

# 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 include helpful suggestions by qualified professionals and time to brainstorm with patients who have successfully coped with issues specific to these cancers. Group member questions, concerns or fears are all addressed.

*Mission Hope support groups continue to inspire and educate via Zoom*



**Tuesdays:**

**September 15 and October 20 • 3:30 p.m.**

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

Join our speech language pathologists on Zoom to get your questions answered and share your experiences with others.

For more information and/or to register, please contact Ashley Hahn, LCSW, at 805.346.3402 (Santa Maria) or Jenni Davis, Oncology Patient Advocate, at 805.474.5303 (Arroyo Grande)



■ 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

**Please note:** For now, group is meeting online which requires a computer or tablet with a camera and internet connection. If you need help, please call us.



Like us on Facebook:  
**Mission Hope Cancer Center**



Keep up with all our classes and programs at our website:

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