

## **First bite syndrome - a rare symptom associated with head and neck diagnosis**

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### **Background:**

First Bite Syndrome (FBS) is a rare condition characterized by intense pain in the parotid region upon the first bite of a meal.

### **Patient information:**

75y /M referred by GMC on routine pathway with pain around jaw joint below the ear since few weeks . Referred for TMJD after primary treatment failed to subside symptoms.

### **On clinical consultation:**

Patient's main symptom was pain on the right side of jaw and back of the ear.

He says the pain has been there for the last 2 months.

He describes this pain as throbbing, sharp and gives a pain score of 10/10.

Pain is worst with first bite and subsides in few seconds.

Clinical examination - did not fit with TMJd.

Management -Urgent MRI scan was requested parotid area, brain and TMJs.

### **Outcome:**

FNA suggested metastatic Carcinoma.

MRI scan - deep lobe parotid tumour.

PET scan was requested - to exclude other sources of malignancy that might be relevant. Although the diagnostic biopsy from the parotid was based only fine needle aspirate, it has raised the possibility of a metastatic carcinoma and clearly the first move was to establish whether this is a primary salivary malignancy or not.

### **Learning points:**

- Recognise FBS as symptom with other symptoms for early diagnosis and symptomatic management can improve patient quality of life.
- Understanding the underlying autonomic dysfunction is key to treatment strategies.