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The Impact of Preoperative Medical Optimization on Head and Neck Cancer Surgery

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Head and neck cancer and many cardiopulmonary diseases share similar risk factors of smoking, excess alcohol use, and lower socioeconomic status. This affects the rate of complications and length of stay after surgical intervention.

Outcomes were studied from a group 1 year before and a group 1 year after initiation of a medical preoperative optimization clinic at the Royal Adelaide Hospital.

This clinic contributed to decision-making in difficult patients and had a positive impact on the patient journey.