



# Still Talking

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

Correspondence to: Laryngectomee Association of NSW P.O Box 380 Belrose 2085 NSW  
Fax / Phone 02 9451 7926

No 182

The Laryngectomee Association of N.S.W.

November 07

## OFFICE BEARERS 2007

**PRESIDENT:** Brian Gardner  
4 Merelyn Road. Belrose 2085  
02 9452- 2858

**VICE PRESIDENT:** Russell Green  
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Ph.95473669

**VICE PRESIDENT (2)** Peter McGregor  
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02 93317440 0419 4213214

**SECRETARY / Correspondence please to P.O  
Box 380 Belrose. NSW 2085**

**TREASURER / WELFARE OFFICER:**  
Carol Gardner: P.O Box 380 Belrose 2085 NSW  
Fax & Phone 02 9451 7926

**MINUTE SECRETARY:** Maralyn Ploenges

**SPEECH AIDS COORDINATOR:** John Chaloner  
PO Box 31 Summer Hill 2130  
02 9799-1154

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MONT 2009 02 95719220 Mob 0437 378747  
Email: [stilltalking@iinet.net.au](mailto:stilltalking@iinet.net.au)

## MONTHLY MEETINGS

**NEW ENGLAND:** 1stWed. Feb. Apr. June. Aug.  
Oct. Dec. 2pm Conference Room. Rehab Unit Tam-  
worth Base Hosp. 02 6767 8377

**NEWCASTLE:** 3<sup>rd</sup> Tues. Mayfield Bowling Club.  
Ingall St. Mayfield. Contact John Lovett 02 4954  
8308

**ILLAWARA:** 3<sup>rd</sup> Wed. 2:30pm Warilla Medical Cen-  
tre. Belfast St. Warilla.

**NORTHERN RIVERS:** 4 times annually – rotating.  
Contact :Karen Kostal 6620 2157

**ALBURY:** Ph. 02 63232011 extn. 323

**CANBERRA:** 1<sup>st</sup> Thu. 11am. Mar. June. Sep. Dec.  
Canberra Hospital

**SOUTHERN DISTRICTS:** Last Wed. 11am. Tho-  
mas & Rachael Moore Education Centre. Liverpool  
Hospital. Ph.02 96076708 Contact Pres. Richard  
Patman 96076708 Sec: John Peden 0422 543036

**MID NORTH COAST** Port Macquarie Community  
Health Centre. Feb. May. Aug. Nov Contact Craig  
Suossari 02 65882823

**CENTRAL COAST** Has started a new branch and  
will meet Central Coast Leagues Club. Co-  
ordinator Erin Sellars S.P Gosford Hospital and  
Ann Moloney assisted by Bill  
Byfield 0402 045048

Remember! Your booking(s)  
for the Xmas party— From 12  
noon to 3pm. Saturday 1st De-  
cember at Ryde Eastwood  
Leagues Club. Health profes-  
sionals and Laryngectomees  
are free, visitors \$30.

See cut out coupon for more  
details

*Colin Bolton Editor*

This Newsletter Sponsored by:-  
Michael Schaffler

Main Medical Pty Ltd:  
Importers of Blom Singer Products.

## WHO TO CONTACT

**BLOM SINGER SUPPLIES:-** David Smith. 27 Bellevue  
Pde North Curl Curl 2099. Ph 02 9939-1539 Ask for David  
personally

**SPEECH AIDS, BATTERIES PARTS AND ADVICE  
ON REPAIRS** John Chaloner PO Box 31 Summer Hill.  
2130 Ph 02 9799-1154

**SHOWER SHIELDS, STOMA COVER MATERIAL  
AND WELFARE MATTERS.** Carol Gardner, P.O Box  
380 Belrose 2085 NSW Fax & Phone 02 9451  
7926

**ACCOMMODATION ASSISTANCE WHEN NEED-  
ING OUT PATIENT TREATMENT WHEN AWAY  
FROM HOME:-** Cancer Council of NSW 153, Dowling  
Street, Woolloomooloo. PO Box 572 2011 Ph 02 9334-  
1900 Fax 02 9357-2676 Or contact social worker at the  
hospital you will be attending

**ASSISTANT WELFARE OFFICER & Hospital packs.**  
Bruce Hodges 31 Clack Rd Chester Hill 2162  
0404 400 842

It is not uncommon for us to have some amount of yeast, a fungus, in the digestive tract and it may not ever give us a cause for concern. It is when we have an overgrowth of yeast in comparison to the good bacteria that causes problems. Not a very technical explanation, but these do not "fight" each other. They live together but an overgrowth of yeast means it is taking up more room than it should and you don't have room for the good bacteria you need.

Why do we, who have had throat cancer, talk about this yeast so much and why do so many TEP users especially, though not exclusively, take medication for it? Let's have a look at who gets it, why some never notice, and what are some of the steps we can take to ease a yeast problem. Maybe we can help with ideas to keep it under control.

Who has yeast that multiplies too much? Many of us do at one time or another. The list of those who are at risk starts with babies, who sometimes get what is called thrush and have white patches in the mouth. A friend of mine had IMRT radiation treatment for his cancer and one of the worst everyday problems for him was thrush, an overgrowth of oral yeast. This is actually a fungal infection, which is temporary but requires treatment. In my friend's case, it kept coming back with white patches, difficulty swallowing, and no appetite, until the treatments were over. Adults who wear dentures have some yeast and most likely will never know. It may never bother them. People with immune system deficiencies or metabolic disorders, such as uncontrolled diabetes, RA, HIV, MS, or Crohn's disease, are more susceptible to having yeast problems.

We have known for years that taking antibiotics can leave us with a yeast infection. Any immune suppressing drug may do

the same. Other cancer treatments, such as chemo, can cause this side or after effect. It takes a change of this type in the body that favors the growth of yeast to make it noticeable. Some people have a burning sensation in the mouth and throat that might be caused by this fungus. Yeast can cause bad breath and bad taste, a raw and burning mouth, thickened saliva and, of course, it can colonize on a prosthesis even before the yeast overgrowth is bad enough to have these more obvious symptoms.

We, who wear prostheses, may have a problem with talking or leakage caused by the colonization of these yeast.. We know the

**Subscriptions become due on the 31st December - ease the load on the bookkeeping and pay early**

esophageal end of the prosthesis is exposed to whatever we swallow and if the yeast is in our saliva, the prosthesis is like an island in the stream where the yeast can get a foothold and colonize. Have you ever looked carefully at a prosthesis that has been removed? I thought it was important enough to write an article (March 2001 HeadLines) about how we need to examine the old prosthesis and I suggested you rinse the old one under the tap and look at it, preferably in the sunlight or very good lighting. I have even soaked one in peroxide first to remove stains (coffee can leave it looking brown), If you see little areas around the flange that look like yellow powder that has hardened, that is yeast. You may have to use a magnifying glass. Check around the edge of the flange that holds the prosthesis in the esophagus and see if it is smooth. Sometimes the edge will feel rough and if you scrape away the roughness, the edge is no longer perfectly round. This is part of what yeast does. You can't scrub or brush

this away after a deposit is there. This may look ugly but the yeast you see on the flange is not the part that will make that prosthesis leak through the middle. That will be deposits around the area on a "Low Pressure" where the valve (flap) of the prosthesis closes. Using a brush several times a day and running it barely through the valve opening twisting it slightly as you go may clean the yeast off of that area before it hardens and is like a barnacle on a ship's hull. There are new yeast resistant prostheses that may help your problem with yeast deposits on your prosthesis but it wouldn't hurt to try to reduce the amount that is knocking at the door of your low pressure one!

What can we do about it. In addition to the antifungal medications, any underlying conditions or causes need to be brought under control. If you are undergoing chemo, or on prolonged antibiotics, it is likely that you will be better after treatment is concluded. However, it is also likely that it will take medication to help get you back to the point where your natural body chemistry and defenses will take care of leveling off the yeast numbers as opposed to the good bacteria who want to live there, too. After taking antibiotics, a short course of treatment for yeast may be all you will need. One of the medications is one pill. That is not one-a-day; it is one pill, ... of Diflucan. That might be all it takes for some to get back to normal. For people who have really bad cases, some doctors give it for a longer period, 3 weeks or so, but it can have side effects and many doctors prefer not to use it at all if Nystatin to swish or Mycelex troches will work. However, from a patient's point of view, if one Diflucan pill after a round of antibiotics will stop a vaginal yeast infection in its tracks, then chances are it will work for oral yeast in a mild case. If it doesn't, some doctors are prescribing it in other quantities. Once you control the im-

*(Continued on page 3)*

mediate problem, there may be some ways to avoid prolonging these fungus infections or getting another.

Nutrition is always very important. Eat foods with fiber and plenty of vegetables. Stay away from excess sugar and fat. Getting and keeping your body in shape puts you a step ahead. If you are diabetic, control it so the high sugar in the saliva isn't feeding the yeast. Replace or repair your dentures if they are leaving raw places.

This is how you start. If you are able to improve your health or immune system by taking better care of yourself, then you are not as likely to have an overgrowth of yeast and add to your problems. Now, don't laugh, but people who exercise tend to have better body functions and are, in general, healthier. Drink your full quota of water. I have heard good comments made about deep breathing. None of these suggestions will hurt you. If they don't help the yeast situation, they will help you to feel better and let your body naturally fight for you to be in good health.

Is there something you can add to your diet to help achieve the balance you need to keep the yeast from overpopulating? Yes. Acidophilus. Yogurt with live culture is the best known of the foods that will add this. It is a food that will help to add the good bacteria we have been talking about. You can take powdered acidophilus in a capsule but it is a tasteless powder so you can open a capsule, add it to food or liquid, even your daily yogurt and get some more goodies in your gut!

Daily oral cleaning habits can be improved and here are some suggestions that may help. Your mouth may be sensitive so you need a soft toothbrush and you might want a Water Pic to rinse your mouth often, using the most gentle setting. If you are doing regular cleaning, you can use a slightly

stronger water pulse but don't turn it on full blast because that could damage your gums. This is a very good way to clean in between your teeth and to rinse thoroughly before and/or after brushing. I also suggest you consider something like a Sonicare. It is gentle and effective for cleaning.

It might be a good idea to spend a few minutes getting your mouth very clean after you have eaten for the last time at night. That way, you are spending the longest period of the 24 hours each day with no food in your mouth and nothing to encourage the yeast.

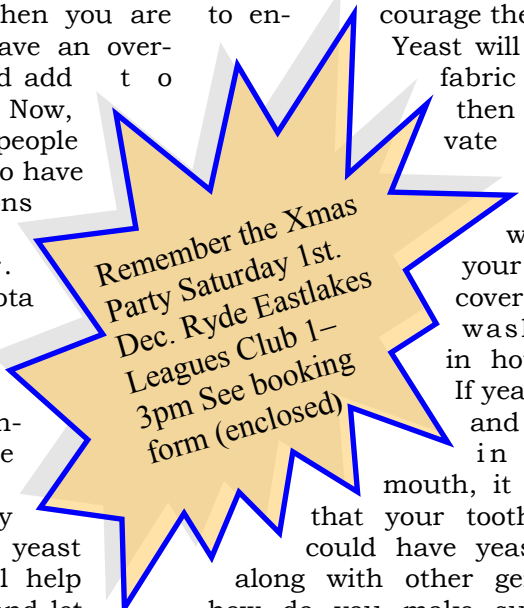
Yeast will stay on fabric and then reactivate so it might pay to wash your stoma covers and washcloths in hot water. If yeast forms and grows in the mouth, it is likely that your tooth brush could have yeast on it along with other germs, so how do you make sure your toothbrush is clean. Putting yeast back in your mouth or through your prosthesis with those brushes and cleaning tools doesn't seem like a very good idea to me so what will kill the yeast on these?

You can kill some germs by soaking in peroxide, mouthwash, or a combination. But, it appears those things don't kill yeast. What does? Hot water over 122 degrees. Hot water heaters set at 125 would never get it to the faucet at near what you would need.. Rinsing equipment under the hot water faucet is not enough. Setting the temperature very high is a bit dangerous and why heat 40 or 50 gallons when you don't need much? The dishwasher has extra heat so things you put in there would get the kind of heat you want. However, how about using a Pyrex measuring cup with a handle and putting in it all of the items you want to

clean with hot water. Heat some water in the microwave or in a teakettle and pour the very hot (not boiling...that is 212F) water over all the equipment you use to clean your stoma and prosthesis. The small brushes, the tweezers. Let them cool in the water and then put them back to use the next time.

I have wondered about drinking hot drinks like coffee or tea. Since the serving temp of coffee or tea is usually 155 to 165, there is a possibility that a few yeast might succumb as you sip the hot drink but if it doesn't help kill yeast, it at least will make you feel better!

I hope you have learned a little bit about yeast and will understand that sometimes medicine alone isn't enough. You have a responsibility for self-care. These suggestions are not cures but can let the medicine work better and can possibly stop the next overgrowth before



### Larry Life

it starts. (courtesy webwhispers.org) Being concerned about what happens if you need to ring the 000 Emergency line, you are alone and at the time speechless. I did a little bit of research and found that in the U.S.A and the U.K and some parts of Europe it is possible to register your name, address and telephone number and it will be listed on the computer screen that you may be voiceless. Here in N.S.W information that appears on the screen is your phone number and street address and as far as I could discover no facility to add personal information:

As a result I wrote to Reba Meagher the health minister and so far after two weeks there has been no reply, a cope was sent to my local member Clover Moore that quickly got a response and information researched by her electoral assistant:

He came up with the idea that the idea of a service that Telstra does provide Tele Typewriters

### • Teletypewriters (TTYs)

TTYs allow you to send and receive text messages over the telephone network. People with little or no effective speech or hearing can conduct text-to-text conversations with other TTY users, or they can use the National Relay Service to conduct text to voice calls with other users. Telstra supplies a number of models through the Disability Equipment Program:

### Uniphone 1150



The voice, text and amplified telephone that is suitable for both standard phone and TTY users.

### Features

Combines TTY and telephone features

- The telephone handset includes a hearing aid coupler and has volume control
- Built-in flashing ring indicator
- Auto Answer
- Built-in memory allows you to review your TTY conversation
- Turbo Code automatically sends and receives as fast as you can type
- ASCII code capability enables the Uniphone to communicate directly to a computer modem
- Takes TTY messages when you are unavailable

VCO/HCO possible when used with in-built telephone handset.

These require a doctors certifi-

cate and the application forms can be obtained from Telstra shops.

From the illustration it would appear that the use the phone under normal circumstances it is not a "Hands Free" set which may prove a hindrance for some.

### AMBULANCE SERVICE

I also became a little thoughtful as to what training Ambulance Officers are receiving in respect of Laryngectomees Especially after twice having oxygen stuck up my nose in hospital. To this end I wrote to the NSW Ambulance Service twice, once by normal post and once by email. To date I have not received an answer from either which would leave me to believe that it would be a negative answer.

I am given to understand that this was followed up some time ago by the Association and got nowhere as there was a dispute between the Ambulance Service and the Health Department as to who was going to pay for the attendance of the speech pathologists. As our own association is financially comfortable I don't understand why the matter was not pursued further and on such an important matter we didn't make an offer of part payment or other arrangement.

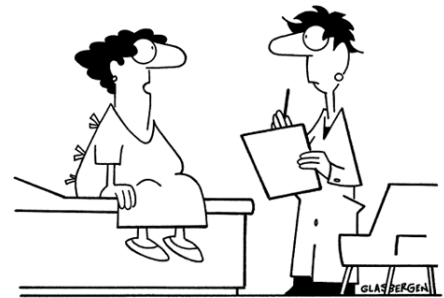
### QUESTION?

The following question came from one of our speeches looking for members advice/suggestions. If you have the answer please let me know

I have a question that I thought you might have some solutions being a lary yourself. I have a new lary who is using an electrolarynx as primary mode of communication, however his intelligibility is very warped because of excessive stomal blast/force. Do you have any suggestions/strategies for reducing this

noise that I might be able to try with him?

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"If everyone is heavier now, then I'm not overweight, I'm average!"

"Keep it simple....Before proceeding, remember that amateurs built the ark, professionals built the Titanic."

If Yoko Ono married Sonny Bono, she'd be Yoko Ono Bono.

If Dolly Parton married Salvador Dali, she'd be Dolly Dali.

If Bo Derek married Don Ho, she'd be Bo Ho.

If Ella Fitzgerald married Darth Vader, she'd be Ella Vader.

If Oprah Winfrey married Depak Chopra, she'd be Oprah Chopra.

An elderly couple were attending church services. About halfway through she leans over and says to her husband, "I just let out a silent fart - what do you think I should do?" He replies, "Put a new battery in your hearing aid !

"What am I supposed to do with this?" grumbled a motorist as the policeman handed him a speeding ticket. "Keep it," the cop said, "when you collect four of them you get a bicycle."

I had a "Senior Moment" and managed to lose my folder somewhere travelling home from the meeting or left it at the hall. Consequently the minutes are a bit ad-hoc. Anyway Mary has managed to get together most of it. Apologies to anyone who is missed or not mentioned as they should be.

## MINUTES OF MEETING Held Wednesday 17th October 07

**Attendance:** (To the best of our memory) Brian & Carol Gardner. Colin & Wyn Bolton. Faith & Russell Green. Pat Lamont. Peter McGregor. Pat & Alan Dawson. Mary Halliburton. Don Newby and Bruce Hodges. Amir Masril. Noel Hannon  
Apologies to anyone we have missed.

**Apologies:** Lilah Walton. Tony Krosnedebski . Maralyn Ploenges

A letter was received from Maralyn Ploenges tendering her resignation as minute secretary. Maralyn was thanked for her contribution and it is hoped that an improvement in health will enable her to return to the meetings.

Pat Dawson reported allw as under control for the Xmas party, to date there have been 30 acceptances. Par urged people to return their acceptances quickly.

Peter Mc.Gregor suggested that name tags be supplied. Carol suggested that the adhesive ones in general were not very successful and that the plastic clip and pin ones would be a better option. Decided that John Chaloner be contacted as he arranged tags for a previous party.

Brian & Carol Gardner had attended a Central Coast Laryngectomee meeting. It was a disappointing turnout with only three Larrys and the speech therapist present. They also attended another meeting at Gosford for people with nose and throat problems, it was pointed out that these people who are not Laryngectomees are welcome to join the association.

Some discussion took place regarding the folding up of various associations and the possible difficulty members could have in obtaining supplies and information. In Queensland the Cancer Council has taken over the role but the N.S.W Association have decided to extend their help to those who need it wherever they are.

The Liverpool Association has extended an invitation to Brian & Carol Gardner and Bruce Hodges to attend their Xmas party

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### Speech Aids Co-ordinator's report – October 2007

The existing Servox supplier & repairer has changed their address and there is now an alternative supplier and alternative repairer.

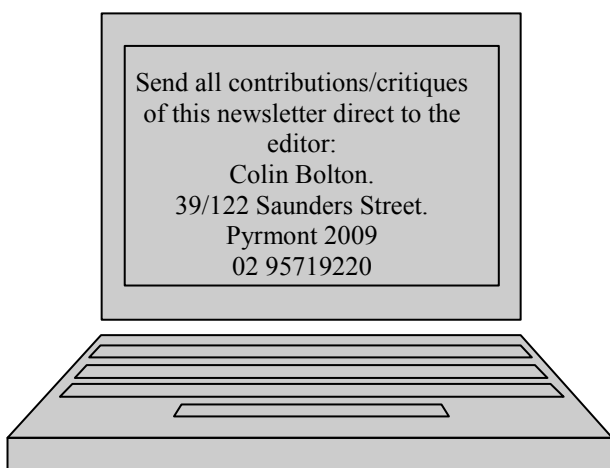
1. Auditory Services in Victoria have moved from Croydon. Their new contacts are – 24 Highett Street, Mansfield, VIC 3722. Phone – (03) 5779 – 1655 and Fax – (03) 8610 – 2057.  
Their web site remains as [www.servox.com.au](http://www.servox.com.au) .

2. There is a new supplier of Servox products. They're part of the Main Medical group.  
Clifford Hallam Healthcare, 3 Balibu Close, Beresfield, NSW 2322  
Phone – (1300) 005 – 279 and Fax – (02) 4914 – 0133.  
Their website is [www.ch2.net.au](http://www.ch2.net.au) (note: it's .net, not .com as shown on the MainMed website).

3. They recommend for Servox repairs –  
Alan Beale at Axion Biomedical, 59 Haly Street, Wondai, QLD 4606.  
Phone – (07) 4169 – 0771.

At least one of our members has dealt with Mr Beale and was happy with the service provided

John Chaloner



**TREASURER'S REPORT 17/10/07**

**ADELAIDE BANK**

Income		Expenditure
Opening Balance	\$9,840.00	Nil
Interest	\$46.00	
<b>Total</b>	<b>\$9,886.00</b>	<b>Nil</b>

**Balance of account \$9,886.00**

**COMMONWEALTH BANK**

Income		Expenditure	
Opening Balance	\$7,448.00	Assistant welfare officer	\$80.00
Cancel council	\$116.00	Sept Lunch	\$31.00
Sales	\$295.00	Stationary/office	\$47.00
Membership fees	\$3.00	Phone/Internet	\$78.00
		Printing	\$143.00
		Postage	\$326.00
<b>Total</b>	<b>\$7,862.00</b>	<b>Total</b>	<b>\$705.00</b>

**Balance of account \$7,157.00**

**New Member:** Nick Christon of Dulwich Hill  
**Vale:** Victor Battye of Cootamundra. (Mrs) Iris Wright of Towradgi  
**Does anyone know:** The whereabouts of A W (Bill) Raymer of Erina

**XMAS PARTY**

The 2007 Xmas Party of the Laryngotomee Association of N.S.W is to be held on Saturday 1<sup>st</sup> December At Ryde Eastwood Leagues Club. 117 Ryedale Road. West Ryde **From 12 noon—3pm**

- ⇒ There is NO charge for Laryngotomees
- ⇒ There is No charge for Speech Pathologists / Health Professionals
- ⇒ The cost for visitors is \$30 (and is subsidised by the association)

Please forward your booking(s) as soon as possible and not later than 16<sup>th</sup> November

Name(s) Laryngotomees.....

Name(s) Visitors.....

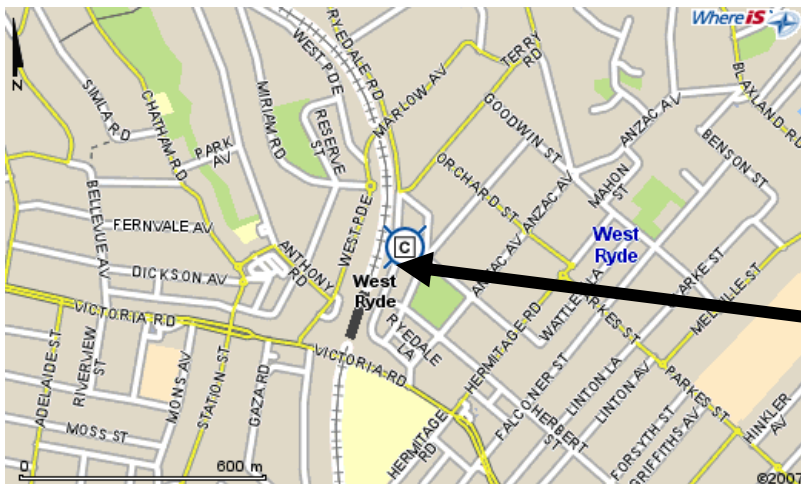
Name(s) Speech Pathologists/Health professionals.....

Enclosed herewith cheque for.....

Address.....

Please forward cheques to:- Pat Dawson. 3/10 May Street. Eastwood. 2122 No later than 26<sup>th</sup> November made payable to Laryngotomee Association of N.S.W

The nearest railway station is West Ryde. The 501 bus from the City stops at the door



**Ryde Eastwood Leagues Club  
 117 Ryedale Road, West Ryde  
 Parking is available underneath  
 the club**