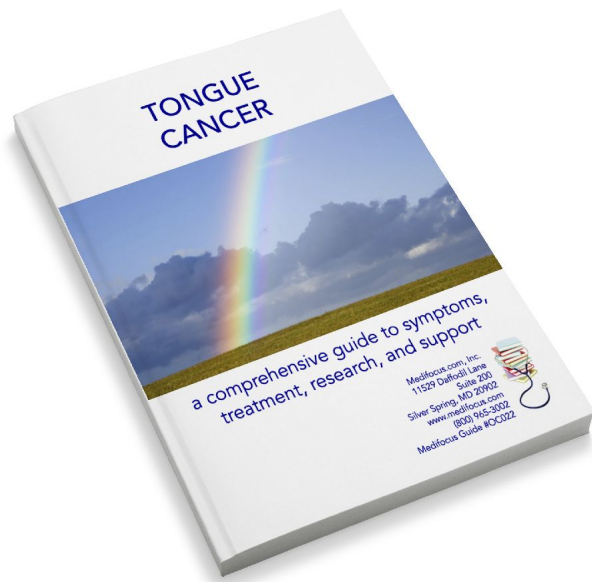


Preview of the Medifocus Guidebook on: Tongue Cancer

Updated October 29, 2009



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Tongue Cancer**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

To purchase the COMPLETE Medifocus Guidebook on Tongue Cancer (110 pages; Updated October 29, 2009), please:

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Table of Contents

Background Information	8
Introduction	8
About Your Medifocus Guidebook	10
Ordering Full-Text Articles	13
The Intelligent Patient Overview	15
Guide to the Medical Literature	41
Introduction	41
Recent Literature: What Your Doctor Reads	42
Review Articles	42
General Interest Articles	47
Surgical Therapy Articles	59
Clinical Trials Articles	64
Radiation Therapy Articles	66
Combination Therapies Articles	71
Reconstructive Surgery Articles	75
Centers of Research	77
United States	79
Other Countries	85
Tips on Finding and Choosing a Doctor	97
Directory of Organizations	103

1 - Background Information

Introduction

Chronic or life-threatening illnesses can have a devastating impact on both the patient and the family. In today's new world of medicine, many consumers have come to realize that they are the ones who are primarily responsible for their own health care as well as for the health care of their loved ones.

When facing a chronic or life-threatening illness, you need to become an educated consumer in order to make an informed health care decision. Essentially that means finding out everything about the illness - the treatment options, the doctors, and the hospitals - so that you can become an educated health care consumer and make the tough decisions. In the past, consumers would go to a library and read everything available about a particular illness or medical condition. In today's world, many turn to the Internet for their medical information needs.

The first sites visited are usually the well known health "portals" or disease organizations and support groups which contain a general overview of the condition for the layperson. That's a good start but soon all of the basic information is exhausted and the need for more advanced information still exists. What are the latest "cutting-edge" treatment options? What are the results of the most up-to-date clinical trials? Who are the most notable experts? Where are the top-ranked medical institutions and hospitals?

The best source for authoritative medical information in the United States is the National Library of Medicine's medical database called PubMed®, that indexes citations and abstracts (brief summaries) of over 7 million articles from more than 3,800 medical journals published worldwide. PubMed® was developed for medical professionals and is the primary source utilized by health care providers for keeping up with the latest advances in clinical medicine.

A typical PubMed® search for a specific disease or condition, however, usually retrieves hundreds or even thousands of "hits" of journal article citations. That's an avalanche of information that needs to be evaluated and transformed into truly useful knowledge. What are the most relevant journal articles? Which ones apply to your specific situation? Which articles are considered to be the most authoritative - the ones your physician would rely on in making clinical decisions? This is where *Medifocus.com* provides an effective solution.

Medifocus.com has developed an extensive library of *MediFocus Guidebooks* covering a wide spectrum of chronic and life threatening diseases. Each *MediFocus Guidebook* is a

high quality, up- to-date digest of "professional-level" medical information consisting of the most relevant citations and abstracts of journal articles published in authoritative, trustworthy medical journals. This information represents the latest advances known to modern medicine for the treatment and management of the condition, including published results from clinical trials. Each *Guidebook* also includes a valuable index of leading authors and medical institutions as well as a directory of disease organizations and support groups. *MediFocus Guidebooks* are reviewed, revised and updated every 4-months to ensure that you receive the latest and most up-to-date information about the specific condition.

About Your MediFocus Guidebook

Introduction

Your *MediFocus Guidebook* is a valuable resource that represents a comprehensive synthesis of the most up-to-date, advanced medical information published about the condition in well-respected, trustworthy medical journals. It is the same type of professional-level information used by physicians and other health-care professionals to keep abreast of the latest developments in biomedical research and clinical medicine. The *Guidebook* is intended for patients who have a need for more advanced, in-depth medical information than is generally available to consumers from a variety of other resources. The primary goal of a *MediFocus Guidebook* is to educate patients and their families about their treatment options so that they can make informed health-care decisions and become active participants in the medical decision making process.

The *Guidebook* production process involves a team of professionals with expertise in diverse areas including experienced medical database researchers and practicing physicians who serve as members of the *Medifocus.com* Medical Advisory Board (MAB). This team approach to the development and production of the *MediFocus Guidebooks* is designed to ensure the accuracy, completeness, and clinical relevance of the information. The *Guidebook* is intended to serve as a basis for more meaningful discussions between patients and their health-care providers in a joint effort to seek the most appropriate course of treatment for the disease.

Guidebook Organization and Content

Section 1 - Background Information

This section provides detailed information about the organization and content of the *Guidebook* including tips and suggestions for conducting additional research about the condition.

Section 2 - The Intelligent Patient Overview

This section of your *MediFocus Guidebook* represents a detailed overview of the disease or condition specifically written from the patient's perspective. It is designed to satisfy the basic informational needs of consumers and their families who are confronted with the illness and are facing difficult choices. Important aspects which are addressed in "The Intelligent Patient" section include:

- The etiology or cause of the disease
- Signs and symptoms
- How the condition is diagnosed
- The current standard of care for the disease

- Treatment options
- New developments
- Important questions to ask your health care provider

Section 3 - Guide to the Medical Literature

This is a roadmap to important and up-to-date medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest developments and breakthroughs in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new clinical developments, and advances in research. To facilitate your review and analysis of this information, the articles are grouped by specific categories. A typical *MediFocus Guidebook* usually contains one or more of the following article groupings:

- *Review Articles*: Articles included in this category are broad in scope and are intended to provide the reader with a detailed overview of the condition including such important aspects as its cause, diagnosis, treatment, and new advances.
- *General Interest Articles*: These articles are broad in scope and contain supplementary information about the condition that may be of interest to select groups of patients.
- *Drug Therapy*: Articles that provide information about the effectiveness of specific drugs or other biological agents for the treatment of the condition.
- *Surgical Therapy*: Articles that provide information about specific surgical treatments for the condition.
- *Clinical Trials*: Articles in this category summarize studies which compare the safety and efficacy of a new, experimental treatment modality to currently available standard treatments for the condition. In many cases, clinical trials represent the latest advances in the field and may be considered as being on the "cutting edge" of medicine. Some of these experimental treatments may have already been incorporated into clinical practice.

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Article title
- Author Name(s)
- Institution where the study was done

- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the corresponding URL address that is provided for each cited article. If you purchased a printed copy of a *MediFocus Guidebook*, you can still access the article abstracts online by entering the individual URL address for a particular article into your web browser.

Section 4 - Centers of Research

We've compiled a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of the specific medical condition. The "Centers of Research" directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of the condition.

Inclusion of the names of specific doctors, researchers, hospitals, medical centers, or research institutions in this *Guidebook* does not imply endorsement by Medifocus.com, Inc. or any of its affiliates. Consumers are encouraged to conduct additional research to identify health-care professionals, hospitals, and medical institutions with expertise in providing specific medical advice, guidance, and treatment for this condition.

Section 5 - Tips on Finding and Choosing a Doctor

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver high-level, quality medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it. This section of your *Guidebook* offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Section 6 - Directory of Organizations

This section of your *Guidebook* is a directory of select disease organizations and support groups that are in the business of helping patients and their families by providing access to information, resources, and services. Many of these organizations can answer your questions, enable you to network with other patients, and help you find a doctor in your geographical area who specializes in managing your condition.

2 - The Intelligent Patient Overview

TONGUE CANCER

Introduction to Tongue Cancer

Cancer can occur anywhere in the mouth (oral cavity) or oropharynx (the part of the throat at the back of the mouth) which work together to allow breathing, talking, eating, chewing and swallowing.

The oral cavity includes the following parts:

- Lips
- Lining inside the lips and cheeks (buccal mucosa)
- Teeth
- Bottom (floor) of the mouth under the tongue
- Front two-thirds of the tongue (the mobile tongue)
- Bony top of the mouth (hard palate)
- Gums
- Small area behind the wisdom teeth.

The oropharynx includes:

- The back one-third of the tongue
- Soft palate
- Tonsils
- The part of the throat behind the mouth

Salivary glands, located throughout the oral cavity, produce and secrete saliva, which keeps the mouth moist and helps digest food.

The tongue is a complex organ composed largely of muscle and covered by a mucous membrane of squamous cells which are flat, scale-like cells that form the lining of the oral cavity and oropharynx.

The oral cavity and oropharynx contain several types of tissues each of which contains several types of cells. Different cancers can develop from each kind of cell. The different cell types from which oral cancer can develop are important because they influence treatment options and outlook for recovery.

More than 90% of cancers of the oral cavity and oropharynx are *squamous cell carcinomas*, also called squamous cell cancer. Squamous cell carcinoma begins as a collection of abnormal

squamous cells. The earliest form of squamous cell cancer is called *carcinoma in situ* meaning that the cancer cells are present only in the superficial layer of cells lining the oral cavity and oropharynx called epithelial cells. *Invasive squamous cells carcinoma* means that the cancer cells have spread beyond the epithelial layer into deeper layers of the oral cavity or oropharynx.

The incidence of tongue cancer varies among countries with the highest incidence found in India (9 cases per 100,000 people per year]. The incidence of tongue cancer in the United States for white males has been estimated to be about 2.5 cases per 100,000 per year, however, it has been reported to be nearly twice as high in African-American males. Tongue cancer is much more prevalent in males than females by a ratio of about 2 to 1. The highest incidence of tongue cancer is observed in men between ages of 60 to 80 and is rarely observed in young adults under age 20.

Risk Factors for Tongue Cancer

A *risk factor* is anything that increases a person's chances for getting a disease, such as cancer. The two highest risk factors for tongue cancer are:

- Use of tobacco products - cigars, pipes, cigarettes, chewing tobacco.
- Alcohol consumption - smoking combined with high alcohol consumption has a synergistic effect and, therefore, magnifies the risk of developing tongue cancer.

Other possible risk factors for tongue cancer include:

- Regular use of mouthwashes that contain alcohol
- Plummer-Vinson syndrome - a condition characterized by iron-deficiency anemia, achlorhydria (absence of hydrochloric acid from the gastric juice), and glossitis (inflammation of the tongue). This syndrome has been linked to the development of oral and pharyngeal cancer in a small proportion of women.
- Viruses - certain viruses such as herpes simplex virus (HSV) and human papilloma virus (HPV) have been associated with oral cancer, however, there is no proof that these viruses actually cause the cancer.
- Older age - the risk of developing tongue cancer appears to increase with age and is most commonly observed in patients between the ages of 60 and 80.
- Male gender - The risk of tongue cancer is about twice as high in men than women, although women who smoke and/or consume alcohol are also at increased risk for developing tongue cancer.
- Leukoplakia and erythroplakia - The presence of premalignant (precancerous) lesions in the mouth or on the tongue such as *leukoplakia* (white patches) and *erythroplakia* (red patches) is recognized as a risk factor for development of mouth and tongue cancer, particularly in individuals who smoke, chew tobacco, or consume alcohol.

Staging of Oral Cancer

Oral cancers can spread via the lymphatic system into the neck and later to distant lymphatic sites as well as to other organs such as the lung.

Staging is the process used by doctors to determine how far the cancer has spread. Staging plays an important role in both planning treatment as well as predicting the chances of recovery (prognosis).

The most common staging system used to describe the extent of oral and tongue cancer is known as the TNM system. This system describes three key pieces of information about the cancer:

- T = Tumor Size - refers to the size of the primary tumor
- N = Lymph Node involvement - describes the extent of spread of the cancer to nearby lymph nodes. Cancer cells from oral cavity or oropharyngeal cancer can enter lymph nodes in the neck area
- M = Metastasis - indicates whether the cancer has spread (metastasized) to other organs in the body

Additional letters or numbers appear after T, N, and M to provide specific details about each of these factors. After staging, the TNM scores are added together to classify patients into one of the following staging groups:

- Stage I - The size of the tumor is less than 2 centimeters (cm). The cancer has not spread clinically beyond the primary site of the tumor
- Stage II - The size of the tumor is between greater than 2 cm but less than 4 cm. The cancer has not spread clinically beyond the primary site of the tumor
- Stage III - The size of the tumor is 2 cm or larger and some lymph node involvement may be present.
- Stage IVA - The tumor may be any size and there is definite lymph node involvement. Either multiple lymph nodes are involved or a single lymph node measuring between 3 to 6 cm.
- Stage IVB - The tumor may be any size but there is definite lymph node involvement. The size of the lymph nodes is greater than 6 cm.
- Stage IVC - Oral or tongue cancer that has spread to distant organs.

The **Intelligent Patient Overview** in the complete **Medifocus Guidebook on Tongue Cancer** also includes the following additional sections:

- **Diagnosis of Tongue Cancer**
- **Treatment Options for Tongue Cancer**
- **The Role of Complementary and Alternative Therapies in Cancer**
- **Quality of Life Issues in Cancer**
- **New Developments in Tongue Cancer**
- **Questions to Ask Your Health Care Provider About Tongue Cancer**

To Order the Complete **Guidebook on Tongue Cancer** [Click Here](#)
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

3 - Guide to the Medical Literature

Introduction

This section of your *MediFocus Guidebook* is a comprehensive bibliography of important recent medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest advances in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new developments, and advances in research.

To facilitate your review and analysis of this information, the articles in this *MediFocus Guidebook* are grouped in the following categories:

- Review Articles - 19 Articles
- General Interest Articles - 39 Articles
- Surgical Therapy Articles - 15 Articles
- Clinical Trials Articles - 7 Articles
- Radiation Therapy Articles - 13 Articles
- Combination Therapies Articles - 10 Articles
- Reconstructive Surgery Articles - 6 Articles

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Title of the article
- Name of the authors
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the URI that is provided for each cited article. If you purchased a printed copy of the *MediFocus Guidebook*, you can still access the abstracts online by entering the individual URI for a particular abstract into your computer's web browser.

Recent Literature: What Your Doctor Reads

Database: PubMed <January 2005 to October 2009>

Review Articles

1.

Synovial sarcoma of the tongue: case report and review of the literature.

Authors: de Almeida-Lawall M; Mosqueda-Taylor A; Bologna-Molina RE; Dominguez-Malagon HR; Cano-Valdez AM; Luna-Ortiz K; da Cunha IW
Institution: PhD Student, Department of Oral Pathology, Bauru Dental School, University of Sao Paulo, Bauru, Sao Paulo, Brazil.
Journal: J Oral Maxillofac Surg. 2009 Apr;67(4):914-20.
Abstract Link: **ABSTRACT NOT AVAILABLE**

2.

Dilemmas in managing oral dysplasia: a case report and literature review.

Authors: Jack H; Lee K; Polonowita A
Journal: N Z Med J. 2009 Mar 13;122(1291):89-98.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=OC022&ID=19322259>

3.

Dental treatment planning and management in the patient who has cancer.

Authors: Brennan MT; Woo SB; Lockhart PB
Institution: Department of Oral Medicine, Carolinas Medical Center, PO Box 32861, Charlotte, NC 28232, USA. mike.brennan@carolinas.org
Journal: Dent Clin North Am. 2008 Jan;52(1):19-37, vii.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=OC022&ID=18154863>

The **Guide to the Medical Literature** in the complete **Medifocus Guidebook on Tongue Cancer** includes the following sections:

- Review Articles - 19 Articles
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- Reconstructive Surgery Articles - 6 Articles

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4 - Centers of Research

This section of your *MediFocus Guidebook* is a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition. The *Centers of Research* directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of this disorder.

Use the *Centers of Research* directory to contact, consult, or network with leading experts in the field and to locate a hospital or medical center that can help you.

The following information is provided in the *Centers of Research* directory:

- **Geographic Location**

- United States: the information is divided by individual states listed in alphabetical order. Not all states may be included.
- Other Countries: information is presented for select countries worldwide listed in alphabetical order. Not all countries may be included.

- **Names of Authors**

- Select names of individual authors (doctors, researchers, or other health-care professionals) with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition, who have recently published articles in leading medical journals about the condition.
- E-mail addresses for individual authors, if listed on their specific publications, is also provided.

- **Institutional Affiliations**

- Next to each individual author's name is their **institutional affiliation** (hospital, medical center, or research institution) where the study was conducted as listed in their publication(s).
- In many cases, information about the specific **department** within the medical institution where the individual author was located at the time the study was conducted is also provided.

Centers of Research

United States

CA - California

<u>Name of Author</u>	<u>Institutional Affiliation</u>
Epstein, Joel	Department of Stomatology, Division of Oral Medicine, Oral Pathology, Oral Radiology, School of Dentistry, University of California at San Francisco, 513 Parnassus Street, San Francisco, CA 94143, USA.
Esmeili, Tara	Department of Stomatology, Division of Oral Medicine, Oral Pathology, Oral Radiology, School of Dentistry, University of California at San Francisco, 513 Parnassus Street, San Francisco, CA 94143, USA.
Feinberg SM	Department of Otolaryngology-Head and Neck Surgery, University of California-Irvine College of Medicine, 101 City Dr., South Bldg. 56, Suite 500, Orange, CA 92868, USA. sfeinber@uci.edu
Jordan RC	Department of Stomatology, Division of Oral Pathology, Oral Medicine, Oral Radiology, School of Dentistry, University of California San Francisco, San Francisco, California 94143-0422, USA. caro@itsa.ucsf.edu
Shiboski, Caroline H	Department of Stomatology, Division of Oral Pathology, Oral Medicine, Oral Radiology, School of Dentistry, University of California San Francisco, San Francisco, California 94143-0422, USA. caro@itsa.ucsf.edu
Shibuya TY	Department of Otolaryngology-Head and Neck Surgery, University of California-Irvine College of Medicine, 101 City Dr., South Bldg. 56, Suite 500, Orange, CA 92868, USA. sfeinber@uci.edu

CO - Colorado

<u>Name of Author</u>	<u>Institutional Affiliation</u>
Chen C	Department of Radiation Oncology, University of Colorado Denver, Aurora, Colorado 80045-0508, USA.
Rusthoven K	Department of Radiation Oncology, University of Colorado Denver, Aurora, Colorado 80045-0508, USA.

The **Centers of Research** in the complete **Medifocus Guidebook on Tongue Cancer** includes the following sections:

- Centers of Research for relevant states in the United States
- Centers of Research listed for relevant countries outside the United States

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5 - Tips on Finding and Choosing a Doctor

Introduction

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver a high level and quality of medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it.

The process of finding and choosing a physician to manage your specific illness or condition is, in some respects, analogous to the process of making a decision about whether or not to invest in a particular stock or mutual fund. After all, you wouldn't invest your hard earned money in a stock or mutual fund without first doing exhaustive research about the stock or fund's past performance, current financial status, and projected future earnings. More than likely you would spend a considerable amount of time and energy doing your own research and consulting with your stock broker before making an informed decision about investing. The same general principle applies to the process of finding and choosing a physician. Although the process requires a considerable investment in terms of both time and energy, the potential payoff can be well worth it--after all, what can be more important than your health and well-being?

This section of your Guidebook offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Tips for Finding Physicians

Finding a highly qualified, competent, and compassionate physician to manage your specific illness or condition takes a lot of hard work and energy but is an investment that is well-worth the effort. It is important to keep in mind that you are not looking for just any general physician but rather for a physician who has expertise in the treatment and management of your specific illness or condition. Here are some suggestions for where you can turn to identify and locate physicians who specialize in managing your disorder:

- **Your Doctor** - Your family physician (family medicine or internal medicine specialist) is a good starting point for finding a physician who specializes in your illness. Chances are that your doctor already knows several specialists in your geographic area who specialize in your illness and can recommend several names to you. Your doctor can also provide you with information about their qualifications, training, and hospital affiliations.

The **Tips on Finding and Choosing a Doctor** in the complete **Medifocus Guidebook on Tongue Cancer** includes additional information that will assist you in locating a highly qualified and competent physician to manage your specific illness.

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6 - Directory of Organizations

American Association of Oral and Maxillofacial Surgeons

9700 West Bryn Mawr Avenue; Rosemont, IL 60018-5701

800.822.6637; 847.678.6200

www.aaoms.org

American Cancer Society

1599 Clifton Road NE; Atlanta, GA 30329-4251

800.227.2345; 404.486.0100

www.cancer.org

American College of Oral and Maxillofacial Surgeons

2025 M Street NW, Suite 800, Washington, DC 20036

800.522.6676; 202.367.1182

admin@acoms.org

www.acoms.org

American Institute for Cancer Research; Nutrition Hotline

1759 R St., NW.; Washington, DC 20009

(202) 328-7744

www.aicr.org

Cancer Care

275 Seventh Avenue; New York, NY 10001

800.813.4673; 212.712.8400

info@cancercare.org

www.cancercare.org

Cancer Caring Center

4117 Liberty Avenue; Pittsburgh, PA 15224

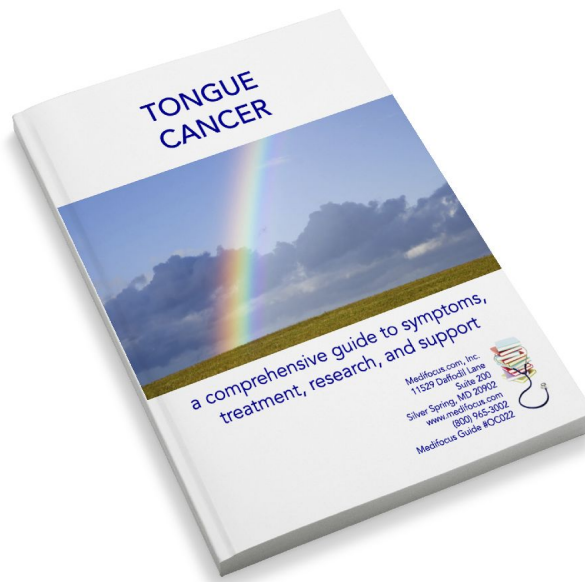
412.622.1212

info@cancercaring.org

www.cancercaring.org

The **Directory of Organizations** in the complete **Medifocus Guidebook on Tongue Cancer** includes a list of selected disease organizations and support groups that are helping people diagnosed with Tongue Cancer.

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