



Head and Neck Cancer

Patient Education Resource Center (PERC)
Information Guide

Brochures

- CancerCare. A **Team Approach to Treating Head and Neck Cancer**. A printable version is available at: <http://www.cancercare.org>
- National Cancer Institute. **What You Need to Know about Cancer of the Larynx**. A printable version is available at: <http://www.cancer.gov/cancerinfo/wyntk/larynx>
- National Cancer Institute. **What You Need to Know about Oral Cancer**. A printable version is available at: <http://www.cancer.gov/cancerinfo/wyntk/oral>
- National Oral Health Information Clearinghouse. **Head and Neck Radiation Treatment and Your mouth**. A printable version is available at: <http://www.nidcr.nih.gov/OralHealth/Topics/CancerTreatment/>

Newsletters

- S.P.O.H.N.C. (**Support for People with Oral and Head and Neck Cancer**). News from SPOHNC. Abstracts available at: www.spohnc.org/newslet.html

Articles

- Oktay, Kutluk. **Weighing your options for treating head and neck cancer**. *Coping*; Vol. 19, No. 4, July/August 2005. (p.28).
- Lai, Stephen Y. **Treating head and neck cancer**. *Coping*; Vol. 19, No. 2, March/April 2005. (p.38).
- LaTour, Kathy. **Speaking out against oral cavity cancer**. *Cure*; Vol. 4, No. 23, Fall 2005. (p.42).
- Whittington, Elizabeth. **Road to recovery: For head and neck cancer patients treatment creates unique issues**. *Cure*; Vol. 4, No. 2, Summer 2005. (p.53).

The purpose of this information guide is to direct patients and health care professionals to sources of information on cancer and related topics, it does not constitute an endorsement of the information contained in the resources. This list is not meant to be comprehensive, but rather to provide starting points for Information seeking.

All listed materials can be found at the Patient Education Resource Center of the University of Michigan Comprehensive Cancer Center in room B1-361. An online version of this document can be found at: <http://www.cancer.med.umich.edu/learn/percpathways.htm>

Books

- Carper, Elise, Hu Kenneth, and Kuzin, Elena. **100 Questions & Answers about Head and Neck Cancer**. Sudbury, MA: Jones and Bartlett, 2007.
- Lydiatt, William. **Cancers of the Mouth and Throat: A Patient's Guide to Treatment**. Omaha, NE: Addicus Books, 2001.
- Thomas, Jack E. **Looking Forward: the Speech and Swallowing Guidebook for People with Cancer of the Larynx or Tongue**. 4th ed. New York, NY: Thieme, 2005.
- Leupold, Nancy E. **Eat Well – Stay Nourished: A Recipe and Resource Guide for Coping with Eating Challenges**. Lenexa, KA: Cookbook Publisher; Locust Valley, NY: SPOHNC, 2005.

Web Resources

- At the American Cancer Society site - sections for **Laryngeal and Hypopharyngeal cancer, Nasal Cavity and Paranasal cancer, Nasopharyngeal cancer and Oral Cavity and Oropharyngeal cancer**.
 - Go to the American Cancer Society site at:
<http://www.cancer.org/>
 - Click on: "Choose a cancer topic"
 - Select a cancer topic from the list and click "Go"
- **Head and Neck Cancer menu on Cancer.gov**
<http://cancer.gov/cancerinfo/types/head-and-neck/>
Access to PDQ statements of different types of head and neck cancers from the National Cancer Institute.
- **Head and Neck Cancer Information from the University of Michigan Comprehensive Cancer Center**
 - Go to: <http://www.mcancer.org/>
 - Click on "Cancer & Treatments"
 - Click on "Prostate Cancer"
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- **Oral Cancer Foundation** www.oralcancer.org
Information on oral cancer, treatment, coping and living with this disease.
The site also features survivors' stories and a message board.

Email Groups (Listserves)

The Association of Cancer Online Resources ACOR (www.acor.org) hosts a number of Email discussion groups for head and neck cancer patients and families:

- **HEAD-NECK-ONC** is an **email discussion group for Head and Neck Cancer patients and families**. To subscribe go to:
<http://listserv.acor.org/archives/head-neck-onc.html>
- **LARYNX-C** is an **email discussion group for Head and Neck Cancer patients and families**. To subscribe go to:
<http://listserv.acor.org/archives/larynx-c.html>
- **ORAL-ONC** is an **email discussion group for Oral Cancer patients and families**. To subscribe go to: <http://listserv.acor.org/archives/oral-onc.html>

Organizations

Support for People with Oral and Head and Neck Cancer – S.P.O.H.N.C

www.spohnc.org

P.O. Box 53

Locust Valley, NY 11560-0053

Phone: (516) 759-5333

Fax: (516) 671-8794

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services.

Our aim is to promote active participation in your care and treatment by providing information and education.

Questions about individual health concerns or specific treatment options should be discussed with your physician.

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