

WebWhispers

Internet Laryngectomy Support

April, 1999

Welcome New Members!

David Blevins

Montgomery, AL
David6511@aol.com

Dolores Bordelon

Kenner, LA
lilcajun@buzz.bellsouth.net

Joanna Brown, M.S., CCC-SLP

Dallas, TX
JMBROW@parknet.pmh.org

Arlene Chappell

Rockland County, NY
Puipi@aol.com

Tommy Cook

Long Island, NY
TOMIC3@aol.com

Jim Foley

East Tawas, MI
jimfo@voyger.net

Diane Frantz

Livonia, MI
mork78@earthlink.net

Robert Gall

Casa Grande, AZ
gall@primenet.com

John Gardenhouse

Port Charlotte, FL
shadow@ewol.com

Continued on Page 2

What Pathology Reports Suggest About Radiation

By Glenn E. Peters M.D.

When we do surgery for cancer of the larynx or any other head and neck site, we look to the Pathology Report for some very important information. The report contains information about the primary tumor and the lymph nodes if they were removed.

Let's talk about the primary site. First of all, we look at the status of the margins of normal tissue which surrounds the malignancy. This is the "get it all" that everyone wants to know about. In surgery we use our senses of sight and feel to determine how much extra tissue we need to take to see if our initial margins are clear. However, there are times when cancer cells extend well beyond what we can see and feel at the operation. We will often do frozen sections at the time of surgery to check the margins and take more tissue if needed. The problem is that frozen sections are not a 100% guarantee of clear final margins, so the permanent sections may come back positive several days later. In this case, we recommend radiation. Secondly, if the tumor is invading deeply into cartilage or bone then we would recommend radiation. Lastly, if there is evidence of the tumor extending into the neighboring blood vessels, lymphatics, or nerves, then we would recommend radiation.

Now, let's talk about the lymph nodes. The decision to remove the lymph nodes is based on whether there is a high likelihood that they contain metastatic cancer. Obviously, if there is an enlarged node at the outset then the decision to remove then is clear. If there are no nodes present, either on physical examination or on CT scan, then the decision to take them out depends on the size and the site of the primary tumor.

Having said all of that, what we look for in the Pathology Report is the number of involved nodes (greater than one) and whether the cancer has extended outside the capsule of the node. If either of these exist, then we would add post operative radiation therapy.

Why do we add radiation? Radiation is given to control microscopic disease that may remain after surgery. It is designed to cut down on the chance of cancer recurrence in the head and neck. It has no effect on cutting down on the chances of cancer showing up somewhere else such as the lungs, liver or the bones. Most patients that die of head and neck cancer do so from a recurrence in the head and neck and not from distant disease, so the utility of radiation therapy becomes obvious.

Dr. Peters, Director of the Division of Otolaryngology - Head and Neck Surgery at the University of Birmingham, AL, can be reached at Glenn.Peters@ccc.uab.edu



New Members (Cont'd)

Jim and Judy Grady

Cincinnati, OH
JimnJude61@aol.com

Jack Hayes

York, PA
zg656@blazenet.net

Richard Humphries

Florissant, MO
Rhump@aol.com

Joseph Kelly

Germantown, PA
jkelly6060@aol.com

Jas Lee

Redding, CA
jimleerdg@aol.com

Ruth Milledge

Dallas, TX
ruthmi@airmail.net

Earl Mogk

Dania Beach, FL
ECMogk@webtv.net

James Munro

Staten Island, NY
minutz@lsa.net

Deborah Norton

Omaha, NE
littlegoose@aol.com

Police Pullovers

By Wayne Baker

It happens to the best of us. We get pulled over by the police. They approach the car and ask for your license.

If you are a user of an electrolarynx and it happens to you, you will do well to observe one simple rule of conduct. **KEEP YOUR HANDS IN SIGHT. NEVER REACH FOR SOMETHING OUT OF SIGHT.**

The police regard everyone as a potential problem and they will do what they have to in order to protect their lives. You know you are not a Charlie Manson. They don't. In fact, they are trained to think you are. It is the way they live so long.

Police can be nice or not. It is sometimes (but not always) up to you. Help them out. Be slow. Be obvious. Wait for permission. Be polite.

The most effective behavior is to obey the laws.

Wayne Baker is at wayneb@hooked.net

WebWhispers at TLA

WebWhispers was well represented at the Texas Laryngectomee Association (TLA) Convention held in Austin, TX on March 19th and 20th.

Darlene Parker, our Secretary, was joined by **Charlie & Martha Anderson, Mary Bergquist, Mary Duston, John & Jo Edwards, Jewell Hoffman, Tom & Florence Holcomb** (Tom served as this year's Convention Chairman), **Dakota & Kelly Killough, Jim Lauder, E.J. & Elissa Norris, Sally North** and **Chon Tamez**.

Darlene reported that the Grand Finale Banquet was "awesome" with an outstanding address by Dr. Clifford M. Lee, President of the Lon Morris College.

Shake It Off And Step Up

From Bernie Ruble

A parable is told of a farmer who owned an old mule. The mule fell into the farmer's well. The farmer heard the mule braying. After carefully assessing the situation, the farmer sympathized with the mule but decided that neither the mule nor the well was worth the trouble of saving. Instead, he called his neighbors together and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially, the old mule was hysterical. But as the farmer and his neighbors continued shoveling and the dirt hit his back, a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back, he should **SHAKE IT OFF AND STEP UP!** This he did, blow after blow. "Shake it off and step up... shake it off and step up... shake it off and step up!" he repeated to encourage himself.

No matter how painful the blows or distressing the situation seemed, the old mule fought panic and just kept right on **SHAKING IT OFF AND STEPPING UP.** It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well. What was intended to bury him actually blessed him — all because of the manner in which he handled his adversity.

That's life. If we face our problems and respond to them positively and refuse to give in to panic, bitterness, or self-pity, then the adversities that come along to bury us usually have within them the potential to benefit and bless us. Remember that **FORGIVENESS, FAITH, PRAYER, PRAISE AND HOPE** are all excellent ways to **SHAKE IT OFF AND STEP UP** out of the wells in which we find ourselves.

Bernie Ruble is at bruble@mediaone.net

Thank You!

To all of our contributing members.

Murray Allan	Charlie Anderson
Martha Anderson	Patsy Armstrong
Wayne Baker	Mary Bergquist
Ned Bienemann	Bob Blakeley
David Blevins	Grady Bradshaw
Duncan Bruce III	Ellen Byrne
Willie Buchanan	Walter Canney
Joe Casey	Scotty Chandler
Philip Clemmons	Carter Cooper
Terry Duga	William Dunn
Rudy Dupler	Clinton Dutchler
Ken Ebersole	Norman Edelman
John Edwards	Bob Fitz
Paul Galioni	J.J. Gaston
Lorents Gran	Logan Grayson
Dave Geiwe	Bob Hazell
Dutch Helms	Jack Henslee
Bob Herzog	Betty Hildebrant
Florence Holcomb	Bob Hoover
Jerry Hough	Max Hoyt
Walter Hughes	Mary Jinright
Barbara Lakatos	Jean Lakatos
Charles Lamar	Ron Langseth
Nicholas Lazorisak	James K. Lauder
Len Librizzi	Scott Lowery
Fran Lowry	Clyde Lush
Bernard Mellecker	Ron Martin
Frank Morgan	Ken Morris
Richard Panger	Darlene Parker

Contributions to:

Terry G. Duga, Treasurer
6115 North Park
Indianapolis, IN 46620

Belva Pearce	
Marianne Peereboom-Kooijman	
Pat Petrone	Janet Pounds
Bob Radlow	Martha Reed
Mary Alice Renison	
Red Rose Nu Voice Club	
Shirley Richardson	Pauline Rohm
Pat Wertz Sanders	Joseph Schad

Contributing Members (Cont'd)

Richard Scheele	Joe Schell
Carl Schultz	Jo Scultz
Clayton Schwalen	Herb Simon
Bobby Stanley	Harmon Swart
Diane Taliaferro	Chon Tamez
David Tillotson	Richard Tunnard
Clifford Vogen	Al Weitzel
Tor Wold	Kay Yetter

We greatly appreciate your support.

Rice Foundation Grant to IAL For Annual Meeting

The International Association of Laryngectomees (IAL) has announced the award of a significant grant from the Daniel F. and Ada L. Rice Foundation, Skokie, IL. The Foundation has \$88 million in assets and has awarded over \$50 million in grants. The Rice Foundation has long supported cultural programs, education, hospitals, medical research, youth organizations and care of the aged and disabled.

Jack Henslee, Host Chairman for the IAL's 1999 Annual Meeting, notified the IAL that the Rice Foundation has approved a request to help fund this year's meeting with a \$10,000 grant. The meeting is being hosted by the California Association of Laryngectomees at the Peppermill Hotel and Casino in Reno, NV this July 13-17. The theme is "Winners All."

The IAL conducts an Annual Meeting and Voice Institute once a year at rotating locations. This year's meeting will be the 48th meeting of the approximately 250 member clubs that make up the IAL. Nationally acclaimed speaker Patrick Reynolds, grandson of the R. J. Reynolds Tobacco Co. founder, will deliver the keynote.

The five day event will provide education and information about throat cancer, the rehabilitation process, and various procedures and techniques. It will feature an international staff of renowned speakers from as far away as the Netherlands, Brazil and India.

Running concurrently with the Annual Meeting is the IAL Voice Institute which is directed by R. E. (Ed) Stone, Ph.D., Vanderbilt Voice Center, and co-directed by Tom Watterson, Ph.D., University of Nevada-Reno. The Voice Institute will provide alaryngeal speech education, training and hands-on therapy to both laryngectomees and speech professionals.

Additional information regarding the meeting can be obtained from this year's host chairman, Jack Henslee, (209) 473-3480, or from the Meeting's Web Site at <http://www.larynxlink.com/Reno/reno.htm>.



WebWhispers Nu-Voice Club



WebWhispers is the largest laryngectomee support group on the Internet and a member of the International Association of Laryngectomees.

The Club's officers for the 1998/1999 year are:

Dutch Helms	Webmaster
Joe Casey	President
Darlene Parker	Secretary
Terry Duga	Treasurer

WebWhispers welcomes all those diagnosed with cancer of the larynx or who have lost their voice for other reasons, their caregivers and friends and medical support personnel.

For information on membership, contact Dutch Helms at FantumTwo@aol.com.