

New Voice News

New Voice Club of Broward County

Serving the tri-county area

www.newvoiceclub.org

February 2006

Mike Rosenkranz, Editor



**NEXT
MEETING
Sunday
February 26th
2006**

President
Warren Goodman
(561) 737-9122
bikeship@gate.net

1st Vice President
Pat Hopping
(954) 792-0832

2nd Vice President
Allan Smith
(954) 724-1971

Secretary
Ruth Henegan
(954) 968-3198

Treasurer
Lenny Weinstein
1427 E Hillsboro Bv #529
Deerfield Bch, FL 33441
(954) 427-7043

Visitation & Liaison
Earl Mogk
141 Eleuthera Drive
Dania Beach, FL 33004
(954) 929-0136

Directors
Sidney Gellman

Earl Mogk

Bill Romanello

Mike Rosenkranz

Patty Sewell

Main Meetings Held at the Margate Community Center

6199 NW 10th Street, Margate, FL

12:00

1:00

4 blks N of Atlantic Blvd.
2 blks W of 441 (St. Rd. 7)

Rap Sessions Meeting & Program
Refreshments after Meeting



A Message from the President

It certainly looks like we are right on the road regarding attendance at the meetings. We had a great turnout and I am anticipating even more folks showing up for our monthly meetings. It was a delight to see some of our folks who have missed a meeting or so due to medical problems.

Thanks to the efforts of our 1st Vice President Pat Hopping, Richard Crum was the guest speaker at our January meeting. Richard, a fellow laryngectomee, represents InHealth and wow, what a dynamic guy. When I met him at a few FLA gatherings, I told him how jealous I was that he uses a hands free TEP valve and can wear a tie. Richard was and still is an auctioneer and he gave us a brief demonstration of his prowess. Again, a big WOW! He really made a great presentation that I know everyone there ate up like mixed candy.

At the executive committee meeting which was held prior to the regular meeting, a number of items were discussed, and among them was an idea to

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have a luncheon meeting starting at our usual time of noon. I hope this becomes a reality. Of course the menu was discussed and it looks like we will have a franks and beans repast as we had some time ago. Our 2nd Vice President Al Smith even said he would be happy to be the chef. What a delight to see folks volunteer.

My thanks to Ruth Henegan for the home made cakes she brought to the meeting and along that line, what would we do if Winnie and Earl did not arrive with their giant sized suitcase with all the trimmings and equipment for our afternoon coffee and cake? My thanks also to those in attendance who thought my jokes were fairly good. Maybe I'll try some more in the future. See you at the next meeting in February. *Warren Goodman*

A Question for our Readers

What type of articles you would like to see in future issues? Please email me at smike24@comcast.net or see me at one of our meetings. Thanks for your input.

Mike Rosenkranz



CLUB NEWS

Pascale's meeting: This was our first meeting back in our original meeting place instead of the auditorium with all its distractions, and we enjoyed the more intimate setting. Present were **Lenny Weinstein, Gary Morey, Al Smith, Mike Rosenkranz and Irving and Irene Levenson.** Irving and Irene attended our September Margate meeting on a pre-op visit prior to his October surgery. He had some post-op misadventures but is now doing fine. Irving had not voiced since his surgery in early October, but by the time this meeting ended he was talking on his Servox like a pro. Irving is living proof of the importance of our support network. The topic for Pascale's February meeting will be Swallowing Difficulties Post Laryngectomy.

Penny's meeting: Penny's guest speaker was Karon Rzad, Clinical Nutritional Manager at UM/Sylvester who discussed the specific needs of head and neck cancer patients. The importance of protein and hydration was stressed along with the use of juices, nectars and the ever popular blender, particularly for those with swallowing problems. Present from the NVC were **George Fiorella, Gary Morey, Howard and Dian Grabowski, Mike Rosenkranz and Lenny Weinstein.** The topic for Penny's February meeting will be: The Cancer Patient with Sensory Deficits: focus Head and Neck Cancer.

Lynn's meeting: Present were **Lenny Weinstein, Seymour Platt, Paul and Florence Margolis and Mike Rosenkranz.** The main topic of discussion was the ever-popular swallowing problems which afflict so many of us. Lenny told us about his ongoing problem and Lynn advised that a swallowing test to determine the exact cause of the problem would also indicate the solution to it. There was additional discussion about VA benefits. If you are a veteran and have not registered with the VA to receive medical benefits, this would be the time to do it. The VA will pay for all supplies needed post laryngectomy. Topic for Lynn's February meeting will be e-stim for Dysphagia.

Margate meeting: We had a really nice turnout for our guest speaker **Richard Crum** of InHealth. Richard then answered questions and left a large supply of material for our loaner closet and visitation needs. We welcomed back Ralph and Doris Shadd after too long an absence, and welcomed new members John and Chrissy Myers. John's surgery was in 2004.



February Birthdays

1st Rose Donovan	12th Sue Rosenkranz
3rd Hilda Mcgee	12th Linda Weiss
7th Eugene Pinard	13th Penny Fisher
7th Seymour Platt	14th Fletcher Wimpey
8th Irene Levenson	21st Grace Gonzalez
9th Larry Wiederhorn	21st Paul Margolis
	25th Betty Dyer

Happy Birthday to All

UP-COMING EVENTS

— **FREE SPEECH THERAPY (1st Wednesday)**
Pascale Bourne MA, CCC-SLP
(Please note the new location for this meeting)
Rehabilitation Institute of Florida
4850 W Oakland Park Blvd, Suite 100
Next Meeting - Wednesday February 1st
10:30 – 11:30 a.m.
More information: (954) 730-2789

— **FREE SPEECH THERAPY (3rd Thursday)**
Lynn Carrier MS, CCC-SLP
Boca Raton Community Hospital
DAVIS THERAPY CENTER
OAKS PLAZA - Glades Road at 13th Street
Next Meeting - Thursday February 16th
10:30 - 11:30 a.m.
More information: (561) 955-5100 Ext 7430

UM/Sylvester/Deerfield

— **Tuesday, February 14th 1:30 - 3:00 p.m.**
Mort Silverblatt Head and Neck
Cancer Support Group
Facilitated by
Penny Fisher MS, RN, CORLN

Friday, February 10, noon - 1:00 p.m.
Ways to Avoid Infection
Maggie Kane

Infection Control Specialist
Friday, February 24, noon - 1:00 p.m.
Liver Cancer - Diagnosis and Treatment
Lynn G. Feun, M.D.
Professor of Medicine

Tuesday, February 28, noon - 1:00 p.m.
HPV and Cervical Cancer
Patricia Yali, ARNP

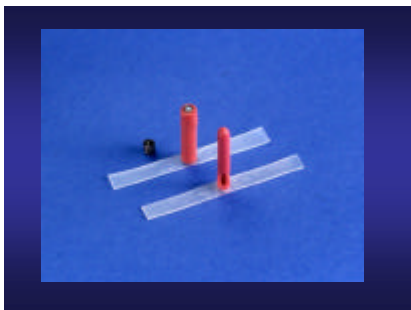
Nurse Practitioner

Tracheoesophageal Voice Restoration
Following Total Laryngectomy
As reported by
Pascale Bourne, MA, CCC-SLP

On January 21, 2005, I had the pleasure of attending a seminar on TEP voice restoration presented by Dr. Eric D. Blom. The seminar, held in Tampa, Florida, was well attended by approximately 75 speech-language pathologists from the surrounding areas. The seminar was hosted by H. Lee Moffitt Cancer Center and was held in their auditorium. The previous day, Dr. Blom presented a similar talk to a standing room only group of laryngectomees and caregivers.

Eric Blom, Ph.D. works as a speech-language pathologist with Head and Neck Surgery Associates and Head and Neck Cancer Center at Methodist Hospital in Indianapolis, Indiana. Dr. Blom worked closely with surgeons, Drs. Singer and Hamaker who perfected the tracheoesophageal puncture surgery. This surgery involves making a puncture or "hole" through the tissue that is between the trachea (wind pipe) and the esophagus (food pipe). This allows air to flow from the trachea into the esophagus where it can vibrate and a "new voice" is produced. The first surgery was completed without a voice prosthesis to place into the "hole" or tracheoesophageal tract. Dr. Blom invented the first non-indwelling and indwelling voice prosthesis. He created the original hand-made voice prosthesis in 1978.

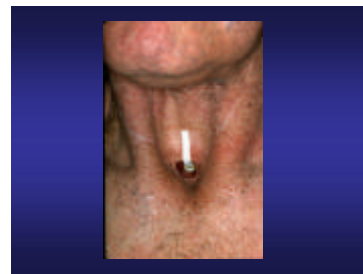
At the seminar, Dr. Blom shared some interesting facts about the initial prototypes of the voice prosthesis. Two of his first designs were made of 12 French and 14 French red rubber catheter tips cut and super-glued onto plastic tabs!



As many of you may know, red rubber catheters are those long red tubes you may have had running down to your stomach to feed you while you were in the hospital. I hope each of the TEP users has a set of these catheters to stick in your fistula if your prosthesis becomes dislodged! When Dr. Blom realized that a better design was needed and required FDA approval, he went back to the drawing board in 1980, to create the Blom-Singer silicone duckbill voice prosthesis. Some of you "seasoned laryngectomees" may remember the duckbill. It is a non-indwelling prosthesis, which means it can be removed and replaced by a laryngectomee instead of having a speech pathologist or physician do it for you. It is called a duckbill because the rounded tip has a slit through the center, and the tip opens up like a duck's bill when air blows through it. The original prosthesis had two tabs instead of the one tab now seen on non-indwellings. This required you to tape the prosthesis down on two sides.

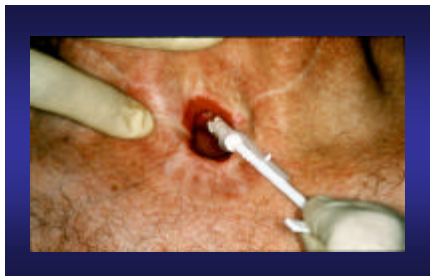


The main problem with that design, besides having a lot of tape on your neck, was that the tabs covered a lot of the stoma. This restricted the airflow through the stoma. Thankfully, Dr. Blom created the design we are familiar with today, which has a beveled tip, a retention collar so it does not go flying off into your stoma, and *one* tab to tape to the neck.



Dr. Blom suggested that using a dissolvable gelatin capsule on the tip of the prosthesis with a little lubrication (like Surgi Lube) makes for an easier, less traumatic insertion. Remember though, you will need to swallow several times and keep the prosthesis on the

inserter stick for at least two to three minutes while the gel cap dissolves, before pulling out the stick. Another interesting note was made about the inserter stick. Dr. Blom explained that prior to the addition of the t-bar at the end of the stick, and the peg on which to secure the prosthesis tab, people were known to have dropped their prosthesis and/or the inserter stick into their airways! Ouch!



I know we are all happy that the safety inserter is now designed to reduce this risk of aspiration.

In 1985, Dr. Blom created the indwelling voice prosthesis. This prosthesis is the type that stays in and is replaced when needed, by a speech pathologist or a physician. The indwelling prosthesis has stiffer flanges making it more durable and more difficult to dislodge. That is one of the reasons indwelling prostheses do not typically need to be replaced as often as non-indwellings. Even if the prosthesis does not leak, Inhealth Technologies, the manufacturer, recommends replacing the indwelling prosthesis every six months. Non-indwelling prostheses should be replaced every two to three months. As I hope most of you are aware, when a prosthesis leaks, that is the cue to get it replaced. You will know it is leaking because you will be coughing violently every time you drink something. This could be because the valve door is malfunctioning and allowing liquids and sometimes food through from the “food pipe” into the “wind pipe”. Dr. Blom recommends using a plug with your prosthesis until you can get it replaced. If you don't have a plug, Dr. Blom suggested placing the tip of a 14 French red rubber catheter into the prosthesis.

Lastly, Dr. Blom spoke of ways to increase the life expectancy of your prosthesis. For users of the non-indwelling voice prosthesis, he recommended purchasing two new ones at the same time. He suggested wearing one prosthesis for three days,

then alternating it with the other one for the next three days. While you have one in place, he suggests soaking the other in a small cupful of Hydrogen Peroxide. He believes this will help to not only clean the prosthesis, but will reduce the build up of yeast. As we know, yeast is a prosthesis' worst enemy. Yeast growth is even more prevalent when you are taking antibiotics, so beware! Another common deterrent to yeast build-up on prosthesis is taking either Nystatin or Mycelex topical antifungal twice per day. The key is to make sure you are using the medication properly. With Nystatin, you must make sure the prosthesis is being coated properly. Dr. Blom recommends swishing it in your mouth for at least five minutes than spit it out or swallow it. He stressed to make sure you do not eat, drink or brush your teeth for at least 30 minutes. After the half hour has passed, be certain to brush your teeth as Nystatin has a lot of sugar in it. If you have problems with acid reflux, this can also cause damage to the prosthesis. Although not enough research has been done in this area, Dr. Blom feels the more acid environment caused by reflux is desired by yeast and will cause an increase in yeast growth.

Dr. Blom's seminar provided a great introduction to tracheoesophageal voice restoration and was a wonderful refresher for more experienced clinicians. Because he openly shared stories of his failures and successes in this area, he allowed each of us to learn from his experiences.

Copies of Dr. Blom's article on this topic will be available at our next support group meeting. Hope to see you there!
Pascale Bourne

Editor's note: Pascale's next meeting at the Rehabilitation Institute Of Florida is on Wednesday, February 1st at 10:30 a.m. For more information call (954) 730-2789.

The **Plantation Relay for Life**, a major fund raiser for the American Cancer Society, will take place on Friday and Saturday, **April 28th and 29th**. The New Voice Club of Broward has always been a strong supporter of this event and, continuing in that tradition, we plan to have a large contingent at the opening ceremony on the evening of the 28th. Please pick up your survivor and caregiver registration forms at our February meeting.