



Laryngectomee Association.N.S.W



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# Still Talking

Dedicated to the welfare of Laryngectomees and those with similar vocal disorders.

ALL CORRESPONDENCE : The Secretary, The Laryngectomee Association of NSW Inc

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Issue No. 312

The Laryngectomee Association of NSW Inc©

June 2020

## OFFICE BEARERS

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## ACCOMMODATION ASSISTANCE WHEN NEEDED

### OUT-PATIENT TREATMENT AWAY FROM HOME:

Cancer Council NSW, 153 Dowling St, WOOLLOOMOOLOO, 2011 (PO Box 572, Kings Cross, 1340), Phone: 13 11 20. (Information & Support) Or contact Social Worker at hospital you will be attending.

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

### ASSOCIATION WEBPAGE:

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

### INTERNATIONAL ASSOCIATION OF

LARYNGECTOMEES: [www.theial.com/ial](http://www.theial.com/ial)

WEB WHISPERS: [www.webwhispers.org](http://www.webwhispers.org)

## MEETINGS

**All meetings cancelled until further**

**Notice** February – November, 3<sup>rd</sup>

Wednesday Of the month. Sydney Mechanics School of Art, 280 Pitt St, SYDNEY at 10.45 am. Regional meetings Pg. 2 Meetings will be followed by light refreshments. Laryngectomees, friends, families, professionals all welcome.

**NSW ASSOCIATION:**

3rd Wednesday of month (Feb - Nov) **Next meetings cancelled due to covid 19**

**NEWCASTLE:** 3rd Tuesday. Monthly  
Mayfield Bowling Club Ingall Street Mayfield  
Start 12.30 -2.00 Contact John Lovett  
(02) 4954 8308

[john dawnlovett@optusnet.com.au](mailto:john dawnlovett@optusnet.com.au)

**NORTHERN RIVERS:** 4 times annually in  
Lismore. Contact Speech Pathologist Allison  
Grady (02) 6629 4523 or (02) 6620 21 57

**MID NORTH COAST:** The Colonial rooms  
Behind Saint Thomas's Anglican Church Hay  
St Port Macquarie Last Wed of March. June.  
September. & 1st Wednesday  
December. Contact (02) 65801828

**CENTRAL COAST:** 3rd Thursday of the  
month, Cancer Council Community Hub, The  
Hive, Erina Fair 10am –12 noon. Head and  
neck cancer nurse (02) 4320 9823

Cancer Council 4336 4500

Facilitator Gary Marr 0412 262 145

[gsm18@live.com.au](mailto:gsm18@live.com.au)

**COFFS / CLARENCE:** Shearwater Lodge,  
Coffs Health Campus. 2pm every 3rd  
Thursday, Bi-monthly

Contact Melissa Parish 02 6656 7606

[melissa.pariah@ncahs.health.nsw.gov.au](mailto:melissa.pariah@ncahs.health.nsw.gov.au)

**Albury regional meetings:**

Kate Everitt – Speech Pathology Manager,  
Albury Wodonga Health Phone 02 60584565  
Email [kate.everitt@awh.org.au](mailto:kate.everitt@awh.org.au)

## Laryngectomee Association of NSW Inc.

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#### PROFIT AND LOSS

January - May 2020

**Income:**

Membership **530.00**

Patient Supplies **832.00**

Total Income A\$1,362.00

Cost of Sales **A\$935.81**

GROSS PROFIT **A\$426.19**

**Expenses:**

**A\$2,990.83**

**NET EARNINGS A\$ -2,564.64**

**Note:**

Payments MAY 2020

ATOS Medical \$345 - new cheque (previous cheque cancelled) George Southgate \$195  
(Editor Petty Cash top up)

## SECRETARY REPORT MAY 2019

### **INCOMING CORRESPONDENCE:**

#### **Letters**

1. Vicky Pedras – membership renewal
2. John Pyle – membership renewal
3. John Douglas – membership renewal

#### **Email**

1. Lennie Smith – wrote to update his postal address.
2. Kylie Campbell – wrote to advise that the Sydney Mechanics School of Arts is closed for venue hire until 14 June 2020.
3. NSW Fair Trading – confirmed that we could postpone our AGM until next year if necessary.
4. Victoria Gill – confirming receipt of payment cheque. 5. Robyn Stark – LAVIC newsletter
6. Robyn Stark – email to Les asking if we knew of a scheme whereby Laryngectomees can inform the NSW Ambulance Service of their Lary status and alert the service, that in case of emergency, they are a total neck breather.

### **OUTGOING CORRESPONDENCE:**

#### **Letters**

1. David Hart – Welcome letter.
2. Drew Norelle – Welcome letter.

#### **Email**

1. NSW Fair Trading – application to postpone AGM.
2. Kylie Campbell SMSA – email to ask for an update on venue hire.
3. Victoria Gill – email to enquire about a lost payment cheque.
4. Ryde Eastwood Leagues Club – enquiry for availability for Christmas Luncheon

### **MEMBERSHIP RENEWALS:**

John Douglas (2020), Russell Speed (2019 & 2020), Gerry Rowstone (2019 & 2020), Vicky Pedras (2020), Hermanto Sidik (2021)

### **NEW MEMBERS :**

David Hart of Mosman, Drew Norelle of Jerrabomberra

### **VALE :**

We are saddened to hear of the passing of three of our members: Irene Banks, Katherine Critchard and Ken Malloy. On behalf of the association, we extend our deepest sympathy to the family and friends of each member.

### **MEETINGS:**

We hope to resume our monthly meetings in July; however, we await confirmation from the Sydney Mechanics School of Art of their re-opening of the meeting rooms.

AGM – we hope to hold the AGM in August. As soon as we can secure a date, we will write to our members

**Future ST ARTICLE Continued:**

Chronic sinus infections that do not respond to treatment with antibiotics or frequently blocked sinuses. Frequent nose bleeds. Pain in the eyes or visual impairment. Following the initial consultation and thorough examination, further tests like nasolaryngoscopy, CT scans and other imaging studies might be required. And depending on the findings, a tissue biopsy is usually needed to confirm the diagnosis. Managing HNC is a complex and difficult task, given the site of the tumour. It involves a multi-disciplinary team of doctors from various specialties working together with rehabilitation units, speech therapists, dieticians and physiotherapists.

**Managing HNC** The treatment plan for a patient depends on the type, location and the stage of the cancer. In general, treatment for HNC, can include a combination of surgery, radiation therapy and chemotherapy. According to Dr Low, treatment of HNC has progressed tremendously, especially with regards to radiotherapy. “We can now fine-tune radiotherapy and deliver it precisely with tumour tracking and image guidance. This is called Intensity Modulated Radiation Therapy (IMRT) and Image-Guided Radiation Therapy (IGRT). The radiation beams can be modulated to conform precisely to the shape, size and location of the cancer, hence maximally avoiding collateral damage to the surrounding healthy vital tissues or organs. We can adjust the dose of radiation in each of these beams. In addition, especially for patients with recurrent HNC, we can give Intraoperative Radiation Therapy (IORT). This involves delivering a concentrated dose of radiation to the tumour bed during surgery in a single treatment session. In this way, we can help reduce side effects and the need to return for repeated radiation treatments.”

**Risk factors** Whilst HNC are not as common as breast and lung cancers, nasopharyngeal cancer is of particular interest amongst these type of cancers. “This is a cancer that’s endemic in the Chinese population. It is prevalent in Malaysia, Singapore, China and Vietnam. It is far less common in the West. It could be related to the unique dietary habits, specifically the preserved foods like salt-cured fish and meat. There is possibly some genetic link as studies have shown that when the same ethnic population migrates to the West, their risk for this cancer doesn’t decrease despite the absence of the same external risk factors,” says Dr Low. The other recognised risk factors for head and neck cancers are: Alcohol and tobacco use. Their role as causal factors cannot be overstated. A 1988 study in the journal *Cancer Research* found that at least 75% of HNC are caused by tobacco and alcohol use. Infection with certain strains of human papillomavirus (HPV) is a risk factor for some types of HNC, particularly oropharyngeal cancers. Poor oral health and the habit of chewing betel quid have been suggested as causes of cancers of the oral cavity. Occupational exposure to wood dust, asbestos and synthetic fibres have been associated with nasopharyngeal cancer and cancer of the larynx. It has been observed that prior infection with the Epstein Barr virus is a risk factor for nasopharyngeal cancer and cancer of the salivary glands. Genetic disposition, given that a person of Chinese ethnicity has a higher chance for nasopharyngeal cancer. **Signs and symptoms** Early symptoms of HNC can be vague and nonspecific and are often mistaken for symptoms of common ailments such as cold and flu. “Many patients often dismiss these symptoms, and unfortunately, they progress to something more sinister,” says Dr Low. Another advancement in the treatment of cancer is immunotherapy. Recent studies have confirmed the effectiveness of a new class of medicine called checkpoint inhibitors. These

have been proven to be effective in heavily pre-treated patients with recurrent disease. Checkpoint inhibitors remove the inhibitory signals from the cancers that evade our immune system. Once the inhibitory signals are removed, our immune system will be activated to attack the cancer from within. It has long been known that radiation therapy can evoke the abscopal effect... a phenomenon where radiation treatment to the primary cancer can affect the shrinkage and disappearance of the metastatic cancer cells elsewhere in the body. The likely cause of this phenomenon is the activation of the immune system after radiotherapy. Radiation therapy from without, and the immune system from within, can work together to fight the cancer. This synergistic effect of radiotherapy and immunotherapy is very promising. Dr Low advises that both patient and doctor should discuss and consider the recommended standard treatment options available. "We are treating not just the cancer itself, but the patient as a whole in his own unique context. We have to consider the possible consequences and side effects of the various therapies, some of which may be permanent," he says. This is particularly pertinent in HNC. Surgery may sometimes be overwhelmingly disfiguring, and thereafter, challenges the patient's confidence and identity. It may also potentially leave the patient with permanent difficulty in chewing, swallowing, speech, and other vital head and neck functions, that would undermine the patient's quality of life. Patients who have received radiation therapy to the head and neck region may develop sores in the mouth with painful swallowing, changes in taste and a dry mouth. These side effects can be severely debilitating. Dr Low concludes: "Though early symptoms can be nonspecific and vague, always be vigilant and mindful. HNC are highly curable, especially with early detection. Prompt diagnosis and timely treatment offer us an advantage in doing the best that we can for our patients."

" (The Voice , Plymouth HNC newsletter)



I am a physician and a laryngectomee and the author of "The Laryngectomee Guide" and "My Voice, A Physician's Personal experience with Throat Cancer".

I would like to bring to your attention 3 sources that can assist laryngectomees cope with the challenges they face dealing with the COVID-19 pandemic. They provides information about preventing infection, voice prosthesis leak, social isolation, psychological issues, and hospitalization.

The sources include:

The Laryngectomee New Letter blog at: <https://laryngectomeenewsletter.blogspot.com/>

The Laryngectomee Guide for COVID-Pandemic. eBook (free) <https://bit.ly/2AY41RO> ,  
paperback copies at: <https://bit.ly/3glrJf>

Video presentation about preventing COVID-19 infection in laryngectomees <https://youtu.be/rPu6FoyV1d0>

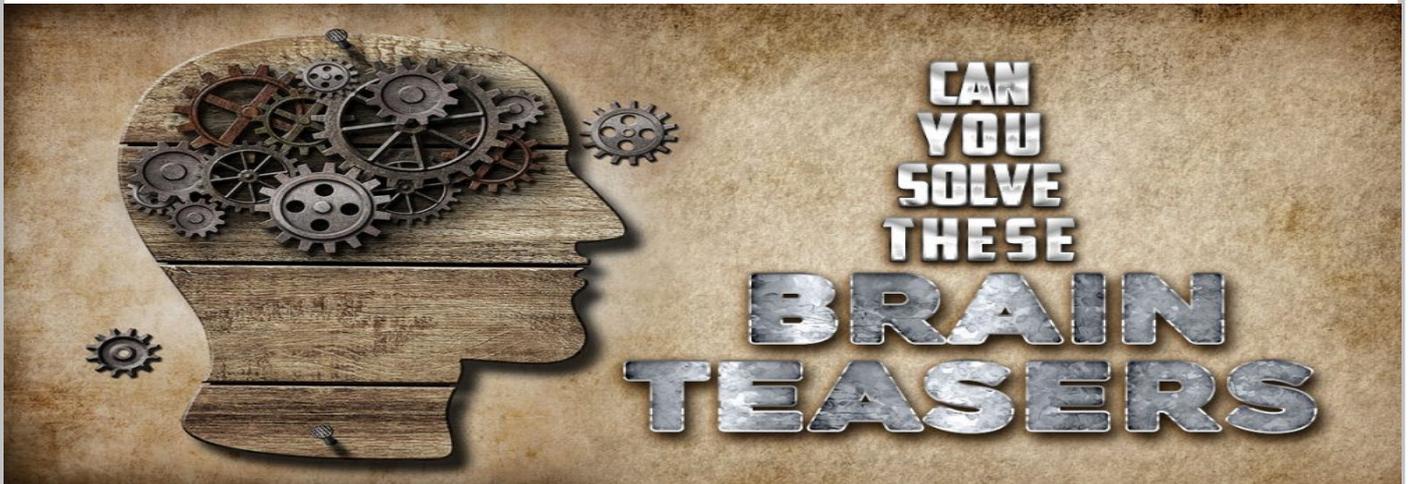
I hope that you will find these helpful.

Stay well.

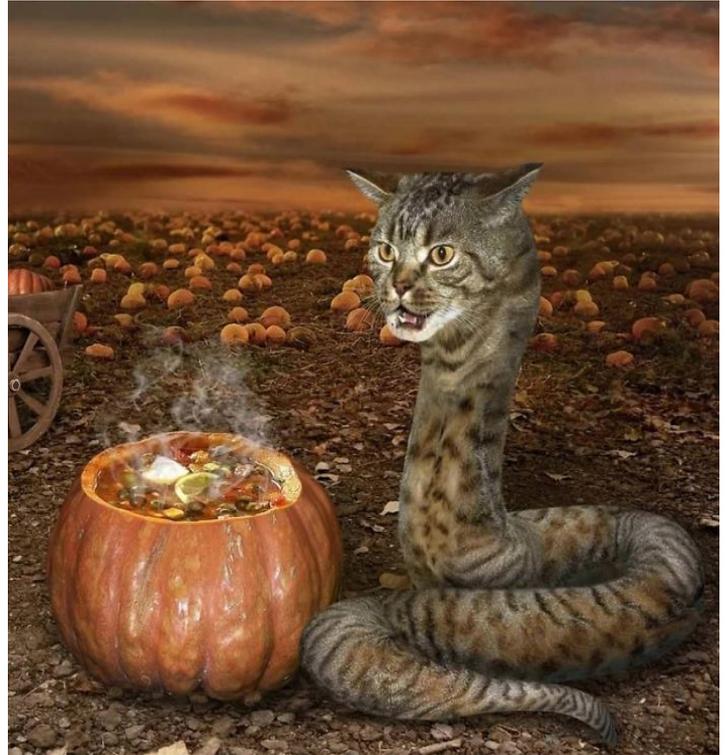
Itzhak Brook MD

Professor of Pediatrics and Medicine

Georgetown University Washington DC.



- When the lift reaches first floor, one person gets out and three people get in. The lift goes up to the second floor, 2 people get out 6 people get in. It then goes up to the next floor up, no-one gets out but 12 people get in. Halfway up to the next floor up the lift cable snaps, it crashes to the floor. Everyone else dies in the lift. How did I survive? (answers Pg 7)
2. A man pushes his car to a hotel and tells its owner that he is bankrupt. Why?
  3. I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What colour was the bear?
  - 4 You are in a cookie factory, and need to make a huge batch of chocolate chip cookies. The recipe calls for exactly 4 cups of sugar. Problem is that you have two buckets. One bucket holds 5 cups, the other 3 cups. Using these buckets, how can you measure exactly 4 cups of sugar?
  5. A man is the owner of a winery who recently passed away. In his will, he left 21 barrels (seven of which are filled with wine, seven of which are half full, and seven of which are empty) to his three sons. However, the wine and barrels must be split, so that each son has the same number of full barrels, the same number of half-full barrels, and the same number of empty barrels. Note that there are no measuring devices handy. How can the barrels and wine be evenly divided?
  6. A man is on a game show. He is presented with two doors, one on the left, and one on the right. Behind one is 2 million dollars, and behind the other is a donkey. Choose the correct door to win the prize. There are also two men in front of the doors, and they know which door leads to the millions. One wears a black hat, and the other wears a white hat. The host explains that one of the men is a liar, and will always lie, and the other man will always tell the truth – but you do not know which is which. You can ask only one of the men only one question. What is the question, and which man do you ask to ensure you win the money?
  7. Your dad tells you that he will pay you \$6.00 an hour for the 6 seconds that you take to wash your hands before dinner. How much did you make for washing your hands?
  8. As I was going to St. Ives,  
I met a man with seven wives. Each wife had seven sacks, Each sack had seven cats, Each cat had seven kits. Kits, cats, sacks and wives, How many were going to St. Ives
  9. A boy is walking down the road with a doctor. While the boy is the doctor's son, the doctor is not the boy's father. Then who is the doctor
  10. Joseph and Lena are found dead on the floor with some water around. The windows are open and a strong wind draft is blowing the curtains around. How did they die?



Answers:

1. I got out on the second floor!
2. He is playing Monopoly
3. White. The only place you can hike 3 miles south, then east for 3 miles, then north for 3 miles and end up back at your starting point is the North Pole. There are only polar bears in the North Pole, and they are white!
4. Fill the 3-cup bucket and pour it into the 5-cup bucket. Fill the 3-cup bucket again, and pour it into the 5-cup bucket until the 5-cup bucket is full. That will leave exactly 1 cup of sugar in the 3-cup bucket. Dump out the 5-cup bucket, and dump the 1 cup from the 3-cup bucket into the empty 5-cup bucket. This leaves 1 cup in the 5-cup bucket. Now fill the 3-cup bucket again and add it to the 5-cup bucket. Now you have exactly 4 cups of sugar in the 5-cup bucket!
5. Two half-full barrels are dumped into one of the empty barrels. Two more half-full barrels are dumped into another one of the empty barrels. This results in nine full barrels, three half-full barrels, and nine empty barrels. Each son gets three full barrels, one half-full barrel, and three empty barrels.
6. You ask either man the following question: "If I asked the other guy which door has the money, what would he say?" and then choose the opposite door. Work it out: If you ask the question to the liar, he will lie about the 'correct' answer, so you must choose the opposite door. If you ask the truth teller, he will tell the truth about the lie, so you can choose the opposite door as well.
7. 1 cent
8. One. Only I was going to St. Ives
9. The doctor is the boy's mother.
10. Joseph and Lena were goldfishes. The wind tipped their bowl over, hence killing them!

# *Did you hear the one about the?*

**Two oldies** got engaged, and as they were strolling down the street excitedly planning their wedding they passed a drugstore.

"Excuse me" the man said to the clerk, "Do you sell medicine for memory problems?"

"Sure" replied the clerk "all kinds." "How about for arthritis?" "Yup" replied the clerk.

"Wheelchairs, walkers, adult diapers?"

"Yeah", replied the clerk, all kinds. "OK excellent" said the man "because we are getting married next month, and we want to use you as our Bridal Registry.

**A man** walks into a bar obviously stone drunk, and asks for a drink. Sorry the bartender but you obviously already had a little too much to drink. Fuming mad the drunk walks out the front door and walks into the side door. "Can I have a drink please."

"Sorry" the bartender says "but you can't have a drink here." The drunk walks out and goes in through the back door. "Can I please have a drink." "Enough!" The bartender screamed "I told you No Drinks!" The Drunk looks at the bartender closely and exclaimed "Damn! how many bars you work at."

**A couple** had their first baby. After a week or so the mother thought she could use a break and went shopping leaving the little baby with the proud father. It was only a short while before the baby started to cry. The perplexed father tried all of the tricks that he remembered his wife doing but to no avail. Finally after a half hour in desperation he went to the doctor. After checking all of the regular things the doctor discovered it was just a dirty diaper. "I don't understand" the perplexed father said "I knew it was dirty, but the diaper package said specifically that it was good up to 8 pounds!"

**A lady** went to a doctor's office where she was seen by a Doctor. A few minutes into the

examination, screeching could be heard from the room, and then the lady burst out of the room as if running for her life. After much effort a nurse finally managed to calm her down enough to tell her story. The nurse barged into the office of the Doctor and screamed, "shame on you, Mrs. Smith is 82 years old, and you told her she's pregnant." The Doctor continued writing calmly and barely looking up said, "does she still have the hiccups?"

**A man died** and went to The Judgment, they told him, "Before you meet with God, I should tell you — we've looked over your life, and to be honest you really didn't do anything particularly good or bad. We're not really sure what to do with you. Can you tell us anything you did that can help us make a decision?" The newly arrived soul thought for a moment and replied, "Yeah, once I was driving along and came upon a person who was being harassed by a group of thugs. So I pulled over, got out a bat, and went up to the leader of the thugs. He was a big, muscular guy with a ring pierced through his lip. Well, I tore the ring out of his lip, and told him he and his gang had better stop bothering this guy or they would have to deal with me!" "Wow that's impressive, "When did this happen?" "About three minutes ago," came the reply.

**I'm on** a whiskey diet...I've lost three days already.

**Why don't** cannibals eat clowns? Because they taste funny.

**One** snowman asks another, "Do you smell carrots?"

**Thanks** for explaining the word "many" to me, it means a lot.

I looked up my family tree and found out I was the sap.