

Pathfinder Series: Head and Neck Cancers

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books & Audiovisual

Meeting the Challenges of Oral and Head and Neck Cancer: A Survivor's Guide / Nancy E. Leupold.
Call number: 7.10.8 2011

This book focuses on helping those who have completed treatment deal with issues surrounding their recovery. It also provides specific information about products and services, as well as guidance for dealing with long-term side effects for patients, family members and friends.

Johns Hopkins Patients' Guide to Head and Neck Cancer / Christine G. Gourin.
Call number: 7.10.13 2011

A concise, easy to follow how-to guide that explains head and neck cancer treatments from start to finish. Information includes treatment decision-making, side effects, communication, maintaining work/life balance and much more.

Looking Forward: The Speech and Swallowing Guidebook for People with Cancer of the Larynx or Tongue / Jack E. Thomas. Call number: 7.10.5 2005

The authors of this book are speech pathologists who also counsel patients on living a full and independent life after laryngectomy. The book addresses concerns about cancer treatments, speech and swallowing, follow-up care and long-term-adjustment, in a straightforward and sensitive manner.

Trilogy: How to Help the Mind, Body and Spirit Cope with Head and Neck Cancer / Carol Dunstone
Call number: 7.10.12 2006

Head and neck cancers often require surgery. It can be long and complicated and leave patients with many difficulties on the road to recovery. The authors of this book are both head & neck cancer survivors and they share their knowledge with others. They tackle difficult issues like feeding tubes, learning to talk again, dealing with scars, dry mouth and regaining confidence.

100 Questions and Answers About Head and Neck Cancer / Elise Carper. Call number: 7.10.7 2008
This book provides both the doctors' and patients point of view about this disease. It offers authoritative, practical answers to questions about treatment options, post-treatment quality of life, sources of support, and much more.

Websites

Medline Plus: Head and Neck Cancer <http://www.nlm.nih.gov/medlineplus/headandneckcancer.html>

This site is an excellent starting point, with a good overview of head and neck cancers, their treatment and rehabilitation, as well as links to other useful and relevant sites on specific types of head and neck cancer.

Oncology Channel: Head and Neck Cancer <http://www.oncologychannel.com/headneck/index.shtml>

Information from this site includes specific types of head and neck cancer, diagnosis and staging, treatment information, and a patient forum for communicating with other patients.

Support for People with Oral and Head and Neck Cancer <http://www.spohnc.org/>

From the website: "SPOHNC, is a patient-directed, self-help organization dedicated to meeting the needs of oral and head and neck cancer patients. SPOHNC, founded in 1991 by an oral cancer survivor, addresses the broad emotional, physical and humanistic needs of this population." The site includes news and information about head and neck cancer, treatment and support services and much more.

National Cancer Institute – Head and Neck Cancer <http://www.cancer.gov/types/head-and-neck>

With a detailed overview of head and neck cancers, and sections for information about coping, treatment, research, screening and much more, the NCI's website provides visitors with a good amount of quality, credible information on many types of head and neck cancers.

The Oral Cancer Foundation <http://www.oralcancer.org/>

This is a US-based organization dedicated to promoting prevention, awareness and information about oral cancers. Find the latest in oral cancer news and research, a patient support forum, a link to their YouTube channel with relevant videos of patient stories and information, and more.

