

Date: _____

Dear _____:

You have now completed your treatment for head and neck squamous cell cancer at the cancer centre. Your follow-up care will be provided by your family physician/nurse practitioner, ENT (ear/nose and throat specialist) and your dentist.

Information about further follow up will be provided to your family physician/nurse practitioner, ENT and dentist. Please contact them to set up your appointments.

We recommend the following care for you:

- History and physical examination by your ENT and your family physician/nurse practitioner:
 - Once every three months for the first two years after treatment (four times a year in years one and two after treatment); then
 - Once every six months for the next three years (two times a year in years three, four and five after treatment); then
 - Once a year for the rest of your life.
- If you were a smoker of 20 or more years, you will require a low dose CT scan once a year to detect lung cancer.
- For female patients, HPV related head/neck cancer patients, an annual cervical Pap smear.
- If you have had radiation therapy involving the neck, monitoring of your thyroid function with a blood test called TSH every six months.
- A dental examination once every six months. You are encouraged to perform daily oral hygiene. Daily fluoride treatment is suggested, under the guidance of your dentist.

If you have any of the following symptoms, contact your family physician/nurse practitioner immediately.

- Fatigue (tiredness) which affects your normal activities of daily living
- Unexplained pain
- Difficulty breathing and or shortness of breath
- Difficulty swallowing
- Unexplained weight loss
- New lumps in the head and neck area

We encourage you to have a healthy lifestyle, which includes a healthy diet, exercise and avoiding smoking or excessive alcohol consumption.

Although you have been discharged from follow up care at the Cancer Agency, your family physician/nurse practitioner, ENT and dentist can refer you back to the Cancer Agency if you require care in the future.

Please feel free to contact the Psychosocial Oncology Department if you need assistance with supportive care services or access to other resources.

Allan Blair Cancer Centre: 306-766-2213

Saskatoon Cancer Centre: 306:655-2662

Sincerely,

Dr. _____