

# New Voice News

New Voice Club of Broward County

Serving the tri-county area

[www.newvoiceclub.org](http://www.newvoiceclub.org)

January 2005

Mike Rosenkranz, Editor



NEXT  
MEETING  
Sunday  
January 23rd  
2005

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Carl Kilmer  
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Carlkilmer@bellsouth.net

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Warren Goodman  
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Secretary:  
Dottie Kilmer  
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Treasurer:  
Lenny Weinstein  
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Visitations & Liaison:  
Earl Mogk  
141 Eleuthera Dr  
Dania Beach, FL 33004  
(954) 929-0136

Directors:  
Sidney Gellman

Earl Mogk

Bill Romanello

Mike Rosenkranz

Patty Sewell

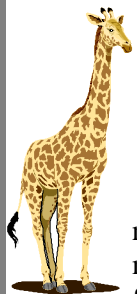


Main Meetings Held at the Margate Community Center  
6199 NW 10th Street, Margate, FL

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



Lary, our friendly giraffe,  
hopes you have all mailed your  
dues to Lenny.

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## President's Message

Thanks to our members, I am finally starting a two year term of my own, instead of just being a fill in. I want to thank you for your confidence in me.

This is the first President's Message I have written in awhile. In fact, it is the first anything I have written for the newsletter for awhile. Mike Rosenkranz not only maintains the New Voice Club roster and mailing list, he does the same for the Florida Laryngectomee Association. He also, in his spare time, is the sole writer and editor of the New Voice News. He's a jewel and we intend to keep him.

Our apologies for the last minute cancellation of the December 26<sup>th</sup> meeting. Wini Mogk (bless her heart) realized that our hosts are a government organization and they may be taking extra time off. She was right. They did. Mike immediately got off an e-mail message and we made a few phone calls to members without e-mail. We're very sorry if you were inconvenienced.

In addition to my duties with the New Voice Club, I'm looking for locations for the Annual Meeting of the Florida Laryngectomee Association. We have been disappointed with the hotels that we have used

for the last several years and we are looking outside of Daytona. We have looked in Melbourne, Cocoa Beach and Orlando, and hope to have a location firmed up shortly. In fairness to all, we would like to keep the location as centrally located in the state as possible. We'll let you know what we find. Best wishes for a happy and healthy new year.

*Carl Kilmer*

**Dorothy and Tom Lennox of Luminaud** will be our guest speakers at the January meeting. They are delightful speakers, and Dorothy, who is the winner of the Webwhispers Golden Sage Award for 2004, is well versed when it comes to answering questions relating to Medicare. Tom will bring along his new 9V battery adapter which he developed for use with the Servox electro-larynx. The adapter gives us an alternate source of power during any extended power blackout, when our rechargeable batteries can no longer be charged. It might just be that the quartet of hurricanes that hit our state this year is what inspired Tom to develop the adapter.

## ANTI-TOBACCO

The State of Florida is failing the youth of our state in the campaign for tobacco-free kids. Florida placed 44<sup>th</sup> among the 50 states in 2004 in funds allocated to fight the tobacco industry's advertising. (cont'd on page three)

**MARK YOUR CALENDARS  
OUR JANUARY 23rd MEETING  
WILL START AT 12:30**

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TIME TO PAY YOUR DUES

Please make checks payable to the
New Voice Club of Broward
\$7 for laryngectomee
\$10 with spouse or significant other
mail to Leonard Weinstein, treasurer
1427 E. Hillsboro Blvd # 529
Deerfield Beach, FL 33441
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CLUB NEWS

Margate meeting: Our meeting scheduled for December 26th was cancelled, because all City of Margate facilities were closed for the holiday weekend. The installation of officers has been re-scheduled for the January meeting.

Following the installation ceremony, Dorothy and Tom Lennox will be our guest speakers.

Lynn's meeting: Present were Lenny Weinstein, Matty Matthews, Gary Morey, Seymour Platt, Carl Kilmer, Ralph and Doris Shadd, Mike Rosenkranz, Bob Thomas, Paul Margolis, and Meghan Gavagni, an SLP student at FAU. Meghan had no previous knowledge of laryngectomees, so we have helped to spread the word of our existence once again.. We may be a small percentage of the population, but through our interaction with speech students, we continue to spread the word that we are here.

Carl Kilmer and Mike Rosenkranz visited George Hill at home following his release from the hospital. George is our newest member.

Doris Littlefield found out the hard way, and would like to warn others, that Radio Shack's rechargeable 9V batteries are now slightly larger than before, and no longer fit into a Nu-Vois electrolarynx.

Ralph Friedman has become a pro using the Servox. He didn't plan it that way, but his prosthesis malfunctioned just as the Christmas weekend began, so it was several days before a new prosthesis could be installed.

Micki Lindenbaum suffered a TIA just before New Year's Eve and at last report was hospitalized in Boca. She is having some difficulties which, hopefully, will only be of a transient nature. Please keep Micki and Ralph in your thoughts and prayers.

Plantation Relay for Life April 8- 9, 2005

The Plantation Relay for Life is a major fund raiser for the American Cancer Society, and the New Voice Club of Broward has been a staunch supporter of this effort for several years. This event raised over \$125,000 for the ACS in 2004, and our goal is to substantially exceed that figure in 2005. Carl Kilmer, Mike Rosenkranz and Pat Hopping are representing our club by serving on the Organizing Committee. More volunteers are needed. See Carl, Mike or Pat if you would like to join in this effort. Among the many things the ACS does for us, is to supply the postage, paper, envelopes and printing which makes it possible for us to send out this Newsletter every month..

January Birthdays

6th Maureen Sullivan 16th Arthur Schultz
8th Lucy Jamie 16th Jim Stanton
9th Jim Kimling 17th Linda Kirschbaum
10th Hy Sherman 23rd Adele Sherman
11th Paul Barber 26th Doris Shadd
28th Joe Saliba
Happy Birthday to All

UP-COMING EVENTS

? FREE SPEECH THERAPY (1st Wednesday)
(Coffee) with Pascale Bourne (Donuts)
Florida Medical Center - Auditorium
5000 W Oakland Park Blvd
Next Meeting - Wednesday February 2nd
10:30 - 11:30 a.m.
More information: (954) 735-6000 Ext 5307

? FREE SPEECH THERAPY (3rd Thursday)
With Lynn Carrier, CCC-SLP
Boca Raton Community Hospital
DAVIS THERAPY CENTER
OAKS PLAZA - Glades Road at 13th Street
Next Meeting - Thursday, January 20th
10:30 - 11.30 a.m.
More information: (561) 361-7430

UM/Sylvester/Deerfield

? Tuesday, January 11th 1:30-3:00 p.m.
Mort Silverblatt Head and Neck
Cancer Support Group
Facilitated by Penny Fisher
Topic: Goals for the New Year

? Friday, January 21, noon - 1:00 p.m.
Ways You Can Avoid Infection
Maggie Kane
Infection Control Specialist
UM/Sylvester

? Thursday, February 3, 1:00 - 3:00 p.m.
Ask the Doctor About Radiation Therapy
And Cancer Treatment
Arnold Markoe, M.D., Sc.D. Chairman and Professor, Department of Radiation Oncology

? Monday, February 7, noon - 1:00 p.m.
How and Why Cancer Invades Our Bones
David Pitcher, M.D. Associate Professor,

(cont'd from page one) For 2005, the CDC (Center for Disease Control) recommends that Florida spend between \$78.38 and \$221.26 million. The State has allocated a measly \$1 million to fight for our kids. This is a mere 1.3% of the minimum CDC recommendation. It makes it even more essential for us to become more active in the fight to save the kids of Florida.

*Statistics from Campaign for Tobacco-Free Kids*

**Earl Mogk** has been fighting this fight for several years. During this past year, Earl delivered the anti-tobacco message to approximately 750 Elementary and Middle School students, 1,800 High School students, and over 1,150 adults. This is a total of over 3,700 students and adults. Earl did this over some sixty presentations of about one hour's duration, covering the entire tri-county area. He addressed the monthly meetings of B.A.R.C. (Broward Addiction Recovery Center) where most of the adults were reached. In the past, many members of the club participated with Earl in his anti-tobacco activities. This past year, Earl was the only active member of our club to carry the message.

**Earl invites everyone who is interested to join him at a presentation.** Attending one of these should motivate you to become an American Cancer Society volunteer, to learn about their Tobacco Control efforts, and to get involved with the ACS Advocacy Programs. It would be great to, once again, have several members delivering this vital message.

### Going to Hell in a Hand Basket?

This is sometimes how I feel. It has been just over a year since I became a laryngectomee. My thoughts throughout 2004 were that not much else worse could happen to me. Well, my thoughts were a bit premature, because at Thanksgiving time I was diagnosed with a tumor on my left kidney, and my doctor scheduled me for surgery on December 2<sup>nd</sup> to have it removed.

I gave each of the hospital staff one of the "**Nose is an Ornament**" signs.....had one over my bed.....had a long discussion with the anesthesiologist before they administered.....I also met with the head anesthesiologist a couple of days prior to the surgery to make sure he understood my condition. Everybody on staff at the hospital was pretty good about understanding me. I mostly used my Servox while I was in the hospital. Because of the pressure required to talk thru the TEP, it was easier to use the EL. I was treated well at Cleveland Clinic, and that is probably where I will go when I have my hip replaced.....sometime in the not too distant future.

After being on the operating table for about three hours, I woke up once again with a new pain in my side (notice I did not say pain in the neck). I spent five days in the hospital recuperating from the kidney surgery, and on the last

day the doc paid me a visit and said that although the tumor was cancerous the surgery was successful and he was 97% confident that he removed all of the problem and that none of it had spread to any surrounding tissues. Voila, an almost complete 100 % cure. Now I am home, still with the pain in the side from the incision to get at the kidney, still with the pain in the neck and shoulder from the laryngectomy, hobbling around with the use of a cane due to some arthritis in the left hip and knee (the hip replacement story is for another time), but you know, each day when I look in the mirror I say "Wow, this morning I woke up on the right side of the grass". I guess as long as I can think that way, things are going to be just fine with me.

*Pat Hopping*

### FROM THE WEB

#### Wondering what if?

"**Wondering**" has now turned into "**what if?**" That is a good transition, because I have always casually wondered "**what if?**". I was diagnosed rather quickly, I was given the diagnosis only two weeks after some food stuck in my throat. I was told I would have a total laryngectomy and radical dissection of the left neck followed by radiation. I was also told to get a second opinion. That I did not do. I just wanted that cancer out of there. Figured my best shot was to remove it; not play around with it. All the margins, and the removed lymph nodes were clear, The post-surgical radiation was cancelled. **wondering what if?** I had gotten that second opinion and gone a different route because of it. The only other route could have been radiation instead of surgery. **wondering what if?** I had the radiation and then needed surgery anyway. **wondering what if?** I had the radiation and never needed surgery.

The list of "**wondering what if?**" could be extended. But I decided long ago that looking back is such a waste of time. You make your decision and get on with your life. So I got on with my life. Only thing different is that little ol' hole in the neck. It makes me a member of a rather exclusive club.

It is now almost six years later. All my original and replacement parts are still working, and all my missing parts are still missing. The missing parts include a cancerous prostate, several clogged coronary arteries, and a non-functional hip. I don't look back. I live for today, and I look forward to tomorrow. Life is good!!

*Webwhispers post by Mike Rosenkranz 11-21-04*

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**Always do right.**

**This will gratify some people and astonish the rest.**

*Mark Twain*

**The Holidays are over and we are all, hopefully, back on our diets and eating properly. The following article is dedicated to those laggards who have not yet resumed the good habits which are essential to us of the *lary persuasion*. It will also help to explain the symptoms that some of us may have experienced over the past couple of months.**

### **Acid Reflux and Laryngectomees**

Laryngectomees are more likely to develop problems with GERD. **GERD** sounds like the nickname of someone's great aunt Gertrude, but the initials actually stand for **Gastro-Esophageal Reflux Disease**. This is the current medical and popular name heard in television advertisements on "heartburn," excessive acidity, or stomach acid which gets out of the stomach and causes problems. In addition to giving us discomfort in the stomach, the acid can reflux or back up into the esophagus, which may lead to serious problems. Many laryngectomees have GERD prior to their surgery, and are more likely to have problems with it afterwards. Another risk factor for GERD is age, and laryngectomees are primarily older individuals.

**The normal esophagus** has sphincter muscles at the top and bottom which permit food to go down, but normally keep acid or food from coming back up. As we grow older, the lower sphincter muscle can become weaker and allow stomach acid to back up into the esophagus. An additional problem is that the laryngectomy operation compromises the upper sphincter, or it may even have been effectively removed depending on the type of surgery you had.

**Symptoms of GERD** include that familiar burning sensation in the stomach (or even chest, which can sometimes be mistaken for heart problems), an acid taste in the mouth, accelerated tooth decay, asthma attacks (particularly at night), cough, sore throat, hoarseness, regurgitation of a small amount of incompletely digested food or drink, or other similar problems. Virtually everyone has had heartburn at some point in time, and occasional reflux is not a problem. In most cases, an over-the-counter antacid such as Tums, Mylanta, Maalox; or other medications such as Tagamet, Pepcid, Zantac, etc. takes care of this temporary problem. But according to a recent article in the New York Times, it is a more serious problem for about 15 million Americans who have a chronic problem with GERD. In many cases it cannot be prevented but must be aggressively treated for the rest of the person's life. And, according to recent medical research reported in The New England Journal of Medicine and from Sweden, the risk of developing cancer of the esophagus increases significantly for those who are chronic suf-

ferers and who go untreated or ineffectively treated. According to the Times article and ABC "20-20" program, esophageal cancer is the most rapidly increasing form of cancer in the U.S., and is a form of cancer which has a low cure rate. If not caught in the early stages esophageal cancer has only a 5% survival rate.

There are three **approaches to dealing with GERD**. One of the most important is **prevention**. Ideas for preventing acid reflux are in the list of ideas from the American College of Gastroenterology "What We Can Do About Acid Reflux." For those who suffer from chronic GERD, your medical doctor may prescribe a **medication** such as Prilosec or Prevacid which works by blocking the formation of stomach acids. Other medications may be prescribed to protect the lining of the esophagus or to speed up the time it takes the stomach to empty. A final alternative is **surgery**, and there are several procedures which have been developed for GERD-caused damage to the esophagus. But as with so many things, **prevention is the best approach** to keep a problem from developing in the first place rather than try and repair the damage once it is done.

*(Basic information from April 27, 1999 New York Times; December 10, 1999 ABC "20-20" program; and the April, 1999 "Cal Voice" newsletter). Reprinted from the Jan. 2000 WW journal*

### **What We Can Do About Acid Reflux**

- ? **If you have acid reflux more than twice a week, see your doctor.**
- ? **Eat five or six smaller meals daily rather than three large ones.**
- ? **Avoid eating and drinking before napping or bedtime.**
- ? **After a meal, avoid bending over, exercising, or lying down.**
- ? **Avoid or reduce consuming coffee, tea, chocolate, citrus fruit, onions, garlic, fatty or very spicy foods.**
- ? **Reduce excess weight and quit smoking.**
- ? **Consider raising your sleep angle by propping up the head of your bed a few inches or sleeping with your upper body elevated by pillows.**

*Consult your doctor for the many new medications now available for the treatment of GERD*

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**Become the change you want to see - those are words I live by. Oprah Winfrey**