



Navigating your world: Be prepared when leaving home

As travel guidelines and COVID-19 restrictions change, it is more important than ever to plan ahead for stress-free and relaxing outings. As someone who has had laryngectomy surgery, there are a few things you will want to consider. Whether you are going across town, across the country or across the globe, you can leave home feeling prepared and confident as you get back to traveling, doing the activities you enjoy and seeing the people you love!



What should you take with you? Always carry an emergency card and wear an alert or medical bracelet that indicates you are a neck breather when you go out. A medical bracelet can provide lifesaving information to EMS workers in an emergency. Most smart phones have settings which allow you to store medical history and an emergency contact. Make sure you have supplies needed for caring for your stoma and/or your voice prosthesis as well as extra products. Consider keeping a small bag of everyday products and items ready to take with when going out for short outings, like running errands.

See **"Be prepared"** on page 2

The following complimentary resources (available in English and Spanish) can be requested or downloaded at www.atosmedical.us or contact Atos customer service at **1.800.217.0025**.



Neck-breather Alert Bracelet (reversible for Spanish or English)



Emergency Rescue Breathing Card



CareTips Topic 10: What to do if your VP falls out

CareTips Topic 11: Preparing to travel

***Please note:** Since pathogens can enter and leave the human body in other ways (such as the mouth, nose, and eyes) Provox® Life™ Protect HME and Provox® Micron HME can never guarantee complete protection. Filtration capacity may vary depending on the size, shape and speed of airborne particles. Data on file.

“Be prepared” continued from page 1

If you are venturing out further than your local area, you may want to schedule some time with your clinician to discuss your trip. Your clinician can provide a more complete list of recommended items for you to take. You will also want to ask your physician for a prescription so you can be seen by another clinician in case of emergency while you are traveling. Atos can help you to identify clinicians in the area(s) you are traveling, both throughout the US and in other countries you might visit.

You may consider consulting a travel agent regarding your travel plans. Travel professionals should have up-to-date tips about COVID restrictions in different areas. They will also know what destinations are most safe and what safety measures are in place.

The pandemic has also made travel insurance more popular and prudent. Look for something that will provide protection in the event of a cancellation due to local restrictions and also covers medical expenses.



Wherever you may roam, be sure to use common sense and follow local rules for masking and distancing. Also, consider using a heat and moisture exchanger filter (HMEF) such as Provox® Life™ Protect HME or Provox® Micron™ HME when you going to crowded or unfamiliar places and especially when using mass transportation. The filter helps to protect you from airborne particles (such as viruses, bacteria, dust and pollen.)* Safe travels!

Here is a general list of laryngectomy supplies for going out. Consult your clinician for specific items.

- Mirror
- Tweezers
- Hand sanitizer
- Pen and paper
- Emergency card/medical bracelet
- Flashlight
- Water soluble lubricant
- Saline bullets
- Cotton-tip applicators (external use only)
- Electrolarynx and charging cord or spare batteries
- HMEs
- Adhesives and/or laryngectomy tubes
- Skin Barrier
- Adhesive Remover
- Cleaning Towel
- Shower aid (for longer outings)

Additional items if you use a voice prosthesis (VP):

- Brush and Flush for VP
- A back-up VP of your current size/type
- A plug for your VP
- Atos Medical CareTips Topic 10: What to Do if Your VP Falls Out (with clinician contact information completed)

For more travel tips and safety information, join us for a Community Event – the July/August topic is **Navigating today’s world: Tips and tricks for going out or traveling**. These small, casual groups offer an opportunity to meet others who had a laryngectomy, their caregivers and clinicians to exchange valuable advice or discuss whatever is on your mind. You can also connect with your local Atos team. For more information or to register, go to the **COMMUNITY** tab at www.atosmedical.us, contact your Atos representative or call our events team at **+1.800.217.0025**.



Get a good start with Provox® Life™

Join us for a Q&A Session

Q&A Informational Sessions are small-group sessions for people who have Provox Life to understand and feel more confident using the products. They feature one of our Clinical Educators who will demonstrate products and answer your questions – all from the comfort of your home.

For more information or to register, go to the events section on the **PROVOX LIFE** tab at www.atosmedical.us, contact your Atos representative or call our events team at **+1.800.217.0025**.

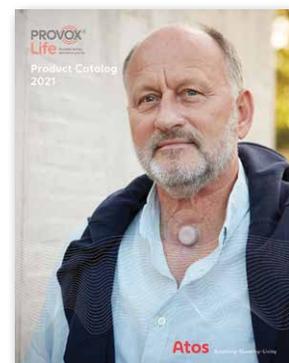
Answer key for crossword (page 4)



Important update: Provox Life Product Catalog correction

The Provox® Life™ LaryButton™ reference numbers in the 011121 revision of MC2521US Provox Life Catalog are incorrect. Please see the table for the correct reference numbers when you are ordering. A corrected digital version (051921) is available at www.atosmedical.us or call **+1.800.217.0025** to request a printed copy.

Product	Rx	OD	L	REF#	Product	Rx	OD	L	REF#
Provox Life LaryButton, 12/8	Rx	12	8	8040	Provox Life LaryButton, 16/8	Rx	16	8	8044
Provox Life LaryButton, 12/18	Rx	12	18	8041	Provox Life LaryButton, 16/18	Rx	16	18	8045
Provox Life LaryButton, 14/8	Rx	14	8	8042	Provox Life LaryButton, 18/8	Rx	18	8	8046
Provox Life LaryButton, 14/18	Rx	14	18	8043	Provox Life LaryButton, 18/18	Rx	18	18	8047



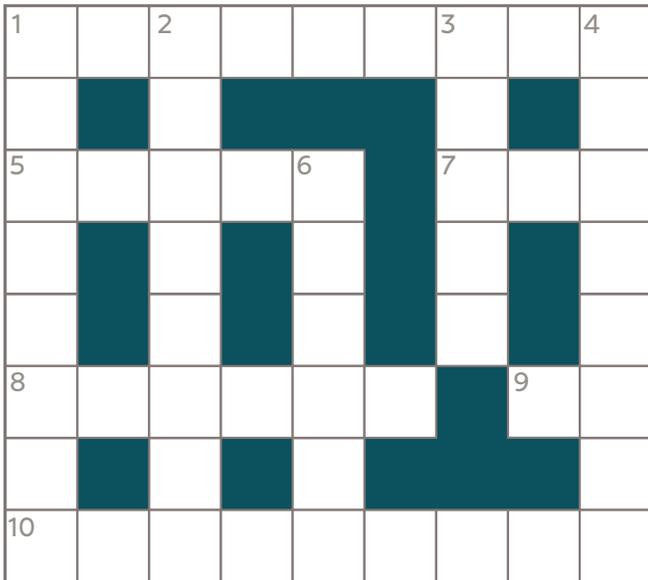
Provox® electrolarynx: Now serviced at our Atos US facility

Atos Medical now offers direct servicing for all Provox (formerly Griffin) electrolarynx speech aid products. Please note that you should now contact Atos Medical directly for any troubleshooting or repair questions. Our friendly and knowledgeable Customer Service team can provide basic troubleshooting tips and tricks to help you get optimal use of your electrolarynx. If needed, the device can also be shipped directly to our New Berlin, Wisconsin office for additional assessment. For service or questions, please contact us at **+1.800.217.0025** or email info.us@atosmedical.com. Make note of this new contact information for your records.



Just for fun!

Crossword



Answer key on page 3

ACROSS

- 1 Occurring or active at night
- 5 Feelings or energy
- 7 Talk, chatter, or gossip
- 8 Actress and fashion icon ----- Hepburn
- 9 This TV horse, Mister __, was owned by Wilbur
- 10 Aesop: "Those who seek to please ----- please nobody."

DOWN

- 1 Ancient sailors used the stars to -----
- 2 A group as in, "the whole kit and ----- "
- 3 The Beatles' Hard day's -----
- 4 A federal holiday that celebrates the American worker and their achievements
- 6 If you don't hit the hay, you will be ----- tomorrow.