and neck cancer has a relatively good survival rate of over 85% in advanced head and neck cancer has changed. HPV-associated head and neck disease and are treated with radiation or surgery alone and have a high rate of long-term survival. However, the majority of head and neck cancers initially present as locally advanced disease, stage III or IV with corresponding compromised survival rates of 40-60%. With the changing epidemiology of head and neck cancer and the increase in HPV related oropharyngeal disease, the overall prognosis of locally advanced head and neck cancer has changed. HPV-associated head and neck cancer has a relatively good survival rate of over 85% in non-smokers.

In addition to goals of survival, priority is also given to maintaining organ functionality and esthetics. Otolaryngology, medical and radiation oncology, reconstructive and plastic surgery, oral and maxillofacial surgery, dentistry, speech and swallow rehabilitation services, nutrition, occupational therapy and psycho-oncology may be needed in treatment and follow up and overall management of head and neck cancer patients.

Acute and chronic side effects of treatment will vary depending on the type of treatment. For example, patients with oral cavity disease may be treated with surgery that could be followed by radiotherapy with or without chemotherapy. Acute post surgical issues may involve speech and swallowing, articulation and esthetics. The patient undergoing postoperative radiation therapy may develop dryness of the mouth (xerostomia) and a possible decline in dental health. Similarly, in the treatment of larynx cancer, organ preservation is a priority. Patients are treated with radiation therapy with or without chemotherapy when surgery is not an option. Acute and long-term issues may revolve around voicing and swallowing.

Acute toxicities of treatment
Advances in reconstructive surgery and prosthetics have changed the sequelae of surgery seen in the past. Integration with oral and maxillofacial surgery could be important in the development of appropriate prosthetic devices. Following surgical resections, aggressive speech and swallowing rehabilitation is key to early recovery and restoration of function.

Treatment of head and neck cancers underwent a major paradigm shift with the focus on organ preservation. Larynx preservation studies have resulted in high rates of laryngectomy-free survival with the option of salvage laryngectomy for local failures. With advancement in surgical techniques, more partial laryngectomies are being done. Total laryngectomy, usually done as a salvage surgery for recurrent or persistent larynx cancer, leads to newer challenges with mastering phonation. Aspiration issues are non-existent in this situation secondary to the separation of the esophagus and the laryngeal stoma.

Neck dissections could lead to the loss of spinal accessory nerve and sternocleidomastoid muscle function. This could lead to chronic neck and shoulder discomfort. Early physical therapy and aggressive proactive approach are needed to prevent permanent disability in such situations. Modified neck dissection allows nerve sparing and minimization of these complications. However, neck stiffness and discomfort could still develop later.

Acute toxicities from radiation-based therapies include mucous membrane inflammation (mucositis) and xerostomia in nearly all patients. Depending on the type of treatment received (i.e. IMRT vs. 3-D conformal RT), area of treatment (i.e. unilateral vs. bilateral, limited field vs. extensive) and whether or not concurrent chemotherapy and the type of chemotherapy utilized (i.e. high dose cisplatin vs. Erbitux vs. no chemotherapy), the intensity of mucositis and xerostomia could...
Xerostomia:

Xerostomia, also known as dry mouth, is a common side effect of head and neck cancer treatment. It can vary in severity and duration and can cause a range of symptoms, including dryness, difficulty swallowing, and alterations in taste sensation. Xerostomia can be particularly challenging for cancer survivors, as it can significantly impact their quality of life, making it difficult to speak, eat, and drink.

To help manage xerostomia, several strategies can be implemented. These include the use of artificial saliva substitutes, sialogogues (drugs that increase the flow of saliva), and water. Patients can also benefit from avoiding spicy or acidic foods, as these can exacerbate the sensation of dryness.

Swallowing dysfunction:

Swallowing dysfunction, or dysphagia, is another common side effect of head and neck cancer treatment. It can be caused by a variety of factors, including radiation-induced changes to the larynx, damage to the nerves, and changes in saliva production. Swallowing dysfunction can range from mild to severe and can affect a person’s ability to eat and drink.

To manage swallowing dysfunction, a multidisciplinary team approach is often used. This may include dietitians, speech pathologists, and doctors who specialize in head and neck cancer treatment.

Chronic or late toxicities of treatment:

Chronic or late toxicities of head and neck cancer treatment can develop months to years after the completion of treatment. These may include changes in speech and swallowing, which can have a significant impact on a person’s quality of life.

Other chronic toxicities may include changes in hearing, taste, and smell. Hair loss, fatigue, and difficulty sleeping are also common.

Survivorship:

Survivorship is a critical focus area for head and neck cancer survivors. It involves addressing the physical and emotional challenges that arise after treatment. This includes managing late toxicities, maintaining a healthy lifestyle, and addressing the psychosocial needs of survivors.

The key to survivorship is ongoing monitoring and support. Survivors should be encouraged to maintain regular checkups, as well as to seek help when needed. Support groups and counseling can also play an important role in survivorship.

Conclusion:

Managing the toxicities of head and neck cancer treatment requires a multidisciplinary approach. By addressing these toxicities early and effectively, survivors can improve their quality of life and continue to lead fulfilling lives after treatment.
could lead to chronic aspiration. Functional swallowing studies and endoscopy are a few diagnostic methods utilized in this circumstance. Patients may benefit from esophageal dilation if esophageal scarring or stenosis is the cause. Acupuncture and neuromuscular electrical stimulation may help improve the swallowing mechanism.

**Chronic pain** is a common long-term toxicity of head and neck cancer therapy and could lead to significant distress and disability. Pain could result from radiation-induced fibrosis, neck stiffness from surgery and/or radiation, shoulder dysfunction from surgery and/or radiation, radionecrosis, neuropathy and treatment induced neuralgia. Neck stiffness could be particularly distressing in patients who have undergone both neck dissection and radiation therapy. Physical therapy, acupuncture and pain management, anti-inflammatory agents and nerve stabilizing agents, have all been utilized, as have cognitive and behavioral therapy focusing on pain perception. Lymphedema is seen in nearly 70% of patients post radiation and could persist chronically. Chronic lymphedema is also known to contribute to neck stiffness and discomfort. Lymphedema therapy is often helpful in the prevention of neck dysfunction. Trismus could result from intraoral surgery or radiation therapy with corresponding difficulty with mastication. Devices including Therabite and Dynasplint devices have been used for therapy.

**Dental Issues:** Xerostomia and change in oral pH to acidic, leads to early demineralization of tooth enamel and corresponding dental caries (cavities). Decreased vascularity or blood supply to tissue associated with radiation exposure could lead to delayed wound healing, especially seen after dental procedures and extractions. A decline in dental health and chronic dental issues could be debilitating and cause significant discomfort and pain. Pre-treatment dental evaluation and regular post-treatment follow up is key in preventing major dental issues. Diligent daily dental care and prophylaxis is recommended. Dental restoration may be needed for appropriate nutritional intake and overall oral function. Dental extractions in a pre-irradiated field could lead to osteoradionecrosis, which could be extremely painful. Hyperbaric oxygen therapy before and after the procedure is utilized at some centers, whereas others manage this condition with prolonged antibiotic therapy, aggressive oral hygiene and pain control.

**Hypothyroidism:** Post radiation hypothyroidism could occur in up to 30% of patients and could lead to weight gain, fatigue and lethargy. Thyroid function studies should be done to detect onset of this condition. Carotid artery stenosis is a late side effect from radiation and with relatively lower rates in the IMRT era. Carotid artery atherosclerosis is typically correlated with age, hyperlipidemia and radiation to the area. Carotid blow out or rupture is a rare complication reported in the setting of both neck surgery and radiation therapy.

**Ototoxicity:** Unilateral hearing deficit could result from chronic ear infection from radiation therapy and may benefit from myringotomy with or without ear tube placement. Bilateral sensory neural hearing deficit could result from cisplatin-induced toxicity and is usually permanent.

**Psychosocial issues:** Depression, esthetics, sexuality, fear of cancer recurrence, and unemployment are psychosocial issues that need to be addressed. Several measurement tools have been developed to assess the acute and chronic toxicities of treatment and their effect on quality of life. Head and neck cancer specific and general quality of life scales address different domains of survivorship issues.

In summary, treatment-related effects and survivorship considerations include:

1. Oral dryness / xerostomia, dental disease issues, taste and smell decline.
2. Compromised pharyngeal and laryngeal function with possible chronic aspiration and swallowing dysfunction.
3. Chronic pain, a common long-term toxicity of head and neck cancer therapy which could lead to significant distress and disability. Pain could result from radiation-induced fibrosis, neck stiffness from surgery and/or radiation, shoulder dysfunction from surgery and/or radiation, radionecrosis, neuropathy and treatment induced neuralgia.
4. Post radiation hypothyroidism.
5. Unilateral hearing deficit resulting from radiation therapy and bilateral sensory neural hearing deficit which could result from cisplatin-induced toxicity and is usually permanent.
6. Effects on work performance with corresponding economic impact.
7. Pain management issues occurring in a significant number of patients.
8. The importance of smoking and alcohol cessation in terms of helping reduce the rise of developing new cancers in the head and neck and lungs.
9. The importance of follow-up which is crucial including routine examinations, CT scans, PET scans and adherence to NCCN guidelines.

Conclusion
With improvement in survival rates from better treatment options, the focus should be on minimizing toxicities and providing appropriate supportive care. In addition to improved survival rates, head and neck centers are now focusing on improved quality of life of survivors. Better reconstructive surgeries are being done. Integrated supportive care provided during treatment is helping to minimize the sequelae from chemoradiotherapy. Clinical trials continue to be done to reduce mucositis during treatment and to improve xerostomia after completion of therapy. Neck lymphedema and its contribution to neck stiffness is better recognized today and there is more awareness to minimize chronic lymphedema by providing therapy.

With improved survival observed in HPV related head and neck cancer, clinical trials are underway utilizing de-intensiﬁcation of therapy to help reduce long-term toxicities of treatment. With the increase in HPV positive head and neck cancer, younger survivors are being seen and managed.

There is a growing need for comprehensive survivorship centers and support groups to provide assistance to head and neck cancer survivors and their families and caregivers, and to provide an opportunity for centralized survivorship-directed research. The goal is to provide integrated survivorship care in addition to the standard follow up care. Research efforts are underway to analyze such approaches.

**Editor’s Note:** Sewanti Limaye, M.D., is Attending Head and Neck Medical Oncology, Dana-Farber Cancer Institute & Brigham and Women’s Hospital. She is a Clinical Instructor in Medicine at Harvard Medical School.

Reference:

*S•P•O•H•N•C*  
http://www.spohnc.org  
E-mail-- info@spohnc.org
The annual SPOHNC Taste Event became a nationwide “happening” this year as chapters from across the country brought together survivors, families, caregivers and friends to promote awareness of oral, head and neck cancer, while enjoying the pleasures of dining together and sharing stories of inspiration as well. Chapters participating in events this year included Long Island, NY, Chicago, Boston, Kansas City, Rochester, Seattle, Des Moines, Danvers & Nashville among others.

LI, NY Chapters 2nd Annual Taste Event Raises Over $20,000 to Support SPOHNC!
This year’s Long Island Chapters Taste Event, held on April 13, 2011 was the result of the hard work and collaboration of the three local SPOHNC groups: New Hyde Park, Stony Brook & Syosset, New York. Once again the event exceeded the committee’s expectations. Last year, the first annual event played host to approximately 120 guests, and 20 participating restaurants and bakeries. The 2011 Taste Event welcomed over 200 attendees, and over 40 restaurants and bakeries. Wow! The Stuart Thomas Manor, a beautiful catering hall chosen by the committee was the perfect location for the evening. The food, the entertainment, raffle prizes, and the survivors and their families and friends all came together wonderfully. Kudos to the organizing committee and all of the volunteers and contributors…a super job!

Diane O’Doherty, Account Executive at LI Radio Group’s 98.3 WKJY (KJOY) Radio

Donated her time and talent for the event, serving as the program emcee. She has become a true friend of SPOHNC and brought something special and heartfelt to the evening’s festivities. Dr. David Schwartz, Vice Chair, Department of Radiation Medicine at Long Island Jewish Medical Center, spoke to the large crowd in attendance, delivering remarks that were truly thought provoking and inspiring at the same time. Assemblyman Joseph Saladino also joined us for part of the evening to show his support of SPOHNC.

This year’s event was dedicated to David Henderson, a beloved Syosset Chapter member who lost his battle in December. He was an inspiration to all who knew him. Event organizers were privileged to have a table of his co-workers from Nikon in attendance to support the event, and his best friend and co-worker Chris Brandmaier gave the crowd wonderful insight into David’s amazing life and determination.

At the event, guests were invited to look over a fabulous selection of over 100 raffle prizes donated by area businesses, restaurants, and entrepreneurs. A 50/50 raffle rounded out the fundraising portion of the evening. The Electric Dudes, a popular LI band with a following that includes several Syosset group members, generously donated their voices and talent, providing great entertainment throughout the evening. Guests dined on delicious entrees, including everything from pasta, soup, chicken and beef dishes, to a delectable selection of desserts including cupcakes and chocolate mousse as well as yummy cakes, pies and tarts.

Stories of inspiration were shared during the program, as the evening became a true celebration of life. The LI Chapters Taste Event opened the eyes of many to the challenges of oral, head and neck cancer, while bringing together members and surrounding them with loving supportive family and friends.

The LI Chapters Taste Event was a tremendous success. Its efforts were spearheaded by a small group of extremely dedicated survivors who were ready and willing to give it their all, in order to put together an amazing event.

Kansas City, KS – “Culinary Creations From Soup to Dessert”
The second Annual Tasting Event, called “Culinary Creations From Soup to Dessert”, was certainly much easier the 2nd time around! The event organizers were excited about the enthusiasm of their support group, who made the evening a huge success. Restaurants from last year’s event were ready and anxious to be a part of this year’s. Word must have spread fast about the great success of 2010!!

Once again, Kansas City oncology physician Dr. Prakash Neupane, spoke at the event, as well as head and neck cancer survivor, Brent Bowman. Brent is a music teacher in one of the local school districts. The impact of his head and neck cancer required him to find a new way to teach. His thoughts were insightful.

The keynote speaker was former Green Bay Packer and Kansas City Chief Paul Coffman – he is also a recent survivor of head and neck cancer. Paul compared facing cancer to an athlete facing a challenge. During the evening, he also graciously took photos with some of the young people who attended.

The University of Kansas Cancer Center again provided the venue free of charge. A good number of staff attended and the community response was overwhelming, with attendance of over 250. As a new event feature this year,
Connor Bowman (the accomplished son of Brent Bowman) entertained the guests with an impromptu saxophone and flute performance. Local oncology organizations participated as well, providing information and literature, and remaining on hand to answer questions and provide education about community resources for cancer patients and their loved ones. All in all it was a great event with much encouragement to do it again in 2012!

Nashville, TN – “Potluck Delights”
The Nashville SPOHNC Chapter was just developed in February 2011. Being such a new group, the decision was made to keep things simple – at least for the first year. We held a “Potluck Taste Event”, where group members generously donated their own delicious dishes, and a few local vendors (Ben and Jerry’s and Maggie Moo’s) donated some much loved ice cream. Many of the group members have swallowing difficulties, so juicers and smoothie machines were the highlight of the evening! Carmin Bartow, speech pathologist, and facilitator of the Nashville SPOHNC Chapter stated “I was a bit reluctant to jump into the Tasting Event since we were such a new group, but I’m so very glad that we participated in our own simple way. The event allowed for such a relaxed atmosphere and wonderful conversation. It stimulated discussion about eating and swallowing difficulties and allowed group members to offer support and share their stories and experiences about this important quality of life issue. Everyone enjoyed the delicious dishes, ice cream, smoothies, and juice but more importantly we enjoyed each other’s company and the opportunity to make new friends. Overall the Nashville event was wonderful, and the group already has plans to make our “Potluck” bigger and better in 2012.”

Rochester, NY - “Spring Fling Tasting Expo”
In anticipation of Oral, Head & Neck Cancer Awareness Week, the University of Rochester Medical Center, James P. Wilmot Cancer Center hosted the “2nd Annual Spring Fling Tasting Expo” for the members of SPOHNC-Rochester group, and their families and friends. The evening commenced with remarks by Dr. Yuhchyau Chen, Interim Director of Radiation Oncology, and Mr. Richard Bell, a survivor and recipient of the Cancer Center’s Inspiration Award.

Several area chefs participated, providing delectable samples of Crab Salad, Italian Wedding Soup, Vegetarian Black Bean Soup, Chicken French, Tuna Noodle Casserole, Macaroni & Cheese, Vegetable Quiche, Cheesecake, Cream Puffs, Ice Cream Cake & Rice Pudding. Samples of MonaVie and Strawberry Smoothies were also available as part of the evening’s offerings. The event concluded with a lively raffle of prizes donated by local businesses and gift certificates donated by the restaurants that participated.

Attendee Anne Lambert said “What a lovely evening! It was very heartwarming to see so many people enjoying and being served deliciously prepared and visually attractive food that allowed for enhanced quality and enjoyment of life as they heal and as we honored those continuing to heal. The special attention and detail that went into creating this tremendous event was validated by the number of attendees and the joy that filled the room.”

“We are grateful to the University and the Rochester community that embraces this event and contributes so generously to its success,” commented Darlene Harmor, MS, NP, RN & Sandra Sabatka, LMSW group co-facilitators.

Des Moines, Iowa – “Rediscovering the Joy in Eating: A Tasting and Learning Event”
Guests were treated to an event entitled “Rediscovering the Joy in Eating: A Tasting and Learning Event”. The program began with guests enjoying delicious dishes donated by many of their own amazing local chefs. Guests were invited to vote for their “Fan Favorite”
after tasting these delectable entrees. A special feature of the evening was a cooking demonstration by Iowa Methodist Chef David Jensen. Guests at the event were also able to participate in free oral screenings, and visit with vendors and interactive displays.

The Hot Club of Des Moines, who kept things light with their unique sounds, provided entertainment. As a very special component of the evening, the A VEDA Institute Des Moines offered free chair massages – how relaxing! The program included an acknowledgement of survivors & co-survivors, as well as heartwarming stories, shared by attendees Dr. Jay Rosenberger, Andrea Price & Susan Koblika.

Dessert was served, and the “Fan Favorite” dish was announced. Lots of fabulous, donated door prizes made the night complete. A wonderful time was had by all in attendance, who left wondering how next year’s event could top this one.


This year was Chicago’s second annual Tasting Event, which was as successful as the year before. Collaborating with three support groups from North Shore, University of Chicago, and Loyola hospitals, the SPOHNC Chicago group’s event brought people together from all over the region. In fact - there was even an attendee from the Cleveland, Ohio chapter. Jeff Husney flew in just to see what it was all about. Jeff plans to spearhead the efforts of his group for their own inaugural Taste Event next year.

A special component this year, was an art exhibit from our friends at Lilly Oncology. In addition, 13 restaurants donated their unique dishes while also addressing the nutritional needs of oral, head, and neck cancer patients. A large selection of raffle prizes, including books, gift cards and other goodies completed the event, with something to please everyone. In attendance were local physicians, Dr. Brockstein and Dr. Charous, as well as Jade Distajo RN, Head and Neck RN Navigator, and social worker Stephanie Horgan LSW. This year’s event played host to roughly 50 guests who enjoyed all there was to offer. There were dozens of returning guests, but plenty of new faces as well. The evening was such a unique opportunity to connect people to those who understand the side effects associated with oral, head, and neck cancer. It was also a great opportunity to bring together those with head and neck cancer to raise awareness of the disease and also to smile, laugh and have a good time. We’re already looking forward to next year!

Danvers, MA – “3rd Time’s A Charm”

The MGH North Shore Cancer Center held its third annual Taste Event on April 12th in the Center’s spacious lobby which was decorated with balloons and floral arrangements by Flowers by Darlene. The event was attended by 60 patients and spouses as well as many Cancer Center staff. Dr. Dan Soto addressed the gathering, congratulating patients on getting through the challenges of treatment and for committing themselves to their recovery.

Chefs from Ken Rothwell’s Catering and the Natural Grocer of Newburyport joined local chefs from Capone’s, Epicurean Feast, The Grapevine, Henry’s of Beverly, Kelly’s, Petrillo’s and Woodman’s in creating a wonderful buffet. Attendees feasted on New England clam chowder, Japanese noodles, and garlic chicken among other regional and ethnic dishes. Spinelli’s Bakery and Treadwell’s Ice Cream provided delicious desserts to complete the meal.

Raffle prizes included Red Sox tickets as well as gift certificates to the Ritz Carlton and the Liberty Hotel. Once again, Waring donated two of their finest blenders to the raffle, a gift that proves so valuable to our patients. Donations from Bed Bath and Beyond, Carrabba’s Italian Grill, Foreign Wheels of Salem, Images of the North Shore, Market Basket, Shear Radiance, Sunshine Daydream, Unique Gift Baskets of Salem and Walton Woodworks made for many happy raffle prize winners.

As in years past, The Taste Event proved to be the highlight of SPOHNC North on the Boston calendar.

Editors Note: The Taste Event was created to promote awareness of oral, head and neck cancer and the many debilitating challenges that can come with treatment. We hope that these stories will serve as an inspiration to other chapters across the country to put together their own events to promote awareness, while fostering camaraderie, sharing a meal and making new friends, as well.
What food made you feel safe and loved as a child? Warm tomato soup? Mac and cheese? Have you ever given a meal as a peace-offering or received one as an act of kindness? You most likely are already thinking of food that makes you feel a certain way. Like when we hear an old song that produces a certain emotion, we also have an emotional reaction to food that connects us with places, people, and events.

The table for many represents the one place where family gathers. When we fall in love, we eat. When we go to the movies, we eat. We deliver a casserole to show our support when a friend is experiencing a loss. If you are a person of faith, you most likely have participated in a meal that is significant to your faith. Food occupies an important role in most areas of our life.

Imagine going without those familiar foods. Many Oral, Head, and Neck Cancer Survivors endure this alteration in eating habits. It’s not an easy adjustment to make often resulting in a deep sense of loss. It isn’t hard to imagine the nutritional issues that receiving radiation and surgery to the head and neck area can cause. What is often missed with this survivor population, however, is the toll it takes on the survivor’s emotional and spiritual health. I’ve heard it stated repeatedly by brave survivors in the Support for People with Oral and Head and Neck Cancer (SPOHNC) support group endure this alteration in eating habits. It’s not an easy adjustment to make. When a friend is experiencing a loss. If you are a person of faith, you most likely have participated in a meal that is significant to your faith. Food occupies an important role in most areas of our life.

Imagine going without those familiar foods. Many Oral, Head, and Neck Cancer Survivors endure this alteration in eating habits. It’s not an easy adjustment to make often resulting in a deep sense of loss. It isn’t hard to imagine the nutritional issues that receiving radiation and surgery to the head and neck area can cause. What is often missed with this survivor population, however, is the toll it takes on the survivor’s emotional and spiritual health.

3. The fear of choking has made a couple of people in the SPOHNC group reluctant to experiment with certain foods as they attempt to relearn how to eat. There is a proverb that says, “He who eats alone chokes alone.”

The humor is lost in this bit of wisdom for survivors of Oral, Head, and Neck Cancer. The subtle and not-so-subtle truth in this proverb, however, surely strikes a chord.

Furthering the struggle is a tendency to isolate one’s self from those people with whom one once shared a meal. When a struggle to eat translates into a struggle to maintain meaningful relationships, the struggle becomes an intensely spiritual one.

It’s heartening to listen to survivors interact in the SPOHNC group. Often, instead of talking about dental health issues or pain management, they share recipes. Yes, they get most excited about discovering what others with similar treatment processes are able to eat. Entire support groups have been filled with this one conversation. Cheers and tears have erupted when a survivor tells of eating their first slice of pizza post treatment. It’s this kind of sharing and bonding that many find an avenue to healing, again, not only in a nutritional sense but for emotional and spiritual health, as well.

Thanks to the survivor’s resilience, always improving technology, and a superb medical staff, the inability to take solid food is temporary for many. Still, sharing with others the difficult journey and staying socially engaged are important factors in maintaining good emotional and spiritual health.

The Support for People with Oral, Head, and Neck Cancer support group is held every second Tuesday of the month at 11:AM in Suite 200 of the Baylor Charles A. Sammons Cancer Center. Caretakers are welcome to attend.

**********

Always We Hope
by Lao Tzu

Always we hope
Someone else has the answer.
Some other place will be better,
Some other time it will all turn out.

This is it.
No one else has the answer.
No other place will be better,
And it has already turned out.

At the center of your being
You have the answer;
You know who you are
And you know what you want.

There is no need
To run outside
For better seeing.

Nor to peer from a window.

Rather abide at the center of your being;
For the more you leave it, the less
you learn.

Search your heart
And see
The way to do
is to be.
New Member Joins Board of Directors

The Board of Directors, Founder and President Nancy Leupold, Executive Director Mary Ann Caputo and staff at SPOHNC would like to extend a warm and heartfelt welcome to our newest Board member, Ralph A. Catalano, Esq.

Ralph Catalano is a 1986 graduate of Fordham University and received a Juris Doctorate Degree from Hofstra University School of Law in 1989. A seasoned litigator, he has extensive trial and appellate experience in many areas, including medical professional and institutional liability, legal malpractice, religious and charitable institution liability, products liability, medical device liability, commercial and complex tort liability.

He is past Chairman of the Nassau County Bar Association Committee on Professional Ethics. He has developed and chaired programs for avoiding and defending legal malpractice claims for The New York State Bar Association and the Nassau County Bar Association, and has lectured and written extensively on a range of topics concerning professional malpractice, legal ethics, personal injury and institutional liability for many publications and organizations. He is a frequent lecturer of trial and appellate advocacy at the New York State Bar Association, the Nassau County Bar Association and Hofstra University School of Law. He is a Board member of the Nassau Academy of Law.

Mr. Catalano is admitted to practice before all Courts of the State of New York, the United States District Courts for the Southern and Eastern Districts of New York and the District of New Jersey, the United States Court of Appeals for the Second Circuit and the Supreme Court of the United States. He is a member of the Defense Research Institute, the Professional Liability Underwriting Society, the American Bar Association, the New York State Bar Association and the Nassau County Bar Association.

Coming this Fall

The Second Edition
Please check our web site www.spohnc.org for more information

Support the fight against ORAL CANCER
MEETING THE CHALLENGES OF ORAL AND HEAD AND NECK CANCER
A GUIDE FOR SURVIVORS AND CAREGIVERS
Nancy E. Leupold
James J. Scibetta

Visit www.spohnc.org to order.
For large orders, please call 1-800-377-0928

Visit SPOHNC on Facebook
CHAPTERS OF SPOHNC

ARIZONA-CHANDLER
Cancer Center at Chandler Reg. Med. Ctr.
1st Wednesday: 10:00 AM-12:00 PM
Monica Krise, MSW  480-728-3613
monica.krise@chw.edu
Dick Snider, MD (ret.)  480-895-6019
rsnider326@aol.com

ARIZONA-PHOENIX/MESA
Banner Desert Medical Center
3rd Wednesday: 4:30 - 6:30 PM
Kerri Winchester, MS, CCC-SLP  480-412-3627
Kerri Winchester@gmail.com
Dick Snider, MD (ret.)  480-895-6019
rsnider326@aol.com
Bette Denlinger, RN  bened@cox.net

ARKANSAS-NORTHWEST
NWA Cancer Support Home
3rd Saturday: 6:30-8:30 PM
Chris Henderson, MS, CCC-SLP  602-312-9226
chenderson2@shc.org
Sandy Bates, RN  480-838-5194
zoommono60@cox.net
Les Norde  602-439-1192
elnoriday@cox.net

CALIFORNIA-LOS ANGELES-UCLA
UCLA Med. Pl., Rad/Onc Conf. Rm. B-265
1st Tuesday: 6:30-8:00 PM
Pam Hoff, LCSW  310-825-6134
phoff}@mednet.ucla.edu

CALIFORNIA-PASO ROBLES
The Wellness Community
1st Tuesday: 6:00 PM
Pam Collins, Program Director  805-238-4411
pamella.collins@twccc.org

CALIFORNIA-VENTURA
The Cancer Resource Center of Community Hospital
Kathleen Horton 805-652-5459
khorton@cmhhospital.org

COLORADO-DENVER
Porter’s Adventist Hospital
Cottonwood Springs Conf. Rm. 1st Fl.
Jeanne Currey  303-778-5832
jeannecurry@centura.org

CONNECTICUT-NEW HAVEN
Hospital of St. Raphael
2nd Tuesday: 5:00 PM-6:30 PM
Vanna Desti, APRN  203-789-5131
vdest@srhs.org
Lori Ratchelous, MSW
lratchelous@srhs.org

CONNECTICUT-NEW LONDON
Lawrence & Memorial Hospital
Community Cancer Center
Waiting Room - 1
Tuesday: 4:00 - 5:30 PM
Catherine McCarthy, LCSW  860-444-3744
cmcCarthy@lmhosp.org

CONNECTICUT-NORWICH
William W. Backus Hospital
Medical Office Building, MOB Conf. Rm.
3rd Tuesday: 6:00-6:30 PM
Darlene Young, RN, OCN  860-892-2777
dayoung@wwbh.org
Kathy Gernhard, RN, OCN  860-892-2777
kgernhard@wwbh.org

DC-GEORGETOWN
Lombardi Ca Ctr/Martin Marietta Conference Rm
3rd Wednesday: 11:00 AM-12:00 noon
Joanne Assarsson, MSW, LICSW  202-444-3755
assarssj@gunet.georgetown.edu

DC-WASHINGTON
Washington Hospital Center
Washington Cancer Institute, Room C1200
2nd Wednesday: 1:45-3:30 PM
Cynthia Clark, RD  202-877-3498
cynthia.d.clark@medstar.net
Christopher Bianca, LCSW
Christopher.a.bianca@medstar.net

FLORIDA-BOCA RATON
Boca Raton Community Hospital
1st Monday: 6:00-7:00 PM
Laura Moon Cox, MSW  561-955-5897
lmoon@brci.com

FLORIDA-ENGLEWOOD
Englewood Community Hospital
3rd Thursday: 10:30AM-12:00 noon
Joseph Bauer  941-474-0099

FLORIDA-FT MYERS
Gulf Coast Medical Center
Outpatient Rehabilitation Ctr.
4th Tuesday: 3:00-4:00 PM
Stacey Brill, MS, CCC-SLP  239-343-1645
stacey.brill@leememorial.org

FLORIDA-FT MYERS
Gulf Coast Medical Center
Outpatient Rehabilitation Ctr.
4th Tuesday: 3:00-4:00 PM
Stacey Brill, MS, CCC-SLP  239-343-1645
stacey.brill@leememorial.org

FLORIDA-GAINESVILLE
Winn Dixie Hope Lodge
2nd Monday: 6:00-7:00 PM
Monica Grey LCSW, LMT  352-222-8126
monica.grey@cox.net

FLORIDA-LECANTO
Robert Boisssueault Oncology Institute
3rd Wednesday: 11:30 AM-12:00 noon
Wendy Hall, LCSW, AHPC
352-572-0106
whall@robi.com

FLORIDA-MIAMI
The Wellness Community
2nd Wednesday: 6:00-8:00 PM
Janny Rodriguez  305-668-5900
janny321@gmail.com
Russell Nansen  305-660-9015

FLORIDA-MIAMI
UM/Sylvester at Deerfield Beach, Ste.100
2nd Tuesday: 1:30 PM-3:00 PM
Penny Fisher, MS, RN, CORLN
305-243-4952
pfisher@med.miami.edu

FLORIDA-NAPLES
NCH Healthcare System/Downtown
1st Wednesday: 3:00-4:30 PM
Karen Moss, MS, CCC-SLP  239-393-4079/Karen.moss@nchmd.org

FLORIDA-Ocala
Robert Boisseau Oncology Institute
1st Monday: 11:00 AM-12:00 noon
Amy Roberts, LCSW  352-732-0277
aroberts@robi.com

FLORIDA-SARASOTA
Winship CA Institute (Bldg. C)
Last Thursday: 6:00-7:00 PM
Janny Rodriguez  305-668-5900
janny321@gmail.com

GEORGIA-ATLANTA
St. Joseph Hospital of Atlanta
Evelyn Trammell Voice & Swallowing Center
2nd Tuesday 1:00 PM
Tanya Duke 678-593-5586
tdudek@sjha.org

GEORGIA-Atlanta-Emory
Winship CA Institute (Bldg. C)
Last Thursday: 6:30-7:30 PM
Arlene Kehir, RN  404-778-2369
Arlene.Kehir@emoryhealthcare.org

GEORGIA-Atlanta-Emory
Winship CA Institute (Bldg. C)
Last Thursday: 6:30-7:30 PM
Arlene Kehir, RN  404-778-2369
Arlene.Kehir@emoryhealthcare.org

GEORGIA-Atlanta-Emory
Winship Institute (Bldg. D)
Last Thursday: 6:30-7:30 PM
Arlene Kehir, RN  404-778-2369
Arlene.Kehir@emoryhealthcare.org

GEORGIA-AUGUSTA
MCG Health Children’s Medical Center
Family Resource Center
1st Wednesday: 6:00-7:30 PM
Lori M. Burkhart Morgan, PhD, CCC-SLP
706-721-6100
lburkhart@georgiahealth.org
Leann Drago dragano1@bellsouth.net

GEORGIA-COLUMBUS
Community Public Library
3000 Macon Rd.
2nd Monday: 6:00-7:30 PM
Wanda Hodge  706-442-1768
admin@wcgcc.org

ILLINOIS-CHICAGO
Duchossois Ctr. for Advanced Medicine
4th Tuesday: 1:00-2:00 PM
Mary Herbert  773-834-7326
mherbert@medicinebsd.uic.edu

S•P•O•H•N•C  http://www.spohnc.org
E-mail-- info@spohnc.org
CHAPTERS OF SPOHNC

IL-EVANSTON/HIGHLAND PARK
NorthShore University Health System
Call for location
2nd Monday: 6:00-8:00 PM
Sabina Omercajic, MS, CCRP 847-570-1066
somercajic@northshore.org

ILLINOIS-MAYWOOD
The Cardinal Bernardin Cancer Ctr.
3rd Wednesday: 6:00-7:00 PM
Laura Morrell, L, LCSW 708-327-2042
lomorre1@luc.edu

INDIANA-FORT WAYNE
Lutheran Cancer Resource Ctr Ste 109
Sabina Omercajic, MS, CCRP 574-723-3145
Sabina.omercajic@lutheran-hosp.com

INDIANA-INDY-NORTH
Marion County Public Library
Lawrence Branch
Last Monday: 6:00-8:00 PM
John Groves 317-872-6674
jgroves14@comcast.net

IOWA-DES MOINES
Iowa Methodist Medical Center
Suite 450
1st Wednesday: 5:30 PM
Jennifer Witt, RN, MSN, OCN
stendall@iowamethodist.org

KANSAS-KANSAS CITY
Univ. of Kansas Hospital
2nd & 4th Wednesdays: 4:00 - 5:00 PM
Maria Richmond, RN, LMRS 913-894-3443
Dorothy Austin, RN, OCN 913-588-6576
daustin@kumc.edu

LOUISIANA-BATON ROUGE
Cancer Services of Greater Baton Rouge
3rd Wednesday: 4:00 PM
Ester Sachse 225-927-2273

MAINE-AUGUSTA/CENTRAL
Harold Alfond Center for Cancer Care
Therese Berniger, SLP-CCC 207-872-4051
therese.berninger@mainegeneral.org

MARYLAND-BALTIMORE-GMAC
Milton J. Dance Head & Neck Center
Physicians Pavilion East Conf. Ctr.
2nd Thursday: 7:00 PM
Mary Anne Macaulay, LCSW 978-882-6002
mmacaulay@partners.org

MICHIGAN-DETROIT
Henry Ford Hospital
Josephine Ford Cancer Ctr. Rm. 2038D
1st Saturday: 11:30 AM
Amy Orwig, MSW 313-916-7578
aorwig1@hfhs.org

MICHIGAN-ST. JOSEPH
Lakeland Healthcare
1st Monday, 5:00-6:00 PM
Lisa Sutton MA, CCC-SLP 269-428-2799, x2997
lsutton@lakelandregional.org

MICHIGAN-TROY
Beaumont Health Center
Wilson Cancer Resource Center
4th Thursday: 6:30 PM
Carrie Erikson, LCS, 248-964-3430
Ceriksen@beaumonthospitals.com

MINNESOTA-MINNEAPOLIS
Hennepin/Southdale Library
1st Thursday: 6:45-9:00 PM
Colleen M. Endrizzi 952-545-0200

MISSOURI-ST. LOUIS
St. Louis University Cancer Center
4th Friday: 10:00 AM - 12:00 noon
Deborah S. Manne, MSN, RDH, RN, OCN 314-577-8880
mmannedi@slu.edu

MONTANA-BOZEMAN
Bozeman Deaconess Hospital
3rd Thursday: 12:00 Noon-1:00 PM
Douglas Stiner 406-586-0828
nancydoug@theglobal.net

NEBRASKA-OMAHA
Methodist Cancer Center
Meets Quarterly
Susan Stensland 402-559-4420
sstensland@nebraskamed.com

NEBRASKA-OMAHA
Nebraska Medical Center
Meets Quarterly
Susan Stensland 402-559-4420
sstensland@nebraskamed.com

NEW JERSEY-MORRISTOWN
Mount Sinai Medical Center
1st Tuesday: 3:00 PM
Christine Nolin, LCSW 212-731-5141
christine.nolin@nymc.org

NEW JERSEY-PRINCETON, UMC
1st Wednesday: 12:00-1:00 PM
Amy Heffern 609-575-7949
aheffern@mac.com

NEW JERSEY-SOMERVILLE
Steepchase Cancer Center
3rd Wednesday: 6:00-7:30 PM
Kelly Harth, MSW, RYT-500 908-343-8247

NEW JERSEY-TOMS RIVER
Community Medical Center
Last Thursday: 3:00 PM
Sherry Laniado, LCSW 732-557-8270
slaniado@sbcglobal.net

NEW MEXICO-ALBUQUERQUE
Anita Bryan, 505-681-1971
Anitabeach2@yahoo.com

NEW YORK-ALBANY
ACS Hope Club
3rd Thursday: 7:00-9:00 PM
Kathy Rosbrook 518-758-1333
okroz@aol.com

NEW YORK-BUFFALO
Roswell Park Cancer Institute
1st Monday: 4:30-6:00 PM
Amy Sumbrum, L, SPL 716-845-4947
amy.sumbrum@roswellpark.org
Jim Smaldino 716-845-4472
james.smaldino@roswellpark.org

NEW YORK-MANHATTAN
Mount Sinai Medical Center
3rd Tuesday: 3:00 PM
Margot Wankoff, LCSW 212-241-7962
margot.wankoff@mountsinai.org

NEW YORK-MANHATTAN
NYU Clinical Cancer Center, 11th flr
1st and 3rd Thursday: 2:00 PM
Sandra Sabatka, LMSW
Sandra_Sabatka@URMC.Rochester.edu

NEW YORK-NEW HYDE PARK
NORTH SHORE-LIJ Health System
Hearing and Speech Conf Rm, LL
3rd Thursday: 6:30 PM - 8:00 PM
Sharon Lerman, LCSW 718-470-8964
Lynn Gormley 516-628-1219 / 516-314-8897
lgormley1@optonline.net

NEW YORK-ROCHESTER
Strong Memorial Hospital
1st Thursday: 4:30-6:00 PM
Sandra Sabatka, LMSW
Sandra_Sabatka@URMC.Rochester.edu

SPOHNC
NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
LOCUST VALLEY, NY PERMIT NO. 28

SUPPORT FOR PEOPLE WITH ORAL AND HEAD AND NECK CANCER (SPOHNC)

ANNUAL MEMBERSHIP

CONTRIBUTIONS

❏ $25.00 individual

❏ $30.00 family

❏ $30.00 Foreign (US Currency)

CONTRIBUTIONS

❏ Booster, $15+

❏ Donor, $50+

❏ Sponsor, $100+

❏ Patron, $500+

❏ Benefactor, $1,000+

❏ Founder, $5,000+

❏ Leaders Circle, $10,000+

Call 1-800-377-0928 to become a member and make a contribution by credit card or order online at www.spohnc.org

MEMBERSHIP APPLICATION

SUPPORT FOR PEOPLE WITH ORAL AND HEAD AND NECK CANCER, INC.

Membership includes subscription to eight issues of News From SPOHNC

MEMBERSHIP APPLICATION

SUPPORT FOR PEOPLE WITH ORAL AND HEAD AND NECK CANCER (SPOHNC)

Come Celebrate With Us!

SPOHNC’s
20th Anniversary
Conference &
Celebration of Life

August 10 - 12, 2012
More details to follow soon...

Interested in attending?
Contact SPOHNC at info@spohnc.org
or
1-800-377-0928

SUPPORT FOR PEOPLE WITH ORAL AND HEAD AND NECK CANCER
P. O. BOX 53
LOCUST VALLEY, NY 11560-0053

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
LOCUST VALLEY, NY PERMIT NO. 28