



HEAD & NECK CANCER
AUSTRALIA
ENGAGE • EDUCATE • EMPOWER

DIAGNOSED WITH HEAD AND NECK CANCER?

**We provide free information and support for people
affected by Head and Neck Cancer**





Diagnosed with Head and Neck Cancer



What happens next?

If you, or someone you care about, have recently been diagnosed with a type of Head and Neck Cancer you are probably feeling anxious and overwhelmed and you may have a lot of questions.

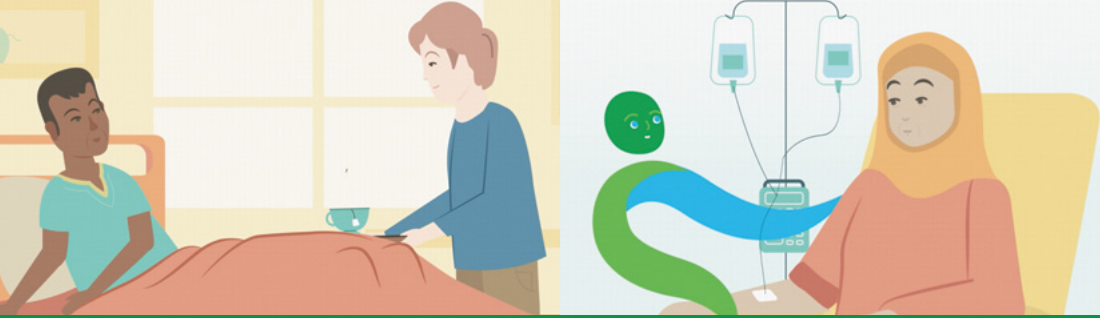
Head and Neck Cancer Australia is here to help you. We have developed information you can trust about the type of cancer you have and what happens following a diagnosis. You can find fact sheets, videos and webinars on our website on topics including:

- Types of Head and Neck Cancer
- Understanding your diagnosis
- Your Cancer Care Team (also known as a multidisciplinary team)
- Questions to ask your cancer care team
- Eating and drinking
- Health and wellbeing

Feeling worried and scared is normal in people diagnosed with cancer but it's important to know where you can get information and support. You do not have to face Head and Neck Cancer alone.

T: 1300 424 848

W: www.headandneckcancer.org.au



Life after Head and Neck Cancer treatment



What happens next?

The time after treatment for cancer is often called 'survivorship'. Getting used to life after cancer can take some time. Many people say cancer changes them and that they feel different, even if they look the same.

Like any therapy, Head and Neck Cancer treatment has side effects. Some side effects of Head and Neck Cancer stop after treatment. Others may last for some time. Some side effects of Head and Neck Cancer treatment can last the rest of your life.

Getting support and having a strong social network is important and can help with depression, anxiety and your overall health and wellbeing.

Visit the Head and Neck Cancer Australia website to learn more about topics like:



Finding a support group



Practical and emotional support



Diet and nutrition



Teeth and mouth care



Physiotherapy and lymphoedema



Speech, voice and swallowing

About us

Fourteen people are diagnosed every day in Australia with a type of Head and Neck Cancer. Head and Neck Cancer is not one type of cancer. It is a complex and diverse group of cancers that can affect a person's mouth, tongue, throat, salivary glands, skin or voice box.

Head and Neck Cancer Australia is the only national charity dedicated to providing free, trusted and easy to understand information, education and support to people affected by Head and Neck Cancer.

We represent over 5,300 people who are newly diagnosed each year and more than 17,000 people who are living with Head and Neck Cancer across Australia.

We also lead the national effort to advocate for government support to encourage prevention, increase early diagnosis and improve the quality of life of people living with Head and Neck Cancer in Australia.



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Contact us

W: headandneckcancer.org.au

T: 1300 424 848

E: contact@headandneckcancer.org.au

Follow us



ABN: 44 600 709 733



Watch our video:

What to expect next.. after being diagnosed with Head and Neck Cancer



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