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**COMMENT HERE**

**FEEDBACK**
Eighteen Years of Same Purpose for WW

At this time of the year in 1996, Dutch Helms was preparing a web page about larynx cancer as he recovered from having had a laryngectomy and learning this “new” method of reaching people. He built his own website and then decided to see if he could reach other people who might have had the same surgery and want to compare notes. That was the purpose of the invitation he sent out that suggested he would list everyone with their email address on the site. Dutch put the notice out on what he called the ‘larynx cancer site’ in early December and by the end of the month, had 12 names added to the site. Emails were exchanged with each one being sent to all other names. We have these early names posted at http://webwhispers.org/about/history.asp

Nov 1, 2006 was the day that Dutch died, although for us, he had been gone and not responding for some months. We had near 1,000 members then, and still adhered to the same premise that we started with. We were still trying to set up methods and ways of reaching other people and providing a place for them to compare experiences with each other.

So we have now arrived at the 18th year since the original website and the 8th year since we lost Dutch... and we still offer memberships that give us access to each other through a distribution list as our main place to talk about our medical problems, rehabilitation ideas and WW business, set up in 1998. We have had the message boards on the Forum since 2000, also private to our members, for any subject to be discussed, the main requirement there being courtesy. We have tried some of the social media and there is not much interest in it... and, it is open to the public. We now have over 3,200 members and almost 1900 email addresses are on our twice a day email distribution list, Daily Whispers. We also have a second list with over 1,000, which is for the people who want to be members, but not receiving daily emails.

Our website has gone from a few Helpful Hints to an educational Library that is constantly growing. We have this Whisper on the Web newsletter every month and have archives you can reach through the link under the menu. But we still center our efforts on having you be active in reaching each other. That is still what we are all about.

Enjoy,
Pat W Sanders
WebWhispers President
Heat Moisture Exchange: Considerations and InHealth® Products

There are a great many benefits to using a Heat & Moisture Exchange System to introduce resistance and maintain a certain level of humidity (Ackerstaff, 2003). But, choosing an HME (Heat & Moisture Exchanger) can seem like a daunting task as there are a plethora of products available on the market. This is also a multifactorial decision. As professionals we have to remember that the use and placement of an HME is a diagnostic and therapeutic process. There are many different choices and several patient factors to consider:

Goals: Long term and short term goals.

It is important to consider short term goals, while a patient may be interested in wearing an HME for 24 hours, there may be a need for some interval goals. These short term goals may include wearing the system for shorter intervals to build up endurance, controlling cough for removal of cassette, independent management of housing.

Stomal Area:
This may include consideration of peristomal area, stoma size, risk of stenosis, and skin sensitivity.

Stomal Occlusion:
If the patient has increased effort for voicing, an oversized stoma or an irregular shaped stoma it may impact tube/button candidacy. Other factors like positioning of the prosthesis, pulmonary support, access to supplies, vision and dexterity may also be considerations. Once patient factors are considered, product selections become an easy next step.

A brief overview of the HME products, and accessories offered by InHealth Technologies®, Blom-Singer Voice Restoration Systems®.

HME options

The Blom-Singer® HME cassette is a standard HME available for 24 hour use. This HME incorporates an EasyTouch® speech button that ensures full occlusion for voicing. It also incorporates MucusShield® technology that prevents the foam from becoming clogged by mucous. If the patient coughs with the HME in place and clogs the back side, simply depress the speech button, and wipe off the mucous. This feature can be especially beneficial for patients who are immediately post-op and have frequent coughing episodes.

The Blom-Singer Humidifilter® and foam filters are a low-cost option available to patients as well. The holder itself is re-usable, and patients replace the foam filters daily. This specific type of HME requires finger occlusion for voicing, and may be beneficial in patients who press the traditional HME too firmly or prefer to cover the cassette rather than
There is no side venting on the Humidifilter, therefore as a safety precaution it is not recommended for overnight wear.

InHealth Technologies also offers an Adjustable Tracheostoma Valve® (ATSV II) for hands-free speech, eliminating the need to cover the stoma with a thumb or finger to produce voice.

This device is designed as a three piece system including the diaphragm/faceplate, filter, and humidifilter cap which holds the filter in place. The ATSV II can be adjusted easily by turning the device if the patient desires greater airflow, or requires a more closed position for ease of voicing. The ATSV II filter is placed on the outside of the diaphragm/faceplate to decrease mucous collection on the filter.

**Attachments- Extraluminal & Intraluminal**

Housings are an integral piece to achieving successful HME use, and even more so for the patient who will be using a TEP along with the HME. There are several choices for housings and attachments, and anatomical considerations, along with stoma topography can influence choices.

TruSeal Contour® Adhesive Housings are extraluminal tape disc attachments which are disposable, and come in several different shapes and sizes. We offer round, oval, and standard, along with a low profile design for patients who would like to be more discreet with their HME or ATSV II use. The TruSeal Contour product offers flexibility and breathability in their design.

The Tracheostoma Valve Housing is a reusable, low cost option for HME users. This housing is available in standard, and PVC, in two sizes, standard and large. It is applied with separate adhesive tape or foam discs, and silicone adhesive. This housing is a great option for patients who have a difficult time maintaining a seal with adhesive housings.

The Barton Mayo Button® is an intraluminal attachment that is intended to provide leak proof HME or tracheostoma valve retention. It comes in a wide variety of sizes and is a good option for patients who have difficult stoma topography resulting in inadequate adhesive seal, stoma stenosis, or sensitive skin making adhesive use difficult.

The Andreas Fahl Laryngotec© Laryngectomy Tube is an intraluminal device that is compatible with HME use. It comes in three different sizes, in two lengths, 33mm and 44mm. This is a good option for patients with difficult stoma topography resulting in inadequate adhesive seal, stoma stenosis, or sensitive skin making adhesive use difficult.

Finding the ideal patient and product combination can take some trial and error. Also in a changing healthcare environment cost and access to products can be an issue. If you do not know your territory manager or would like to be in touch with one of our SLP clinical specialists or territory manager please feel free to reach out to the Customer Service team at InHealth Technologies.

Brittni Carnes, M.S. CCC-SLP and Emily Poole, M.A. CCC-SLP, InHealth Technologies

A complete list of references will be sent via email upon request.
The Circle of Life

I come from tough stock. Growing up I had two sets of grand-parents and one set of great-grandparents. My 38 year old son even remembers his great-great grandmother and his great grandmother was a force to be reckoned with until he was nearly 30. We have almost always been able to assemble four generations of McGarys for a family feast. My folks are now the elders but as Dad nears 90 his time is running down. Cancer has returned and there are no more treatments. He and Mom live in a retirement community and have wonderful medical care and social support for which we are all grateful; my brother and I visit frequently with our families and we all treasure our time together.

I have two grand-daughters who at ages 5 and 2 have a delightful relationship with “The Great Ones” AKA “The Fossils”. The older one used to call my mother Nana-Mommy when she was figuring out all this family relationship business. When she was little Dad said he hoped he lived long enough for her to be able to remember him as she grew up. He has done that. The younger may not have her own memories of him but she has created some for us which we will undoubtedly share over family dinners in years to come.

Cancer has hit this family hard in the last 13 years. When I was diagnosed in 2001 with adenoid cystic carcinoma we had no history whatsoever of any kind of cancer. In 2006 my Dad was diagnosed with prostate cancer which has since recurred and metastasized. Then in 2012 my nephew was diagnosed with Hodgkin's lymphoma and after chemo and getting an all clear it reappeared late last year. This time he underwent stem cell therapy and made a full and complete recovery in record time.

He and his wife were just planning on starting their family when he was first diagnosed and even with pre-planning he was so sick by then there was some doubt as to how successful they might be when they were ready. The recurrence really threw everyone for a loop but his recovery was impressive. And we just learned she is pregnant with no complications and they have 5 more viable embryos in “cold storage”, as they put it, so it looks like they will have the family they always wanted after all! We are all over the moon.

Dad has been saying he wants to make it to his 90th birthday in February. I think he can do that but he is fading and I don’t know that he can hold out until May when his newest great-grandchild will be born. But just the news of this miracle baby will be a comfort and delight. He is a thoughtful and sentimental man- he will no doubt call it the perfect circle of life.

But, as I said, I come from tough stock. Dad could surprise us all and we could have a family picture with him holding the newest McGary. Mom is pretty slow these days too but no way will she miss holding that new baby come hell or high water. Those tough genes are on both sides of the family. So there will be 4 generations for both my brother and myself and our progeny for a while yet.

We are very fortunate. I know that for many folks family is not a source of support and love but one of stress and pain. Notwithstanding the running joke that “Mom liked you best” which, just so you know, although true I don’t hold against my brother, we all get along remarkably well.
My family has been a constant in my life. It has not always been smooth sailing. It has often been troubled but we remained bound together by love, however uneasy at times. Tolstoy famously said at the beginning of Anna Karenina, “All happy families are like one another; each unhappy family is unhappy in its own way.” I think that is probably true. Some families I know harbor unfathomable pain and heartache.

We will all miss Dad; it is hard to imagine family gatherings without him. But he has said many times he is at peace. He has had a good long run and will go surrounded by loved ones. And now with the latest baby soon to arrive he leaves a wonderful legacy of love and triumph and another generation of those tough McGary genes.

One of my favorite Speaking Out subjects (which have used with different "spins" the past 3 years) involves hearing about the many things you may be thankful for either as a result of your new "Normal" or just about life in general. It could be something that inspired you, helped you cope, or just things that make you feel good and hopefully thankful. We asked this question back in our 2012 "Thanksgiving" edition and I'd like to repeat it again for this November's edition as we reflect on the many moments in life our journey has led us to. So please share with us:

"What makes you truly thankful and appreciative for your life?"

Marilou Percival, Ontario, CA - 2013

I am thankful for one thing. As a result of me going to the ER on 7/26/2013, my tumor was found and I was able to have it removed. Prior to surgery, I was on three inhalers and not getting better. So I can say that one trip to the ER saved my life.

Erica Groh

I am thankful to be able to teach children. After 7 years of teaching with an electrolarynx it is so nice to see children just wanting to be loved and not care what I sound like. Thank God for children!

Gayle Garriott - Feb 2003

I am thankful for the extra time I've had with family. Also have learned to listen more and appreciate little moments that would not have meant so much in the past. I had my surgery in February 03 and when finally got to go home
nothing felt so good as the fresh air. God is good.

Bob Keiningham, Broken Arrow, OK - September 18, 2008

Patience is not one of my virtues and I’m sure there are far better speaking methods than mine, but here’s the story. I tried all of the stoma devices for months after surgery, but soon got tired of blow-outs, etc., and settle for the large beige foam flaps that allow me to speak pretty clearly by occluding through the flap with my thumb. The key seems to be frequent cleansing of the stoma and device, plus twice a day nystatin swish and swallow, and once or twice a week flushing the stoma with those little pink vials of purified water.

My feeling is … whatever works for you!

Carl Strand, Mystic, CT - 1993

I'm thankful for the medical profession that can do difficult and intricate surgeries to give me back a life that is cancer free.

I'm thankful for Dr. Eric Blom, who with Dr. Mark Singer developed the Blom-Singer Voice Prosthesis and who has been an inveterate tinkerer ever since, developing new devices, improvements and what have you.

I'm thankful for an employer and co-workers that accepted me back as a Senior Mechanical Engineer with a strange new voice and the quirks of laryngectomies six weeks after surgery.

I'm thankful that even though 1993 was the year of laryngectomy and my wife's second round with breast cancer, we were able to enjoy twelve reasonably good years until her death.

I'm thankful for a church community that supported me through my journey, often coming up to me saying "you look like you need a hug".

I'm thankful for a loving, supportive family all around me.

I'm thankful for community groups that refused to let me resign and sink into the shadows.

Finally, at age 77, with all the medical issues that age brings and with all the medications it brings as well, I'm cancer free, with stable medical conditions and on my most recent follow-up visit to my primary doctor was told "just keep doing what you're doing".

Holly Rosswurm, caregiver & proud wife of U.S. Navy Vietnam Veteran Bruce Rosswurm, class of 2013

We are grateful for all that we once took for granted (which was more things than we thought.). The kindness of others that we would only experience through this journey. This has been the greatest gift of all. Recovering, talking, fairly well, with the TEP, being in our home, doing normal things. Money is necessary in this life, but there’s much it cannot buy. We have been blessed with a vivid reminder that the love and kindness of others, and our savior Jesus are the things money can't buy, yet are the best riches on earth.

Pat Wertz Sanders, Birmingham, AL - 1995

Have been trying to think of what I am thankful for that was not a return of an ability that was taken away, such as speech and the big change in my life is... I learned to write and along with that, I learned to edit.

I was never good at writing and got grades of P for poor in grammar school. Of course those grades were for stayng within the lines and making pretty curlicues, rather than content. Taking my voice away ending up forcing me to write
content that meant something, and for many years, I edited and wrote for HeadLines, followed by Whispers on the Web. To my own surprise, I ended up writing a book, "I left My Voice on the Dining Room Table". I could have had a sub-title, "and Took Off Wth My Laptop"

I am thankful that I learned to write. My mother would never believe I am the same person she raised! Wish she were here. She would have been so proud.

Jim Culbertson, Corpus Christi, TX - 2013

I am thankful for a new start on a wonderful life full of family and friends.

Branton Holmberg - 2010

Several months after I lost my voice I was despondent over not being able to communicate with my grandchildren as I had before the surgery. At age 76 I decided to try my hand at writing and soon discovered I'd found something that opened a whole new world of communication for me. I began writing a series of adventure stories called the Sam 'n Me (TM) adventure books and to date have written 46 that are in print and am near to finishing #47. The main characters in my stories bring me in mental contact with my grandchildren, and other loved ones, on a daily basis and allows me to take wondrous adventures with them.

I had no idea I could sit down and write as I have. Please if you have any inkling at all to try writing, give it a shot you may find yourself blessing the moment and it could open a whole new world for you just as it has for me.

By the way I've been self-publishing the stories and have never sought professional help with my writing skills so they are just what they are, an expression of my love for telling tales I hope my grandkids will have great fun with as they grow older.

Always be willing to try something new, it's the spice of life.

Jack Henslee, Stockton, CA - Class of 79, 88, 95, and 2013

There are certainly a lot of things that I'm thankful for starting with just being a 3 time survivor of throat cancers, lung cancer, heart attack, and 3 marriages, LOL! I never achieved wealth but somehow I managed to create a life where I live comfortably and can probably go or do almost anything I like at least once a year. My life has been good and a lot of things have been scratched off my bucket list. Some of which I'm pretty proud of.

But, as strange as it may sound to some, becoming a laryngectomy is also something I'm very thankful for because of the many positive changes and effects it's had on my life. That one event opened up a whole new world to me where I met so many warm and caring people that have dedicated a largepart of their lives to helping others, and making this world and my life a much better place. How wonderful it has been and how truly thankful I am to be a part of this fantastic society of people and organizations that have made this new life so great for me and so many others. So my special thanks is that YOU all exist and I have had the pleasure to meet and know so many of you.

Thank you for your submissions. Edits are used for length, clarity and to keep comments on subject of the month. Staff of Speaking Out
Dear Lary,

Why is it that I'm not feeling grateful all the time? I have so much to be grateful for: great friends, a lovely home, a pension, my mum and other family, a body that work pretty well (for a lary anyhow). And so much more.

Yet, it's so easy to get upset at small things. Last night for example – our meditation group was meeting in a nursing home where Jimmy is recovering from surgery. Normally we meet at Jimmy's house on Wednesday evenings, do an hour's meditation together, discuss some text and chat over cup of tea. I've been going to the same group (though venue has shifted all over Dublin as new people join and others move away) for almost thirty years now. That's another thing to be grateful for. The friends I've met through that group are my best friends now. They have put themselves out time and time again to help me since you came into my life. Shouldn't I always feel grateful to them?

And yet Lary ... last night ... the trouble started when I dropped into a supermarket on my way to the nursing home to get a mug of tea and got distracted by so much enticing stuff on the shelves and stuck in a long queue at the checkout and the assistant not being able to find 'mug of tea' on the check list and having to call the supervisor. Then realising I would be late and trying to hurry with my backpack full of groceries and a mug of tea in my hand and electro-larynx jiggling around my neck and headset microphone slipping off and the loudspeaker (tied around my waist) bumping my tummy as I stumbled along getting hot and sweaty and finally arriving breathless and seeing that they had all signed in ahead of me (damn why couldn't one of them be late!) and finding them all chatting by Jimmy's bed. How is it such pleasant sounds come out their mouths without any effort whatsoever? My mind is feeling small and peevish. They say hello – I put my face into a smile and nod vigorously at everyone but can't reply with my hands full and no where obvious to put my blessed (blasted?) tea and then struggle to get my coat and backpack off – also my jacket and cardigan as it's hot in here. All the time they're chatting - it annoys my peevish mind to hear their easy chat and laughter.

Then they decide to go to the chapel for meditation as Jimmy is now sharing his room with another man. Others gather up my jacket, cardigan, backpack, coat, tea as we head out. Why is it so hard to feel grateful for these small kindnesses? Instead I'm feeling irritated, dislocated, a nuisance, a burden to myself and all, bad humoured. I haven't yet said a word and when Margaret asks a simple question about my car I misunderstand her and answer no for yes and then seeing my mistake, try to explain while my electro-larynx refuses to find a sweet spot and get more annoyed that she doesn't understand me as I bellow (feels like) / whisper (sounds like) through the din of the EL, "I'm still waiting to hear from Toyota". She looks puzzled, "You're wanting to head for Tullow town?" she asks. My mouth grimaces and eyes lift to heaven in exasperation and annoyance but eventually we arrive at the chapel and sit down, Emer with my jacket and Margaret with my bag, Patricia beside me trying not to knock over my tea, Jimmy at a safe distance from my anger and ... blessed silence.

I'm steaming with annoyance and irritation, up tight, miserable. I feel separate from the others – no, I want to be
I'm steaming with annoyance and irritation, up tight, miserable. I feel separate from the others – no, I want to be separate from them. My mind huffs, “They don’t understand what it’s like not to be able to speak easily ... they don’t care”. Alongside all my rage and self-pity the habit of mindfulness brings some perspective and I begin to feel that sense of separation more objectively: my flesh searing with indignation, shrinking away from the world and clinging to my bones, my breath rapid, my head high and haughty. After a while of acknowledging my internal miseries, and against all my expectations, some buried goodwill pushes my attention outwards and it seems that a new source of energy is coming from a point outside me somewhere in the midst of our little group. My flesh still shrinks away, trying to resist, but a flow of goodwill streams into my stomach and heart and gathers at a point in my neck where my voice box used to be. After another while my mind can allow the notion of the others as friends. I’m still pulling back, tense and mistrusting, but aware also of a compassion that surrounds my nonsensical reaction, like a mother cradling a squalling child. My mind forms itself around the source of indignation, “they don’t know what it means to be a lary”.

As the meditation goes on I feel more and more the truth of this. They don’t know. They can’t know. Very slowly I begin to feel both the sadness and the beauty in that. We are separate beings. They would probably like to be able to share the burden, but what can they do? Stop talking in my presence? I start to make some peace with the practical limitations to human love and care. They don’t know and it’s OK that they don’t know. They have their own troubles to bear. They chat with lovely melodic tones, they chuckle or laugh out loud. It’s OK. For the moment anyhow - in this chapel with its blessed silence.

This is something to be truly grateful for – this mindfulness practice that allows negativity to be acknowledged and transformed. Even if I don’t feel grateful much of the time, I can trust mindfulness to lead me to a deeper place where that very ingratitude is allowed to be expressed, acknowledged, understood, and when the time is right, released.

Dearest Lary, with good friends and this wonderful practice to support me, I will learn to be thankful that you came into my life, and for all the hard truths you teach me.
Years ago in every part of the country there were music halls where troupes of actors, comedians, jugglers, tight rope walkers, dancers, singers, and those folks who could do remarkable things would perform. They would travel from music hall to music hall so every week would be a completely different set of acts for people to go and watch and all for a pittance by today’s standards.

The ones that spring to mind on my own patch, or rather on my division were the Empire Theatre at Camberwell, The Empress at Brixton, and four much smaller places around the Elephant & Castle, Old Kent Road, Peckham and Kennington. But those smaller ones would also have weeks of showing poor quality films and one I remember showed silent films with a pianist. Then there was one at Blackfriars that only had wrestling bouts. Many pubs also had turns on special evenings and cinemas were everywhere.

Of these groups of travelling poorly paid actors there were teams of young ladies, who would stand on a stage with no clothes on, with a sticking plaster over vital parts, in a strictly rigid ornamental pose, with dimmed coloured lights shining on her. They were not allowed to move but must remain absolutely still and the Chamberlains Office of the government had to be informed when they were performing so that an Inspector from their office could be sent. And they had such powers that if they thought public morals were being abused they had the power under law to close the theatre or music hall down.

I was driving 6L for Lucy, when we had a radio call to the Empire Camberwell where a riot was taking place. Apparently during such a naughty scene, a mouse had run across the stage and one young lady had screamed and run off stage to the delight of the eye popping audience of men, but not to the delicate senses of the Chamberlains Officer, who immediately closed the theatre, hence the riot.

The young lady’s name was Peaches Page and she became famous overnight as the statue who moved. All the papers ran the story, so she had her moment of fame.

And mouse traps were only sixpence each.
New Ways of Sharing Information and Spending Cash

Once Upon a Time
The personal computer and the Internet have dramatically changed every aspect of our lives. We (most of us) have lived through and witnessed the remarkable and unimaginable advances over the last three decades.

Thirty years ago to simply send a family update to loved ones in another state you had to sit down and write out a letter, perhaps enclose recent photos and enclose them in an envelope with the postage applied and then you would need to take it to the mailbox or hand it to your mail carrier. With no storms or other delays your loved ones would have your update in hand in 3-4 days and the precious 3x5 photos you included of the kids.

Today
Today's internet allows us to send our letters, photos, videos and even our social interests in a matter of minutes to as many of our friends and family as we care to. Along with this marvel of near-instant communication comes the need for caution to protect our privacy and personal information.

We find new ways (gadgets) each week that offer us more choices of how, when and what to send making something of a technology cobweb for many of us. Apple's new product announcements on September 9th just added to the choices...the following is a review of the new iPhone 6 and 6 Plus as it was announced.

The recent announcement of Apple Pay has finally come into a very real and usable feature for Apple users. Bob Rankin has an excellent explanation of the new feature and what you need to use it...
http://askbobrankin.com/what_is_apple_pay.html

Google will release “Shamu,” the killer whale of phablets, before the end of October, according to rumors in the Wall Street Journal. The Nexus 6’s 5.9-inch screen will be bigger than the iPhone’s 5.5 inches and bigger than the Samsung Galaxy Note’s 5.7 inches; yes, two-tenths of an inch makes headlines these days. Also, the Nexus 6 will run Google’s latest O/S, Android L.

Computer and Internet Security - Free
Along with this convenience of electronically transmitting our updates comes the threat of our personal information being “hacked” (stolen). This means that you should have your firewall active, as well as, an anti-virus program providing real-time protection. There are several free AV programs available AVG, Microsoft Security Essentials.
Microsoft Defender, Malwarebytes and Avast are just a few. If you are a Windows user the MS firewall is an excellent free choice. A router added to your system that allows for your home network also provides another layer of firewall protection. Should you have any concerns about your system’s security visit your ISP’s (Internet Service Provider) website and read the section called security. Most ISP’s will have firewalls in place and even offer you the free download of Norton Security Center or McAfee Internet Suite. I know Comcast offers Norton Security Suite as a free program to it’s internet customers, your ISP may vary the selections available. When you receive an image file of any type your anti-virus program will automatically scan it prior to allowing you to download it.

Stay secure by updating insecure programs on your computer with the Secunia PSI

One of my favorite free for home users security programs is Secunia's PSI, which ensures your critical programs are up to date. This is critical to a safe system since most program updates are released to plug holes in the software that have been found to be a way for hackers to gain access to your system. You can download and install PSI by going to:

http://secunia.com/vulnerability_scanning/personal/

Press the download button and once it is downloaded “run” the installation package. The program is self installing and will scan your system for your programs. Once the scan is complete it will give you a report of your programs and of any that need to be updated. By simply clicking on the programs that need updating PSI will download them for you and begin the installation process. Once the initial scan and updates are complete PSI will run in the background for you to ensure your system stays current and secure.

Using a scanner like Secunia PSI 3.0 is complementary to antivirus software, and as a free computer security program, is essential for every home computer.

**Tips and Tricks**

“Talk to a doctor now” says a new, prominent link across the top of Google search results pages when some users search for health-related topics. The link includes a Hangouts icon, implying that a live doctor is just waiting to Hangout with you. The service is in test mode now so don’t expect to see it on every search.

Other users are finding new and added ways to use our modern electronic media. Bob Rankin offers us some good advice for the “search” whether it is Google, Bing or another search engine...

http://askbobrankin.com/advanced_search_tips_for_google_and_bing.html

Got a PC problem or question? Drop me a note on the Webwhispers Forum and I will try to answer it for you.

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WebWhispers is an Internet based support group. Please check our [home page](http://webwhispers.org) for information about the WebWhispers group, our email lists, membership, or officers.

For newsletter questions, comments or contributions, please write to [editor@webwhispers.org](mailto:editor@webwhispers.org)

Managing Editor - Pat Wertz Sanders

Editor - Donna McGary

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