

Still talking

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

KEEP YOUR STOMA COVERED AND WARM IN COLD WINDS

ALL CORRESPONDENCE : The Secretary, The Laryngectomee Association of NSW, PO Box 380, BELROSE, NSW 2085 Fax & Phone 02 9451 7926 Email: lansw@bigpond.com

No 221

The Laryngectomee Association of NSW[©]

JULY 2011

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OFFICE BEARERS 2011

PRESIDENT: Brian Gardner, 4 Merelyn Road, BELROSE, 2085. 02 9452 2858

VICE PRESIDENT (1): Russell Green, 17/765 Princes Hwy, BLAKEHURST, 2221. 02 9547 3669

VICE PRESIDENT (2): Peter McGregor, 21/39 Cook Rd, CENTENNIAL PARK, 2021. 0419 421 324

TREASURER/WELFARE OFFICER: Carol Gardner, PO Box 380, BELROSE, 2085.
Fax & Phone - 02 9451 7926. Email - lansw@bigpond.com

ASSISTANT WELFARE OFFICER & Hospital Packs: Bruce Hodges, 31 Clack Rd, CHESTER HILL, 2162. 0404 400 842

SPEECH AIDS COORDINATOR: John Chaloner, PO Box 31, SUMMER HILL, 2130. 02 9560 2852

EDITOR: A.T.Krasnodebski, PO Box 232, BONDI, 2026.
02 9130 2560. Email - antoni.krasnodebski@deewr.gov.au

WHO TO CONTACT

BLOM SINGER SUPPLIES: David Smith, 27 Bellevue Pde, NORTH CURL CURL, 2099.
02 9939 1539 Ask for David personally.

SPEECH AIDS, BATTERIES, ADVICE ON REPAIRS: John Chaloner, PO Box 31, SUMMER HILL, 2130. 02 9560 2852

SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS: Carol Gardner, PO Box 380, BELROSE, 2085.
Fax & Phone 02 9451 7926

ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME: Cancer Council of NSW, 153 Dowling Street, WOOLLOOMOOLOO, 2011 (PO Box 572, Kings Cross, 1340) Phone 02 9334 1900 Fax 02 9357 2676. Or contact Social Worker at the hospital you will be attending.

WEBSITES

ASSOCIATION WEB PAGE: www.stilltalking.org

INTERNATIONAL ASSOCIATION OF LARYNGECTOMEES: www.theial.com/ial

WEB WHISPERS: www.webwhispers.org

NEXT MEETING

Wednesday 20 July 6, 2011 at the Sydney Mechanics Institute
280 Pitt Street, SYDNEY. 11 am.

The meeting will be followed by light refreshments.

Laryngectomees, Friends, Families, Professionals all WELCOME.

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MONTHLY MEETINGS

NSW Association: 3rd Wednesday of month Sydney Mechanics Institute, 280 Pitt St, SYDNEY, 2000 at 11am.

NEW ENGLAND: Meets 2pm 1st Wed. December Conference Room, Rehab Unit, Tamworth Base Hosp. 02 6767 8369

NEWCASTLE: 3rd Tues. Monthly Mayfield Bowling Club, Ingall St, Mayfield. Contact John Lovett 02 4954 8308

NORTHERN RIVERS: 4 times annually at rotating venues. Contact Speech Pathology Lismore Base Hospital 02 6620 2157

ALBURY: Meets alternate months from Feb. Contact Norma Teasdale 02 6021 1749

CANBERRA: Wed 24/8/11 - 10:30, Wed 7/12/11 - 10:30 Canberra Hospital 02 6244 2230.

SOUTHERN DISTRICTS: Last Wed of month 11am. Thomas Rachael Moore Education Centre, Liverpool Hospital. Contact Pres. George Petcovic 0432 077 095

MID NORTH COAST: Port Macquarie Community Health Centre. Last Wednesday of March, June, Sept, & 1st Wed Dec. Contact David McClymont - President 02 6559 8383

CENTRAL COAST: Meet at Central Coast Leagues Club. Contact Speech Pathology Department (Gosford Hospital) 02 4320 3634 or Bill Byfield 0402 045 048.

COFFS/CLARENCE: Coffs Harbour Health Campus, Shearwater Lodge. Meets 4 times annually. Contact Melissa Parish (SP) 02 6656 7606

MINUTES

MINUTES OF MONTHLY MEETING HELD 15th JUNE 2011 – LARYNGECTOMEE ASSOCIATION OF NSW at SMSA, 280 PITT STREET, SYDNEY at 11am.

PRESENT: Brian Gardner, Bruce Hodges, Victor Stumbles, Ruth Gray, John Czadrik, Greg Joss, Barry Bunker, Peter Tierney, Noel Gildea. Non Lary: Carol Gardner, Glenda Tierney, Pat Bunker, Denise Fisher-Apted.

APOLOGIES: Antoni Krasnodebski, John Chaloner, Peter McGregor, Patricia Lamont, Bob & Charm Nash, David & Denise Green, Russell Green

THE PRESIDENT opened the meeting and welcomed those that had braved the elements to be present on such a miserable day weatherwise. It was requested that the Minutes of the meeting of 18th May 2011 as presented in the June 2011 Newsletter be accepted as read. There were no matters arising therefrom.

Resolved. Barry Bunker/Bruce Hodges.

SECRETARY/TREASURER REPORT

CORRESPONDENCE: QUEST for LIFE Foundation pamphlets re some residential programs at beautiful Bundanoon for people requiring assistance to cope with cancer and/or other grief, stress, depression or trauma in their lives. Next one October 2011 if anyone interested contact our Welfare Officer or www.questforlife.com.au.

Email from one of our members wanting some support from others in his endeavours to start a class action against BAT for cigarettes being supplied by them without health warnings years ago, causing the problems some current laryngectomees have now experienced. He has been encouraged to contact ASH, Cancer Council NSW and "NO GAIN, NO FEE" lawyers. We believe this has been tried before (overseas) but no success to report from them. Please communicate your interest/knowledge on the subject to our Editor.

FINANCIAL REPORT (Carol Gardner) from 19th May to 15th June 2011

ADELAIDE BANK		EXPENDITURE	
Opening Balance	9431		Nil
Income/Interest	35		
TOTAL	9466	TOTAL	NIL

BALANCE AS AT 15/6/11 = \$9466
 IOOF (PSI) as at 9/6/11 = \$27854
 COMMONWEALTH BANK TERM DEPOSIT = \$415,000 @ 6.2% maturing 4/1/2012

COMMONWEALTH BANK		EXPENDITURE	
Opening Balance	3578	Catering	94
Cancer Council NSW	172	Phone/Internet	81
Sales	306	Printing	99
Members Subs	85	Postage	301
		Patients' Supplies	408
		Stationery/Office	20
		Travel/Accom.	23
TOTAL	4141	TOTAL	1026

BALANCE AS AT 15/6/11 = \$3115

Our sponsors, Michael & Rebecca Schaffler (Main Medical Pty Ltd) have again agreed to provide \$2000 towards the printing costs of our monthly Newsletters.

This amount will be received by the end of the general financial year (30/6/11) and will appear in next issue.

Resolved. Victor Stumbles/Ruth Gray.

WELFARE REPORT (Carol Gardner)

NEW MEMBERS:

Gary APTED of Woolloomooloo (later Fiji),
 Bob MOUNT of Cremorne,
 Monika LAWTON of Ingleburn,
 Gayle STEPHENSON of Bateau Bay

VALE:

Noel WILDS of Buxton,
 R. ROSBOROUGH of Pendle Hill,
 C. GOLDSWORTHY of Corlette,
 Herman BERKENBOSCH of Charmhaven,
 Gerald SASSE of Goulburn.

Condolence cards and messages have been sent to families. We feel like we have lost "one of our own" when we're notified.

Best wishes to Patricia Lamont who is still waiting to move home if possible from Longueville Private Hospital and to any others who are not "up to par (or mischief)" at the present time.

Keep warm and well rugged up in the current weather.

GENERAL BUSINESS:

As attendance was limited and there was "time to kill" before lunch, an interesting article, "UNSPOKEN TRUTHS" which had appeared in the U.S. magazine "Vanity Fair" (available on the www.stilltalking.org website) was read out for those members who do not use the internet.

It was written by Christopher Hitchens, a man "who loved to talk" professionally and socially and became a laryngectomee due to malignant cancer. He is now more than a great writer/author.

We would welcome suggestions and/or volunteers for guest speakers. We have one organised at present for the AUGUST meeting.

The meeting closed at 12.30pm and lunch, tea and coffee were enjoyed before we tackled the cold, wet trip home.

NEXT MEETING will be 20th July at 11am at SMSA, 280 Pitt Street, SYDNEY.

ASK THE DOCTOR

"Can radiation cause dizzy or fainting spells (vasovagal syncope)?"

Let's start by reviewing some anatomy. Then, I will address the problem some patients have when they turn their heads and get a little dizzy and light headed.

On either side of your neck is the carotid arteries which are the main suppliers of blood to the head and more specifically, the brain. This artery comes into the neck from the chest as a single large artery, the common carotid artery, then splits in the upper neck to become the external carotid artery supplying blood to the face and head outside of the skull and the internal carotid artery supplying blood to the brain. Where this artery splits is called the carotid bulb and you can usually feel it as a pulsating mass in the upper neck. The carotid artery and especially the carotid bulb are enervated by some specialized nerve fibers that are sensitive to the chemical content of the blood and also to the pressure of the blood inside of them.

Now, lets say you have had surgery on the neck or radiation to neck.

Remember that either of these can cause some degree of scarring around this blood vessel resulting in some degree of "squeeze" on them. The nerves, that I mentioned above, read this as an increase in the pressure INSIDE of them and set in motion automatic measures to lower the blood pressure. These include a lowering of the heart rate and a dilatation of the blood vessels in the rest of the body. The net result of all of this is a relative lowering of the blood pressure to the brain and the sense of dizziness and being light headed. This whole thing can be made even worse if you have some degree of atherosclerosis (cholesterol plaque) or if you are taking medicines for high blood pressure. Dehydration also may be a contributing factor.

If you have this problem, unfortunately there is not much that can be done to eliminate it. The most

important thing is to simply be aware that the problem exists and not change positions rapidly, i.e. lying to sitting or sitting to standing. Take your time when you get up and don't immediately start walking. You might want to make sure you are well hydrated and that your blood pressure is under good control and your anti-hypertensive medicine is right for you. If the problem is severe enough that you almost black out or if it occurs very frequently, please check with your doctor and make sure that you are not having transient ischemic attacks (mini strokes) or something wrong with the heart itself causing it to be an inefficient pump.

By;

Glenn E. Peters M.D.

**Director, Division of Otolaryngology - Head and Neck Surgery
University of Alabama at Birmingham,
Birmingham, Alabama,
USA.**

Doctor Glenn E. Peters had a lot of good advice for us laryngectomees and I will be recycling any pertinent advice from him or any others that I come across over the coming months.

NEW BRITISH LARYNGECTOMEE WEBSITE

<http://plymouthlc.webs.com/> This is yet another laryngectomee club site on the internet. I guess if I were to make a list of them all it would run to a couple of pages. Any member with access to an online computer is encouraged to search out these sites particularly if you have a specific problem that you are having difficulty in resolving.

POLICE TALK

"The handcuffs are tight because they're new. They'll stretch out after you wear them awhile."

"If you run, you'll only go to jail tired."

"So, you don't know how fast you were going. I guess that means I can write anything I want on the ticket, huh?"

"Yes, sir, you can talk to the shift supervisor, but I don't think it will help. Oh, did I mention that I am the shift supervisor?"

"Warning! You want a warning? O.K., I'm warning you not to do that again or I'll give you another ticket."

"The answer to this last question will determine whether you are drunk or not. Was Mickey Mouse a cat or a dog?"

"Yeah, we have a quota. Two more tickets and my wife gets a toaster oven."

"No sir, we don't have quotas anymore. We used to have quotas, but now we're allowed to write as many tickets as we want."

"Life's tough, it's tougher if you're stupid."

LETTERS TO THE EDITOR

Dear Sir,

Shoulder Dysfunction.

Your article titled as above in Still Talking - June 2011 has reminded me of my own experience. By 2000 I had developed Cancer of the tongue which ended up at Stage 4 by diagnosis that December.

During the preceding winter months, I discovered pain similar to that described. Initially, I thought the problem was that my mattress needed an urgent replacement as the pain occurred when in bed. However, I learnt that as the cancer spread it had paralysed a nerve (Spinal Accessory?) leading to the failure of a muscle (Trapezius?) It was too late for me to have surgery so I had Chemotherapy and Radiotherapy. When treatment was completed, being concerned that I had the same limited use of my arm, I consulted a physiotherapist. I learnt that the nerve and the muscle were still able to function but would benefit from exercise. A muscle on top of my left shoulder had collapsed and muscles leading from it likewise. The left pectoral was sagging as if the muscle had collapsed to under my armpit. (Man - boob would be an appropriate description to apply here.)

Ill health caused a premature end to that and a following series of appointments with physiotherapists at the same practice. A third was started later but only after my laryngectomy and commencing at a second practice was I finally able to lift my arm normally. Last year I commenced treatment with another therapist and the programme I commenced then, still needs to continue.

My main problem now is my appearance - the dreaded man - boob! I will never work as an underwear model again unless I succeed in exorcising it. And I fear attending the local swim centre, changing to my Speedo's and being scorned by all the Chicky - babes! Oh, my dismay!

Raymond Chappelow.

"Just how big were those two beers?"

"In God we trust, all others are suspects."

The cop got out of his car and the kid that was stopped for speeding, rolled down his window.

"I've been waiting for you all day," the cop said.

The guy replied, "Yeah, well I got here as fast as I could." When the cop finally stopped laughing, he sent the kid on his way without a ticket.

Remember to keep warm.