

Head and Neck Cancer: Supporting You Through Treatment



A class for:

- ✓ Patients starting head and neck cancer treatment
- ✓ Interested family members and caregivers

You will learn:

- About your cancer care
- How to feel your best throughout treatment
- How to manage treatment side effects
- How to maintain swallowing function and lower long term complications
- How to keep yourself well-nourished and well hydrated through your treatment



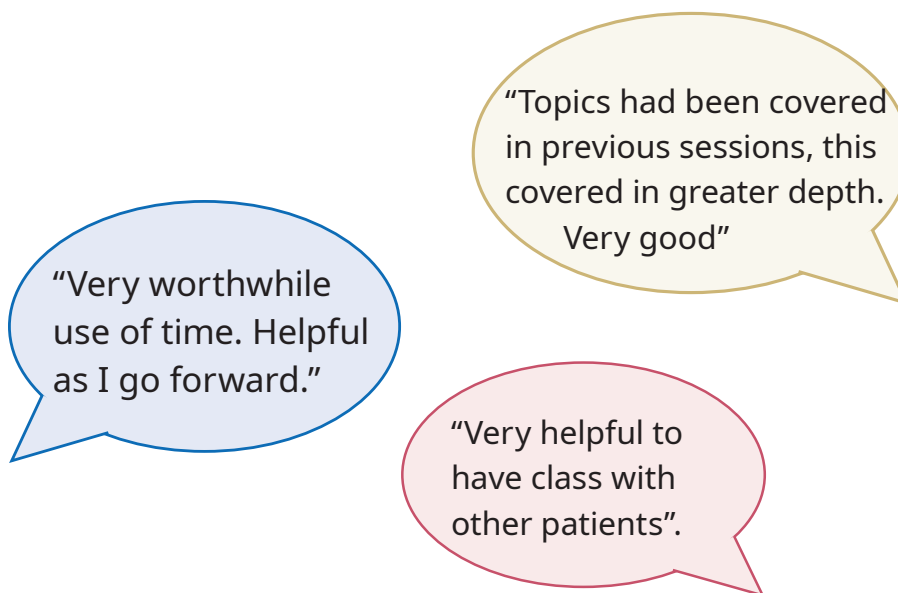
This 90-minute group class is taught by a Clinical Nurse Specialist, Speech-Language Pathologist, a Registered Dietitian, or a Radiation Therapist.

Why it is important to take this class

You may feel overwhelmed when starting your head and neck cancer treatment. Your health care team highly recommends this class because it supports the information you get in clinic and gives you time to ask any questions you may have.

Knowing what to expect can help you cope with cancer and maintain your wellness and quality of life. Knowing how to manage your side effects can also help reduce complications and risks after you finish treatment.

Here is what some patients who completed the class told us...



When to take this class

It is most helpful to take this class within the first 2 weeks of starting treatment. If you are farther along in treatment (more than 2 weeks) but were not able to join, your health care team still highly recommends that you attend this class.

Family and friends are also welcome to join. They do not need to register and can simply attend the class with you.

When and where to attend

When: Every other Monday (except on statutory holidays), 1:30 pm to 3:00 pm

Where: The Survivorship Conference Room 2-613
(2nd floor by the Cancer Rehabilitation and Survivorship Clinics)

The class is also available online. You will need your own computer and internet access to attend virtually.

How to register or reschedule

To register for this class or to reschedule, speak with your radiation therapist on your treatment unit or call Allyson Mayo at 416 946 4501, extension 5420.

What to bring

Please bring any questions that you, your family members or friends may have. You will also get an information package.

For more information, please contact:

Allyson Mayo, RN, MN, CON(C)
Clinical Nurse Specialist
Phone: 416 946 4501, extension 5420

For more information, visit **Head and Neck Cancer Rehabilitation Resources** at www.hncrehab.ca



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