



# Getting Back On Track: Life *After* Treatment for Head and Neck cancer

Princess Margaret

A 2-part educational class for:

- Patients who have finished treatment for cancers to the head and neck area. This includes surgery, radiation and/or chemotherapy.
- Interested family members and caregivers welcome



Learn about:

- What short and long term side effects to watch out for after your treatment
- How to cope and manage those side effects

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## **Why it is important to take this class**

After finishing your cancer treatment, you will be adjusting to a new “normal”. *Getting Back On Track* will help you understand what to expect after finishing treatment and how to manage short and long term side effects after your treatment.

Patients and families reported appreciating new information on:

- What to expect from the regular follow up appointments
- How to better manage ongoing side effects after treatment
- Practical tips from others who have gone through similar experiences
- Ways to manage and adapt to life after treatment
- Resources available in the hospital and your local community

Patients and families also appreciated the opportunity to connect with others going through similar experiences.

## **When to take this class**

Your healthcare team highly recommends taking this class 3 to 4 months after finishing your treatment. You are welcome to register for this class even if you finished your treatment several months ago and would like some education in this area.

## What are the 2 parts of *Getting Back On Track*

### Part 1: Medical Follow-up and Emotional Well-being

Held on the **second Monday of each month** (no class on a statutory holiday)

Time: 1:00 pm to 3:00 pm  
Where: Princess Margaret Cancer Centre  
16th floor, room 728  
What: Led by a Clinical Nurse Specialist, Dentist,  
Social Worker, former patient and volunteer,  
and a Radiation Oncologist.

Part 1 covers information on:

- Short and long term side effects
- Daily routine dental care and follow-up appointments
- Emotional changes and well-being
- Medical follow-up and what to expect

### Part 2: Nutrition and Swallowing

Held on the **third Monday of each month** (no class on a statutory holiday)

Time: 1:00 pm to 3:00 pm  
Where: Princess Margaret Cancer Centre  
16th floor, room 728  
What: Led by a Speech-Language Pathologist  
(SLP) and a Registered Dietitian (RD).

Part 2 focuses on changes to and ways to  
manage your:

- Swallowing and speaking difficulties that may continue or start up again months after treatment has finished
- Reduced mouth opening and its effect on day-to-day activities
- Side effects that can affect eating and tips to help you enjoy meals with others
- Healthy eating for long term health and wellness

## What to bring

Please bring any questions you, your family members or friends may have to class.

You will also get an information package.

## How to register

### If you recently finished your treatment at Princess Margaret:

You do not need to register. You will be booked into the class about 3 months after your treatment finishes. “GBOT” will appear twice on your appointment schedule printout with two different dates and times: once for Part 1, and a second time for Part 2.

Or

### If you:

1. Had surgery at Toronto General Hospital
2. Interested patients who previously had treatment for head and neck cancer but did not get registered at the end of your treatment

To **register**, please call 416-946-2206, Press 1 (Wharton Head & Neck Site voice mail box). Leave a message and your call will be returned within 24 hours.

## How to reschedule

If you are unable to make it to class, please call 416-946-2206, Press 1 (Wharton Head & Neck Site voice mail box). Leave a message and your call will be returned within 24 hours. Please have your MRN number ready (located on your blue hospital card).

For **more information**, please call  
Maurene McQuestion at:  
416-946-4501, extension 5420  
Clinical Nurse Specialist  
Head and Neck cancer team and Survivorship Program