



SENTARA CANCER NETWORK

Sentara Cancer Network brings together nationally recognized cancer experts and the latest treatments in locations close to you. We coordinate the tests, treatments and support you need. Our approach makes it easier to focus on getting better.



YOUR HEAD AND NECK CANCER CARE TEAM

With the Sentara Cancer Network and the Sentara EVMS Comprehensive Head and Neck Center on your side, you have an experienced head and neck cancer team supporting you throughout your care journey. Your nurse navigator is with you every step of the way.

Navigators are registered nurses who specialize in making sure you and other cancer patients get all the services you need. Your navigator also answers your questions and connects you with support services.

Your care may include treatments from:

- **Head and neck surgeons** who perform procedures to help diagnose or remove the cancer
- **Medical oncologists** who are doctors who treat cancer with medicine such as chemotherapy
- **Radiation oncologists** who are doctors who use radiation therapy to treat or reduce symptoms of cancer
- **Tumor boards** are comprised of specialists from a variety of disciplines who will meet to discuss the best ways to care for your specific diagnosis

For more information about your care team, please refer to the provider profiles on the following pages.

Rehabilitative Therapists

We support your recovery during and after treatment with specialized care that may include care from:

- **Occupational therapists** who help you find ways to get through your day when you experience fatigue, nausea, lymphedema and other side effects
- **Physical therapists** who guide you through exercises to build strength and flexibility and can also help manage lymphedema
- **Respiratory therapists** who provide treatments to help clear your airway if you have breathing problems
- **Speech therapists** who assist you with any difficulty eating, speaking or swallowing

Additional Cancer Care Providers

You also may receive services from:

- **Dentist and/or oral surgeons** who deliver treatments to help your teeth and gums stay as healthy as possible
- **Oncology dietitians** who can help you maintain your weight and manage side effects of treatment
- **Oncology nurses** who deliver chemotherapy treatments and help you manage side effects
- **Pathologists** who help confirm your diagnosis by examining tissue samples under a microscope
- **Plastic surgeons** or prosthodontist who repair head and neck tissue to improve your ability to swallow or move your jaw
- **Radiologists** who interpret the results of imaging tests, such as computed tomography (CT) scans
- **Social workers** who help you cope with feelings such as anxiety and connect you with services, including financial assistance and transportation
- **Support persons** who are loved ones or a trusted friend that can be by your side and become part of your care team





YOUR CANCER

Cancer develops when cells go through abnormal changes and start growing at an uncontrolled pace. These cells clump together to form masses called tumors. Tumors can grow large enough to prevent the body from working properly.

Head and neck cancer includes cancers affecting parts of the head or neck. The biggest risk factor for head and neck cancer is tobacco use.

Other factors include:

- Human papillomavirus (HPV)
- Alcohol use
- Severe gastroesophageal reflux disease (GERD)
- Unknown factors

TYPES OF HEAD AND NECK CANCER

Head and neck cancer can occur in several different areas, including:

① Mouth (Oral Cavity)

Mouth or oral cavity cancer affects parts of your mouth, including the following:

- Bony top part of the mouth (hard palate)
- Front of the tongue
- Gums
- Lips
- Tissue lining the inside of the mouth

② Throat

Your throat or pharynx has three parts. Cancer may affect any one of these areas:

- **Nasopharynx:** The upper part of your throat behind the nose
- **Oropharynx:** The middle of your throat including the back of the mouth, base of the tongue or tonsils
- **Hypopharynx:** The lower throat, which connects to the top part of the digestive tract or esophagus



③ Voice Box (Larynx)

Voice box cancer may affect:

- Epiglottis, which is the small section of tissue at the back of your throat that keeps food from entering your airway
- Vocal cords

④ Paranasal and Nasal Cavity

Cancer in this area may affect the following areas:

- Nasal cavity, which includes all of the structures inside your nose
- Sinuses or the hollow pockets of tissue near your nose that produce mucus

SYMPTOMS

Head and neck cancer has many symptoms. The symptoms you experience depend on the size and location of the cancer. You may experience additional symptoms during and after treatment.

Initial Symptoms of Head and Neck Cancer

The early signs of head and neck cancer often include:

- Hoarse voice
- Swollen jaw, chin or lymph nodes
- Lump on the side of your neck
- Red or white patches inside mouth
- Difficulty swallowing, eating or speaking
- Coughing up blood
- Sore throat

Symptoms After Surgery

You may experience side effects depending on the type of surgery, especially if we remove large patches of tissue or if there are complications from the surgery itself.

Common symptoms after surgery include:

- Swelling near the surgical area, including the incision
- Problems swallowing, speaking or taking food by mouth
- Difficulty moving your arm or leg if the procedure included taking tissue from these areas for reconstructive surgery
- Changes in appearance, such as missing teeth or removing part of your nose
- Altered facial expressions, including difficulty smiling



Symptoms During or After Radiation Therapy

Radiation therapy uses powerful beams of energy to break up cancer cells. Some symptoms are cumulative, meaning they get worse after each treatment.

Common symptoms during and after radiation therapy may include:

- Burns on the surface of the skin near the treatment area
- Dry mouth, which happens when there isn't enough spit (saliva) to moisten the inside of your mouth, may occur during treatment and persist afterwards
- Sore throat
- Mouth sores or irritations in the tissue lining the inside of your mouth
- Changes in sense of taste or smell with certain foods
- Difficulty sleeping on days you receive treatment

Symptoms During or After Chemotherapy

Chemotherapy side effects are generally mild because most patients receive low doses of cancer-fighting drugs.

Common symptoms during or after chemotherapy may include:

- Nausea
- An unusual level of tiredness (fatigue) that may linger for months after you stop treatments

When to Seek Medical Care

We monitor your progress through regular follow-up appointments. You also are welcome to call our team any time you have questions.

It's especially important to contact us if you experience signs of complications, such as:

- Having a temperature higher than 101 degrees
- Being unable to keep down food, liquid or liquid nutrition
- Experiencing new areas of pain or drainage



TESTS AND TEST RESULTS

You may need different types of tests throughout your care journey. We explain the tests you need and how they fit into your overall care plan.

Imaging tests allow us to learn more about the size, shape and location of the cancer. These tests include:

- **Computed tomography (CT) scan**
- **Computed tomography angiography (CTA)**
- **Magnetic resonance imaging (MRI)**
- **Positron-emission tomography (PET) with CT**
- **Ultrasound**

Procedures help us to plan surgical treatments for head and neck cancer.

These procedures include:

- **Bronchoscopy:** to look inside the lungs
- **Direct laryngoscopy:** to examine the larynx and nearby structures
- **Esophagoscopy:** to look inside the esophagus to check for abnormal areas
- **Panendoscopy:** to look at your upper airway, including your mouth, nose, voice box and food pipe

Sentara keeps a record of all your test results in our electronic medical record. You also may wish to keep your own copies here in this section. This information may come in handy for future reference or if other parties, such as your insurance company, have questions about your care.

TREATMENT

Sentara offers a broad range of treatments for head and neck cancer, including:

- **Surgery** to remove the cancer
- **Radiation therapy** to destroy cancer cells with powerful energy beams
- **Chemotherapy** or other cancer-fighting drugs to slow or stop cancer cells from growing

Your Head and Neck Cancer Treatment Plan

We recommend the treatments that are best for you based on the size and location of the cancer. Your care may include one or more treatments delivered in a specific order to help you achieve the best results.

Many people receive surgery followed by radiation therapy. In other cases, we may shrink the tumor using radiation therapy

first, followed by surgery and/or chemotherapy. Your nurse navigator will explain what to expect and answer all of your questions.

Your care also may include rehabilitation therapy during and after treatment. This therapy can relieve side effects, such as difficulty communicating or swallowing, and will help you return to your normal routines.



HEAD AND NECK CANCER SURGERY

Surgery is commonly used to diagnose and treat head and neck cancer. We also use surgery to repair tissue in the head and neck that has been affected by cancer. We will help you every step of the way before, during and after your surgery. You may also need treatments to relieve the side effects of surgery.



Types of Head and Neck Cancer Surgery

There are many types of head and neck cancer surgery.

Procedures to diagnose cancer

Procedures we use to help diagnose head and neck cancer include:

- **Panendoscopy:** During this procedure, we slide a thin, flexible tube (endoscope) down your throat, with a light that has a camera at the tip. We use panendoscopy to look for signs of cancer in areas such as the windpipe and throat.
- **Biopsy:** We access abnormal tissue using an endoscope and making a small incision to remove a sample. A specialist known as a pathologist examines the sample under a microscope to confirm or rule out a cancer diagnosis.

Surgery to treat cancer

A resection is a procedure to remove cancer. Removing a small section of nearby healthy tissue lowers the risk of the cancer coming back.

Tracheotomy

If the location of the cancer or swelling from cancer surgery makes it difficult to breathe, you may need a tracheotomy.

During this procedure, we make an incision in the neck and windpipe to create an airway. We insert a tube in the incision that protects your airway and allows you to breathe.

Reconstructive surgery

If the cancer changes your appearance or affects the way parts of your head or neck work, you may need reconstructive surgery. We perform specialized procedures to help you look and feel your best.

For example, if we remove a large portion of your nose, we may use tissue from other parts of your body to create a replacement. If there is a hole in the roof of your mouth, we repair it so you can swallow and talk with less difficulty.

Tissue replacement surgery

If removing the cancer means taking a large section of tissue, we may use skin, bone or tissue from another part of the body (a donor site) to close the wound. We also may use tissue replacement techniques in some reconstructive procedures.

Common tissue replacement techniques include:

- **Grafts:** We cover the wound with a patch of healthy tissue and secure it with stitches. Over time, blood vessels from the graft connect with nearby blood vessels, allowing the graft to become permanent.
- **Free flap procedures:** In this technique, which is similar to a graft, surgeons transfer tissue from a donor site and secure it in place. The difference is that surgeons connect the blood vessels of the transferred tissue to nearby blood vessels during the procedure.

Side Effects of Head and Neck Cancer Surgery

It's common to experience side effects, such as swelling and difficulty eating. We deliver treatments that relieve discomfort and promote healing.

Treatments for side effects of surgery

Common side effects and treatments include:

- Antibiotics for swelling
- Tubes to drain excess fluid
- Nutrition support, such as a feeding tube, if chewing and swallowing become difficult
- Medications to relieve pain
- Wound care to keep incision sites clean and prevent infections
- A boot or arm brace to protect surgery sites on the arms or legs, including areas where tissue has been removed or replaced
- Speech therapy for difficulty speaking or swallowing

MEDICINE THERAPY

In addition to surgery, your care plan may include treatments such as chemotherapy and radiation therapy.

About Radiation Therapy

Radiation therapy breaks up cancer cells using focused beams of energy. We use a machine (a linear accelerator) to deliver treatments to the precise location of the tumor. Most patients receive radiation therapy five days per week for approximately seven weeks.

On your first visit, we use your imaging studies to line up the linear accelerator so that its beams reach the tumor while avoiding healthy tissue. For this reason, it's important to limit movements during treatment. We may use a custom mask or device, such as a tongue positioner, to help keep the targeted area still.

During treatment, the machine moves around your body delivering high-energy beams of radiation. You do not see or hear the radiation, nor do you experience any unusual sensations. You lie on a table by yourself in the treatment room, but you are not alone. Our team monitors your progress from the next room, and you can talk to us at any time.

Tips and Treatments for the Side Effects of Radiation Therapy

It's common to experience side effects from radiation therapy. We provide tips and treatments to help you stay as comfortable as possible. We may recommend:

- Medication to soothe skin irritation near the treatment site, including your scalp or jaw
- Special mouthwash to relieve dry mouth or to help decrease the pain with swallowing
- Speech therapy to overcome difficulty swallowing
- Personalized nutrition assistance to help you maintain weight and deal with any side effects
- A solution of water, salt and baking soda to thin out your saliva if radiation therapy makes it thicker than normal





About Chemotherapy

Chemotherapy uses drugs to prevent cancer cells from growing and spreading. Chemotherapy is a systemic treatment, which means the drugs travel through the body to reach cancer cells. Before starting treatment, we explain which drugs you will receive and how they work to treat cancer.

During chemotherapy, you sit in a comfortable chair and receive the drugs through a needle in your arm. You can expect to receive chemotherapy once a week for several weeks. Treatments take several hours to complete. You can bring activities, such as books or electronic devices, to keep yourself busy.

Tips and Treatments for the Side Effects of Chemotherapy

Head and neck cancer typically requires low doses of chemotherapy drugs, which lowers your risk for certain side effects. For example, many patients do not lose their hair.

If you do experience side effects, you can breathe easier knowing they go away after you complete treatment. We also offer support to help you get relief, such as:

- Using a soft toothbrush and alcohol-free mouthwash for irritations in your mouth, including sore gums
- Taking medications for nausea, diarrhea or constipation
- Planning ahead for common side effects, such as insomnia after your first treatment

REHABILITATION

Rehabilitation includes one or more therapies to help you overcome side effects of treatment, which may include difficulty communicating. It also can help you return more quickly to daily activities, such as getting dressed and taking care of yourself.

Speech Therapy

Many patients receive speech therapy for problems with eating, speaking or swallowing.

Your care may include:

- Swallowing exercises to strengthen muscles that help you chew and swallow
- Methods to help you speak, such as trapping air in your mouth instead of your voice box (esophageal speech)
- Food consistency recommendations, such as soft foods or thickened liquids, so it's easier to eat
- Techniques to reduce your risk of choking by positioning your food and tongue in just the right spot as you swallow

OTHER REHABILITATIVE THERAPIES

Your care may include other therapies, such as:

Lymphedema Therapy

Lymphedema is a condition marked by swelling in the soft tissue, most commonly seen in the front of your neck. It is due to an abnormal buildup of lymph fluid. The lymphatic system is your body's "cleanup" system. Lymph fluid is comprised of water, protein and white blood cells. Fluid dynamics may be altered due to treatment of your cancer. Swelling is most commonly seen in the neck and lower face but it can occur in the mouth and tongue as well.

Treatment may include:

- Manual lymphatic drainage, which is a specialized form of massage designed to assist movement of lymph fluid
- Instruction in skin care
- Compression, including the use of padding or a garment
- Kinesiotape, which is a flexible tape placed on the skin to help with lymph fluid drainage
- Exercise and posture retraining for long-term management of lymphedema

Occupational Therapy

After treatment, you may find it difficult to complete daily tasks, such as bathing, or you may not have enough energy to get through the day. Occupational therapists teach you techniques for making everyday life a little easier. Therapists also may give you special devices to help you stay safe in the shower or conserve energy.

Physical Therapy

Reconstructive surgery may include taking tissue from other parts of your body to repair tissue in your head or neck. If cancer treatment involves taking tissue from your arm or leg, you may have difficulty moving them. You may experience physical limitations in your neck and shoulder movement if a spinal nerve is involved in the surgical neck dissection. Physical therapists guide you through exercises to regain your strength and make steady progress toward recovery.

Respiratory Therapy

If you have difficulty breathing, you will receive specialized care from our respiratory therapists. Therapists may give you medicated breathing treatments. Or, if you have a tracheotomy, respiratory therapists will help keep your airway clear of mucus buildups.

Rehabilitative Therapy Settings

We provide services in the settings that best meet your needs. You may receive rehabilitative therapy:

- From your hospital bed while recovering from surgery
- In a dedicated rehabilitation or skilled nursing facility
- At home
- In Sentara Therapy Centers



SUPPORT

Having cancer can affect every aspect of your life, including your relationships with loved ones and your ability to take care of yourself. You also may need help processing some of your feelings before, during and after treatment. We offer a range of services to help you get the support you need through every step of your care journey.

Our services include:

- **Counseling services:** Our knowledgeable counselors help you and your loved ones work through challenges, such as feelings of loss or anxiety.
- **Support groups:** We support your recovery process by offering opportunities for you to meet in small groups with people who are going through similar experiences.
- **Nutrition services:** We help you achieve or maintain a healthy weight and learn how to decrease your risk of cancer recurrence.
- **Tobacco cessation:** We offer resources to assist you with stopping tobacco use. Visit www.sentara.com/tobaccocessation for more information and a free toolkit.
- **Supportive care consults:** We discuss your concerns about your diagnosis, future and staying in control. We can also help you define goals of care, complete an advance directive and determine a medical power of attorney. Ask your provider or navigator if you are interested in a consult.

We also help you plan for practical matters with helpful tips and information about:

- **Managing your finances:** Learn more about topics such as your health insurance, getting help paying your bills and setting up a living will.
- **Getting to and from appointments:** Find out how to access local transportation services that are equipped to handle your needs.
- **Supportive care medicine:** We offer specialized health care for people living with a serious illness, such as cancer. This type of care is focused on providing relief from the symptoms and stress of an illness, and it is based on need, not prognosis. The goal is to improve quality of life for both the patient and the family. Care is provided by a specially-trained team of physicians, nurses and other specialists who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness, and it can be provided along with curative treatment.



SUPPORT GROUPS

Support groups are meetings where people gather to give and receive support from one another. Experienced members of our team lead these groups to assist people whose lives have been touched by cancer. Support groups are open to patients, survivors, friends and family.

For a complete list of support groups, including descriptions and meeting information, visit www.sentara.com/cancer and click on "Support."

You also may receive support from local organizations who specialize in meeting the unique needs of head and neck cancer patients.

These organizations include:

- American Cancer Society
- Head and Neck Cancer Alliance
- Leukemia and Lymphoma Society
- Lost Chord Club
- Support for People with Oral, Head and Neck Cancer

COUNSELING SERVICES

A head and neck cancer diagnosis can be overwhelming and scary for you and your family. You may experience different emotions and physical changes as you move through treatment. Our support and counseling services are available to assist with any issues so you and your family don't face these challenges alone.

Our professional counselors are available to address the feelings that come with a cancer diagnosis, which may include anger, fear, depression and anxiety.

Our services include individual, couples or family counseling and therapy sessions. We also connect you with helpful community resources, as needed.



MANAGING YOUR FINANCES

A cancer diagnosis means turning your focus to your health. But it's important not to lose sight of other important areas of your life, including your finances.

If you have insurance, it's a good idea to know what's covered and to plan for out-of-pocket expenses. You also may end up needing services and support that take time to put in place, including Social Security benefits. Considering these issues early can help you avoid challenges later on.

Navigating Your Health Insurance Coverage

Prepare for potential out-of-pocket costs by learning more about your health insurance coverage. This information is often available in a document known as a "summary of benefits." Most insurance providers offer this information on their website.

Find out if your insurance plan covers the treatments your physicians recommend. You may need to call your plan's member services department for this information. You also can ask if there is a case manager able to answer any questions about bills or coverage.

Protecting Your Income

You may not feel well enough to continue working as you progress through treatment. Take steps to protect your income by discussing options with your employer.

You may be eligible for paid or unpaid leave, disability benefits or part-time work. If you change your number of working hours, don't forget to ask how this change might affect your eligibility for health insurance and your employer contribution.

Applying for Social Security Disability Insurance

If you are not able to work for 12 months or more due to your treatment, you may qualify for Social Security Disability Insurance. Benefits help you replace some of your lost income. Applying for Social Security can be a lengthy process, so it's best to submit your paperwork as early as possible.

Asking for Financial Assistance

If paying your bills becomes difficult, ask for help. Your nurse navigator may be able to connect you with financial assistance available through Sentara, pharmaceutical companies or other sources.

Preparing Your Legal and Financial Affairs

A power of attorney document gives a trusted friend or family member the legal authority to make financial and health care decisions on your behalf if you cannot speak for yourself, and establishes the types of decisions this person is allowed to make for you.

There are two types of power of attorney. One person may act in both roles or you may designate separate individuals.

1. Financial power of attorney allows a designated person to manage your finances. This person can write checks from your account or use your credit cards to pay for items you need.
2. Medical power of attorney allows a trusted person to make decisions about your health care if you are no longer able to do so. This person is allowed to agree (consent) to medical procedures and gain access to your protected health information if needed.

Establishing a Living Will

A living will sets your preferences for end-of-life care. The person with your medical power of attorney works with our care team to ensure your wishes are respected.

Preferences documented in a living will — sometimes called an “Advance Directive” — often include whether or not you wish to receive:

- Nutrition and hydration if you are no longer conscious
- Life-prolonging interventions, including CPR if you stop breathing
- Comfort care (hospice care) instead of medical treatment in the event a cure is no longer possible

Discussing Your Situation with Creditors

Creditors are organizations to which you owe money, such as mortgage lending institutions or credit card companies. Creditors may give you the option to put payments on hold or pay a lesser amount while you are in treatment.

Staying Organized

Having a plan and staying organized can make it easier to stay on top of your finances. Helpful tips include:

- Setting aside a place in your home for storing bills, records and receipts
- Keeping everything in one place that you need to pay bills, including stamps, envelopes and extra checks
- Balancing your checkbook on a regular basis so you can track balances
- Asking a trusted friend or loved one who has financial power of attorney to help you manage your finances



TRANSPORTATION

Cancer care often requires regular medical appointments. But you may not feel well enough to drive yourself, and loved ones might not be available to help you. Sentara partners with many reliable transportation vendors to help you get to and from your appointments.

Requesting Transportation Services

Transportation services offer a safe, free or reduced cost way of getting to the doctor. In most cases, services can be used only for treatment appointments and other cancer-related care, such as rehabilitation.

To request transportation services, call one of the vendors below. You will need to request services several days in advance of your appointment. Requirements vary by vendor.

When you call, plan to provide:

- Addresses where you are being picked up and dropped off
- A phone number
- Your date of birth
- Date and time of the appointment, including when it may end

Transportation Vendors

Vendors we frequently work with include:

American Cancer Society Road to Recovery

- Call 1-800-227-2345 to request a ride
- Request services four business days before your appointment
- For more information, go to www.cancer.org/treatment/support-programsservices/road-to-recovery

Lee's Friends

- Provides rides between 9 a.m. and 2 p.m. for patients in Norfolk and surrounding areas
- Call 757-440-7501 to request a ride
- Request services seven business days before your appointment
- For more information, go to www.leesfriends.org

I-Ride Transit from Senior Services of Southeastern Virginia (SSSEVA)

- In Norfolk, Portsmouth, Chesapeake or Virginia Beach, call 757-222-4513 to request a ride
- In Franklin, Suffolk, Isle of Wight and other Western Tidewater area locations, call 757-516-8556
- Request services two weeks before your appointment, if possible

- For more information go to www.ssseva.org/page/i_ride-transit/

Paratransit Services

- Call 757-222-6087 to request a ride
- Service is for people with disabilities and requires an application along with documentation from your provider
- Cost is \$3.50 one way
- For more information, go to www.gohrt.com/services/paratransit/

Transportation Services May Be Available Through Your Health Insurance Plan

If you are on Medicaid or Medicare, you may be eligible for no-cost transportation services. To learn more:

- Check the benefits listed on the back of your insurance card or your health plan's website
- Call the member services number on the back of your card to speak to a representative and/or request transportation services

NUTRITION

Head and neck cancer, along with the treatment side effects, can make it difficult to eat. When you're not eating, you will lose weight. Taking extra steps to maintain a healthy weight can help you get the most out of treatment and avoid complications.

A healthful diet includes adequate protein and calories from a variety of vegetables, fruits, whole grains and lean proteins. If you are struggling to eat, we may recommend nutrient-dense foods and nutritional drinks to help you maintain weight. Your care team includes dietitians who can help you take in adequate nutrition. Ask your physician for a dietitian consult if you would like assistance.



There are many options, including:

Soft Diet

Modifying the texture of your food may be needed if chewing and swallowing are difficult. Here are some tips:

- Try soft foods like eggs, oatmeal or grits, Greek yogurt, smoothies, soups, etc.
- Try pureed foods. You can use a blender to puree cooked foods like meat, vegetables and fruits. Be sure to add enough broth, juice or milk to make it the consistency you can tolerate.

Ask for a dietitian consult if needed.

Nutritional Drinks

If you are unable to eat enough to maintain your weight, you will need to drink nutritional drinks. Choose nutritional drinks that have at least 350 calories and 13 grams of protein per drink plus several vitamins/minerals. Some examples include:

- Ensure Plus/Boost Plus or the generic equivalent. These products don't contain milk
- Carnation Breakfast Essential Powder mixed with fortified milk (1 cup whole milk + 4 tablespoons non-fat dry powdered milk)

- If you are diabetic, try Glucerna Shakes or Carb Controlled/No Sugar Added Carnation Breakfast Essentials

Feeding Tube

If you are unable to consume adequate nutrition by mouth, your doctor will discuss a surgically-placed feeding tube. It is usually placed in the stomach and will be needed until you can eat normally again. The dietitian and other care team members will be available to assist you throughout this process.



SURVIVORSHIP

Our survivorship services give you the support you need to live an active, full life after completing cancer treatment. These services may include specialized care to help you stay healthy and support your transition back to everyday activities, including your job.



Exercise and Wellness

Presented by the Sentara Rehabilitation Network



YOUR SURVIVORSHIP PLAN

We develop a customized survivorship plan with you to help you live your best life after head and neck cancer.

This plan includes a detailed schedule of additional tests and screenings you may need. Your care may include:

- Cancer screening tests to detect the early signs of new cancer
- Follow-up visits with your oncology team
- A check-in dental examination

We also provide helpful information, such as:

- Tips for maintaining good nutrition and physical activity
- Healthy living recommendations, such as avoiding tobacco and alcohol
- Resources including books and organizations that can provide you with more information about life after cancer
- Ways to connect with other cancer survivors, such as our cancer survivor support group

Living Beyond Cancer Survivorship Program

Sentara Cancer Network also offers Living Beyond Cancer, a survivorship program that helps you transition from active treatment to survivorship. This two-hour class is open to all cancer survivors. Participants learn about a variety of topics, including social and emotional challenges as well as the importance of follow-up care.

To learn more or register for an upcoming class, go to www.sentara.com/cancer and click on "Support."

Maintaining a Healthy Lifestyle

Adopting healthy living practices helps you look and feel your best. These practices include:

- Quitting tobacco
- Limiting alcohol consumption
- Taking care of your teeth and gums
- Exercising regularly

Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 844-809-6648 번으로 전화해 주십시오.

注意: 如果您讲中文普通话, 则将为您提供免费的语言辅助服务。请致电 844-809-6648。

ATTENTION: Language assistance services are available to you free of charge. Call 844-809-6648.

Sentara complies with applicable Federal Civil Rights Laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or gender expression.