

# Pathfinder Series: Head and Neck Cancers

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

## Books

*Head and Neck Cancer: A Guide for Patients* / Dr. Moustafa Mourad and Dr. Yadro Ducic

Call number: 7.10.1 2018

Written by two physicians, this book addresses common questions you may have about your diagnosis. It includes sections on oral cancer, laryngeal cancer, nasal and sinus cancer, thyroid cancer, swallowing, feeding tubes, dysphagia, dietary guidelines, voice issues, vocal hygiene, tracheotomy vs tracheostomy, and much more.

*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.

*Relatively Indolent But Relentless: A Cancer Treatment Journal* / Matt Freedman

Call Number: 7.10.2 2014

From October 10 to November 28, 2012, visual artist Matt Freedman underwent radiation and chemotherapy treatment for adenoid cystic carcinoma, a rare cancer that had spread from his tongue to his neck to his lungs by the time it was discovered. This is the journal he kept during his 35-day course of treatment.

*When David Lost His Voice* / Judith Vanistendael

Call Number: 7.10.3 2012

The moment his granddaughter Louise is born, David learns that he has cancer. He would rather keep quiet about his illness, the pain and the end that awaits him-- much to the frustration of the women in his life. They wait, powerless, for the silent but inexorable end.

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## Websites

### **BC Cancer - Head & Neck Cancer**

<http://www.bccancer.bc.ca/health-info/types-of-cancer/head-neck>

This website looks at the causes of head and neck cancers, screening, signs and symptoms, types, staging, treatments and much more. Patients can click on options such as mouth, larynx, salivary glands, and pharynx for more in depth information on those specific disease sites.

### **Canadian Cancer Society - What is Oral Cancer?**

<http://www.cancer.ca/en/cancer-information/cancer-type/oral/oral-cancer/?region=on>

The Canadian Cancer Society's website provides information on oral cancer and covers topics such as different types of cancers and their staging, grading, risk factors, treatment and new and innovative research.

### **Cancer.net - Head and Neck Cancer**

<http://www.cancer.net/cancer-types/head-and-neck-cancer/overview>

This website looks at information about this disease and the parts of the body it may affect. It covers everything from basic information to statistics, screening, prevention, latest research and survivorship.

### **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.

### **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.

### **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.

### **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.