

Cutting Edge Laryngology 2026

What your support made possible

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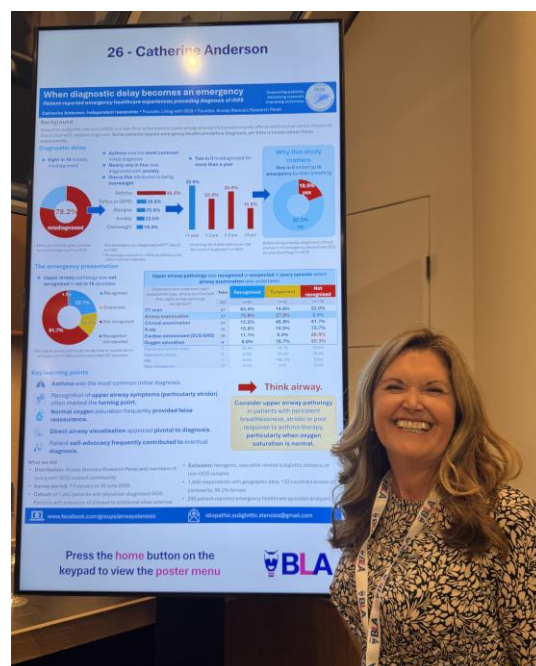
Thank you

Thanks to the people who supported my fundraising, I was able to attend three packed days of Cutting Edge Laryngology in London. I attended as an Independent Researcher, with patient-led research being presented alongside work from major hospitals and universities. Several delegates actually noticed the title and commented positively on it - a lovely reminder that useful research does not have to originate inside a university.

Independent does not mean working alone. Clinical and academic collaboration is essential if patient-led research is to reach peer-reviewed publication. What our community and Research Panel can bring is something complementary: patient priorities, large-scale participation, lived experience, research expertise and the ability to connect researchers with a rare-disease population.

Research from our community

A particular highlight was seeing work involving our patient community and Research Panel presented to an international clinical audience. Dr Robbi Kupfer presented work on side effects of serial intralesional steroid injections (SILSI) and very generously acknowledged my contribution during her presentation. It was also the first time Robbi and I had met in person after working together remotely.



Frequency and Technique as Predictors of Patient-Reported Side Effects in Office Serial Intralesional Steroid Injections for Idiopathic Subglottic Stenosis
Short Title: Patient-reported side effects in steroid injections for subglottic stenosis
Kaylin Batey, MD¹, Andrew J Neevel MD¹, Katie Hohenberger MD², Catherine Anderson BA PGDip³, Adina Turcu MD⁴, Robbi A Kupfer MD¹, Robert J Morrison MD¹

Laura-Elizabeth Gosselin also presented our larger study looking at the experiences of people with iSGS who have used GLP-1 receptor agonist medications. The findings contain some intriguing patient-reported signals that support further investigation, but the manuscript is not yet published and I do not want to pre-empt the paper. I will share a fuller explanation once Laura-Elizabeth is happy with what can be made public - and, of course, once the paper itself is published.



Our GLP-1 research was presented - paper hopefully soon, where all can be revealed

The conversations between the sessions

Some of the most valuable outcomes happened away from the lectern. A poster or presentation gives me a natural reason to start conversations with specialists, and those conversations can lead to new clinical contacts, awareness of the Airway Stenosis Research Panel and sometimes entirely new research ideas.

One particularly encouraging conversation was with Dr Paul Bryson. When I explained how the Research Panel can support iSGS studies, he immediately grasped the point: researchers should involve the patient community right at the beginning, while the study is being conceived and designed, rather than only approaching us when they need participants. That is exactly the model I hope to encourage.

The poster gets the research seen. Being there gets the conversations started.

New ideas and connections

BLA also generated possible new research directions. Conversations with ENT registrar Mariella Fortune-Ely developed into ideas for studies looking at PPI/reflux prescribing in iSGS and, separately, whether psychological stress has any measurable relationship with objective airway progression. Other sessions raised useful questions for work I am already involved in, including procedural anxiety around repeated awake airway procedures and the ASTRO steroid-injection trial.

I reconnected with long-standing collaborators and met others in person for the first time, while continuing to build a clearer picture of where airway-stenosis expertise exists around the UK. I also handed out around 40 Airway Stenosis Research Panel cards to clinicians and researchers.



Some of the connections, new and old

A few things that stayed with me

The programme ranged from very practical airway management to genuinely futuristic technology. There were important discussions about the problems created by airway stents and microbial biofilm; new patient-specific 3D-printed stent technology; research into pepsin and reflux; speech and language therapy for laryngotracheal stenosis; and extraordinary soft-robotics work inspired by snails and climbing plants. The robotics session had people still talking about it during the break.



A snail - both flexible and muscular when needed - inspiration for some of the robots presented

What comes next?

The next major international meeting on my horizon is the 16th Congress of the European Laryngological Society (ELS) in Antwerp, Belgium, from 17-19 May 2027. I am planning to attend whether or not I am presenting, and I have already submitted an abstract for consideration.

I am keeping everything crossed that the abstract will be accepted, hopefully giving me another opportunity to present patient-led research. Having a poster or presentation is particularly valuable because it creates an immediate starting point for conversations with airway specialists from around the world - conversations that can lead to new contacts, new researchers discovering the Research Panel and new collaborations.

And finally - thank you

Your support did not simply pay for a conference ticket and a few nights in London. It enabled patient-led research to be presented, new research ideas to emerge, relationships with clinicians and researchers to be strengthened, and new opportunities for patient involvement to develop.

I hope this short report gives you a sense of just how much came out of three very busy days. Thank you for helping make it possible.

