

Laryngeal Cancer and Smoking

W3C: The first scene shows Mr. Tong using an electrolarynx to introduce himself. Then he picked up a protective cover made of white cloth to cover the artificial stoma in his neck and tied the rope of the cover behind his neck. He fixed his collar afterwards.

Mr. Tong: I am Mr. Tong. I am 64 years old.

W3C: Mr. Tong started speaking with an electrolarynx.

Mr. Tong: I was diagnosed with stage 3 laryngeal cancer in November 2014.

W3C: The right side of the screen shows "On average, there are 191 new cases of laryngeal cancer each year in Hong Kong".

Mr. Tong: I suffered a relapse half a year later. In October 2015 I had to undergo a total laryngectomy to remove the entire larynx as well as the vocal cord.

W3C: Mr. Tong stared out of the window helplessly. The camera shoots at Mr. Tong's left hand pressing an electrolarynx by the window. The top of the screen shows "On average, 63 laryngeal cancer patients die annually in Hong Kong".

In the background Mr. Tong was looking out of the window, and "The link between smoking and laryngeal cancer" appears in the middle of the screen.

Mr. Tong: My doctor told me that most cases of laryngeal cancer are caused by smoking.

W3C: The upper left of the screen shows "Smoking habit of one pack per day increase your risk of laryngeal cancer by 12 times".

Mr. Tong: The first time I smoked I was around 17 years old. In total I have smoked for 40 years.

W3C: Mr. Tong looked helplessly at the bottom right of the camera.

Mr. Tong: At first, I simply smoked whenever my friends passed me a cigarette. Eventually I smoked more and more.

W3C: The camera shows Mr. Tong changing the battery of his electrolarynx.

Mr. Tong: When I worked as a taxi driver, I smoked whenever I was free, or when there were no passengers. I smoked almost 2 packs of cigarettes every day.

W3C: "How were you diagnosed with laryngeal cancer?" appears in the middle of the screen.

Mr. Tong: One of the early symptoms of laryngeal cancer that I experienced was that I always felt something stuck in my throat. I went to the doctor very often and the fever would not subside.

W3C: The camera shows Mr. Tong taking off the protective cover and exposing the stoma in his neck. He wiped the stoma with a paper towel, then tied the protective cover again.

Mr. Tong: I felt helpless. I lost the ability to work, to participate in social activities and to exercise. After the total laryngectomy I cannot speak with my vocal cord. If I do not speak with my electrolarynx, it would sound like this.

W3C: Mr. Tong lowered the electrolarynx and tried to speak but couldn't make a sound. The upper right of the screen shows "After removal of larynx, patient can no longer speak naturally and need to rely on devices". The camera continues to capture Mr. Tong attempting to speak but no sounds are

coming out. "Life after operation" appears in the middle of the screen, with Mr. Tong drinking water in the background.

Mr. Tong: After the surgery, only 20 percent of my ability to taste and smell remained.

W3C: "After removal of larynx, 30% of patients experience total loss of smell" appears on the upper right of the screen.

Mr. Tong: When we eat, we have to eat slowly. We cannot eat too fast, or we could choke easily. After having this stoma, we produce more phlegm than normal people.

W3C: The upper right of the screen shows "Having a stoma, patients require long-term mucolytic agents and humidifiers to soften thick mucus".

Mr. Tong: Therefore we have to take mucolytic agents.

W3C: The camera shows Mr. Tong looking out of the window, then a small boat by the sea. "What do you miss the most?" appears in the middle of the screen. Then the camera shows Mr. Tong walking by the sea.

Mr. Tong: I used to go swimming. I loved swimming breaststroke. I swam like this.

W3C: While he was talking, Mr. Tong demonstrated his breaststroke posture with both hands. Then the camera shoots the back of Mr. Tong looking at the sea.

Mr. Tong: As I had my entire larynx removed and a stoma opened here, I breathe in here now. Water would go in through the stoma, I would suffocate if water gets in.

W3C: "Patient with a stoma (hole) in trachea must be cautious not to let water in" appears on the upper left of the screen.

Mr. Tong: I once went to the beach in Hoi Ha, I got into the water until it reached my chest.

W3C: The camera shows Mr. Tong walking on the beach.

Mr. Tong: Many friends and my fellow members said it was very dangerous. They said if I fell into the water I could die. If I did not get this cancer, I would dive into the water at once and have a good swim.

W3C: The right side of the screen shows "When did you quit smoking?"

Mr. Tong: When I was diagnosed with stage 3 laryngeal cancer, I have already quit smoking that month. In fact, it's not that hard to quit smoking.

W3C: The camera shoots Mr. Tong looking at a huge cargo ship at sea, then at the electrolarynx in his hand. The camera then pans to Mr. Tong sitting at the beach looking at the sea.

Mr. Tong: Try to meet less with friends who smoke. Try not to see cigarettes when you are quitting. After I quit smoking, I am healthier. I feel more refreshed and have a better appetite. In general I feel healthier now. Besides, there are many no-smoking areas now. Why bother to smoke? It's a waste of time.

W3C: The middle of the screen shows "Do you regret smoking?". Mr. Tong was looking at the sea in the background with two little boats floating.

Mr. Tong: I've done everything I can, but I still regret smoking.

W3C: The camera shoots Mr. Tong walking along the beach.

Mr. Tong: If I had the chance to go back to when I was 17 years old, I would tell myself not to smoke, as there are too many consequences. It rendered me powerless. Simply put, there is no going back.
W3C: The camera shows Mr. Tong looking faraway under a tree, then pans to a rock in the middle of the sea behind Mr. Tong.

The middle of the screen shows "Quit Before It Is Too Late 1833 183", then "Special Thanks Mr. Tong Yiu Tim, Ms. Chan Chau Fung, Tina, The New Voice Club of Hong Kong" and the logo of The New Voice Club of Hong Kong. The video ends.