Head and Neck Cancer - Patient Resource Assistance (PRA)

The purpose of this PRA is to help cancer patients and their family locate reliable sources of cancer information, including the area of emotional support.

This list is not meant to be comprehensive, but rather to provide a quick reference of available resources at Beaumont and in the community.

Beaumont Cancer Resource Centers

The Cancer Resource Centers provide patients and their family education, guidance and support to help optimize their cancer treatment and survivorship. Oncology nurse navigators, lending library, brochures and resource center assistance is available.

- Rose Cancer Resource Center – Royal Oak (248) 551-1339
- Wilson Cancer Resource Center - Troy (248) 964-3430
- Grosse Pointe patients call Royal Oak (248) 551-1339

Resource Center hours: Monday through Friday from 8:00 a.m. – 4:15 p.m. Call one of our resource centers to learn about the lending libraries and support information.

Head and neck web information

- American Cancer Society
  - Head and neck cancer
  - Cancer of the larynx

- National Cancer Institute:
  - Head and neck cancer
  - Lip and oral cancer treatment

- National Comprehensive Cancer Network (NCCN)
  - NCCN guidelines for patients
    - [https://www.nccn.org/patients/guidelines/cancers.aspx](https://www.nccn.org/patients/guidelines/cancers.aspx)

Click on view all cancer types

Beaumont Cancer Resource Centers
Support material

Please call the Rose or Wilson Cancer Resource Center for brochures and a list of available support material from our lending libraries. Grosse Pointe patients can request booklets from the Rose Cancer Center and most items can be mailed. The Grosse Pointe hospital has partnered with the Grosse Pointe Library for books.

Books

*Your partner*
And in health: a guide for couples facing cancer together (2013)

*Your children*
Nana, what is cancer? (2010)
Raising an emotionally healthy child when a parent is sick (2006)

*Inspiration*
Living with cancer - a journey of hope (2012)

*Nutrition*
The cancer-fighting kitchen (2017)

Support

**Beaumont Health System Support/Resources**

Cancer Resource Centers
https://www.beaumont.org/services/oncology/centers-clinics-and-locations/cancer-resource-centers
Rose Cancer Center 248-551-1339
Wilson Cancer Center 248-964-3430

Medical Oncology Social Work
https://www.beaumont.org/services/oncology/classes-support-resources/counseling-social-work
Royal Oak 248-551-5255
Troy 248-964-3430
Social workers help patients, family and friends find support to manage the day-to-day challenges of living with cancer.

Nutrition for the Cancer Patient
Royal Oak 248-551-1325
Troy 248-964-3430
Grosse Pointe 313-473-2097
As part of its community service to patients, Beaumont Cancer Institute offers individualized nutrition counseling. A dietitian is available to assist patients in optimizing their health through diet therapy.

Beaumont Cancer Resource Centers
Look Good…Feel Better (for women only) Pre-registration required
http://lookgoodfeelbetter.org/programs/women/
Royal Oak 248-551-1339
Second Monday of the month 4:30-6:30 pm
Troy 248-964-3430
Second Monday of the month 10-12 noon
Grosse Pointe
Call 313-473-2097 for dates and times
This program provides information and cosmetic advice to women battling cancer. The training includes hands-on instruction on makeup, skin care, and suggestions for using wigs, turbans, and scarves.

Physical Therapy and Occupational Therapy
https://www.beaumont.org/services/rehabilitation
Royal Oak 248-655-5695   Troy 248-964-0700   Grosse Pointe 586-447-4070
Rehabilitation services’ physical therapists and occupational therapists are cancer specialists who help to prevent and treat issues related to cancer, including weakness, fatigue and pain, lymphedema swelling and returning to daily activities in a safe, healthy manner. Therapists will also work with you to gain fitness and return to your preferred recreational activities.

Integrative Medicine
https://www.beaumont.org/services/integrative-medicine
248-964-9200
Programs are offered by highly skilled & specially trained practitioners who understand the unique needs of patients. Services are safe & do not interfere with medical treatment.

Spiritual Care
http://www.beaumont.edu/centers-services/spiritual-care-pastoral-care/
Beaumont chaplains are professionally trained to provide spiritual & emotional care to patients & families dealing with a stressful situation.

Clinical Trials
https://www.beaumont.org/clinical-trials
248-551-7835
Since 1999, the Cancer Clinical Trials Office (CCTO) at Beaumont Hospitals has offered personalized service to those seeking care through clinical trials.

Beaumont Center for Mindfulness
https://www.beaumont.org/services/center-for-mindfulness
947-522-1674
Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally. Mindfulness training has been shown to positively impact overall well-being, mental health and physical health. Additional information on the website or call the office.

Beaumont Cancer Resource Centers
Cancer Genetics

https://www.beaumont.org/services/oncology/genetics-programs
248-551-3388
The program’s goal is to provide patients with the most up-to-date guidelines for cancer screening and treatment. It is important to identify families with a hereditary susceptibility to cancer because in many cases, they may take steps to reduce their risk or prevent cancer from occurring.

Survivorship Program

https://www.beaumont.org/services/oncology/classes-support-resources/survivorship-program
Royal Oak 248-551-1339
Troy 248-964-3430
Grosse Pointe 586-447-4070
The Cancer Survivorship Program brings together patients and health care providers to promote optimized health and healing of the mind, body and spirit, through integrative practices and education before, during and after treatment.

Other Support Resources

Gilda’s Club
www.gildasclubdetroit.org
248-577-0800
3517 Rochester Road, Royal Oak, MI 48073
Focus on head and neck cancer. Meetings are the 4th Wednesday of each month from 6:30-8:00 pm. New member meeting required to learn about available services. Call Gilda’s Club for additional details.

The Lake House
http://milakehouse.org/
586-777-7761
23500 Pare St, St. Clair Shores, MI 48080
The Lake House welcomes and encourages all who are touched by cancer to benefit from our free cancer support groups, one-on-one cancer support consultations and guidance, health and wellness talks and activities, stress management activities, and social events.

Telephone Support

Imerman Angels
http://www.imermanangels.org
877-274-5529
Imerman Angels partners a person fighting cancer with someone who has beaten the same type of cancer.
Support for People with Oral and Head and Neck Cancer

www.spohnc.org/
800-377-0928

NATIONAL SURVIVOR VOLUNTEER NETWORK (NSVN)
The network consists of volunteers who have had oral and head and neck cancer. This unique matching service pairs volunteers who have gone through diagnosis, treatment, and recovery with patients or family members who are just beginning their journey, or now recovering from side effects of cancer or its treatment.

Lance Armstrong Foundation
855-220-7777
Free, confidential, one-on-one support to anyone affected by cancer—whether you have cancer or are a loved one, friend, health care professional, or caregiver of someone diagnosed.

Cancer Hope Network
https://www.cancerhopenetwork.org/
800-552-4368
The program is available to all cancer patients, and will match you with a survivor of the same or similar type & stage of cancer.

International Association of Laryngectomies (Web Whispers)
http://webwhispers.org/
Web Whispers was started in 1996 for those who had questions about larynx cancer treatments, surgery, recovery, and what life is like after laryngectomy surgery. We offer advice from those who have been there and education at the time it is needed.

**Caregiver Resource**

Caregiver Action Network
http://caregiveraction.org/
202-454-3970
General E-mail: info@caregiveraction.org
CAN (formerly the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.
Transportation Service

Road to Recovery – American Cancer Society
http://www.cancer.org/treatment/supportprogramsservices/road-to-recovery
800-227-2345
The American Cancer Society Road to Recovery program provides transportation to and from treatment for people who have cancer who do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive the life-saving treatments they need.

Mobile “Apps”

Cancer .Net
http://www.cancer.net/multimedia/mobile-applications
Cancer.Net Mobile is a free app for iOS (iPhone, iPad) and Android and features:
• Guides on 120 types of cancer
• An interactive tool to keep track of questions to ask healthcare providers and record voice answers.

Communication websites for patients

Caring Bridge
www.caringbridge.org
Free, personal and private website that connect people experiencing a significant health challenge to family and friends, making each health journey easier.

My Lifeline
http://www.mylifeline.org
MyLifeLine.org is a 501(c) (3) nonprofit organization that encourages cancer patients and caregivers to create free, customized websites. Our mission is to empower patients to build an online support community of family and friends to foster connection, inspiration, and healing.

Organizations/Websites

American Cancer Society
www.cancer.org
800-227-2345

National Cancer Institute (NCI)
www.cancer.gov
800-4-CANCER

Beaumont Cancer Resource Centers
American Society of Clinical Oncology (ASCO)
https://www.asco.org/
888-282-2552

Navigating Cancer
www.navigatingcancer.com

Support for People with Oral and Head and Neck Cancer (SPOHNC)
www.spohnc.org
800-377-0928
P.O. Box 53
Locust Valley, NY 11560-0053

Head and Neck Cancer Alliance.
www.headandneck.org
866-792-HNCA
4622PO Box 21688
Charleston, SC 29413
info@headandneck.org

Oral Cancer Foundation
www.oralcancerfoundation.org

Oncolink
http://www.oncolink.org

National Coalition for Cancer Survivorship (NCCS)
www.canceradvocacy.org
888-650-9127

Cancer Support Community
https://www.cancersupportcommunity.org/

Dana-Farber Cancer Institute (Nutrition information)
https://www.dana-farber.org/health-library/recipes/

Look Good...Feel Better Programs
http://lookgoodfeelbetter.org/programs/
Look Good Feel Better is a free, public service support program that helps people with cancer deal with the appearance side effects of cancer treatment.

Notice
Support group information provided as information only. Beaumont Health System only endorses support groups located at Beaumont. Dates and times are subject to change. Call support group for additional information before attending. Revised 4/2019