

New Voice News

New Voice Club of Broward County

Serving the tri-county area

www.newvoiceclub.org

May 2005

Mike Rosenkranz, Editor



NEXT
MEETING
Sunday
May 22th
2005

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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

News and Views from Your Nurse

Penelope Stevens Fisher MS RN CORLN

Disclaimer: I have agreed to write a brief article every other month for the New Voice News. The article will be BRIEF but appropriate information you may need. Remember every person is an individual "I am who the I am" (Jimmy Buffett's new song "I'm a Piece of Work") and that makes you special. Therefore, anything you see here needs to be specialized for you. The correct person to assist you with that is your health care provider. All information shared will be from text books, medical/nursing journals, the "web" and 40 years of taking care of very special people. *Penny*

Spring Can Bring Allergies

Sensitivity to a normal harmless substance is called an allergy. The insulter is called an allergen or the substance which acts as a foreign body creating a reaction. Allergens may be different for each person and have profoundly different ways to make itself known. Most allergens are food, dust particles, a drug, insect venom, mold, spores and pollen.

It is felt that some people are more allergic than others due to inheriting the allergy. A child with one parent who has an allergy has four times the chance to be allergic. Also it has been reported that if the body's defenses are down (example: after viral infection) and one is exposed to an allergen, the risk of de-

Executive Committee Meeting Margate Community Center Sunday, May 22nd 11:00 a.m.

veloping an allergy is higher.

Pollen is a high roller in allergies. Pollen are oval and round grains produced by plants for the purpose of their own reproduction. Trees, grass and weeds emit the most pollen. The characteristics of pollen such as amount produced, weight, time of the day/night or length of pollination period all are factors in severity of allergies. It has been reported that ragweed pollen has been collected 400 miles into the sea and two miles high. A single ragweed plant can make a million grains of pollen per day.

Plants, trees and grass send pollen out specifically by seasons and geographic location. The northern three quarters of Florida is known for high pollen counts and south of Lake Okeechobee for moderate pollen counts. **The highest pollen count is on warm, dry breezy days and the lowest on chilly wet days.** Population growth, land use, tree planting, grass mowing, industrialization and pollution alter pollen counts. Pollen allergies are diagnosed by medical workups for those complaining of symptoms. Health care providers obtain thorough histories, skin tests and blood tests.

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CLUB NEWS

Sadly, we report the passing of **Bob Kranz** following a lengthy illness. We extend our thoughts, prayers and condolences to his wife, Selma, at this difficult time. .

Jim Lauder of **Lauder Enterprises** will be our guest speaker at the May 22nd meeting. Jim is one of our favorite people, and very knowledgeable in fulfilling our needs.

Lenny Weinstein invites us to join him at our May meeting for a light lunch in celebration of his 90th birthday.

Pascale's meeting: There was a lively discussion of the new Provox NID, and a general discussion of problems with mucus flow and the advantages of using lavage to expedite the flow. This was followed by our favorite topic of how we get the surgeons to advise new laryngectomies of the availability of our support group and our pre and post-op visitation program. Present were **Elaine Brown, Al Smith, Gary Morey, Pat Hopping, Lenny Weinstein and Mike Rosenkranz.** .

Penny's meeting: Penny delivered an excellent power point presentation on Taking Care of Yourself, including handouts on Nutrition and Physical Activities, Prevention and Early Detection, sample menu, and exercises to regain maximum shoulder and neck function following surgery. Present were **Matty Matthews, Carl Kilmer, Lenny Weinstein, Mike Rosenkranz, Joe Saliba and Helen McGiff, Larry Switzer, Tony and Judith Russo and Gary Morey.**

Lynn's meeting: A smaller than usual meeting, but with a good discussion on reflux, lymphedema therapy and recovery time following surgery. Present were **Len Weinstein, Gary Morey, Mike Rosenkranz, Anthony/Judith Russo and Carl Kilmer.** Anthony is swallowing and voicing much better following his recent dialation.

Margate meeting: **Brandon Whitesides, Atos SE Sales Manager,** showed the new NID patient-changeable TEP. Its advantages include safety, durability, cleaning ease, and improved design for more air flow and less yeast.

Our webmaster, Larry Switzer, is moving back to Illinois. Larry posted his first webpage in January '99 with a link to the IAL. The current site was erected in October '99 at www.newvoice.da.ru . In August 2000, he reserved our new URL, and the site has grown to what you see today at www.newvoiceclub.org. This has all been the work of one man. Larry, for all that you have done for the club over all these years, we thank you. Bon Voyage!

Pat Hopping is our new webmaster and will gradually assume his duties over the next few months. Pat is currently recuperating at home following his recent lung surgery.



May Birthdays

2nd Richard Sewell	14th Cathy Fowler
5th Pat Hopping	16th Howard Grabowski
8th Anthony Russo	24th Steve Levine
9th Carmen Sumpter	24th Larry Switzer
12th McNoland Pinard	29th Terry Marshall
14th Seymour Falk	29th Lenny Weinstein

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 May 4th
10:30 – 11:30 a.m.

More information: (954) 735-6000 Ext 5307

? FREE SPEECH THERAPY (3rd Thursday)

(coffee) With Lynn Carrier, CCC-SLP (cookies)

Boca Raton Community Hospital
DAVIS THERAPY CENTER

OAKS PLAZA - Glades Road at 13th Street
Next Meeting - Thursday, May 19th
10:30 – 11.30 a.m.

More information: (561) 955-5100 Ext 7430

UM/Sylvester/Deerfield

? Thursday, May 5th, 1:00 - 3:00 p.m.

Ask the Doctor about Radiation Therapy
And Cancer Treatment

Arnold Markoe, M.D., Sc.D.

Chairman/Professor, Dept. of Radiation Oncology

? Tuesday, May 10th 1:30 - 3:00 p.m.

Mort Silverblatt Head and Neck
Cancer Support Group

Facilitated by Penny Fisher MS RN CORLN

? Wednesday May 25th, noon – 1:00 p.m.

Surgical Options for Melanoma
Eli Avisar, M.D. Assistant Professor
Division of Surgical Oncology

MARK YOUR CALENDARS

? 2005 FLA ANNUAL MEETING Orlando, FL October 8-9 Sheraton Studio City Hotel

(cont'd from page one)

Pollens from the geographic area are matched with the patients' individual history and condition.

Patients needing evaluation should seek out allergy doctors (Allergists) or ear, nose and throat physicians (Otolaryngologists) specializing in allergies. One should also review insurance policies for covered services. Allergy testing may not be covered.

Signs and symptoms of pollen allergies in adults

- 1. **Sneezing: with or without runny or clogged nose**
- 2. **Itching: eyes, nose, throat**
- 3. **Allergic shiners: dark circles under the eyes due to restricted sinus blood vessels**
- 4. **Watering eyes**
- 5. **Conjunctivitis: inflammation of the eyelid membranes will cause red-rimmed eyes**

Treatment is specific to the allergen and the patient. **Avoid the allergen.** Symptom relief is managed by medications. Often, immunotherapy (allergy shots)

Avoidance of Allergens

- 1. **Know your specific allergen.**
- 2. **Remain indoors in the morning, especially if windy.**
- 3. **For those who can, wear a pollen and dust mask.**
- 4. **Plan your activities for vacations during low allergen time.**
- 5. **Wash your hair before going to bed to keep pollen off the pillow.**
- 6. **Use a clothes dryer rather than hang the washing outdoors.**
- 7. **Avoid irritants: Smoke, cleaners, sprays, chemicals like paint.**
- 8. **Mechanical air cleaners: Explore efficiency before purchase.**

is required.

Neck breathers, tracheotomy (temporary) or tracheostomy (permanent)) lose the use of the nose structure and function. The nose clears debris from the inspired air. The nasal hairs (cilia) trap particle matter in the nares opening and the cilia wave in the posterior nose to move trapped particles. Additionally, the nose assists in air resistance during exercise and alerts to mouth breathe if needed. The nose's

vascular mucosa also humidifies and warms the air to 95 degrees. This all helps to control the pollens.

The neck breather must look to other methods of filtration, humidification and warmth..... all of

Avoidance of Allergens for Neck Breathers

- 1. **See table for Nose breathers and use what is applicable.**
- 2. **Change stoma filters, covers, two to three times daily (a.m., mid-day, before bedtime).**
- 3. **Do not wear collared shirts that have been out in heavy allergen days unless washed or air-fluffed in dryer.**
- 4. **Use nasal saline mid-day to clean nasal cavity of "hidden" debris such as pollens.**
- 5. **Drink extra fluids during high pollen days.**
- 6. **Tracheal-normal salines (.9%) will help clean pollen from trachea.**
- 7. **Clean room vaporizers more frequently during seasons when pollen is irritant to you.**
- 8. **Keep all health care providers informed of your known allergens.**

which you have heard from me before!!!! In the case of pollen, please review the chart made from analogies between the nose breather and the neck breather.

Much of this information can be applied to other allergens. In this newsletter, specific grasses, trees, plants, molds, dust, mites and pet dander have not been addressed. Each of these allergens has its own specifics but is generally dealt with by following the interventions outlined above and the doctor's treatment plan.

Allergy season has new meaning for the phrase **"take time to stop and smell the roses"!**

And yes , if the laryngectomee's nose and olfactory nerve are undamaged (trauma, radiation, chemicals), most can be taught to smell again. Stay tuned for July's News and Views from Your Nurse I will address relearning the sense of smell. Penny



Plantation Relay for Life

Lary, our friendly giraffe, is happy to report that the American Cancer Society's Plantation Relay for Life was a roaring success. They were able to exceed their fund-raising goal which was due, in part, to the participation of so many of our club members. Thanks to all

who came to walk the track in the Survivors' Lap where we, once again, showed our club banner, and helped to remind all the volunteers why their work is so important.

**New Developments in the Treatment of
Head and Neck Cancers
W. Jarrard Goodwin,
MD, FACS,
Director of UM/Sylvester
Comprehensive Cancer Center**

April 12, 2005 Deerfield Beach, FL

Several New Voice Club members attended a program at the UM/Sylvester/Deerfield Beach office this month, presented by Dr. Goodwin. He reviewed the latest discoveries and future research on cancer of the mouth and throat, followed by a lively question and answer discussion period.

He began by reviewing the fact that researchers believe that up to 50% of all cancer deaths could be prevented with our current knowledge and lifestyle changes. He reviewed the achievements we have made in reducing smoking-related deaths, including prevention programs, cessation therapies and changes in public policy, including the proven effect of raising the cigarette tax in discouraging new and continued tobacco use. He added several lifestyle suggestions pertaining to diet, exercise and moderation with alcohol.

He explained some exciting new research being done, including at Sylvester, to develop effective early screening tests, e.g. a saliva sampling test that would detect oropharyngeal cancerous cells before they can even cause symptoms or be seen on exam!

He discussed work presently being done to develop a vaccine, to prevent the virus causing the common wart, which is implicated in cervical cancer and now possibly also associated with cancers of the mouth and throat. Dr. Goodwin has also been in-

mends in doses of 200 micrograms/day.

Dr. Goodwin reviewed the advances that medicine has made recently in the treatment of cancer, compared to the early days when treatments were offered in a "trial and error" strategy to either cut out, burn or poison cancerous cells. There are new sophisticated surgical techniques which preserve more of the patient's non-cancerous tissue, e.g. vocal cords. Radiation therapy has been highly refined to specifically target mainly the abnormal cells. And cancer centers are now testing different combinations of surgical/radiation and chemotherapies to better control the growth rate of the tumors. All of these developments have contributed significantly to controlling tumors, improving coping skills, and a better quality of life and markedly improved rate of survival for cancer patients . .

Dr. Goodwin concluded by touching on some of the exciting new experimental treatments that are being investigated to specifically target genetic mutations discovered in cancer cells, e.g. Erbitux, a "monoclonal antibody" which seeks out and destroys individual cells that produce an abnormal amount of the EGFR protein. He is confident that by 2010, thanks to research carried out at research programs like the Molecular Oncology and Experimental Therapeutics Dept. at Sylvester, tissue removed for biopsy in the O.R. will be thoroughly analyzed for specific genetic mutations and will direct new individually targeted therapies with better outcomes for cancer survivors .

During the question and answer discussion after the conclusion of his formal presentation, Dr. Goodwin answered questions about recent advances in prevention, including early detection, e.g. total body CT scans. He outlined research on other risk factors, e.g. viral infection and genetic markers. There were several specific questions about the use of some of the newer developments in radiation, e.g. IMRT in recurrence. Finally, Dr. Goodwin outlined the planned growth and enhanced services which are anticipated soon at the Deerfield facility.