

Boston Cured Cancer Club for Laryngectomees

243 Charles Street, Boston, Massachusetts 02114

www.bostoncuredcancerclubforlaryngectomees.org

Newsletter for November and December 2019

Hello Folks! It took a while for the Fall weather to arrive, but, wow, all of a sudden it was time to turn on the heat! Driving down Rt. 495 recently we were enjoying the amazingly beautiful foliage, practically in our own backyard. Each day nature records the constantly colorful changes in the world around us... Let us truly savor these moments!

Speaking of turning on the heat, with the dryness of that heat comes the need for enhanced humidity. It's a good idea to check that your humidifier is ready for you. It is so very important for "larys" to moisten the air which is delivered directly to the trachea and lungs. Prior to surgery, the air you breathed was warmed to 98.6 degrees and moistened by your nasal and respiratory passages. Not so any more...the air that enters your trachea and lungs is the same temperature and humidity as in your environment. Excessive dryness brought on by the heating season can lead to unwanted complications. So, when you turn your heat on, turn on your humidifier, too! While we are on the topic of humidity, many laryngectomees are finding great comfort in the use of their HMEs. For those of you who are not familiar with this term, a Heat and Moisture Exchanger (HME) is a button-like attachment to the tracheostoma which filters, humidifies and warms inhaled air. If you do not wear one you may want to talk with your doctor or speech pathologist about the benefits of doing so.

Our upcoming meetings are scheduled for Sunday, November 3rd and Sunday, December 1st in the 7th floor cafeteria at MEEI in Boston. "Meet and Greet" begins at 1:00PM with our formal meeting starting at 1:30PM. Please join us for some delicious refreshments and good conversation. Free validated parking in the MEEI lots is available to attendees.

At our October meeting we welcomed Anna Choi-Farshi, M.S., CCC-SLP who is an Inpatient Coordinator and Senior Speech Pathologist at Mass. Eye and Ear and has worked in the acute rehabilitation and outpatient care settings for more than 22 years. Anna shared pertinent information on things to be aware of as well as strategies in dealing with possible issues in the months and years following radiation treatment. We so very much appreciate Anna's presence and her professional expertise. Thank you, Anna!

In September, members shared freely, in support of one another as they discussed the importance of self-advocacy and persistence in asking questions. When faced with complications, it is so important to assertively request input from those who are best in their field. All agreed that living as a laryngectomee is not easy, but well worth the efforts involved. As always, members were uplifted by their mutual resolve to not only live, but to thrive as a laryngectomees.

We also want you to be aware that ATOS Medical is sponsoring an event entitled "Living Well After a Laryngectomy" which will be presented in Chelmsford on November 5th and in Braintree on November 7th. For more information and preregistration you can contact riley.marsden@atosmedical.com or call 800.217.0025 x6406 or visit the ATOS website: <https://www.atosmedical.us/laryngectomy/events/>

Please join us on November 3rd and again on December 1st. We draw strength from one another's presence. It is very affirming to be in the presence of fellow larys who have each endured tremendous challenges, and each have their own story of trial and triumph....inspiring all who attend.

After the December meeting we will recess until March 1, 2020. Due to weather concerns, we do not meet in January or February. This newsletter is published four times a year.

In closing we would like to once again share our favorite acronym that we came across early in Andre's recovery. It was a source of inspiration and comfort back then and continues to be applicable to daily highs and lows.

HOPE = H_{old} O_{nto} P_{ositive} E_{xpectations}

'Hope to see you on November 3rd!
Enjoy these cool, crisp, crunchy, autumn days!

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**There is no medicine like hope, no incentive so great, and no tonic so powerful
as the expectation of something tomorrow.**

Orison Swett Marden