



The New Voice News



March 2008

New Voice Club of South Florida
Serving Broward, Palm Beach and Miami-Dade
www.newvoiceclub.org

Editor:
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~ Next Meeting Sunday, March 16th, Noon to 2 p.m. ~
Conference Center at Holy Cross Hospital
4725 N. Federal Hwy, Ft. Lauderdale, FL (south of Commercial Blvd)
Noon: Rap Sessions Followed by Light Refreshments 1:00: Meeting and Program

From I-95, east on Commercial Blvd to Federal Hwy (U.S.1) Turn R (south) on Federal Hwy to 47th St. (1st street after the Holy Cross Main Entrance). Turn R onto 47th Street to the Ortho Parking Lot on your right. Park anywhere in the parking lot. Conference Center is the building to the right.

Look for New Voice Club Banner

President:
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Howard Grabowski

Earl Mogk

Gary Morey

Mike Rosenkranz

Patty Sewell

Richard Willenborg

What's New in Our Club?

The first thing that is new is our name. The New Voice Club of Broward County has become the New Voice Club of South Florida. The change was made to better reflect the geographical area we serve. Many of our active members are from Palm Beach County, and we are currently working on a satellite meeting site in north Miami-Dade County to better reach the laryngectomees and SLPs in Miami-Dade and the southern part of Broward County.

Richard Willenborg has agreed to chair the Sunshine Committee. This committee is the one that keeps in touch with our members, and keeps us informed of their general health and welfare. We request anyone who knows of any member who is having a medical problem or celebrating a joyous occasion to please let us know so that we may drop a note or send a card or email as the situation warrants. Earl Mogk will be going into the hospital on February 27th and expects to be home the same day. Bill Romanello will be going in on March 7th to correct a problem with his legs. This is the kind of information we would appreciate hearing about so that we can all send an encouraging word to those who we know would appreciate it. If you are aware of any member who could use a cheery card or phone call, please call Richard Willenborg at (954) 975-6814 or email him at rwille4730@yahoo.com.

Our By-Laws state they may be amended by the Executive Committee provided notice of the proposed amendment shall have been given at the previous meeting. Such notice was given at its meeting on January 14th at which time amendments were introduced and considered. These amendments were approved unanimously at the February 17th meeting of the Executive Committee. One amendment changed our name to the New Voice Club of South Broward. The other amendments clarified ambiguous language and now require that thirty (30) days notice must be given before any meeting at which By-Laws amendments will be considered or special election of officers will be held.





What's Doing Around Town

Penny's meeting: Four of the regular members of the SPOHNC head and neck support group met at Sylvester/Deerfield Cancer Center February 12th for an entertaining presentation by Penny Fisher and Marty Mash on the "Healing Powers of Humor" It has been theorized that laughter and a positive approach can promote healing by enhancing the immune system to fight even the most aggressive forms of cancer through facilitating endorphins' actions on the neuro-transmitters in the brain, Penny has been exploring an alternate site for a support group meeting for laryngectomees at Jackson North, the old Parkway Hospital at the Golden Glades interchange just below the Miami-Dade/Broward County line. This would provide a new resource for laryngectomees and SLPs from Miami-Dade and south Broward to meet members of the New Voice Club of South Florida, and would enable us to assist them to achieve full rehabilitation and productive lives.

Main Meeting: Pascale Bourne, MA, CCC-SLP facilitated the educational portion of our February 17th meeting and reviewed Swallowing Disorders after Laryngectomy. Pascale defined dysphagia, its incidence, how it is evaluated, the difference in anatomy and physiology of swallowing pre and post laryngectomy and the problems seen in the various stages and how to overcome them.....Bill Romanello demonstrated the use of the Tokyo device which needs no batteries and is powered by air coming out of the stoma. This is a very old artificial larynx and is most popular in third world countries. After a break for light refreshments furnished by Lenny Weinstein (great meat balls, Lenny!) we were entertained by Warren's slide show of some of his motorcycle tours of Europe, including his most recent one through Austria, Slovenia and Italy. For those who may feel somewhat handicapped because of their laryngectomy surgery, just think of our octogenarian president sitting on his 1200cc BMW motorcycle zooming his way through the mountains and cities of Europe... John and Jo Collier have graciously volunteered to supply the refreshments for next month's meeting.

Lynn's meeting: A full house turnout at Lynn's group in Boca Raton this month celebrated her fourth anniversary and Paul Margolis' 92nd birthday! Recent laryngectomees Ed Arndt and John MacKay were progressing well with their speech. Even in Kay-Frances' absence, most attendees were using hands-free speech, a record for laryngectomee groups in South Florida!

Upcoming Events

Main Meeting

3rd Sunday of each month

Next meeting March 16th Noon-2 p.m.

Rap Sessions at noon

Light refreshments at 12:45 p.m.

Meeting and Program at 1:00 p.m.

**Conference Center - Holy Cross Hospital
4725 North Federal Highway, Ft. Lauderdale
(U.S. 1 just south of Commercial Blvd.)**

More information: Christina at (954) 267-7770

This Month's Guest Speaker

Karen Niosi - Ft. Lauderdale Fire/Rescue

An EMS presentation and

how it relates to laryngectomees

(This program previously planned for February)

Support Group Meeting

Boca Raton Community Hospital

Davis Therapy Center

Oaks Plaza, Glades Road at 13th Street

Facilitator: Lynn Carrier MS, CCC-SLP

3rd Thursday of each month

Next Meeting - March 20th

10:30 - 11:30 a.m.

More information: (561) 955-2100 Ext 7430

Veterans Administration Medical Center

7305 N. Military Trail

West Palm Beach, FL 33410

Loreen Blumenthal, M.S.P.A., CCC-SLP

Veterans Laryngectomee Group

(Veterans & family members only)

2nd Thursday of each month

Next Meeting - March 13th

11a.m. - 12 noon

More information (561) 422-6237

UMSylvester/Deerfield

Comprehensive Cancer Center

**1192 East Newport Center Drive, Suite 100,
Deerfield Beach**

Facilitator: Penny Fisher MS, RN, CORLN

Mort Silverblatt SPOHNC Support Group

2nd Tuesday of each month

Next Meeting - March 11th

1:30 - 3:00 p.m.

More information (305) 243-4952

Why Did This Happen to Me?

A New Cause of Head and Neck Cancer

The immediate response of most people after they have been diagnosed with cancer is “How did I get this? or Why me?” (Come on, admit it! Didn’t you? Not even once?... And there is never any satisfactory answers given to ease the shock, anger and depression that often follows.

Modern science has been struggling for almost a century to better understand the origins and process of malignancy, the uncontrolled growth of cells we commonly refer to as “cancer”. We hope to more effectively treat and, hopefully, one day even prevent this disease which is now the most common cause of death of adults in the U.S.A. Unfortunately, the same intricate human body that is capable of miraculous healing also provides for as many different types and locations of cancers as there are theories for its origin!

A recent medical report from the National Institute of Health (NIH) has been featured in the news in the past month, proclaiming “**Virus now a leading cause of oral cancer in men**” (Miami Herald Feb 2, 2008). While sensational and important news, it joins a list of things thought to trigger or contribute to the growth of oral-pharyngeal and laryngeal cancer, like tobacco, alcohol, stomach reflux, and even asbestos. Scientists have been studying the relationship between the “human papilloma virus” (HPV) and cancers of the female cervix for some time, and have known about it’s co-existence with certain types of head and neck cancers as well, but have been unable to prove this infectious agent to be the cause.

The NIH researchers compared over 35,000 cases of oral cancer, to see whether they could find evidence of infection with HPV and if this made a difference on the behavior of the tumors and patients’ overall survival. What they found was an increasing rate of this infection over the past 30 years, possibly causing more cancers than the decreasing rates of tobacco use. HPV can be found most commonly in young white men with oral cancer, and these patients tended to do better with

Researchers discovered last year that the link between HPV and development of oral cancers is actually statistically stronger than those oral cancers thought to be caused by tobacco and alcohol use. It is now estimated to cause at least as many oral, tongue, and throat cancers as tobacco and alcohol use alone, up to 50% of all cases! This has occurred due to the success in decreasing the rates of tobacco and alcohol abuse throughout the United States.

HPV is a highly contagious viral infection, and remains one of the most common causes of sexually-transmitted diseases in the world! Despite safe-sex practices, it is estimated to affect close to half of all sexually-active adults.

Gardasil is an injectable vaccine, approved last year by the FDA for women, ages 9-26, to prevent HPV infection and hopefully reduce the incidence of cancer of the cervix. However, this latest data only adds to the evidence of experts who endorse its broader use, vaccinating **all children** against HPV, to enhance the immune system to fight these preventable cases of oral and throat squamous cell cancers as well.

The vaccination is highly effective in preventing the infection from occurring at all, but must be administered before the onset of sexual activity. It has been shown to be a highly cost-effective strategy, saving thousands of dollars in medical costs and years of lost productivity, for each administered dose.

While it may never be possible to determine exactly what caused any one person’s individual cancer, (and spending time trying is even less likely to do any good), this research does offer support for one more possible intervention in the battle against head and neck squamous cell cancer. In addition to lifestyle modifications such as avoiding tobacco smoke and moderating alcohol intake, it adds to the armory to eventually reduce, and even one day completely eliminate, head and neck tumors, including larynx cancer. In the meantime, it is important that rather than dwelling on what caused our original cancers, we strive to maintain the healthiest lifestyle possible, to prevent recurrence and prolong the lives of all cancer survivors.



March Birthdays

- 3rd Sam Schneiderman
- 4th Mike Rosenkranz
- 6th Janet Hernandez
- 12th Ralph Friedman
- 18th Laura Winthrop
- 24th Ron Coquelin
- 24th Joyce Robinson
- 25th Earl Mogk
- 28th Karla McFarland
- 29th Burl Blosser
- 30th Dorothy Kurainowicz
- 31 Theresa Smith

Happy Birthday to All

Do Support Groups Work?

The short answer is, of course, they do.



Dr. C. Everett Koop

Former U.S. Surgeon General C. Everett Koop, M.D., wrote last July in *The Voice*, “My years as a medical practitioner, as well as my own firsthand experience, have taught me how important self-help groups

are in assisting their members in dealing with problems, stress, hardship and pain.... Today, the benefits of mutual aid are experienced by millions of people who turn to others with a similar problem to attempt to deal with their isolation, powerlessness, alienation, and the awful feeling that nobody understands.”

A number of research studies support Dr. Koop's observations and have demonstrated that patients benefit both physically and emotionally by participating in support groups. One study showed that women who had breast cancer and belonged to a support group lived twice as long as those who did not. Research on patients with malignant melanoma concluded that support groups can lower depression, confusion, and fatigue, and lead to increased energy and even measurable strengthening of the immune system.

Some of the benefits of support groups supported by research include:

- * The opportunity to express feelings openly.
- * The chance to reduce fear of treatments and pain through sharing knowledge and experience.
- * An avenue to build self-esteem and speed your own healing by reaching out to help others.

Our own experience as members of our local support groups and of WebWhispers would, undoubtedly, add many additional benefits to this short list.

Many cancer patients express feelings of helplessness - loss of control over our bodies and lives. And it is true that many aspects of cancer are beyond our control or even influence. But research has shown that cancer patients have a better result if they are involved in their own treatment decisions, and learn about managing symptoms and side effects. Quality of life has been shown to improve as a consequence of our learning about our disease and treatment, and support groups can certainly aid us individually and collectively through participation.

Reprinted from the January 2002 issue of The WebWhispers Journal

Enjoy Life

There was an article in the Sun-Sentinel some time ago. It was called enjoy life no matter what your age, and that started me thinking. We can enjoy life no matter what our age, but we can also enjoy life no matter the status of our health. Many of us have serious problems, and some of us know our time is limited, but why not use whatever time is left to make a difference, and, at the very least, enjoy what time is left. No, it may not be easy, but it is certainly worth the effort.

We have known folks who felt their lary surgery was the end of their lives. They stayed within four walls and mentally willed their lives to end. What a waste! For we also know those who have been laryngectomees for a quarter of a lifetime, and spend their hours helping others, being mentally active, and physically fit. It's all about choices!

She was looking through the Bible one day and discussing it with her four year old son. While turning the page, a leaf she had been pressing fell to the floor. Her son picked it up and looked at it in astonishment. She asked what was the matter. He looked up and said, “Mom, you found Adam's underwear”.