



Internet Resources, Articles, and More Information

*For patients receiving treatment for head
and neck cancer*

You can find a lot of information on the Internet about cancer and cancer issues that may be useful to you and your support persons. This section of the Guide to Your Head and Neck Cancer Treatment provides some websites to get you started.

Some Internet sources are clearly reliable, such as National Cancer Institute, American Cancer Society, university-affiliated sites, and other well-known organizations. Other sites, such as those with *listserv* addresses, may give less dependable information.

Be aware that anyone can set up a website. There is a lot of inaccurate information on the Internet. Carefully check out the information you find. Use the DISCERN website at www.discern.org.uk to help you check your resources.

Some Internet sites post information for readers to access. Others are interactive and allow users to “chat” with others. Both types provide a wealth of information and support.

General Cancer Resources

American Cancer Society (ACS)

www.cancer.org

250 Williams St., Suite 600, Atlanta, GA 30303

Toll-free: 800-227-2345

TTY: 866-228-4327

Dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and reducing suffering from cancer through research, education, advocacy, and service.

Cancer Lifeline

www.cancerlifeline.org

6522 Fremont Ave. N., Seattle, WA 98103-5358

Phone: 206-297-2100; Fax 206-297-2200

24-Hour Lifeline toll-free: 800-255-5505 or 206-297-2500

Provides education, resource referrals, and support groups.

Tip:

Being inquisitive, along with a positive mental attitude, really helps with the ups and downs ahead.

Websites provided a wealth of information and it helped my wife and me to communicate with others who have already gone through this.

~ UWMC Patient

CancerCare

www.cancercare.org

275 Seventh Ave., New York, NY 10001

Toll-free: 800-813-HOPE (4673)

Email: info@cancercare.org

Provides free professional counseling, support groups, education and information, and referrals to cancer patients and their families. These are intended to help people with cancer cope with the psychological and social effects cancer may have.

National Cancer Institute

www.cancer.gov

Cancer Information Service

Toll-free: 800-4-CANCER (800-422-6237)

Provides telephone help, answers questions, and provides booklets about cancer.

WebWhispers

www.webwhispers.org

P.O. Box 9443, Longview, TX 75608-9443

Answers questions about larynx-cancer treatments, surgery, recovery, and what life is like after laryngectomy surgery.

Resources for Persons with Head and Neck Cancer

International Association of Laryngectomees (IAL)

www.theial.com

925B Peachtree St. N.E., Suite 316, Atlanta, GA 30309

Phone: 866-425-3678; Fax: 765-482-8178

Email: ialhq@larynxlink.com

An association of over 230 laryngectomy clubs. Clubs provide pre- and post-operation visits to laryngeal cancer patients, and continuing support and education for laryngectomees and their families.

Oral Cancer Foundation

www.oralcancerfoundation.org

3419 Via Lido #205, Newport Beach, CA 92663

Phone: 949-646-8000

Email: info@oralcancerfoundation.org

Provides educational information on oral cancer facts, diagnosis, treatment, research, news, products, resources, and other useful websites.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. Clinic staff are also available to help.

❑ UWMC

Otolaryngology – Head and Neck Surgery Center

206-598-4022
3rd floor, UWMC
Box 356161
1959 N.E. Pacific St.
Seattle, WA 98195

❑ HMC Otolaryngology Specialty Clinics at Ninth and Jefferson

206-744-3770
908 Jefferson St.
Box 359803
Seattle, WA 98104

Support for People with Oral, Head and Neck Cancer (SPOHNC)

www.spohnc.org

P.O. Box 53, Locust Valley, NY 11560-0053

Toll-free: 800-377-0928

Email: info@spohnc.org

Offers a program of support and information that addresses the emotional, psychological, and needs of oral, head, and neck cancer patients.

Thyroid Cancer Survivors' Association, Inc. (ThyCa)

www.thyca.org

P.O. Box 1545, New York, NY 10159-1545

Toll-free: 877-588-7904

Email: thyca@thyca.org

Free services and outreach for everyone whose life has been touched with thyroid cancer.

UWMC and HMC Contact Information

University of Washington Medical Center (UWMC) Patients

- For appointments, call Otolaryngology – Head and Neck Surgery Center at 206-598-4022.
- If you are already a patient and have questions about your treatment:
 - Weekdays from 8 a.m. to 5 p.m., call the Nurse Voice Mail Line at 206-598-4437.
 - After hours and on weekends and holidays, call 206-598-6190 and ask for the Otolaryngology resident on call to be paged.

Harborview Medical Center (HMC) Patients

- For appointments and questions about your treatment:
 - Weekdays from 8 a.m. to 4:30 p.m., call 206-744-3770.
 - After hours and on weekends and holidays, call 206-744-3000 and ask for the Otolaryngology resident on call to be paged.

UW Medicine
HEALTH SYSTEM

UWMC Otolaryngology – Head and Neck Surgery Center

Box 356161

1959 N.E. Pacific St. Seattle, WA 98195
206-598-4022

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Pub. 06/2007, 04/2011
Rev. 04/2011

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