



Panettone, sufganiyot and tamales are just a few of the traditional holiday foods from around the world.

Enjoying flavors and aromas

All around the world, people celebrate the holiday season with a variety of traditions, many of which revolve around food. There are mince pies and plum pudding in England, panettone in Italy, saffron buns in Sweden, sufganiyot (fried donuts) in Israel, tamales in Costa Rica, bacalao (salted cod) in Mexico, Bûche de Noël in France and in the US—it's all fair game.

Smell and taste are an important part of our daily lives and, for many of us, a key part of enjoying these holiday traditions. Our senses of taste and smell are closely linked. After a laryngectomy, you no longer breathe through your nose, so your sense of smell and taste may be different. Here are a few ideas to help you better enjoy foods and the holidays after a laryngectomy.

When air passes through the nose, it helps to activate smell receptors. When the food is hot, the steam may travel to your nose to help with smell and taste. Actively wafting air towards your face can also help move the air into the nose. Chewing thoroughly may improve taste, as it moves more air into the nose.

The “polite yawn” is a technique used to help you smell after laryngectomy. It is easy to learn and can be done without drawing much attention during a meal. Keep your lips closed and slowly lower and raise your jaw. Your jaw movement helps to pull air into your nose. Studies have shown that techniques

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Ditte Ingemann, professional chef, developed a passion for food by spending hours in the kitchen with her father, who was a laryngectomee.

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like the polite yawn can be effective for many and can be learned relatively quickly.* As the holiday season approaches, try exercising your sense of smell by using strategies like the polite yawn.

Improving your ability to smell foods can help with taste, but try experimenting with flavors to see what works for you. Sample different spices. Be creative with substitutions in recipes. If tomato-based foods aren’t enjoyable, try making a sauce from roasted peppers, eggplant or squash to see if that tastes better. Try flavor combinations that complement each other, such as pairing something sweet with something savory. Give a new recipe a try!**

The recipe below was selected for the laryngectomy community by Ditte Ingemann, a professional chef. When Ditte was seven, her father had a laryngectomy. He loved to cook and was obsessed with food that looked good and had lots of flavor. Today, she understands that those obsessions were related to how his sense of taste and smell were affected by his surgery.



Puff pastry tart with mushrooms

Ingredients:

2 sheets puff pastry, slightly defrosted 1 whisked egg

Filling:

1 cup strong cheese, grated	4 cups mushrooms, cut in small pieces
6 tablespoons sour cream	1 tablespoon butter
2 eggs	Fresh thyme
1 medium red onion, roughly chopped	

Directions:

On a lightly floured sheet of parchment paper, roll out a sheet of puff pastry to thin slightly. Place parchment paper with the dough on a baking sheet. Turn up the edges up a bit all the way around. Repeat with remaining sheet of puff pastry to make two pies. Brush the dough with whisked egg and bake the pastry at 400°F for approximately 10 minutes.

In a bowl, stir grated cheese, sour cream and eggs to combine. Cook the mushrooms, onions and butter in a pan over medium heat until soft and golden. Season with fresh thyme, salt and pepper.

If the pie crust has raised in the middle, push it down just enough to make room for the filling. Pour egg and cheese mixture into the pies. Distribute the mushroom mixture evenly on top. Bake them again for approximately 8-10 minutes or until the filling has settled and the pies are golden and crispy.

*Data on file.

**This information should not replace the advice of your nutritionist, dietitian or clinician. If you are on a restrictive diet or in doubt, always consult with your clinician before trying new recipes.

Laryngectomee holiday music show

Wednesday, December 9, 2020 at 6pm CT - Join us for an inspirational evening featuring musical performances from individuals who have undergone laryngectomy surgery! Register to watch this virtual event at www.atosmedical.us and click on the **COMMUNITY** tab.

If you are musically inclined (sing, play an instrument, etc.) and would like to showcase your talents in our Holiday Music Show, please contact Bridget Guenther at events.us@atosmedical.com.

Great news for Anthem members!

Atos Medical is now able to serve most Anthem Blue Cross and Blue Shield commercially-insured members on an in-network basis. Note that this does not include Anthem members with Medicaid or Medicare Advantage coverage at this time. The plans affected include **CT, GA, IN, KY, ME, MO, NH, NY (Empire Blue Cross Blue Shield Anthem), OH, VA and WI. CA (Anthem Blue Cross), CO and NV** will be added December 1, 2020.

What this typically means for members is lower out-of-pocket expense depending on your insurance coverage. If you have an Anthem plan in one of the states listed, and you would like us to check how this may impact you, please contact us TODAY at **+1.800.217.0025** or **info.us@atosmedical.com**. We will need the following on file before we can complete a benefits check.

- Legible copies of both sides of your insurance card(s)
- A valid prescription form

At Atos Medical, we are passionate about helping support the laryngectomy community and advocating for better access to products and improved reimbursement coverage. As part of this initiative, we are working to become an in-network provider with many insurance companies. For a current list, visit **www.atosmedical.us** and go to the **INSURANCE LISTING** page under the **RESOURCES** tab. Check back often as this list is growing daily!

Provox® TruTone Plus® Electrolarynx has been redesigned

Provox TruTone Plus, with a reputation for being a high-quality and dependable electrolarynx, is being redesigned for improved simplicity and enhanced features. Choose from two easy-set modes for monotone and variable pitch adjustment with no tools required! In variable pitch mode, a single, pressure-sensitive Emotion™ Button is used for more natural expression. The new design includes a rechargeable lithium battery with long battery life (up to 14 days), an ergonomic hourglass design for better grip and comfort and will be available by December 2020.

Rest assured that while the original TruTone Plus will no longer be available for purchase, service is still available and the warranty will be honored.

For useful tips for using your EL effectively, download the “CareTips Topic 9: Basic training –Electrolarynx (EL)” at **www.atosmedical.us** on the **RESOURCES** tab.

New Spanish-language resource!

Atos Medical is pleased to offer the Spanish version of our popular resource: “Taking Care of Yourself During the COVID-19 Outbreak/ Cuidarse durante la pandemia de COVID-19”, which is now available on our dedicated SPANISH RESOURCES page at **www.atosmedical.us** on the **RESOURCES** tab.





Breathing-Speaking-Living

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Maximize your 2020 insurance benefits and plan for 2021!



Time is running out to save money on medical supplies! Contact us to take advantage of the possible cost savings before your deductible resets in January. Also, open enrollment for 2021 ends soon! Medicare recipients can enroll in Medicare health and drug plans **Oct 15-Dec 7, 2020**. The enrollment period for the Health Insurance Marketplace® runs from **Nov 1-Dec 15, 2020**.

You are not alone if you are confused about insurance options and how to choose the right plan. Now through November, our virtual events will focus on **Health insurance basics and considerations for choosing a plan**. We will discuss considerations for open enrollment and deciphering insurance terminology, plus—these events will feature a member of our knowledgeable insurance team to answer your questions. Don't miss out on these unique opportunities -- register today!

For a full list of our virtual community events and webinars, visit the COMMUNITY tab at www.atosmedical.us, and look for the calendar icon.



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