

Volume XLIII Issue No. 1

January 2013



Broward Beacon



Next Meeting:

Sunday February 3rd, 2013 1 p.m.

**The Lueders
2100 South Ocean Drive #16M
Fort Lauderdale, FL 33316**

Broward Ostomy Association



An affiliated chapter of the United Ostomy Associations of America.
Our Vision ~ a society where people with ostomies are universally accepted and supported socially, economically, medically and psychologically.

www.browardostomy.org
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Shedding The Light Of Hope, Help, And Education For Ostomates Through Visitation & Rehabilitation.
Published by the *Broward Ostomy Association*, a non-profit affiliated chapter of the *United Ostomy Associations of America* to aid Colostomates, Ileostomates and Urostomates.

MEETINGS: Held on the 1st Sunday of each month September through June at 1:00 P.M. excepting our Holiday Banquet in December which is by reservation only and meeting at 4:30 p.m. All meetings at the Memorial Regional Hospital, Main Auditorium, 3501 Johnson St., Hollywood. Directions: Exit I-95 at Hollywood Blvd. westbound. At 4th traffic light turn RIGHT (north) onto N 35th Avenue. Continue to second traffic light. Turn left following posted signs to Main Entrance. Free covered parking will be on your right and the Main Entrance will be on your left. The Main Auditorium is just off the main entrance lobby to the right. A receptionist as well as security personnel are on duty to assist you.

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Broward Beacon

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President's Page

Boy, isn't January a great time to think about what you're grateful for? Well I'm sure doing that and these are some of the people on the top of my list. Amy, you're the kindest and most loving Vice President and Program chairwoman I could possibly work with. Thank you from the bottom of my heart.

Lynn and Harriet, you have no idea how much I'll miss you, but Adam, thank you so much for taking over Lynn's hard job as our treasurer. Bill, our minutes are outstanding and you've done them all with skill and grace even though you've had extraordinary health challenges this year. Cliff and Mom, you're the heartbeat of gracious hospitality. Because of the two of your's willingness to arrive early, Ren and I never have to worry about the room being set up correctly and the trauma of last minute changes, an occurrence that has happened more than once. Mom, I love the chocolates too. Bless you.

Thank you to Kent, Elizabeth, Arthur, and Helen for being wonderful Committee Chairpersons. Without this team effort, BOA wouldn't exist.

You're all the backbone of this organization and I love you. Emma and Darryel, thank you for taking up the time-consuming responsibilities of providing our refreshments.

To our beloved ostomy nurses, you simply are the best! Love and hugs to (alphabetical) Amparo, Eula, Lea, Mary Lou and Patty. You just give and give and give. You change lives and help to make them whole. We're all so grateful for you.

Finally, Leroy and Joachim, Julie, Rob and John. You made our Holiday banquet a smashing success. I am so full of appreciation I almost can't stand it.

Everyone of our members and associates are a source of all the warm and fuzees a woman could possibly want. But finally, I thank the Lord for my beloved husband Ren without whom I could never function in any meaningful way. He makes my heart soar with delight. There isn't another man out there who could possibly put up with me with his consistent kindness and grace. I love you sweetheart.

May this new year continue to bring blessing to us all. Fondly with love, *Wendy*



Fourth UOAA National Conference Join Us in Jacksonville

Plan to arrive by Tuesday, August 6 when registration begins at noon. Programming begins Wednesday morning August 7 and continues throughout Saturday evening, August 10th. Come and see what the Jacksonville area has to offer and join us as we build the "Bridge To Community!"

Registration: Register online now at UOAA.org or call 1-800-826-0826: \$125 individual; \$75 spouse/companion; \$25 children 5-17 and children under 5 free; \$50 Saturday night Banquet Only. Hotel costs are \$99 per night, plus tax (rate guaranteed only until July 12, 2013) and this special rate includes 3 shoulder days on each side. Reserve your room now by calling 888-421-1442 and mention "United Ostomy Associations of America" Parking costs \$10 for self park and \$20 for valet.

Walk to nearby restaurants & shops, many of them at Jacksonville Landing, a short distance west of the hotel, or travel across the St. Johns River by Water Taxi to experience area nightlife.

Exhibit Hall: Are you having peri-stomal skin issues? Is your pouch leaking, and not staying on as long as you would like? Are you looking for ways to provide better support for your pouch? Do you want to know about the latest and greatest technology that the industry has to offer?

Next Meetings:

Sunday, Feb. 3rd, 2013

Refreshments, 1:00 p.m.

Chat 'n' Chew till 1:30 p.m.

Meeting: 1:30 p.m.



We are simply delighted to have as our February guest speaker Dr. Rodolfo Pigalarga who is partner of our beloved Dr. Charles Lago. Dr. Pigalarga is Colon and Rectal Surgeon practising with the Colon and Rectal Clinic of Ft. Lauderdale, 350 N. Pine Island Road, Suite

300, Plantation, FL 33324. Office 954-236-5444.

Dr. Pigalarga was born in central Italy and received his MD degree cum laude. He has not only received several awards of academic excellence but also authored textbook chapters in both General Surgery and Colon and Rectal Surgery. He presented at national conferences on various topics of Colon and Rectal Surgery including transanal endoscopic microsurgery and Robotic surgery.

Dr. Pigalarga has a special interest in pelvic floor physiology disorders and commonly evaluates and treats conditions like fecal incontinence, levator spasm, proctalgia, rectal prolapse and rectocele. His presence will truly make this meeting a Super Sunday.

B.O.A. MINUTES

November 4, 2012

The November meeting started promptly at 1:30 p.m. with President Wendy Lueder welcoming everyone. Betty read the Ostomate's Prayer. First time guests were introduced, including Clarence, Betty, Melba,

Steven, Ester, Pete and June. Kent Stirling was recognized for the fine job he is doing as our First Time Visitors Chairman, and our regularly attending Certified Wound and Ostomy Care Nurse Amparo was introduced to the new attendees.

Our annual Holiday Banquet will be on December 2nd at 4:30 p.m. and you do have to RSVP to attend. Leroy will again be catering and there is a \$10 donation to cover costs. Julie, from Ostomy, Inc. has provided 6 wonderful door prizes.

We need a new Refreshments Chairperson. Our current chairman, Arthur, is unable to continue due to health concerns. You have to be able to go to Costco to perform this task. Wendy and Amy gave thanks to Arthur for his service to our organization. Contact Wendy if you are able to volunteer for this.

Wendy prefaced the introduction of this month's guest speaker, Dr. Henry Wodnicki, by stating he has been her personal surgeon, is skilled and has a great bedside manner. He knows how a stoma should look, where it should be placed, and how it should perform. Wendy would give a referral to Dr. Wodnicki as a doctor who understands ostomies.

Amy formally introduced Dr. Wodnicki, a Board Certified specialist in Colon & Rectal Surgery at Memorial Regional Hospital. He is personally known by some of our members as a doctor of great kindness and professionalism. He graduated Union University Albany Medical College in 1981 and completed residencies at St. Barnabas Medical Center and Mount Sinai, and a fellowship at Baylor University Medical Center in Dallas, TX.

His topic of conversation today was: Constipation. Television commercials for so many constipation treatment products show that it's a big deal. The frequency of the need to have a bowel movement varies greatly from person to person, but generally if a person goes less than twice a week there is cause for concern. A change in habits should also be of concern.

The etiology of constipation can be dietary such as fatty foods, inadequate fluid intake, bad habits, structural disorders, scar tissue, and Crohn's Disease. There are functional disorders like irritable bowel syndrome, neurological abnormalities like Hirschsprung's disease, Parkinson's disease, mul-

continued on page 9



Ostomy, Inc.

Julie Ebel Gareau, President

Judith Ebel Considine, RNET, Founder, 1990

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Products Update:

Editor's Note: One of the most important functions our local chapter of UOAA performs is keeping each member up to date on ostomy equipment which might enhance their quality of life. With that in mind here are four new developments by our kind sponsor (see bottom of page 12) Celebration Ostomy Support Belt. Thanks Jack. You're the best.

"Announcing 4 new items to the Celebration Ostomy Support Belt line of quality products. The Celebration Ostomy Support Belt has been providing Ostomates excellent stoma support and protection for more than 10 years. We are now pleased to introduce four new options for the Celebration Belt to meet the needs of Ostomates. Contact Jack M. Millman at: jack@celebrationostomysupportbelt.com to order.

Abdominal Catheter Support Belt: Designed for patients undergoing Peritoneal Dialysis. Also protects patients with abdominal feeding or medication ports. This is a special order belt. \$97.00



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3 1/2 inch Oval Opening Belt: The new Oval Opening, measuring 3 1/2" wide and 2 3/4" high, will allow for larger and wider pouches. \$110.00



6" Celebration Belt: Specially designed for Ostomates with large Hernia conditions. It is available with 2 3/8, 2 3/4, and 3 1/2 inch openings. *Our standard belt is 4" wide. This is a special order belt. \$140.00



Join Us in Jacksonville *cont. from page 3*

Once again we will have our amazing Exhibit Hall for you in Jacksonville. In our Exhibit Hall, you can visit with many of the wonderful industry manufacturers, see their products, and get samples of new or improved products, and their latest innovations.

It is a great chance for you to mingle with the companies who will be there, and check out everything they have to offer. We will also have breakfast available on the last exhibit hall day in the morning.

Stoma Clinic: If you are new to your ostomy, or are having issues with your pouch, stoma, or the skin around it, this is a great opportunity for you to get some expert help. We will have a FREE stoma clinic once again in Jacksonville, where you can meet with a WOCN and problem solve any ostomy issues you are having. All you have to do is sign up for an appointment at the registration table on-site in Jacksonville when you arrive. Space is very limited, and on a first come first served basis.

Financial Assistance is available. Three years ago UOAA instituted a sponsorship program called CARES. Conference sponsorships in an amount up to \$650.00 for Affiliated Support Group members who wish to attend. The funds provided by UOAA help with the cost of conference lodging and travel expenses. The funds are provided for the use of the person selected only and not for expenses incurred by accompanying family or friends.

A CARES selection committee will review all applications and make the selections. Contact Wendy for an application. Sponsorships are given in order of preference to people who: (1) have had surgery within the last year prior to the 2013 UOAA Conference in Jacksonville Florida. (2) Are attending a National Conference for the first time. (3) Would be unable to attend without financial support. Completed applications must be submitted to Wendy no later than April 15, 2013.

More good news. One of our beloved members, who wishes to remain anonymous, has donated four \$250 sponsorships with less restrictive preferences.

If you are a BOA member and have not attended a UOAA National Conference and have had your surgery in the past five years you are eligible to apply for this assistance. Also the monies are for both the ostomate and their traveling companion. The submission of receipts will be required after the event. This wonderful member remembers how much her first National Conference meant to her and how it changed her ability to live a new life of freedom. She wants to pass the blessings forward. Thank you wonderful lady.

Attending a UOAA National Conference is an exciting time for the new as well as the long-time ostomate. It can be a life-changing event! It is UOAA and BOA's desire to aid in the adjustment to a healthy new life. We are here because we CARE!

Calendar Girl? Calendar Guy?

The Colon Club is looking for models aged 25 - 50, who have been diagnosed with colorectal cancer for their 2014 Colondar. If interested please contact Krista Waller at colongurl@gmail.com by Jan. 25th.

Also, remember that March is Colon Cancer Awareness Month and March 1st is National Dress in Blue Day. For more information about this go to www.ccalliance.org.

Hi Wendy and Ren,

Just a note to say thank you for a wonderful Holiday dinner yesterday. The food was delicious, especially those desserts!

I really appreciate receiving the beautiful rosewood key ring, it's a very thoughtful gift.

You couldn't have chosen a better speaker than Dr. de Posada - I found him marvelous.

I hope to have him come to speak with our group sometime. We'll see. Happy Holidays!

Warm Regards,

Patty Paxton-Alan



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Minutes *continued from page 4*

tiple sclerosis, or spinal cord injury. There are also psychiatric causes such as stress, forgetting to go, Alzheimer's, dementia, and even effects of child abuse. There are endocrine and metabolic causes such as hypothyroidism, and renal failure (dialysis can cause constipation). Certain pain medications may slow colonic transit. And, there can be physical obstructions too, as the cause.

Each patient must decide with their doctor where they should draw the line as to what is acceptable and what is not optimal. When should you have surgery for constipation when other methods have failed? Surgical options depend on the underlying conditions of the patient, such as age and heart disease, some which must be resolved before surgery can be performed. A good way to choose a Colorectal surgeon is to talk to other patients.

Before recommending surgery, the surgeon must perform an investigation, discover the patient's medical history and do a physical exam. Tests that may be ordered include blood tests, a colonoscopy, cat scans, and colonic transit time tests. Another test is defecography wherein a fluoroscope that uses X-rays shows the rectum and anal canal as they change during defecation.

There's Anorectal Manometry, which measures the pressures of the anal sphincter muscles, sensation in the rectum, and neural reflexes. Two other tests than may be done are anal sphincter electromyography (EMG) and a balloon expulsion test to check the muscles and nerves that control the colon. Biopsy of tissues may be performed.

The choice is between nonsurgical vs. surgical treatment for constipation. Nonsurgical treatments include correcting faulty dietary habits, use of stimulants, suppositories or other pharmacologic agents. Mechanical cleansers such as enemas are often effective when used correctly. When hypothyroidism is present, that should be treated. And, biofeedback works really well in treating constipation in the right population.

When nonsurgical treatments provide less than optimal results, surgery is then considered. One such procedure is a colectomy, where the large

intestine is removed and the small intestine is sewn to the rectum or formed into a stoma or ileostomy. A Restorative Proctocolectomy is a procedure where the colon is removed and a J-shaped pouch is created from the ileum. The pouch is then connected to the anus which allows patients to maintain more normal defecation. Other surgeries are used to treat anorectal outlet obstruction/obstructed defecation syndrome. And, antegrade continence enema, or MACE procedure is another surgical solution for some constipated patents.

Sacral neuromodulation is a new treatment for certain urinary and bowel control problems. It involves the implantation of a programmable stimulator subcutaneously which delivers low amplitude electrical stimulation to the sacral nerve.

A few questions were asked of Dr. Wodnicki. One was when to seek surgical care for stoma problems. He agreed that if a stoma is not correct, life can be miserable. A proper sealed and adhering appliance is a key to a successful ostomy. He recommended seeing a WOCN first. If the nurse can't fix it, then consider seeing a surgeon.

A question was asked about probiotics. Probiotics are great, yogurt or pills are both OK. Processed foods take a lot of things out that probiotics put back in. You need to determine what quantity and what types of the different combinations of bacteria work best for you. He personally likes Greek yogurt for its probiotic qualities. Also fiber supplements are useful and weight loss programs (such as Weight Watchers) if you are overweight.

The meeting was drawn to a conclusion, and Dr. Wodnicki was presented with a certificate of appreciation for volunteering his valuable time to our association today.

B.O.A. MINUTES –December 2, 2012



Wendy Lueder welcomed everyone to the annual Holiday Candlelight Buffet Dinner at 4:40 p.m. Our own Leroy was thanked for his elegant catering job. The Ostomate's Prayer was read by Leroy's daughter Jackie.

This was the 40th B.O.A. banquet, which started out years ago with two tables and now fills the whole auditorium. First time visitors were welcomed. The decision was made to eat first, then proceed to the Installation of Officers and featured speaker.

At 5:30 p.m. the Officer Installation Ceremony commenced as each officer was called up to be recognized for service this past year, and the lighting of a candle symbolized the acceptance of the responsibility of the office to which each person was elected. Those included President Wendy Lueder, Vice President and Program Chair Amy Weishaus, Treasurer (thru 2012) H. Lynn Ward, Incoming Treasurer Adam Lokos, and Recording Secretary Bill Wilson. Thanks were also given to committee Chairpersons Kent Stirling (First Time Visitors), Arthur Gilbert (Refreshments), Helen Ginsburg (Telephone Chairwoman), and Cliff & Jackie (Hospitality).

Special thanks were given to outgoing treasurer Lynn Ward and to Amy for her invaluable assistance to Wendy and the Association. Amy in turn thanked Wendy on behalf of all of us. UOAA engraved rosewood key chains were given to each officer and committee chair. Our regularly attending CWOCNs were recognized: Amparo Cano, Lea Crestodina and Eula Fahie-Romero.

Rob Seaman of ConvaTec and John Chickey of Hollister were honored for their contributions for the Banquet's party favors and Thank-you Key Chains.

Program Chairwoman Amy then introduced our featured speaker Dr. Joachim de Posada, CSP. Dr. de Posada is an internationally known motivational speaker, consultant, and author among other works of *Don't Eat the Marshmallow Yet: The Secret to Sweet Success in Work and Life*.

Dr. de Posada today spoke about change being a key to success in life, often providing humorous examples. We have to be open to change in life and in business. Luck exists, but do not depend on it. Attitude is more important than aptitude. He spoke of the magnitude of change internationally. The speed of knowledge doubles every 3 years due to technology. On average, each person will have ten personal technological devices by the year 2020. The successful survivors will be the ones most responsive to change. He spoke of applied knowledge and failure due to bad communi-

cation. Seek to understand and then be understood. Self-discipline, as demonstrated by the marshmallow test, may be the key to a successful career. A sacrifice now may lead to greater rewards later.

He gave examples of successful people such as Jeff Bezos, a principle founder and CEO of Amazon. com and showed us a video of Dr. Quyen Nygoyen who developed a molecular marker that can make tumors light up in neon green, showing surgeons exactly what to cut out. He mentioned Jean-Dominique Baudy who, being paralyzed, wrote *Diving Bell & the Butterfly* with the use of only his left eyelid. In Japan, sports writer Hirotada Ototake, who was born without arms and legs, wrote the third bestselling book in that country entitled *No One's Perfect*.

Dr. de Posada gave four steps we need to do daily for self-improvement: (1) Write down 3 reasons we should be grateful, (2) exercise 30 minutes, (3) meditate 15 minutes, and (4) do one positive act for someone else. Do these for 21 days and you will rewire your brain.

Dr. de Posada mentioned the inspirational website www.ted.com as a place where successful people collect and share wonderful ideas.

Wendy thanked Leroy for catering and Joachim for his presentation with huge faux six-figure checks and live poinsettias. Amy recognized Wendy with donated gifts for her years of service to BOA. Julie from Ostomy, Inc. donated beautiful door prizes. Lauren donated the wreath. Centerpieces on the tables were to be taken to a nursing home for their enjoyment. The event concluded at 7:20 p.m.

Respectfully submitted



Bill Wilson, Recording Secretary

Coral Springs Ostomy Support Group

Coral Springs Medical Center's "Caring & Sharing Ostomy Support Group" meets on the 4th Wednesday of the month at 5:30 p.m. to 7:00 p.m. For more information call Patricia Paxton-Alan MSN, ARNP-BC, CWOCN at 954-344-3094.



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Broward Ostomy Association Membership

If you wish to be a member of BOA dues are \$10.00 per year from January 1st to December 31st and includes receiving our monthly newsletter, the ***Broward Beacon***. Please make checks payable to BOA and mail to Treasurer. Adam Lokos, 9820 NW 36 St., Sunrise FL 33351-8616. BOA never shares membership information. We value your privacy. BOA is a 501(c)3 charitable organization.

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