UCSF Helen Diller Family Comprehensive Cancer Center

Oral Cavity (Mouth) and Oropharyngeal (Throat) Cancer

The UCSF Patient and Family Cancer Support Center is the hub of support, information and resources for people with cancer at the Helen Diller Family Comprehensive Cancer Center. Learn more about UCSF's supportive care programs at https://cancer.ucsf.edu/support/crc/patientsupport-center

The Cancer Support Center at Mission Bay is located at 1825 4th St., 1st Floor, Room M-1210. The Cancer Support Center at Mt. Zion is located at 1600 Divisadero St., 1st Floor, Room B-101. The complete list of Patient Education Resource Pages is available to view at http://cancer.ucsf.edu/support/crc/patient-education-resources

Overview

Oral Cancer

Oral cancer includes cancer of the lips, tongue, cheeks, floor of mouth, hard palate, gums and minor salivary glands. Oral cancer usually occurs in people over the age of 45 but can develop at any age. Website: https://www.ucsfhealth.org/conditions/oral-cancer

Throat Cancer

Cancers that involve the throat, base of the tongue, tonsil, pharynx, or tube that extends from the nasal passages to the mouth to the esophagus and sinus are called oropharyngeal and hypopharyngeal cancers. Risk factors for developing throat cancer may include: smoking tobacco, heavy alcohol use, diet low in fruits and vegetables, drinking maté, etc. Website: https://www.ucsfhealth.org/conditions/throat-cancer

UCSF Resources

UCSF Head and Neck Surgery Cancer Program

The UCSF Head and Neck Surgery Cancer Program provides comprehensive, world-class care for people with head and neck tumors. These tumors can affect key functions such as breathing, speech, sight and swallowing, as well as appearance. We are committed to providing the most advanced and personalized care to protect both our patients' health and their quality of life. We're equally committed to providing an accessible, caring and informative environment that supports patients before, during and after treatment. Website: https://www.ucsfhealth.org/clinics/head-and-neck-surgery-cancer-program | Phone Number: (415) 885-7528

Publications

American Institute for Cancer Research: "Advice on Oral Cancer Prevention and Care During Treatment"
Website: https://www.aicr.org/resources/blog/advice-on-oral-cancer-prevention-and-care-during-treatment/

American Cancer Society (ACS) – Oral and Oropharyngeal Cancer
At the American Cancer Society, we're on a mission to free the world from cancer. Until we do, we'll be funding and conducting research, sharing expert information, supporting patients, and spreading the word about prevention. All so you can live longer — and better.
Website: https://www.cancer.org/cancer/oral-cavity-and-oropharyngeal-cancer.html | Phone Number: 800.227.2345

Cancer.Net: Oral and Oropharyngeal Cancer
This is Cancer.Net's Guide to Salivary Gland Cancer (Available in various foreign languages)
Website: https://www.cancer.net/cancer-types/oral-and-oropharyngeal-cancer

Cancer Support Community: "Eating Well with Head & Neck Cancer"
Website: https://www.cancersupportcommunity.org/eating-well-head-neck-cancer

Medline Plus: Trusted Health Information for You – Oral and Oropharyngeal Cancer
MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).
Website: https://medlineplus.gov/oralcancer.html

National Cancer Institute - Oral and Oropharyngeal Cancer
The National Cancer Institute (NCI) is the federal government's principal agency for cancer research and training. NCI is deeply committed to the core values of equity, diversity, and inclusion that allow all staff to reach their potential and fully contribute to the Institute's cancer mission. Website: https://www.cancer.gov/types/head-and-neck/hp/oral-screening-pdq

NCBI: Oral and Oropharyngeal Cancer
The National Center for Biotechnology Information advances science and health by providing access to biomedical and genomic information.
Website: https://www.ncbi.nlm.nih.gov/books/NBK430685/?term=oral%20cancer

Organizations

Cancer Support Community – Oral and Lip Cancer
As the largest professionally led nonprofit network of cancer support worldwide, the Cancer Support Community is dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.
Website: https://www.cancersupportcommunity.org/oral-and-lip-cancer | Phone Number: 888-793-9355

Head and Neck Cancer Alliance
As the largest professionally led nonprofit network of cancer support worldwide, the Cancer Support Community is dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. They provide resources for patients and caregivers and other informational resources. They also have numerous programs including peer to peer support, gas card program, and survivorship webinars.
Website: https://www.headandneck.org/ Phone Number: 866-792-4622

HNC Living Foundation
HNC's mission is to help head and neck cancer patients live life fully, during and after treatment, through financial assistance. Although starting local, their vision and commitment is to become the national resource of financial assistance for head and neck cancer patients. They provide financial assistance in a variety of ways including dental assistance, lodging, transportation, and other patient services. Website: https://www.hncliving.org

National LGBT Cancer Network
The National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk by: EDUCATING the LGBT community about our increased cancer risks and the importance of screening and early detection; TRAINING health care providers to offer more culturally-competent, safe and welcoming care; and ADVOCATING for LGBT survivors in mainstream cancer organizations, the media and research.
Website: https://cancer-network.org | Phone Number: 212-675-2633

The Oral Cancer Foundation
Founded by an oral cancer survivor, Brian R. Hill, the foundation's goals are supported by a Scientific Advisory Board composed of leading cancer authorities from varied medical and dental specialties, drawn from premier cancer treatment, research, and educational institutions in the US. They provide members with lots of informational tools on financial assistance, insurance

information, screenings, up to date news, and podcasts. They put on numerous events and help you find free screenings. Website: https://oralcancerfoundation.org/

Support for People with Oral and Head and Neck Cancer (SPOHNC)
Support for People with Oral and Head and Neck Cancer (SPOHNC) pronounced "Spunk" is a nonprofit organization involved in the development of programs of support. As such it can have an enormous positive impact on meeting the psychosocial needs of patients as well as preserving, restoring and promoting physical and emotional health.
Website: https://www.spohnc.org/

WebWhispers
WebWhispers was started in 1996 for those who had questions about larynx cancer treatments, surgery, recovery, and what life is like after laryngectomy surgery. We are now the largest support group for individual laryngectomee survivors of larynx and other throat cancers. We offer advice from those who have been there and education at the time it is needed. Our membership is composed of patients, caregivers, medical professionals and suppliers. Come join us in order to use our full facilities. It's free to join and no dues to pay.
Website: https://webwhispers.org/