



What to Know Before Radiation: A Patient's Guide to Protecting Your Mouth and Quality of Life

Your Questions. Your Options. Your Voice.

- ✓ *Bring this guide to your next visit*
- ✓ *Designed for patients starting radiation for head and neck cancer*



Understanding the Journey Ahead

Radiation Can Treat the Cancer. But It Can Also Affect the Rest of You.

When you begin radiation for head and neck cancer, you're focused on stopping the cancer. That's the priority. But radiation doesn't only target the tumor, it can also affect nearby healthy parts of your mouth and throat.

You may experience:

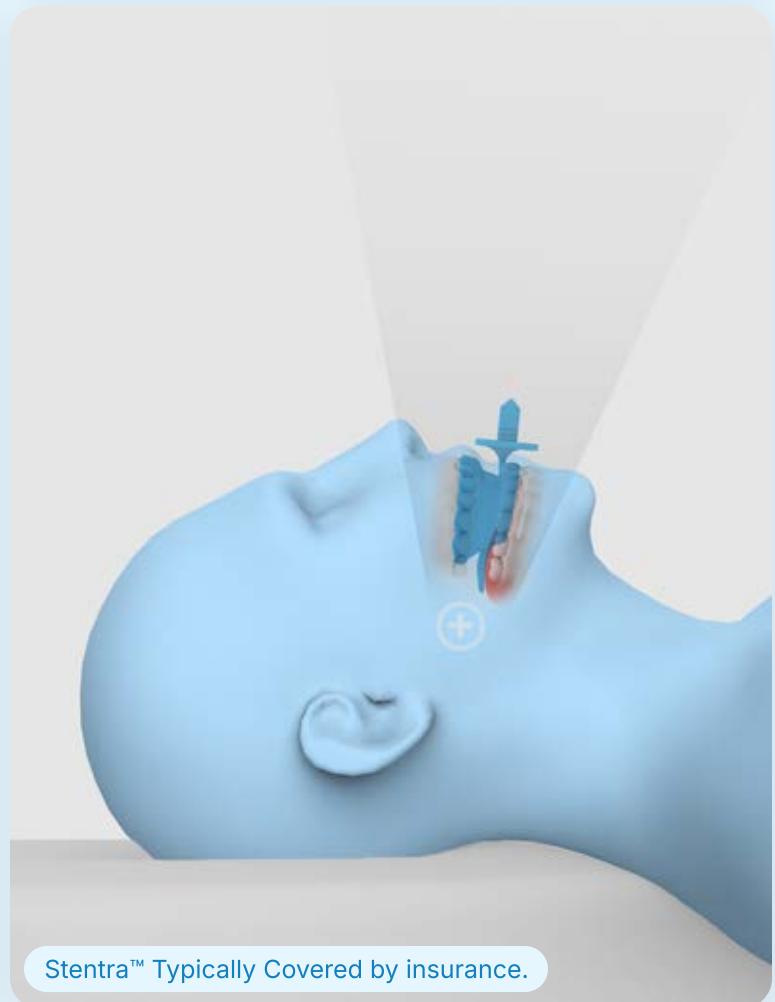
- Pain or sores in your mouth
- Trouble swallowing or speaking
- Stiff jaw or trouble opening your mouth
- Dry mouth or changes in taste
- Long-term discomfort that can make eating or talking harder

These problems can make treatment more stressful, and even harder to finish.

You Have Options There's a Way to Make Radiation Easier on Your Mouth

- **Gently move** your tongue and jaw into a better position
- Keep your **mouth still** during treatment
- Give your healthy areas **more protection** from radiation

New tools are available to help protect your healthy mouth tissue during treatment. One of them is called **Stentra™**, a custom device that fits comfortably in your mouth during radiation sessions.



Stentra™ Typically Covered by insurance.

Use This Page at Your Next Appointment

Questions

What are the most common side effects of my treatment plan?

How do we plan to protect my healthy tissue, especially in my mouth and throat?

Have we considered using a custom oral device like Stentra™?

Tips

Ask these questions early, before simulation or treatment starts

You can always request a second opinion

Bring this guide to your radiation planning appointment

Take This With You

You Deserve Care That Cares for All of You

Radiation can be life-saving—but it shouldn't take away your comfort or voice. If you're about to start treatment, ask about ways to protect yourself.

- ✓ **Bring this guide to your next appointment**
- ✓ **Ask your doctor if a custom oral device might be right for you**

