



Head and Neck Cancer: Supporting you through treatment

Princess Margaret

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 is a 1½ hour, group class taught by a Clinical Nurse Specialist (CNS), Speech-Language Pathologist (SLP), a Registered Dietitian (RD), or a Radiation Therapist (MRT).

Why it is important to take this class

Your head and neck healthcare team understands that you may be overwhelmed with information when starting treatment. This class is highly recommended because it supports the information you are given in clinic and gives time for you to ask any questions you may have. Knowing what to expect and how to manage your side effects will help you cope and maintain your wellness and quality of life. It can also help reduce complications and risks after you finish treatment.

Both men and women find the class useful and have expressed that they were happy that they attended. The class also gives you a chance to connect with others who are similar to yourself and living with similar experiences as you.

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 attend the class at the beginning of treatment, you are also welcome and your healthcare team still highly recommends that you attend.

Family and friends are also welcome to join. Family and friends do not need to register since the patient will be registered. You can just show up to the class.

When and where are the classes held

The classes are held:

- Every Monday (except on statutory holidays),
2:00 pm to 3:30 pm
- Scheduled Fridays, 10:00 am to 11:30 am

The classes are held in the Survivorship Conference Room 2-613 (on the 2nd floor by the Cancer Rehabilitation and Survivorship Clinics).

How to register for the class

You do not need to register. After you are seen in the Wharton Head & Neck clinic on the 2nd Floor, your healthcare team will book you into the class during your first 2 weeks of treatment. The class will appear on your radiation treatment schedule as “Patient Education” appointment along with the class date and time.

How to reschedule

If you are unable to make it to class, you can reschedule by:

1. Calling 416 946 4501, extension 2187 (Level 2B Main Reception).
If you have an MRN number, please have it ready.

OR

2. Asking your radiation therapist on your treatment unit.

What to bring

Please bring any questions you or your family members or friends may have to class.

You will also get an information package to take home.

For more information, please contact:

Maurene McQuestion, RN, MSc, CON(C)

Clinical Nurse Specialist

Phone: 416 946 4501, extension 5420