

SPOHNC - St. Paul, MN

# RELISH

a support group for cancer survivors  
with eating or swallowing concerns

## What is Relish ?

It's a support group for survivors of oral, head and neck cancer, especially those with eating, swallowing or nutritional concerns. It was founded in 2010 as "Relish". In 2013, it was reorganized as the St. Paul Chapter of Support for People with Oral, Head and Neck Cancer (SPOHNC).

The SPOHNC - St. Paul, MN Relish holds monthly meetings where survivors, family members and friends are offered information, support and encouragement. Survivors also discuss their challenges, coping strategies and successes with others.

## What is SPOHNC?

Support for People with Oral, Head and Neck Cancer (SPOHNC) is a patient-directed, self-help organization founded in 1991 by an oral cancer survivor.



It is a non-profit organization dedicated to meeting the emotional and physical needs of oral, head and neck cancer patients and their caregivers.

## Who should join?

Any cancer survivor who struggles with swallowing or eating issues is welcome to join Relish. Spouses, significant others or friends are also welcome.

Typical patients have had cancer of the head or neck and may have had a feeding tube. They've had to stop eating or change eating habits because of radiation, chemotherapy or surgery. After treatments, they often find it difficult to return to eating again, either because of diminished taste, feelings of fullness or swallowing difficulty.

## When and where are the meetings?

Relish meets the third Wednesday of each month from 12:00 - 1:00 pm at Regions Hospital. There is no fee or registration for this program. Participants are welcome to join the group at any time. Please check in at the Rehabilitation Institute on the second floor. Parking vouchers will be given to participants.

## Sponsored by Regions Hospital

Relish is sponsored by Region Hospital's Cancer Care Center and Rehabilitation Institute. The Cancer Care Center provides the latest in medical care as well as support groups and classes. It also has one of the largest cancer resource libraries in the state. Regions Hospital is a full-service, award-winning hospital. It is the only hospital in the area that is certified as Level I Adult and Level I Pediatric Trauma Center.

## For more information:

Relish is led by a speech-language pathologist and a registered dietitian, both of whom have experience working with cancer survivors. To learn more, please contact one of the facilitators:

*Evan Page, MA/CCC-SLP* • 651-254-2053

*Carrie Abrams, RD, LD* • 651-254-2238

 **Regions Hospital**<sup>®</sup>  
*Rehabilitation Institute*

640 Jackson Street

St. Paul, MN 55101

651-254-2053

[regionshospital.com/rehabilitation](http://regionshospital.com/rehabilitation)