**Laryngectomy Club 13/02/2020**

**Members meeting:**

Peter welcomed : Dr. Soe Consultant Oncologist Glan Clwyd Hospital. Nursing Staff Ward 5 and Cancer Centre, YGC as well as 4 student Nurses from Bangor.

We have received a £375 donation form Dilys Phillips of Capel Mc Seion (letter of thanks sent). We also received £40 donation form people on holiday with Peter and Dot.

Atos contact issues re telephone calls – Peter has been in contact and they reassured him that measures are in place to ensure improvement.

Martin presented

Minutes of last Laryngectomy Meeting in November 209

Notes from recent Cancer Forum Meeting

Macmillan Health and wellbeing events flyer

Initial details and possible menu for the Laryngectomy Ball on May 29th 2020. Members were encouraged to participate in the ‘working group’ and to look for possible prizes for the ‘Auction of promises’ or raffle on the night.

Details of the Charity walk by Clwydian Walking Holidays on Anglesey 13th to 16th July 2020.

**Talk by Dr. Soe**:

Virus infections (Corona update)

Spread by droplet , inhalation, contact ,blood, ingestion, through skin or sexual.

Common cold has 200 viral types (Rhino or Corona virus).

Influenza – 3 types A,B, C, - but subtypes change genetic codes quickly – need for new vaccine every year – best guess – combination of three.

2019 – unknown virus discovered – coronavirus – links to Bats as host – crossover to humans – current host unknown. Incidence of new cases is dropping in China. Death rate also reducing.

SARS – discovered in 2003

Symptoms : mild infection initially develops into pneumonia and ARDS (adult respiratory distress syndrome).

Mortality Rate 2.5%

2nd week worse Short of breath after 8 days 30% of those hospitalized (30% of total infected) need intensive care and support 10% need ventilation.

Risk worse if – Male, over 60, smoker, raised BP or concomitant disease.

Prevention more important than the treatment. Vaccines, antivirals (Tamiflu) less effective when infected . DOH guidelines issued. Use mask to stop spread by droplet (patients) bin all contacts, tissues etc. Regular washing after contact.

Laryngectomy bibs and HMEs reduce risk of infection

Death rates higher in cold weather (virus lives longer outside of host) may also be related to low vitamin D levels and reduced immune response with narrowing of blood vessels.

**Date of next meeting** 26/03/2020