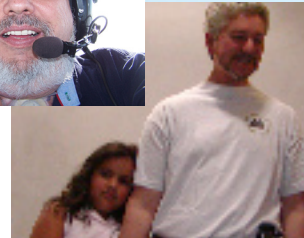
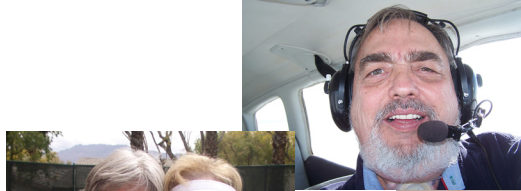




Foundation for Voice Restoration
c/o 3475 Forest Avenue
Santa Clara, CA 95050
www.GetVoicing.org



Quality of Life, Post-Laryngectomy

Ten Myths about Laryngectomees

1. Cannot swim
2. Cannot smell
3. Cannot lift heavy objects
4. Cannot return to work
5. Cannot sing
6. Cannot whistle
7. Cannot blow one's nose
8. Cannot sip through a straw
9. Cannot blow out a candle
10. Cannot play a wind instrument

Seven Methods of Alaryngeal Speaking

1. Esophageal speech
2. Buccal speech
3. "Whispering"
4. Tracheoesophageal speech
5. Electrolarynx
6. Electrolarynx with oral adaptor
7. Pneumatic device

Five Quick Sources of Information

1. www.LarynxLink.com - IAL
2. www.WebWhispers.org - WebWhispers Internet Support
3. www.GetVoicing.org - Foundation for Voice Restoration
4. www.SPOHNC.org - Support for People with Oral and Head/Neck Cancer
5. www.yulbrynnerrfoundation.org - Yul Brynner Foundation

Developed in conjunction with Philip Clemmons, Past-President, IAL 2006

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