

My fellow laryngectomee,

I wanted to share with you some new helpful information:

1. There is a very helpful Facebook site for laryngectomees called: "Laryngectomee Support". It is easy to join and is a great source of support and information.

<https://www.facebook.com/groups/laryngectomy/>

2. A new updated edition of "The Laryngectomee Guide" by Dr. I. Brook was recently published. It is called "The Laryngectomee Guide Expanded Edition". The eBook is FREE for download <https://goo.gl/goLJ66> The expanded guide has twice more information on all topics and has many more subjects. I found it very helpful. There is also a paperback version of the expanded version that can be obtained from

Lulu.com at <https://goo.gl/FWCwf3>

3. Important lifesaving video for how to administer CPR or anesthesia to laryngectomees. This can be shown to the local EMTs and anesthetist prior to surgery or procedures. <https://www.youtube.com/watch?v=YE-n8cgl77Q>

4. A very useful website is Head and Neck Cancer Alliance Support Community at: <http://www.inspire.com/groups/head-and-neck-cancer-alliance/> One can post questions and get advice from others.

I hope that you will find these useful.

Jim Flint

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