

# **Boston Cured Cancer Club for Laryngectomees**

**243 Charles Street, Boston, Massachusetts 02114**

**[www.bostoncuredcancerclubforlaryngectomees.com](http://www.bostoncuredcancerclubforlaryngectomees.com)**

## **December 2011 Newsletter**

Hello Folks! As I look out my window I revel in the sight of the russet oaks in their autumn glory knowing that our days are quickly approaching the grayness of late fall and early darkness. Why not plan to brighten that outlook by attending our upcoming meeting which is scheduled for Sunday, December 4, 2011 in the 7<sup>th</sup> floor cafeteria at MEEI in Boston? "Meet and Greet" begins at 1:00PM with our formal meeting starting at 2:00PM. The simple yet powerful experience of being with others who have endured the difficulties associated with a laryngectomy and who are not only living but thriving with its aftermath is affirming and inspirational. Please join us for some tasty refreshments and good conversation.

At our November meeting, we welcomed Lindsey Lambert who is a speech and language pathologist at MEEI. She shared her insight and advice and her support is always appreciated. We were also pleased to have David DiToro, Northeast Territory Manager for InHealth Technologies as our guest speaker. David brought free samples of InHealth's latest products as well as a wealth of information pertinent to the needs of laryngectomees.

Both David DiToro and Lindsey Lambert highly recommend the use of an HME (humidity moisture exchange filter cartridge) on the stoma. This can be used by patients whether or not they've had a TEP (tracheal esophageal puncture). HMEs restore moisture to the trachea and lungs as well as filter the air and regulate the temperature of the air as it is going into the lungs. Prior to having a laryngectomy, the nasal passages warm, filter and humidify the air to 94 - 99% relative humidity before reaching the lungs. After surgery, air entering the lungs at 44% relative humidity contributes to increased mucus secretions and coughing as the body attempts to moisten the airways. An HME restores relative humidity up to 75%, which helps lung function, and markedly reduces mucus production and coughing. Members who use an HME shared their impressions with Ellsworth Rice saying that "The HME brings my life to as near normal as possible and it is well worth the effort involved in using it." With the advancements made, it is recommended that anyone who tried unsuccessfully in the past to use an HME to try again. Talk with your doctor and/or speech and language pathologist, you may be very glad you did. It is important to note, that even with an HME, a humidifier is still needed to moisten the air in the home which seasonally dries out due to heating.

Mr. DiToro also stressed the importance of proper skin preparation to maximize the benefits of the HME. He demonstrated application of the new Easy Touch HME with integrated mucus shield and contour adhesive housing on two of our members. Both Bob Applebaum and Ellsworth Rice were pleased with the results.

Free samples of the latest HME cartridges along with different adhesive housings and skin prep products were made available. David also offered membership in the InHealth Speakers Club which provides regular updates on the release of new products and services, a complimentary one year membership to MedicAlert and members-only specials and promotions. Membership is free. More information on the InHealth Speakers Club can be found on our website: [www.bostoncuredcancerclubforlaryngectomees.com](http://www.bostoncuredcancerclubforlaryngectomees.com) under "Resources".

Please do plan on joining us on December 4th...Our presence is a gift to one another.

‘Hope to see you there!

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My **H**ear**t** is  
**O**pen to the  
**P**otential that  
**E**xists when I strive to not only  
survive but to thrive.