

LARYNGECTOMEE KIT

SUGGESTED USE AND CONTENT

While reviewing the “KIT” materials, keep in mind that the presentations are by medical and clinical professionals and mostly reflect their primary medical and clinical focus and perspectives. These will overlap, as you will note, in the written and video presentations, which should help you in better understanding the professional / clinical interactions and in communicating your specific questions to your medical and clinical practitioners.

To best absorb the subjects and informational materials, most veteran Laryngectomees would first suggest “walking thru” the “KIT”, so you can get a general “feel” for the content and know where to go and what to key on for specifics. In addition to the medical and clinical presentations, the brochures and vendor catalogues in the front and back “pockets” help to better understand the scope of what is available to you. Ordering a MEDIC ALERT bracelet (application in back of KIT) and notifying your local Fire Department / Emergency Medical Services that you are a LARYNGECTOMEE STOMA NECK BREATHER, should be a priority. The vendor catalogues are particularly helpful in understanding the wide variety of products for a particular need, the descriptions and specifications as well as price ranges and special offers.

From now on you will continue to hear the phrase “we are all different”. It’s true! As you proceed thru the stages of recovery, the methods of day to day self care and maintenance will change as you heal and figure out what techniques work best for your current situation. We’ve all been there and will help you navigate thru it along with your medical and clinical team.

Most important! Get to know and understand your head and neck anatomy associated with your Laryngectomy (as well as your overall physiology) to better communicate with your medical and clinical caregivers.

MEDICAL and CLINICAL EDUCATIONAL CONTENT

- I. **INTRODUCTION:** by Dr. Carla DeLassus Gress, ScD, CCC, Speech Language Pathologist. Overview of Diagnosis and Pre-Operative Care thru Total Laryngectomy and Immediate Aftercare.
- II. **MEDICAL / SURGICAL CONSIDERATIONS** by Dr. Ed Damrose, MD, FACS, ENT Surgeon, Stanford University Medical Center. Understanding The Basic Patient Surgical and Medical Considerations of the Surgeon, both Pre and immediate Post Op.
- III. **OVERVIEW OF POST OP ANATOMICAL CHANGES AND STOMA CARE** by Dr. Carla DeLassus Gress. ScD, CCC, Speech Language Pathologist. Written with graphic head and neck illustrations to help you understand the anatomical changes and how to best function with them, going forward, on your road to recovery for **Life After Laryngectomy**.
- IV. **Understanding the Artificial Larynx (ElectroLarynx) and Esophageal Speech Methods:** by Dr. Minnie Graham, Ph.D., CCC-SLP, Professor, Communicative Disorders Program, San Francisco State University
- V. **Tracheoesophageal Speech:** Determining the requisites and successful use of TEP Speech.
- VI. **MANAGING THE EMOTIONS OF SURGERY AND RECOVERY FOR THE LARYNGECTOMEE, THEIR FAMILY AND CAREGIVERS.** Both video and text by Dr. Caryn Melvin, PhD, SLP, in association with the University of South Carolina and Columbia Veterans Administration Hospital. Includes interviews with Laryngectomee and family members of the Greater Columbia, NC, New Voice Club, who address some of the practical realities of how they feel about, cope with, and get on with, **Life After Laryngectomy**.
- VII. **MANUAL: SELF HELP FOR THE LARYNGECTOMEE** by Col. Edmund Lauder. Col Lauder was a military officer before he became a Laryngectomee at 43. He returned to academia to become the first Clinically Certified Laryngectomee Speech Language Pathologist. **Donated to the Foundation by Lauder Enterprises**

