

# Support for People with Oral and Head and Neck Cancer

We are dedicated to meeting the specific emotional and physical needs of oral and head and neck cancer patients, survivors and their caregivers. For example, we know that good nutrition is important for healing and quality of life. However, those with head and neck cancer may find that certain symptoms—such as restricted neck movement, taste changes and/or swallowing difficulties—interfere with this seemingly simple process. In addition, there may be ongoing difficulties in speaking or articulating words among other challenges.

You are not alone! There is much that can be done to help promote recovery and cope with the difficult symptoms of treatment. Our meetings may include educational presentations given by qualified speakers\* or time to brainstorm with those who have successfully coped with issues specific to these cancers. Group member questions, concerns or fears are all addressed.

## Now offered at two locations:

### MISSION HOPE CANCER CENTER, SANTA MARIA

**Meets the second Monday of the month • 5:00 p.m.**

**Led by Aundie Werner, MS, CCC-SLP, Speech Language Pathologist**

1325 East Church Street, Conference Room, Santa Maria

**No reservations required; Walk-ins welcome**

### MISSION HOPE CANCER CENTER, ARROYO GRANDE

**Meets the third Tuesday of the month • 3:30 p.m.**

**Led by Gina Rotondo, MS, CCC-SLP, Speech Language Pathologist**

850 Fair Oaks Avenue, Third Floor Conference Room, Arroyo Grande

**Reservation required: Please call Mission Hope Arroyo Grande at 805.474.5300**

\*For specific information about upcoming speakers and topics, please see Mission Hope website and/or newsletter calendar.



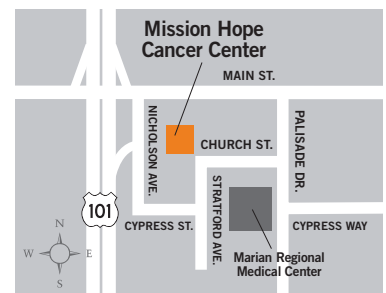
■ Survivors may find there are particular challenges in coping with oral, head and neck cancer, such as:

- Dentition
- Trismus
- Tube feeding
- Dry mouth
- Altered taste
- Speech intelligibility
- Diet modification/nutritional concerns
- Skin changes
- Fatigue



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### SANTA MARIA



### ARROYO GRANDE



[www.missionhopecancercenter.com](http://www.missionhopecancercenter.com)

