

**Boston Cured Cancer Club for Laryngectomees**  
**243 Charles Street, Boston, Massachusetts 02114**  
**www.bostoncuredcancerclubforlaryngectomees.com**  
**May/June 2013 Newsletter**

Hello and Happy Spring! Yes, the darkness and cold of the winter we never thought would end has finally given way to warmer days and sunny skies. It is in this spirit of hope, of light overcoming darkness, that we invite you to the upcoming meeting of the BCCCL. Please plan on joining us on Sunday, May 5, 2013 in the 7th floor cafeteria at Massachusetts Eye and Ear Infirmary. We offer free validated parking during the meeting, some good conversation and tasty refreshments. "Meet and Greet" begins at 1:00PM with our formal meeting starting at 1:30PM. Being with others who truly understand the experience of having a laryngectomy is both affirming and inspirational.

Our March and April meetings were well attended and beneficial to all. Members shared freely, rallying in support of one another, while discussing the early challenges as well as the ongoing issues that laryngectomees have to face. Topics ranged from issues with insurance coverage for laryngectomy supplies to dealing with the nitty gritty daily details of stoma maintenance to the lighthearted, almost comical strategies members have devised to facilitate daily communication and overall wellbeing. Our discussions were simple, yet effective and uplifting. We are grateful to all those in attendance.

Members were also offered free copies of the book, *Self Help for the Laryngectomee* by Edmund Lauder, himself a laryngectomee. This book is an indispensable guide for laryngectomees and those who care for them. If you would like a copy of the book you can request one by contacting us, using the information below. We will send you a postcard with which you can request your copy, at no cost or obligation.

At the suggestion of member, Dolores McCrevan, we will be discussing rescue breathing for the laryngectomee at upcoming meetings. Thank you, Dolores, for suggesting this potentially lifesaving topic.

While not intended to substitute for a CPR class, or demonstration by a medical professional, the following links contain a wealth of information for laryngectomees, their loved ones and their general medical practitioners regarding rescue breathing for the laryngectomee.

<http://www.youtube.com/watch?v=YE-n8cgl77Q> Dr. Itzhak Brook, a medical doctor and laryngectomee, produced a video presentation on the basics of rescue breathing for laryngectomees.

<http://dribrook.blogspot.com/p/urgent-care-and-cpr-of-laryngectomees.html> Dr. Brook's blog contains an amazing amount of information for laryngectomees.

<http://www.webwhispers.org/Library/documents/BWRRescueBreathing2-05.pdf> This 20 page pdf *Rescue Breathing for Laryngectomees* was prepared by the Medical Affairs Committee of the International Association of Laryngectomees in 2005.

We also want to remind members that yearly dues, which is \$15.00 for laryngectomees and \$5.00 for family members is due. If you are an inactive member and wish to continue receiving this newsletter, then the dues is \$5.00. Payments are to be made to our treasurer, Mike Moffi, 15 Lakeshore Drive, Holliston, MA 01746. Please do plan on joining us on May 5th. Whether you're feeling like you need a bit of sunshine in your life or you have some pleasantries to share, we'd be delighted to have you!

'Hope to see you on the 5th!  
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