

# Laryngeal Cancer: Newly Diagnosed



Being told you have laryngeal cancer can be scary, and you may have many questions. But you have people on your healthcare team to help.

## Coping with fear

It's normal to feel afraid. Learning about your cancer and your treatment choices can make you feel less afraid. This also helps you work with your healthcare team and make the best choices for your treatment. You can also ask to speak with a counselor.

## Working with your healthcare team

Your healthcare team will likely include:

- **Medical oncologist.** This is a healthcare provider who specializes in treating cancer with medicines.
- **Radiation oncologist.** This is a healthcare provider who specializes in treating cancer with radiation.
- **Otolaryngologist, or a head and neck surgeon.** This is a healthcare provider who specializes in using surgery to treat problems of the ear, nose, or throat.
- **Maxillofacial prosthodontist.** This specialist may be needed to do restorative surgery to the head and neck areas after the cancer is removed.

Other healthcare providers on your team may include nurses, physician assistants, social workers, dentists, physical therapists, speech pathologists, and dietitians.

They will answer any questions you may have. They'll help you through each of the steps you'll take before, during, and after treatment. Your team will let you know what tests you need and the results of those tests. They'll guide you in making treatment decisions and help prepare you and your loved ones for what's ahead.

## Learning about treatment choices

To decide on the best treatment for you, your healthcare team needs to know as much as they can about your cancer. This may involve getting some tests and working with more than one healthcare provider. You may also decide that you want to get a second opinion to help you choose a treatment. Your team can help you do this.

## Getting support

Coping with cancer can be very stressful. Talk with your healthcare team about seeing a counselor. They can refer you to someone who can help. You can also visit support groups in person or online to talk with other people coping with cancer. Ask your healthcare team about local support groups.

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