

The purpose of this guide is to help you find information and support on head and neck cancer. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

Brochures and Fact Sheets

- **CancerCare. Oral and Head and Neck Cancer: Treatment Update**
http://cancercares.org/publications/194-treatment_update_oral_and_head_and_neck_cancer

- **Head and Neck Cancer Treatment (Adult) (PDQ®) – Patient Version**
Treatment information for patients from the National Cancer Institute. Printable versions of the following Head and Neck Cancer PDQs® available at:

<https://www.cancer.gov/types/head-and-neck>
 - **Hypopharyngeal Cancer Treatment**
 - **Laryngeal Cancer Treatment**
 - **Lip and Oral Cavity Cancer Treatment**
 - **Metastatic Squamous Neck Cancer with Occult Primary Treatment**
 - **Nasopharyngeal Cancer Treatment**
 - **Oropharyngeal Cancer Treatment**
 - **Paranasal Sinus and Nasal Cavity Cancer Treatment**
 - **Salivary Gland Cancer Treatment**

- National Oral Health Information Clearinghouse. **Head and Neck Radiation Treatment and Your Mouth**. Printable version available at: <https://www.nidcr.nih.gov/sites/default/files/2017-09/head-neck-radation-treatment.pdf>

Book

- Best, Judy. **Down Easy: A Cookbook for Those With Swallowing Difficulties**.
- Carper, Elise, Hu Kenneth, and Kuzin, Elena. **100 Questions & Answers about Head and Neck Cancer**. Sudbury, MA: Jones and Bartlett, 2008.
- Gourin, Christine G. **Johns Hopkins Patients' Guide to Head and Neck Cancer**. Baltimore, MD: Johns Hopkins University, 2011.
- Leopold, Nancy E.; Sciubba, James J. **Meeting the Challenges of Oral and Head and Neck Cancer: A Survivor's Guide**. San Diego, CA Plural Publishing 2011.
- 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

- American Cancer Society
 - **Laryngeal and Hypopharyngeal**
 - **Nasal Cavity and Paranasal**
 - **Nasopharyngeal**
 - **Oral Cavity and Oropharyngeal cancer**

<http://cancer.org>

Click **Cancer A - Z** and select the above cancers from the drop-down list.

- **Cancer.Net – Section on Head and Neck Cancer**

<http://cancer.net/cancer-types/head-and-neck-cancer>

This site is put out by the American Society of Clinical Oncology (ASCO) and covers such topics as treatment options, coping, and the latest research.

- **National Cancer Institute – Section on Head and Neck Cancer**

<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.

- **Oral Cancer Foundation**

<http://oralcancer.org>

Information on oral cancer treatment, coping, and living with this disease. The site also features survivors' stories and a patient support forum.

University of Michigan Resources

- **University of Michigan Rogel Cancer Center Head and Neck Oncology Program**

<https://www.rogelcancercenter.org/head-and-neck-cancer>

This program provides comprehensive treatment and rehabilitation for patients afflicted with cancer arising in the head and neck.

Organizations

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

<https://spohnc.org>

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