



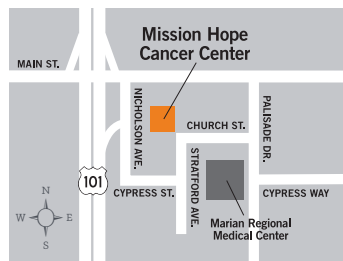
■ Survivors may find that coping with oral, head and neck cancer brings particular challenges, such as:

- Dentition
- Restricted neck movement
- Trismus
- Tube feeding
- Swallowing problems
- Dry mouth
- Altered taste
- Speech intelligibility
- Diet modification/nutritional concerns
- Skin changes
- Fatigue

Mission Hope Cancer Center Conference Room

1325 East Church Street
Santa Maria

WALK-INS WELCOME



Offering information, support and encouragement.

Please join us...

Support for People with Oral and Head and Neck Cancer

**Meets the second Monday of the month
5:00 to 6:30 p.m.**

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UPCOMING MEETING DATES/PROGRAMS:

- January 8:** Acupressure for Self Help: Be Healthy, Be Radiant, Be Love
Cindy Au, Acupuncturist
- February 12:** iTHRIVE Program Discussion, Kim Neace, RN, OCN
- March 12:** A Patient’s Guide to Immuno-Oncology, Laura Brennan, Immuno-Oncology-Clinical Liaison/Bristol Meyers Squibb
- April 9:** Update on Current Nutritional Research for Cancer Patients, Dhagash Joshi, MD, Family Medicine
- May 14:** Sharing and Caring
- June 11:** Dealing With Anxiety in Survivorship, Tom Steffora, LMFT

We are dedicated to meeting the specific emotional, physical and humanistic needs of oral and head and neck cancer patients, survivors and their caregivers. Meetings include educational presentations given by qualified speakers and/or time to brainstorm and address anyone’s questions, concerns or fears.

For information, please contact Group Facilitator Aundie Werner, MS, CCC-SLP, at 805.739.3185 or via email at Aundie.Werner@DignityHealth.org.

Save the date! Special presentation at Mission Hope:

**Wednesday, April 25
5:30 p.m.**

In recognition of April as Head and Neck Cancer Awareness month, join us to learn the latest and evolving strategies for this cancer. Guest speaker will be Zach VandeGriend, MD, ENT, board certified in otolaryngology and neck surgery.

