



WebWhispers

Sharing Support Worldwide



Whispers on the Web

A Monthly OnLine Newsletter for WebWhispers



November 2011

Name Of Column

News Views
VoicePoints
WW Columnist
Speaking Out
Neck of the Woods
Nuf-Sed
Speechless Poet
New Members

Author

Pat Sanders
D Anderson MS RD CSO LD
Ron Mattoon
Members
Joe Spence
Bob Keiningham
Len Hynds
Listing

Title

Help Depression
What To Eat?
Warrior Against Cancer
Advice Larys-To-Be
Chapter of My Life
The...The...The...
Brothers in Arms
Welcome

Article Type

News & Events
Education-Med
Art
Opinion
Experience
Commentary
Poetry
News & Events



Depression Helped by Exercise?

In our issue last month, one of the columns touched on the value of friendship and inspiration from other members as a help for depression. Then, in our Forum, a young woman mentioned feeling depressed. This morning on TV, a doctor was discussing that lifestyle change often aids in easing depression.

I did some research on common depression felt with some regularity by people who are not "ill" with depression but have the dark cloud that affects their ability to be happy or content. I found that every site has "exercise" at or near

the top of the list. They are not asking that you spend hours or do any particular exercise but each one suggests about 30 minutes of doing SOMETHING 5 to 7 days a week.

Now the last thing I ever wanted to do was exercise but the experts say it releases "feel good" chemicals in your brain. My thought is that I don't work hard enough to do that...but, this year, I do feel better about myself because I ride my stationery bike, walk up stairs instead of taking an elevator, park further out at the store and stride half the length of the parking lot. I know it is good for my body and my mind but being proud of something you have done raises a level of self appreciation that probably fights depression.

One website that I trust to give good information is the Mayo Clinic site and I took some hints from them to share with you:

How does exercise help depression and anxiety?

Releasing feel-good brain chemicals that may ease depression (neurotransmitters and endorphins)

Reducing immune system chemicals that can worsen depression

Increasing body temperature, which may have calming effects

Exercise has many psychological and emotional benefits too. It can help you:

Gain confidence. Meeting exercise goals can boost your self-confidence.

Getting in shape can make you feel better about your appearance.

Take your mind off worries. Exercise is a distraction from the cycle of thoughts that feed anxiety and depression.

How do I get started?

If you don't have a bike to ride, just turn on some music and march around to that... even 5 minutes is good. One song will help. If you have stairs in your house, walk up and down the stairs a few extra times a day. Does your local church or community center have exercise classes? You might sign up for them.

It is not a good idea to try to do more, faster. We tend to get out of breath, get more mucus, cough, and have to stop to take care of that. Start slow and easy to find your own level of comfort.

Enjoy,

Pat W Sanders

WebWhispers President

Voice Points

Written by Professionals

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What to Eat?

What to Eat:

Dietary and Nutritional Information for the Patient with Head and Neck Cancer

A DIETITIAN CAN HELP

Most treatments for HN cancer can affect a patient's eating. The treatments may involve surgery, radiation, or chemotherapy. All treatments will increase the need for nutrition, may require diet/texture modification, and/or the need for a feeding tube to meet your nutritional goals. Eating well during treatments can lower fatigue level by increasing energy, maintaining strength and weight. Patients who maintain nutrition tend to tolerate treatments better and have a faster recovery after treatment. Patients benefit from consultations with a dietitian to assist attaining nutritional goals. The dietitian can provide estimated caloric, protein and fluid needs as well as additional information for dealing with eating and the side effects of treatment.

Weight loss is the most common side effect during head and neck cancer treatments. This is mainly related to a decrease in food intake due to increased difficulty in chewing, swallowing and oral cavity pain. Excessive weight loss can cause treatment delays or breaks in treatments. The main nutritional goal during treatment is to maintain your weight and lean muscle mass. This goal can be achieved by meeting the calories, protein, and fluids needs that were provided by your dietitian. Remember that during cancer treatment these needs may increase.

WHAT'S IN THE DIET?

Calories provide energy necessary to maintain weight and promote healing after treatment. Calories can come from carbohydrate, fat and protein. In order to achieve the target calories, it may be helpful to consume small frequent meals. Foods can also be fortified to add more calories to the small amount one may be eating during this time.

Protein helps protect lean muscle mass and aids in healing. The protein can be used for energy and healing sparing your lean muscle mass. It is best to include a protein source at each meal. Sources of protein include eggs, dried beans, dairy product, and meats. Protein supplements can also be purchased to increase protein intake. The medical team should review the product prior to its use to ensure it is an appropriate supplement to use during treatment.

Adequate Fluid Intake is imperative for hydration. Dehydration can exacerbate side effects from treatment, such as increased nausea, dry mouth, thick saliva, fatigue. Fluids include liquid, water, juice, sports drinks, soups, milkshakes, smoothies, ice cream, etc.

Keeping a daily food record of intake can be very helpful and increase awareness of how often and how much the patient is eating. Calorie counters are available on the internet. Reading food labels are helpful in providing the amounts of calories and protein in the foods.

MODIFYING THE DIET DURING TREATMENT

Patients may need diet modification during treatment due to difficulty swallowing, altered taste, odynophagia (pain when eating,) mucositis and/or xerostomia (dry mouth.)

Diets may need to exclude very hard foods, spicy foods, citric food and/or drinks and /or tomato based foods. It is often recommended to down-grade the diet to a softer solids diet, a diced or chopped diet; puree/blenderized diet or even just a liquid diet. It may helpful to supplement the diet with smoothies, shakes or adding a protein powder to liquids/foods. Liquid supplements are available over the counter and can be used as well.

Many recipes can be located on the internet for smoothies/milkshakes and pureed foods. Keywords to search are liquid diet, dinner through a straw, or blenderized diet. This can be helpful when looking for ways to prepare foods.

FEEDING TUBES DURING TREATMENT

Persistent weight loss may necessitate the use of a feeding tube.

A feeding tube can be place at any time during treatment. Patients who are underweight or who have lost a large amount of weight prior to treatment may want to consider having a feeding tube placed, not be considered long term or permanent, in most situations. The length of time one has a feeding tube is typically dependent on the amount of

nutritional depletion. Feeding tubes can be used to supplement nutritional goals and/or to facilitate healing upon completion of treatment. Patients should continue to eat by mouth despite the placement of a feeding tube, unless otherwise directed by the speech pathologist or physician. Maintaining oral intake can preserve swallow function during treatment, especially during radiation treatment.

AFTER THE TREATMENT

Nutrition continues to be important after cancer treatments. It is imperative to continue to meet nutritional needs to ensure adequate healing. Trying different consistencies with varying tastes may facilitate increased intake, working towards the pre-treatment diet. If xerostomia persists after treatment, attempt to consume foods that are moist; avoiding foods with excess bread/breading. Using gravies and sauces can help with eating during this time. Try to match flavors with a broth, for example, use a low sodium chicken broth with chicken to add flavor and moisture to the foods. There are many over-the-counter mouth sprays, gels, etc. which may also improve xerostomia.

Taking a daily multi-vitamin may help complete your diet. Consume a vitamin that meets 100% of your daily needs. The American diet is highly fortified and some foods may already have added vitamins.

If a feeding tube was placed during treatment, the patient should work with the speech pathologist and dietitian to decrease dependence on the feeding tube and resume a normal diet.

Following treatment, the main goal for patients is to maintain weight and lean muscle mass.

Denise Anderson MS, RD, CSO, LD
Senior clinical dietitian in clinical nutrition
MD Anderson Cancer Center

WebWhispers Columnist



Contribution from a member

Sculpture “Warrior Against Cancer”

I first got cancer in 2005 and after 2 laser surgeries, a partial laryngectomy with reconstruction in 2006, I ended up with a full Laryngectomy in January of 2010.

My brother, Jerry Mattoon, is an artist and he did the sculpture “Warrior Against Cancer” for me to commemorate my battle with cancer. He used the positioning mask that was used on me for my second round of radiation treatment for the base of the sculpture. He added our family crest for the shield with my initials.





On the hand, is the net glove used to cover my IV site during my chemo treatments. He also added a HME stoma filter and base for my Laryngectomy. These items are often thrown away but my brother decided to use them to honor my fight. My Brother and I are very close and this will always have a special meaning to me.

Ron Mattoon



Larys To Be

If you could tell only one thing to a person facing laryngectomy, what would it be?

John Haedtler - 2001

I have said this to many patients prior to their surgeries!

"You Are Not Alone!"

Len Borucki - 2008

I WOULD ASK THEM WHAT WOULD THEY DO IF THEY WERE BORN WITHOUT A LARYNX ??

You have to do what is required. Three years after surgery, I own property, my own home, conduct business, do whatever I want. My philosophy -

"YOU PLAY THE SITUATION, YOU DON'T LET THE SITUATION PLAY YOU."

Good luck, good health, and a fruitful life to you all.

Sandrogeo Gianferrari - 2010

Remember " NOW YOU MUST LOVE YOURSELF ABOVE ALL THINGS "

saluti, sandrogeo

Linda Palucci - 2002

Be sure you trust your Doctor/medical team and do what they tell you. The healing process is months, not weeks. And there is life after surgery.

Yeah, I know that's 3 things but I can talk fast. There is so much more I could say.

Linda, FL

Jim Fohey - 1994

Do not give up on life. No voice, and a hole in the neck, is not a reason to stop living. You can still communicate and life always changes anyway; this is just one more change. Build a bridge, get over it, and get on with life.

Jim, Oscoda, MI

Mohan Raj - 2010

I would tell the person--"If you are destined to get Cancer, you are lucky to get Laryngeal Cancer which is curable by Laryngectomy, manageable and not really so life threatening as most other types of Cancer."

I would add to him that I sincerely wish Steve Jobs got this instead of Pancreatic Cancer. He would have been around for at least another thirty or forty more years giving the world so many new and useful products and making the world a far better place.

Mohan Raj, Bangalore

Joyce Hidey - 2007

The only stupid question is the one you did not ask! Get it off your mind by asking it. Otherwise, when you are alone, your imagination will go wild.

Vicki Metz -1996

It beats dying. There is so much life to be lived and so many things to do yet. I'd rather speak with a "different" voice than be 6 feet under.

Len Hynds - 2004

Under our Larry ' Buddie ' scheme, the hospital calls me in, normally the day before the operation, when all the family are gathered around the patients bedside,(thinking that it will be the last time they see him or her.)

In order to allay their fears, to give them confidence regarding talking again, and to answer their questions, I answer truthfully and sincerely. This raises their hopes for a completely normal future, and makes them laugh several times. The most important single thing I say to the patient, being listened to avidly by the rest, is:

" You know, we are so lucky. Of all the cancers of the head and neck, that of the Larynx is the easiest to overcome, and I have yet to hear of a Laryngectomee who has not survived the operation. So we lose our voice, but that also is soon overcome."

In explaining speech, I tell them, "The valve was invented by two American doctors with German sounding names, and the trouble is, that I swear in German.".....

Len of Ashford, Kent U.K. The Speechless Poet

Vinal S. Smith - 2009

It was pretty scary knowing I'd lose my voicebox, but once I accepted this was going to save my life, I decided to trust my surgeon and know if I had faith it would all go well. It did! The only thing I can't do now, that I was able to do before having my laryngectomy, is dive into my pool. And in the scheme of things, this is so minor!!
Good luck!

David Blevins - 1998

You can live a complete, happy and full life after laryngectomy.

John Nicols - 2007

Life does get good again.

Deborah Bradford - 2008

Just believe and trust in GOD . HE wont bring you to something that HE wont bring you through.
CHYOTI

Steve Staton - 2007

There's a lot to overcome physically after your surgery, but this is something that will take care of itself with time and with you following your Doctor's advice.

The most difficult problem for me to overcome was the attention I attracted in public places. It was something I hadn't considered until the first time I went "public." We all went for lunch at the local Coco's. I spoke with an EL and the first time I spoke everyone in the restaurant stopped what they were doing, and turned to see what the new noise was. It was silent for a moment, then everyone but small children went about their business.

It was a momentary occurrence, but it had a huge affect on me. To this day I still attract attention when I speak in a public place, but I handle it much better. This is who I am now, it's not going to change. This is it. So I guess, to me, the most important thing I could tell a "Newbie" is just relax and be yourself. Don't worry about people seeing you as different, it's going to happen. I'm a large person anyway, but I'm friendly and outgoing, which helps.

It's been nearly 5 years now and instead of feelings of embarrassment , I'm proud of the gains I've made, and feel as though I fit in anywhere.

Vic Jacobson - 2011

Hindsight is the curse, focus on the future.

W A Wade - 2008

Be patient with your body. It will heal itself and establish a new normal in time. Everyday will be better than the last.

Andy

Jim Sparks - 2006

It will, with work and determination, get better with time.

Troll

Paul Bradbury - 2008

If it gives you life, go for it; there may be no other choice. A lot of people have harder choices to make. It's only a minor set back.

Robert Hug - 2000

You, and you alone, are going to make it better for Yourself. Opinions, as they say, everybody has one, (I have to be nice on WW.) Sometimes, your feelings are your best friend. Love - Laugh - Be Happy.....

Bob



A Chapter of my "Life Story"

I earned my living as a television and radio announcer with both the the Canadian news networks..CBC and CTV...for 45 years. I am now 80.

People like me, who have had a laryngectomy, call ourselves "larys". My journey began on December 27th, 2006 when my otolaryngologist (ENT), Marty Corsten, put a scope up my nose and down my throat where he spotted something suspicious that he thought might have been causing my extreme hoarseness, continual coughing and trouble getting air into my lungs. He booked me for day surgery to do a biopsy.

January 10, 2007, my son Michael drove me to the Ottawa Civic Hospital where the procedure was to be done. It was to be pretty straightforward. Go down my nose or throat and clip off a piece of tissue that could be analyzed by a pathologist. Only that didn't happen. While I was on the table, I stopped breathing (a precursor to death). Dr. Corsten had to perform a tracheostomy - cutting a hole in my neck and placing a tube so I could breathe. Instead of "in and

had to perform a tracheotomy – cutting a hole in my neck and placing a tube so I could breathe. Instead of “in and out” that day, I was in hospital for almost two weeks, learning how to care for my stoma (the hole in the neck through which I now breathe). The biopsy came back positive for esophageal cancer.

February 15, 2007. The BIG day. The day I would speak my final words. Michael drove me to the Civic Hospital again. This time I was on the table for six hours as Dr. Corsten and his team performed the laryngectomy. My neck was opened from ear to ear. My larynx was removed along with my lymph nodes and a tumour that was in stage 3 of 4 and measured 3cm...the size of a golf ball. The good news was that the cancer had not spread to the lymph nodes. The bad news...no more voice and close to another two weeks in hospital for the ear to ear gash to heal so the staples could be removed and I could come home.

After both surgeries, I required home nursing around the clock for ten days as they did not want me to be alone. After the nursing ended, Michael came and stayed overnight for several weeks for which I was more than grateful. I recall the first night on my own and I was very nervous but I survived and have been on my own ever since. In four months it will be five years. Actually, I don't mind living alone. I am a prolific reader..at least fifty books a year. I enjoy news, some sports, and politics plus a number of programs on television. I play the radio all day long with great music and very little talk on CBC-FM French. I love music in any language and they play French, English, Spanish all day long.

I do miss travelling. A friend and I used to go places like Florida, Cuba, the Canadian Maritimes, the Eastern Townships of Quebec, Niagara, Muskoka, etc. The week in a gorgeous penthouse apartment in a condo near Naples, Florida was maybe the best (for me anyway). But she moved on two years ago, back to an old male friend, I understand. I am a little nervous about travelling solo now though I may try this fall or winter. I don't know if I will attempt a drive but just bought a new vehicle in case (Kia Sorento that I love). And that's the life of this Lary as of October 2, 2011.

Joe Spence :-)
Kanata, ON, CAN



The ... The ... The ... The ...The ...

The headline on my article for this month comes from Ernest Hemingway's habit of sitting for hours filling yellow

tablets with the word "The" when he faced a deadline for some article or book, whose advance had been long ago accepted and spent. After his death they found stacks of those tablets in his fishing shack down in Cuba. I was privileged to visit it back in the eighties, when we snuck into that broken country to catch those giant bass in Lake Hanabanilla, as part of a group led by a Texas Game and Wildlife Department guy for a "research" expedition. I remembered that story as I faced this blank page over the past few weeks and tried Ernest's method for getting started on a story that might benefit some of my fellow larys, but the only result was a page full of "The"s and a head full of memories about one of my more interesting fishing trips.

I had been invited to go by a friend and I didn't learn that it was less than legal until we were well on our way to Cancun, where we would link up with Habana airlines for our trip to Havana. Our passports were collected (but not stamped) and given to a "guide-guard" when we arrived in Cuba. Then we were whisked away by bus to our quarters on the lake where we were assigned fishing guides and told that we would each be allowed to take one fish back with us if we elected to do so, but all else would be catch and release. I resolved that I'd keep a fish only if it was twelve pounds or more.

The first morning, on the first cast, I caught a "lunker" and managed to get it in the boat where I weighed it in at ten and a half pounds, and promptly released it back into the water. We suddenly heard my friend yelling from up the lake a ways so I motioned to the guide to take us to meet him. When we arrived, John was up to his waist in the water holding a giant bass over his arms and shouting for me to throw him my scale. He hooked it into the fish's lip to weigh it and immediately said "That can't be right!" Throwing the scale back to me, he said, "Bob, you didn't zero the gauge." which I immediately did after discovering that the scale was set at minus five pounds. That discovery turned John's nine pound bass into a fourteen pound bass ... and the fish I'd just thrown back into the lake became a fifteen and a half pounder instead of a ten and a half!!

I provided the crew with a lot of laughs as I fished from dawn until after dark over the next six days trying to reach my twelve pound goal, to no avail. We caught hundreds of big bass, but nothing over twelve pounds. I guess all fishermen have a story about the "one that got away" ... but I may be the only one with this story about the "one I THREW away"!

An interesting side-note occurred when I was fishing with the guide by myself well after dark one night. I heard the screaming whine of a low altitude jet ripping across the lake and heard my guide yelling into the night sky, "Milk Man!", "Milk Man!" while pointing towards the disappearing noise. I inquired of our English speaking "guide/guard" about the incident and he told me the "Milk Man" was a U.S. reconnaissance jet that criss-crossed Cuba with the "pedal to the metal" quite often.

Things grew a little tense as he told us the story of their revolution and how the CIA had promised Castro U.S. aide if he succeeded, then withdrew those promises when Batista fell, leaving the Cubans with no where to turn except the U.S.S.R.. Our guide was armed and we were not, plus we needed our ride home. The better part of valor was to simply sit there and nod our heads at his well rehearsed story, while quietly reflecting that Castro was a dyed in the wool Marxist long before he started his revolution. He succeeded in duping the CIA only to turn against us and reveal his ties to the U.S.S.R. after we had rather stupidly aided his effort to overthrow a dictatorship.

When they took us back to Havana for that trip home, we toured the city and a few surrounding areas for a day while staying at a once luxurious hotel (now crumbling in decay). I almost took a fast trip down several floors when we decided to use the stairs instead of the shaky elevator service. John pulled me back just as I was about to step in a hole that had been jack hammered in the darkened staircase for repairs ... and I stared down through holes just like it for several stories beneath us.

We hired a cabby to show us the sights and he first took us by the National Police Headquarters, where a low and ragged stone wall stood just across the street. The cabby explained it was once several feet taller before Castro lined up his enemies for firing squads 24 hours a day for weeks after taking over. I raised my camera to snap a shot of the guard in front of the police station and was shocked to see him advancing towards us with his rifle at the ready. The cabby slapped my camera down into the seat and sped us away from the scene, explaining that the guard probably thought my camera was a drive by shooting attempt.

Whew! I've still got that picture to remind me of how stupid and naïve Americans can be when traveling in a police state. We went shopping later in the day and I was astonished to see shop keepers standing in shops that contained

only a few scattered items (mostly used) in long shining display cases that were once the pride of the Cuban tourist industry.

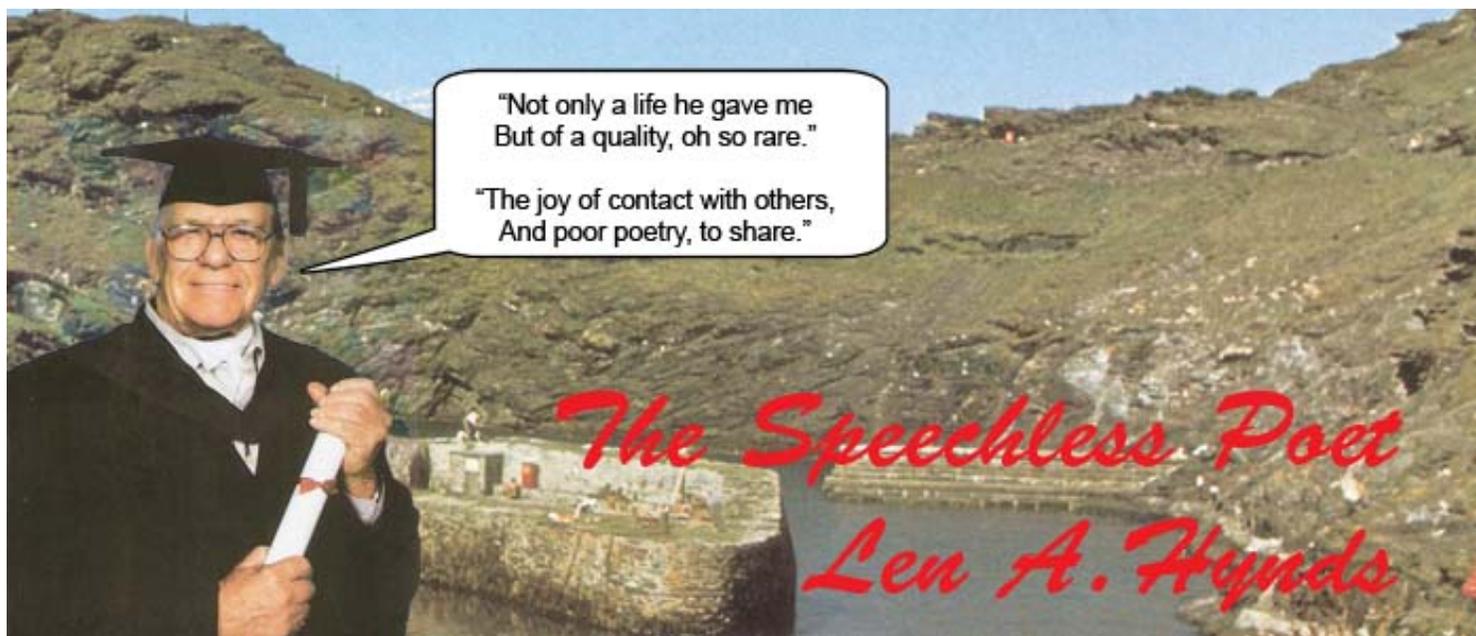
We toured a farming area to see long lines of Russian tractors and farm implements rowed up and rusting beside fields being worked by Cuban farmers with oxen and plows, because few knew how to operate that equipment and gasoline was too expensive for those who did. We did, however, see loads of school children in neatly pressed uniforms all along the roads, walking home from their day in the class room and that was encouraging.

Plus, we stopped at a Cantina where some kind of fiesta was in progress and we proceeded to get high on Cervasa (beer) that we traded fourteen inch motor oil fishing worms for, while discovering the happiest bunch of Cuban farmers and ranchers you could ever hope to meet!

We ended our day back at the hotel where we dined with guys from Canada, Europe and Asia who were there doing business with the Cubans. They were quite surprised to meet anyone from the U.S.. The next morning we were bused back to the airport for our trip to Cancun and back to Dallas. The runways were lined with Russian aircraft that had been cannibalized for parts to sustain the Habana fleet, and as we approached the runway in Cancun I noticed numerous aircraft that had crashed in the fields below on takeoff or landing and just left there to deteriorate.

I was glad to get home much lighter than when I left as I had given my poverty stricken Cuban fishing guide my fishing equipment and wrist watch while telling him to hide it somewhere, through hand signals the day, I pulled out for home. I ate like a pig for several days after that because we had subsisted mainly on goat meat and powdered eggs. The first day, we ate on a little island in the lake where they had prepared our lunch from a big black pot from which the goat's hairy leg and hoof protruded!

The ... The ... The trip was a lot of fun and made all of us appreciate the good ole' U.S.A. a little more when we returned. A couple of years later we read that our guy from Texas Game and Wildlife had been arrested and charged for taking groups down there . Whew, Again!



BROTHERS IN ARMS

My regular readers here on Whispers on the Web I know that I never write about the horrific things that happen in the world, or politics, but concentrate on short stories and poetry, often serious, but mostly funny or satirical, something



that will bring a smile to your face. So just for once I want to write about those brave young soldiers who have laid down their lives for their country; those young sons and daughters, husbands, wives and parents from both America and Britain.

All our British fallen soldiers were flown back to an airfield in Wiltshire called Lyneham, and as their coffins were driven through the nearby village of Wootton Bassett, all the villagers without any prompting or organization would line High Street in silent respect and place flowers on the vehicles. People from far and wide on hearing of this would travel there to do the same. Everybody throughout the country was pleased that this tiny village in Wiltshire had shown what the whole country felt for these brave young men and women. When the Queen gave it the accolade, it is now known as ' Royal Wootton Bassett ' everybody was delighted.

Over the past eleven years Britain has lost 561 of her young people in those two countries where we have tried to bring democracy but that pales into insignificance with the 6,264 American mothers who will grieve for the rest of their lives.

During my army service as a young man,, my regiment was the Royal Corps of Military Police (The Red-Caps). I served King George the Sixth in Egypt, The Sudan, and Palestine, those countries being called protectorates, which the old League of Nations had asked us to 'Police.' Of the 36 of us who left Britain's shores, only 12 sailed back three years later. I am now an old soldier, wearing my blazer, red beret and medals

on remembrance days.

The Colonel of one of the Provost companies has just retired and his unit returned from Afghanistan. He lost eighteen of his men whilst there, and he is making a pilgrimage to every churchyard throughout the land where his lads are buried, laying a wreath on each. He is cycling 1,800 miles over several months, with ceremonies of wreath laying at every location. Our own ceremony will be at St Nicholas Church, Deal; us old soldiers joining him and the family, together with his colleagues. Prayers are always said for their American brothers in arms at such gatherings.



Welcome To Our New Members:

I would like to extend a "**Warm Welcome**" to our most recently accepted laryngectomees, caregivers, vendors, and professionals who have joined our WebWhispers community within this past month. There is a great wealth of knowledge and information to be accessed and obtained from our website, email lists, and newsletters. If ever there should be questions, concerns or suggestions, please feel free to submit them to us from the "**Contacts**" page of our website.

Thanks and best wishes to all,

Michael Csapo

VP Internet Activities

WebWhispers, Inc.

We welcome the 26 new members who joined us during October 2011.

we welcome the 20 new members who joined us during October 2011.

Valerie Collins
Fort Lee, NJ

John Cox
Ocean Ridge, FL

Dennis Cravy
Shenandoah, PA

Roger Floyd
Salem, MO

Marylee Gottmann - (Caregiver)
Cincinnati, OH

Tom Gottmann
Cincinnati, OH

Robert Hale
Grafton, NH

Willie Hendrix
San Antonio, TX

Kelso Jackson, Sr.
Sammamish, WA

Paul Johnson - (Caregiver)
Ocean Ridge, FL

Sacha Live
E. Martin, UK

Harold Neill
Jacksonville, FL

Richard Old
Liverpool, UK

Virginia Page
San Diego, CA

Nev Pearce
Whitland, UK

John Pickering - (SLP Student)
Portland, OR

Kay Schwartz - (Caregiver)
Greensboro, NC

Pete Schwartz
Greensboro, NC

Sheila Shaw
Pecatonica, IL

William J. Shoemaker
Gig Harbor, WA

Corey Sullivan
Tipton, MO

Irwin Wade Jr.
Hamilton, IL

Emily Wolfe - (SLP)
Toronto, CAN

Danny Wong
Viera, FL

Jade Wong - (Caregiver)
San Diego, CA

Steve Wong - (Caregiver)
Viera, FL

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For newsletter questions, comments or contributions, please write to editor@webwhispers.org

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