practical tasks such as transportation to medical appointments, meal preparation, or household chores. Many cancer support organizations offer services and resources to assist patients and their families with these needs. Take things one day at a time: cancer treatment can be overwhelming, so try to focus on taking things one day at a time and celebrating small victories along the way. Set realistic goals for yourself and celebrate your progress, no matter how small. Stay hopeful: remember that advances in cancer treatment and supportive care have improved survival rates and quality of life for many cancer patients. Stay hopeful and optimistic about your future, and focus on the things that bring you joy and fulfillment in life. Above all, remember that it is okay to feel a range of emotions, including fear, sadness, anger, and uncertainty. Give yourself permission to grieve and process your feelings, and do not hesitate to seek help if you are struggling to cope. You are not alone, and there are people and resources available to support you every step of the way