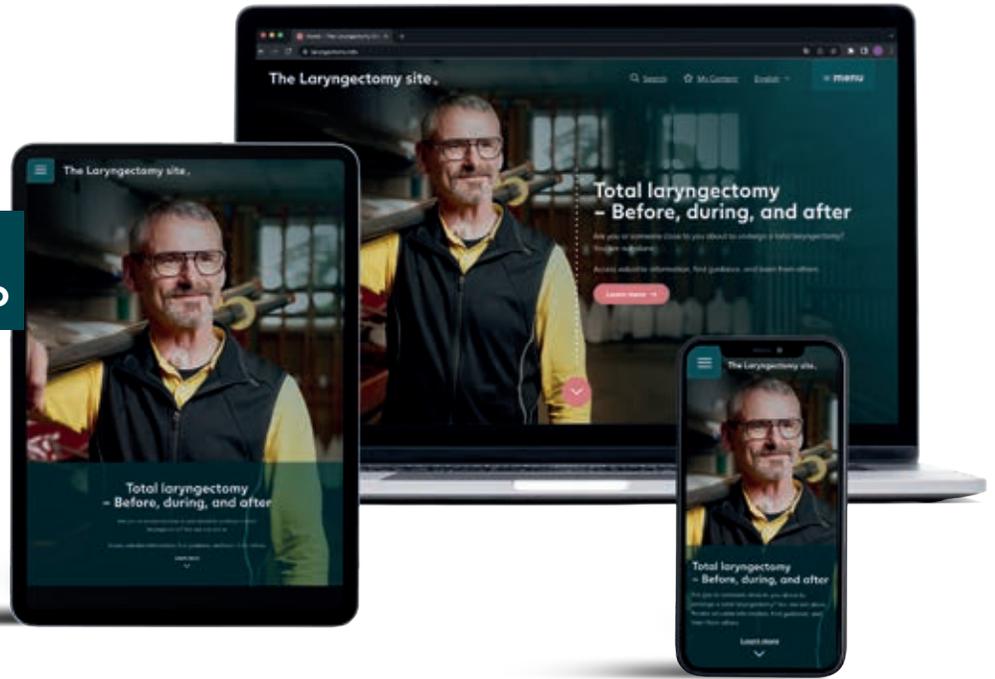


Explore the new site at:
www.laryngectomy.info



To visit the website, open the camera on your smartphone or tablet and position the camera so the above QR code is in frame, then touch the link that appears.



Introducing www.laryngectomy.info

A comprehensive source of information on laryngectomy

DID YOU KNOW? ▶ Only **about half** of people who have had laryngectomy surgery felt they **received adequate pre-surgical** information and counseling. The Laryngectomy Site was created to attempt to fill that information gap.

Receiving a diagnosis of laryngeal cancer and a recommendation to undergo a total laryngectomy is stressful and difficult. That's why it is so important to

have easy access to reliable information and resources. People who have had laryngectomy surgery often struggle to find good information about what to expect before, during and after a total laryngectomy. At Atos Medical, we heard this from you, the community we serve, and we took action! With an international advisory board validating the content, **www.laryngectomy.info** was developed. The website is designed to provide comprehensive information for patients and their loved ones from pre-surgery through time in the hospital, and as they continue to adjust to life after laryngectomy.



Others who have had laryngectomy share their stories through videos, articles and blog posts.

Dr. Fernández, MD, PhD, is a head and neck surgeon and is part of the Atos Medical Advisory Board. He had this to say about the need for the website, "It is See "**[laryngectomy.info](http://www.laryngectomy.info)**" on page 2

"laryngectomy.info" continued from page 1

important to think about the patient's worries ... the patient wants to know what is going to happen to them in every aspect of their life."

Laryngectomy.info contains inspirational and informational articles, videos and downloadable tools that address the frequently-asked questions many people have. Support for family and friends can be found in a section just for them — the **Support for the supporters** pages.

Laryngectomy.info is sponsored by Atos Medical. The website was developed in close collaboration with both medical experts and people who have had laryngectomy surgery. To create a trustworthy source of information, the website content has been validated by an international advisory board consisting of head and neck surgeons, nurses and speech-language pathologists. The site is currently available in English, Spanish, French and German.



Please note: The Laryngectomy site, www.laryngectomy.info, does not provide medical advice, diagnosis or treatment. The content is for information purposes only and is not a substitute for medical advice. For medical advice, one should contact a healthcare professional.

Summertime: Enjoy more of what this season has to offer



For many of us, summer flies by very quickly, so we want to take advantage of the long summer days while we can! Summer brings warmer temperatures and extra sunshine for exploring the great outdoors, gardening in the yard, grilling a meal or visiting with family and friends – near and far.

Rising temperatures bring an increased risk of dehydration and even heatstroke, so it is important to hydrate during the summer. In addition to increasing your intake of water, here are a few tips to help you stay cool and hydrated.

- Eat more fruits and vegetables that are naturally hydrating*
- Wear a hat for protection from the sun and heat
- Plan to do yard work or exercise in the cooler morning or evening hours rather than the middle of the day*
- If you don't have air conditioning at home, visit a shopping center, movie theater or public library to cool down*
- If you are feeling too hot, it can help to put a cool cloth on the back of your neck or on your wrists*

Pay attention to signs of heat-related illness such as feeling nauseous, dizzy or especially fatigued when spending time outside.

For tips about how to enjoy your favorite outdoor activities, social events and travel plans, join us for a **My Life event!** The current topic is "Summer fun and travel" where we will share tips and tricks to make the most out of your summer. Register to join an event near you on the **COMMUNITY** tab of www.atosmedical.us or call our events team at **1.800.217.0025**.



Use this QR code to visit our website for more info about events near you!

Atos

* www.livestrong.com/article/13720868-how-to-stay-hydrated/; www.bestlifeonline.com/tips-for-staying-cool-summer/; www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048167

Meet the Patient Ambassadors: Henry Childress

It is safe to say that Henry would describe himself as a regular guy. Henry has lived in Louisiana most of his life working on cranes as a superintendent for engineering firms. He's been retired for seven years now, and his daily life often involves time with family.

Henry and Alva were married when he was 18, and they will celebrate their 42nd anniversary in October. The pair has two adult children and six grandkids. Henry enjoys spending time in his shop with his grandsons passing on his knowledge. He likes to camp a couple times a month, going to different places each time or parking their RV on the beach, often bringing the grandkids along. Henry has enjoyed traveling all over Canada and the US, and returns to the mountains in North Carolina every fall to watch the leaves change.



Show cars are a passion for Henry. He enjoys buying a car, upgrading it and entering it in car shows – often winning first place for his efforts. A 1937 Ford Coup is his most recent award winner.

Henry's laryngectomy surgery was July 3, 2008 when he was 46 years old. Henry has been a peer counselor for 11 years and enjoys giving back to other patients by

helping them get through challenging times. Henry has been a hands-free TEP speaker for 14 years and inspires others to speak hands-free. To those who have recently had laryngectomy surgery, his advice is, "Take your time learning to communicate. Your voice will improve. If you have a lot of mucus, drink a lot of water, wear HMEs and talk to your doctor [or SLP] to see if they have any specific suggestions for you."

It may sound like Henry has it all figured out, but he had to overcome his own hurdles to get where he is today. This is what makes him such a good mentor. When you hit those bumps in your journey, Henry says, "Don't get frustrated ... it's gonna get better." In 2017, Henry appeared in an inspiring segment called "Living with a Laryngectomy" on The Balancing Act® (a Lifetime network program). His advice to those who are having laryngectomy surgery is, "Talk to your doctor ... See if they have a patient like me that you can talk to. That made all the difference in the world for me."



Photo by Cayle Gray Photography

Henry and his wife, Alva.



You can watch Henry on The Balancing Act® available at bit.ly/laryn.TBA or use the QR code below.



Watch for our fourth and final "Meet the Patient Ambassadors" article in our next newsletter. To connect with one of the Ambassadors, please contact us at **1.800.217.0025** or info.us@atosmedical.com so we can arrange a meeting.

Do you qualify for a free electrolarynx? Find out about programs in your state

Telecommunications Equipment Distribution Programs (TEDPs) are state programs that provide free or low-cost telephone/communication equipment to qualified individuals. Eligibility requirements, types of equipment covered and benefit amounts vary from state to state. Some of these program may provide a new electrolarynx to qualified individuals in their state. If you use an electrolarynx as a primary speech method or as a backup to your regular speech method, contact your Atos representative to find out about programs in your state.



Summer Recipe

No-Bake Greek Yogurt Tart

Here is an easy recipe, adapted from cookieandkate.com and the **Inspiralized and Beyond** cookbook by Ali Maffucci. It's great for a casual brunch or even as a healthy dessert. No need to get fancy with your fruit – some berries piled on top look just as appetizing!

INGREDIENTS

For the crust:

(If nuts are problematic, substitute a pre-made graham cracker crust.)

- 2 cups raw pecans
- 10 Medjool dates (soaked in warm water for eight minutes + pitted)
- ½ teaspoon cinnamon
- ¼ teaspoon sea salt

For the filling:

- 2 cups plain Greek yogurt (or substitute vanilla or honey flavored)
- 1 pint (or more) of your favorite fruits: blueberries, strawberries, bananas, kiwi, etc.
- 2 tablespoons honey

INSTRUCTIONS

Crust: In a food processor, pulse the pecans (or graham crackers) until ground into a semi-fine meal. Add the dates, cinnamon and salt. Pulse until the mixture holds together when pinched and starts to look like dough.

Press the dough into an 8 or 9-inch tart pan with a removable bottom to form a flat, even crust. Chill in the freezer for 10 minutes (or refrigerate until you are ready to use – up to a week.)

Filling: Remove the crust from the freezer/refrigerator and carefully slide it onto a serving plate. Spread the yogurt over the crust and add the fruit. A few minutes before serving, drizzle the honey over the fruit. Slice and serve.

