

## Why I did all this:

Last fall, my mother was diagnosed with tonsillar cancer after having her tonsils removed.

She underwent radiation treatment for roughly 6 weeks. During her treatment, she discovered that she couldn't eat certain food items she had enjoyed previously.

There were no readily available publications or lists for what kinds of food recovering patients could try. So the only way to find ideas for foods to try were by trial-and-error, or asking other patients in the waiting room what all had worked for them.

I compiled a survey; involving questions about foods, skin and oral care items and other remedies and posted it to survey monkey.com. I then linked it to the American Cancer Society's Cancer Survivors Network Forum and received a lot of feedback from the patient community.

The results of this survey have been compiled into this document as a readily accessible list of suggestions for Head and Neck Cancer patients regarding foods, skin care and oral care items.

## Comfort Tips For Head & Neck Cancer Patients

Food, Nutrition & General Health  
Suggestions  
for Head and Neck Cancer patients,  
by Head and Neck Cancer patients



## Who I am

My name is John P., I am an Eagle Scout Candidate with Troop 511 in Northwest Austin, Texas. My mother has recently undergone treatment for Tonsillar cancer. I am creating this brochure as a part of my Eagle Project.

## How I obtained this information

I collected this information by conducting a survey of former Head and Neck Cancer patients and asked what food and care items helped them to get through their treatment and recovery period. The results of the information gathered have been compiled into this brochure.

## List of food and care items

### FOODS:

- ◆ Water (Try warm and cold, responses said both felt good at different times-Tap or bottled)
- ◆ Ensure®, Boost®, Carnation® Instant Breakfast or other nutritional supplements
- ◆ Canned Carrots and Peaches
- ◆ Puddings
- ◆ Teabags for hot tea (decaf, throat comfort, no anti-oxidants)
- ◆ Mashed Potatoes mix
- ◆ Juices (Non-acidic: peach and berry)
- ◆ Cans of beans (whole, refried and black)
- ◆ Soups, Broths, Creams (No tomato or other acidic types)

### MISC ITEMS

- ◆ Grocery Store gift cards
- ◆ Smoothie and milkshake store gift cards
- ◆ Soft Baby Toothbrushes
- ◆ Water Pick

### MEDICATIONS/OINTMENTS:

#### Oral Use:

- ◆ Biotene® mouthwash/gel/toothpaste/spray/gum
- ◆ Salt & baking soda to make mouth rinse (1 Qt warm water, 1 tsp salt, 1/2 tsp baking soda, store in a jar at room temp, using as a rinse as needed)

#### Topical/Skin/Lip Care:

- ◆ Vitamin E oil
- ◆ Eucerin® Cream
- ◆ Aquaphor® Ointment
- ◆ Aloe Vera gel
- ◆ Rādix™ Radiation Therapy (Lotion)
- ◆ Rādix™ Moisture Therapy (Lotion)
- ◆ Rādix™ Lip Ice
- ◆ Jergens® pink all purpose face cream

Prescription items for Oral Care that were mentioned frequently are Magic Mouthwash, Costanzi's Solution, CML Suspension and MuGard. Ask your doctor about these items.

#### DISCLAIMER!

The information provided herein is intended as a suggestion to make this time easier for the patient and should not be substituted for sound individual advice from your doctor or medical professional.

Hopefully this information will be helpful for you during your treatment and recovery.