

# Are you or a loved one dealing with head and neck cancer?

A diagnosis of head and neck cancer can be overwhelming for you and those closest to you. But, know that you are not alone. There are people and organizations that can help.



## You may have questions about:



Treatment Options



Understanding the Diagnosis



Managing Side Effects



Caring for Family



Handling Job Responsibilities



Managing the Cost of Care



Coping With Symptoms



Continuing Daily Activities

## BE AN ADVOCATE

Patient advocacy organizations can help you with:

- ✓ Educational Materials
- ✓ Free Professional Counseling Services
- ✓ Understanding Insurance Benefits
- ✓ Financial & Transportation Assistance
- ✓ Finding Clinical Trials Near You
- ✓ Connecting With Other Patients

*Resources available for patients & caregivers*

## ASK QUESTIONS

**What are some resources available to me?**

Let patient advocacy organizations help. Details on back.



Bristol-Myers Squibb

## SELECT HEAD AND NECK CANCER PATIENT AND CAREGIVER RESOURCES

### CancerCare

[cancercares.org](http://cancercares.org)

800-813-4673

- Counseling and support groups
- Community in-person and online education workshops
- Financial assistance



CANCERcare®

### Cancer Support Community (CSC)

[cancersupportcommunity.org](http://cancersupportcommunity.org)

888-793-9355

- Frankly Speaking about cancer booklets & webinars
- Cancer support helpline telephone support
- In-person support groups, education, healthy lifestyle workshops
- Online cancer experience registry



CANCER SUPPORT  
COMMUNITY

*A Global Network of Education and Hope*

### Head and Neck Cancer Alliance

[headandneck.org](http://headandneck.org)

866-792-4622

- Patient/Caregiver educational programming and online support community
- Nationwide transportation financial assistance program
- Online resources covering prevention, diagnosis, research, and treatment, including clinical trial finder
- Free screenings for oral, head and neck cancers



HEAD AND NECK CANCER  
ALLIANCE

### The Oral Cancer Foundation

[oralcancerfoundation.org](http://oralcancerfoundation.org)

949-723-4400

- Anonymous patient/survivor support group
- Free screenings and events
- YouTube channel with educational videos
- Financial assistance resources
- Best hospital rankings for head and neck specialty
- Search different clinical trials
- Dental care information



### Support for People with Oral, Head and Neck Cancer

[spohnc.org](http://spohnc.org)

800-377-0928

- 125+ Chapters throughout the U.S. that provide support in-person
- National Survival Volunteer Network of 225+, matching volunteers with patients & caregivers
- Online networks and educational resources
- Printed publications addressing and empowering patients and the community
- Online clinical trial finder specifically for head and neck cancer



Please remember that the first and best resource for any questions or concerns you may have about living with head and neck cancer is your healthcare team. Bristol-Myers Squibb is not affiliated with nor endorses these organizations, and the contact information above does not suggest endorsement.