

ALLIED HEALTH AND NURSING APPROACHES: A FOCUS ON HEAD AND NECK CANCER, 19TH MAY 2026

Recommended resources for survivors and carers

[Head and Neck Cancer Australia \(HANCA\)](#)

Lymphoedema

[Australian Lymphology Association:](#)

[Head and Neck Cancer Lymphodema management](#) - Amanda Pigott

Exercise

[HANCA exercise fact sheet](#)

[Exercise for People Living with Cancer](#)

[Peter MacCallum Cancer Centre exercise resources](#)

Oral care

[Xylimelts](#) – dry mouth products

[DentaMed](#) – dry mouth products

[Oral7](#) – saliva/oral flora products



Survivorship education ...

[Cancer Survivorship](#) | VCCC Alliance Centre for Cancer Education

[Cancer Survivorship Rapid Learning](#) | VCCC Alliance Centre for Cancer Education

ADDITIONAL RESOURCES

Recommended resources to support survivorship care

[Australian Cancer Survivorship Centre](#)

[Life after treatment resources](#)

[Common Survivorship Issues Directory](#) – includes fatigue, diet and weight issues, pain, sex and intimacy, issues with thinking and memory, sleep issues, financial toxicity

[Self management](#)

[COSA guidelines for the nutritional management](#) of adult patients with head and neck cancer

[Peter MacCallum Cancer Centre – radiotherapy preparation program for head and neck patients \(PREP-4-RT\)](#)

