

**The  
New Voice News**



**New Voice Club of South Florida**  
Serving Broward, Palm Beach and Miami-Dade  
[www.newvoiceclub.org](http://www.newvoiceclub.org)

**JANUARY**  
**EDITOR NEEDED**  
**CALL LENNY**  
**954-427-7043**

~ Next Meeting Sunday JANUARY 16 Noon to 2 p.m. ~  
Conference center at Holy Cross Hospital  
4725 N. Federal Hwy, Ft. Lauderdale, FL (south of Commercial Blvd)  
Speech Therapy, Support Group, Light Refreshments, Meeting and Program

**President:**  
RICHARD WILLENBORG  
954-975-6814

**1st VICE PRESIDENT**

**2nd Vice President:**  
Jim Isracloff  
(954) 351-0359

**Secretary:**  
LEAH OSTRANDER  
954-491-6619

**Treasurer:**  
Lenny Weinstein  
1427 E. Hillsboro Bv #529  
Deerfield Beach, FL  
33441

**Visitation & Liaison:**  
Earl Mogk  
141 Eleuthera Drive  
Dania Beach, FL 33004  
(954) 929-0136  
[earlmogk@wmconnect.co](mailto:earlmogk@wmconnect.co)

**Directors:**  
Max Brown  
Leon Essebag  
George Ostrander  
Patty Sewell  
Al Smith



Hi One and All;

I would like to wish you all a Happy New Year and hope your Holidays were good. Hoping this New Year brings you both health and happiness.

We have made some progress in 2010 to reach out and support New Larry's. Both before and after surgery, chemo, etc. This year we had the Visitation Classes and taught those in the class how to better acclimate new Larry's into a different way of life and help them and their families adjust. We also purchased a phone to be used by the club as a means of obtaining information from those that would like to know more about the club and/or set up a visit with a Larry. The number is (954-319-1555) if you know of anyone that might need information. In 2011 I hope to form a committee to let DR'S, SLP's and others that care for Larry's that The New Voice Club is a support group that cares and will work with them to help their patient and family.

At Our last meeting it was proposed that we still might have a Party. We are having a Board of Director meeting and see if we can work out the arrangements. I will need to know how many would like to attend. It would be held at HCH (Our Normal room) on a Sunday (most likely February), instead of a regular meeting. If You don't plan to be at January's meeting, email me at ([rwille4730@yahoo.com](mailto:rwille4730@yahoo.com)) or call Ph. 954-975-6814 and let me know if you would like to attend the Party.

Hope to see You Sunday.

Richard Willenborg Pres.



## What's Doing Around Town

RECEIVED A LETTER FROM DORIS LITTLEFIELD STATEING SHE IS UNABLE TO ATTEND OUR MEETINGS AND WISHES TO EXTEND HOLIDAY AND NEW YEARS GREETINGS TO THE MEMBERS AND FAMILIES OF THE NEW VOICE CLUB.

HI DORIS WE MISS YOU AND WISH YOU HOLIDAY GREETINGS.

2011 DUES NOW DUE  
DISREGARD IF YOU HAVE ALLREADY  
PAID

MEMBER \$ 7

SPOUSE \$ 3

FRIEND \$ 3

ASSOCIATE \$ 3

ADDING A SMALL DONATION WOULD BE HELPFUL WITH OUR CHARITIBLE WORK

### Vegetables, Grains & Fruit

Good for you in so many ways!! Using a lot of whole food and mostly raw fruits, vegetables, and grains (as opposed to processed or chemicalized) is important to increase dietary fiber, help reduce unhealthy fats that have been hydrogenated through cooking and processing, and increase the whole food source of healthy fats the body must have to function normally in many areas.

Some precautions must be taken for the use of milk sauces and sensitivities that I will discuss under "food diary." Fruits and vegetables are important because they help to increase "soft" or soluble dietary fiber and reduce absorbable fat. "Soluble" fiber is essential because it helps to bind unwanted materials and remove them from the intestinal tract. Fruits and vegetables also independently carry necessary vitamins, minerals, and enzymes to aid in proper cellular function.

## Upcoming Events

### Main Meeting

3rd Sunday of each month

Next meeting JANUARY 16 NOON TO-2 p.m.

Speech Therapy and Support Group at noon

Advisor: Pascale Bourne MA, CCC-SLP

Followed by Light refreshments

Meeting and Program

**Conference Center - Holy Cross Hospital**

4725 North Federal Highway, Ft. Lauderdale

(U.S. 1 just south of Commercial Blvd.)

**MOR INFORMATION CALL 954-319-1555-**

### Support Group Meeting

Facilitator: Lynn Carrier MS, CCC-SLP

E.N.T. ASSO OF SOUTH FLORIDA

.1601 CLINT MOORE RD BOCA RATON

CONFERENCE ROOM # 215

**FIRST WEDNESDAY OF MONTH**

**NEXT MEETING JANUARY 5 12 TO 1P M**

### **Veterans Administrtrion 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 JANUARY 13 11a.m. - 12 noon

More information (561) 422-6237

\*\*\*\*\*

### **UMSylvester/Deerfield**

**Comprehensive Cancer Center**

1192 East Newport Center Drive, Room 230,

Deerfield Beach

Facilitator: Penny Fisher MS, RN, CORLN

Mort Silverblatt SPOHNC Support Group

2nd Tuesday of each month

Next Meeting - JANUARY 11 1:30 - 3:00 p.m.

More information (305) 243-4952

### **NEW VOICE CLUB INFORMATION**

**# 954-319-1555**

## *December support group meetings*

---

**Lynn's meeting:** On December 1<sup>st</sup>, a small group of laryngectomees met with Lynn Carrier at her office in Boca Raton. The discussion started with follow-up on a recent referral to the New Voice Club to whom several voice prostheses had been donated and their subsequent benefit. The group next talked about another new referral of one of Lynn's patients who was an in-patient at a local hospital for a non-laryngectomy problem, but was having difficulty managing his prosthesis while there. The availability of qualified speech therapists, specially trained to deal with laryngectomees, in the South Florida area was a topic of discussion, which led to debating the appropriate opportunities and limitations, including liability, of fellow laryngectomees to be of assistance in these situations.

**Penny's meeting:** After the opening of Sylvester Center's radiation therapy unit at Deerfield Beach last month, two members of the New Voice Club of South Florida met with Penny Who Was returning from a somewhat Wintry Weekend With her Whole family at DisneyWorld in Orlando. A wide range of Topics that were discussed included how to improve communication and coordination between the Visitation Program Volunteers and the healthcare professionals at Sylvester, as well as a review of vascular anatomy of the neck following laryngectomy surgery and the psychological considerations of addiction complicating rehabilitation from larynx cancer surgery.

---

### REPRINT FROM ARTICLE BY ITZHAK BROOK M. D.

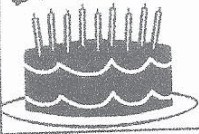
Biomarkers hold promise for early detection of head and neck cancer  
December 2, 2010

New research holds promise for early detection of head and neck cancer using simple testing. The newly developed tests will be able to detect "biomarkers" which are biologic factors found within a tumor. (Chang & Califano, 2008)

Candidate biomarkers for head and neck squamous cell carcinoma include the p53 gene and its protein; microsatellite regions throughout the genome; human papillomavirus; proteins involved in cellular proliferation, apoptosis, angiogenesis, and intracellular adhesion; epithelial growth factor receptor; and various measures of immune response to cancer. (Edwards et al, 2010) Biomarkers many have potential clinical applications because they can facilitate detection of primary or recurrent cancer. These tests can be performed in saliva which is easy to obtain.

However, before these tests are used in actual clinical settings, they have to be carefully validated.

Happy  
Birthday



## JANUARY BIRTHDAYS

PAUL BARBER

JUDITH RUSSO

JUDY GILICK

ARTHUR SHULTZ

MOLLY RAPCHICK

DORIS SHADD

Happy Birthday to All

THANK YOU

LEAH & GEORGE OSTRANDER FOR  
LARGE ASSORTMENT OF CAKES YOU  
SUPPLIED FOR OUR DECEMBER  
MEETING AND FOR YOUR GENEROUS  
DONATION TO THE CLUB

THANK YOU

BEVERLY & NICK PERGAMLIS FOR  
GREAT ASSORTMENT OF COOKIES  
YOU BROUGHT TO SAME MEETING

REPRINT FROM ARTICLE BY ITZHAK BROOK M. D.

**Radiation exposure at the airport full-body scanners. Are they dangerous**  
to those who had received radiation treatment for cancer? November 13, 2010  
I wanted to clarify misconceptions regarding exposure to radiation by airport scanners in people who  
received radiation therapy.

These full-body scanners fall into two main categories: millimeter wave and backscatter. The first directs  
radio waves over a body and measures the energy reflected back to render a 3D image. The latter is a  
low-level X-ray machine that creates 2D images. The scanners can detect items such as nonmetallic  
weapons and explosives not picked up by metal detectors.

Millimeter wave scanners produce 30 to 300 gigahertz electromagnetic waves, and reveal explosives if  
they are denser than other materials. This means that these scanners emit less radiation than a typical  
cell phone, according to Transportation Security Administration (TSA).

The backscatter machines are low-level X-ray machines that expose bodies to as much radiation as about  
two minutes of flying in an airplane does. In other words, if you already use a cell phone and you already  
fly, you are already exposing your body to more radiation than these scanners will.

We are constantly exposed to radiation from the environment. While no radiation is good the radiation  
used by airport scanners are miniscule and do not add much to the amount received in treatment. They  
are not concentrated at one area of the body as radiation treatment is—but the whole body. When a patient  
that received local radiation is told that they can not get any more radiation it means they can not get  
radiation treatment to the area that was treated before. This still does not mean that they can not get X  
rays CT and PET scans. This is because the radiation doses there are small compared to the one used in  
the treatment. However, whenever any radiation exposure is planned the benefit of the test should be  
weighted carefully against the potential risk of radiation exposure

DEAR DORIS SHADD

THE NEW VOICE CLUB THANKS YOU FOR YOUR MEMORIAL  
DONATION YOU MADE IN NAME OF RALPH SHADD.. WE ALL MISS HIM  
AND WE HOPE YOU FIND TIME TO ATTEND ONE OF OUR MEETINGS AGAIN

SINCERELY

LENNY