

Support for People with Oral, Head and Neck Cancer

We are dedicated to meeting the specific emotional and physical needs of oral, head and neck cancer patients, survivors and their caregivers. There is much that can be done to help promote recovery and cope with the difficult symptoms of treatment. Our meetings include helpful suggestions and up-to-date information by qualified professionals as well as time to brainstorm with patients who have successfully coped with issues specific to these cancers.

SPOHNC, Santa Maria/Arroyo Grande
hybrid in-person and online meeting

Breath and Meditation Work within the HNC Population

Presentation by Ting-fen Lin, Ph.D., CCC-SLP

The traditional management of swallowing has generally been focused on the physiology of the disorder and the impairment level; Dr. Lin aspires to shift dysphagia management toward a more holistic approach. Her research aims to improve patient quality of life via alternative and complementary person-centered approaches. Her work as a certified volunteer breathwork, yoga, and meditation facilitator supports this approach. Join the discussion to learn more.

 **Tuesday, February 18 • 3:30 to 4:30 p.m.**

Mission Hope Cancer Center, Arroyo Grande

850 Fair Oaks Avenue, Third Floor of Matthew Will Building

To register to attend the meeting onsite or connect by Zoom, please call Mission Hope at 805.219.HOPE (4673)

Support group facilitated by Gina Rotondo, MS, CCC-SLP, Speech Language Pathologist



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



Ting-fen Lin, Ph.D., CCC-SLP

Assistant Professor,
California State University, Fresno

Research interests include swallowing and swallowing disorders (dysphagia) as well as the interaction between mind, body, and breath during the prandial process.



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