



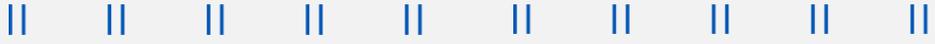
CARES Clinic: Putting Survivorship Front and Center

2026 Dan Lydiatt Oncology Symposium

Jaki Kenney, APRN

Friday, March 27, 2026

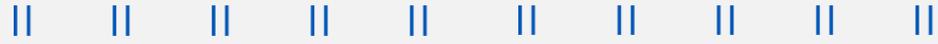




Financial Disclosure

I have no financial interests or relationships to disclose.





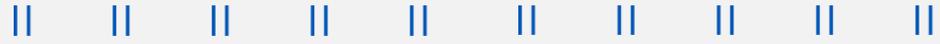
CARES Clinic

Why we built a structured survivorship model.

CARES stands for Cancer and the Recovery Experience for Survivorship.

My role is to screen, detect, intervene, and coordinate.

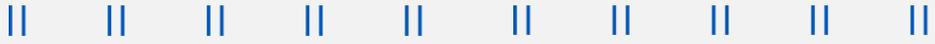




Patient Scenario: Jack

- 10 years out from treatment for locally advanced head and neck cancer.
- Neck stiffness, weight loss, dental decay, xerostomia, and social withdrawal.
- Screening with PHQ and psychosocial needs assessment tool.
- Cancer screenings per guidelines





Possible Treatment Late-Term Effects

Radiation Fibrosis

Depression

Swallowing Dysfunction

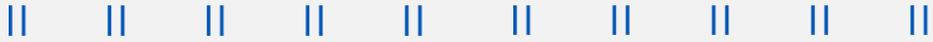
Dry Mouth

Dental Decay and Osteoradionecrosis

Hypothyroidism

Carotid Artery Disease





Radiation Fibrosis

It may present as:

Neck stiffness

Trismus

Painful muscle spasms

Shoulder dysfunction

Limited range of motion

Headaches

Altered posture

What we can offer:

Referral to cancer rehabilitation

Physical therapy focused on myofascial release

Stretching regimens

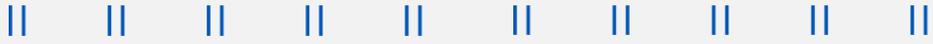
Jaw-opening devices such as TheraBite

Massage therapy

Trigger point injections when indicated

Over the counter magnesium supplementation





Depression

Contributing factors include:

Altered appearance

Speech changes

Eating difficulties

Chronic pain

Thyroid hormone shifts

Decreased frequency of oncology
follow-up visits

What we can offer:

Screen for depression annually

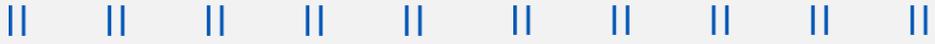
Psychosocial needs assessment tool

Initiate medication therapy

Refer to behavioral health

Involve oncology social work





Swallowing Dysfunction

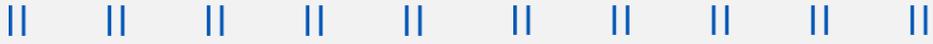
Patients may report:

- Food getting stuck
- Coughing with liquids
- Avoiding certain foods
- Prolonged mealtimes
- Weight loss

What we can offer:

- Modified barium swallow study
- Referral to speech-language pathology
- Swallow therapy exercises
- Texture modification





Xerostomia

Patients may experience:

Difficulty chewing

Altered taste

Dental decay

Oral infections

Poor denture fit

Sleep disturbance

What we can offer:

Biotene rinse or gel

Xylimelts

ACT dry mouth lozenges

Sugar-free gum with xylitol

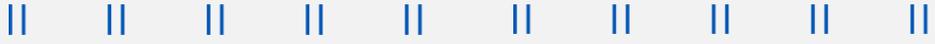
Hydration

Coconut oil

Humidifier use

Prescription





Dental Decay and Osteoradionecrosis

Patients may experience:

Rapid dental caries

Exposed bone

Non-healing extraction sites

Osteoradionecrosis

What we can offer:

Dental follow-up every 3-4 months

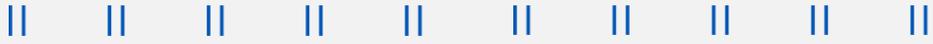
Daily fluoride trays

Prescription fluoride toothpaste

Dental oncology referral and follow-up

Hyperbaric oxygen evaluation





Hypothyroidism

Patients may experience:

Fatigue

Weight gain

Cold intolerance

Depression

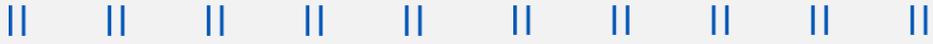
Hair thinning

What we can offer:

We screen annually with TSH and Free T4.

If abnormal, we initiate levothyroxine replacement.





Carotid Artery Disease

Radiation accelerates vascular disease.

Carotid stenosis can develop 10-15 years later.

Often silent until stroke.

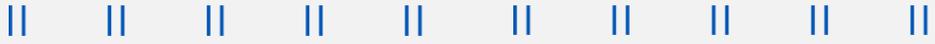
What we can offer:

Carotid ultrasound screening at 10 years

Blood pressure management and lipid control in coordination with primary care

Smoking cessation counseling





Social and Community Support

Financial assistance programs

Community partnerships

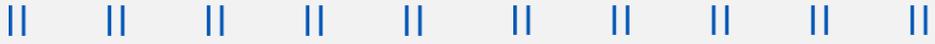
Transportation resources

Community survivorship group

Support communities (SPOHNC)

Develop partnerships with primary care providers





Our Head and Neck Cancer Patients Need

Restored function

Supported mental health

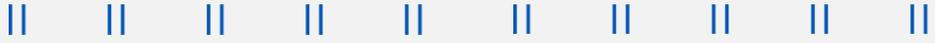
Monitored cardiovascular risk

Protected dental health

Rebuilt nutrition

Reconnecting community





References

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Auger, S., Davis, A. Rosenberg, A. (2022). *Recommendations for care of survivors of head and neck cancer*. Journal of the American Medical Association, 328 (16), 1637-1638. doi:10.1001/jama.2022.17064

