

Volume XLIX, Issue No. 1

Spring Quarter 2019



Broward Beacon



**Meetings: March 3rd, April 7th,
May 5th, 2019 ~ 1 p.m. All Welcome!**

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

Broward Ostomy Association



Our Vision ~ a society where people with ostomies are universally accepted and supported socially, economically, medically and psychologically.

www.browardostomy.org
Chapter Hotline (954) 537-0662

Shedding The Light Of Hope, Help, And Education For Ostomates Through Visitation & Rehabilitation. Published by the *Broward Ostomy Association*, a 501(c)3 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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It doesn't get any more beautiful than this!

by Wendy Lueder

Erik Myers' beautiful daughter Rae celebrated her bat-mitzvah February 2, 2019. Honoring her father's health challenges that included ostomy surgery, Rae decided that for her bat-mitzvah project she would make it possible for BOA's youth camper Miguel to attend his third Youth Rally Camp this July 8th through 13th at the University of Washington in Seattle by underwriting all of his expenses.



The 2018 Youth Rally hosted 178 campers

Erik said that his daughter saw his issues and was happy to make her cause sending someone near her own her age to ostomy summer camp.

The Youth Rally is a summer camp that provides a non-threatening environment for kids between the ages of 11 and 17 with any sort of bowel or bladder dysfunction. The Youth Rally is designed to help campers understand that everyone has the same opportunities to achieve their goals regardless of medical or physical differences. In short, that they are not alone.

To raise money for Miguel, an ostomate, to attend Youth Rally, Rae designed a piece of art that incorporated the "World Ostomy Day" logo. Rae had the image placed on tote bags and contacted family and friends about her project, to bring awareness and to raise donations. The tote bags were provided to all that donated a certain amount to the cause.

Erik and Rae are proud to say that, to date, they have raised over \$1,526. They have even exceeded

their minimum goal. Once they have a final amount, they will use the required amount to allow Miguel to attend camp. The remainder will be used to provide some level of support at the camp.

To quote Erik, "My daughter is turning 13 next year and will have her Bat Mitzvah in early February. She was looking for a cause, related to my medical issues through the years, to raise money with her Mitzvah Project. I mentioned this summer camp need, and she was very interested. My kids go to summer camp and it is the highlight of their year, and my daughter loved the idea of helping a kid with an ostomy in need. It is an honor for my daughter, and our entire family, to assist Miguel."

And from a Rally nurse volunteer, "Several times throughout the week Miguel said that he "wished he didn't have to leave this place". I think he felt like just one of the kids, a normal teenager".



Next Meetings:

Sunday, March 3rd ~ 1 p.m.

Sunday, April 7th

Sunday, May 5th

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

Program: 1:30 p.m.



February 3rd, 2019

*Paula Reis: Positive Living and
Wellness Through Movement*

Paula Reis enthusiastically volunteered to speak with us through her friendship with our BOA member Reggie Martin. Her work as a practitioner in

Health & Wellness Promotion and Education for more than 25 years has impacted a vast array of groups and ages in many settings such as schools, rehab and civic centers, hotels and resorts.

With a PhD in Sports Sciences and a BA in Physical Education from universities in Portugal, Paula is passionate about her topic "Positive Living and Wellness Through Movement."

Currently she is the Wellness Coordinator for the City of Miramar and an Adjunct Professor at Broward Community College lecturing in total wellness and weight training. Paula has also taught in Portugal, written health curricula, and designs personalized exercise prescriptions. She conducts Tai Chi for memory, fall prevention and arthritis and is an Ageless Grace Educator. Her dedicated coaching has motivated individuals with disabilities and drug addictions as well as other health conditions.

Even as we sit in our chairs, Paula will show us how to relax and how to breathe. Her holistic approach to

our body's movement enhances our total spiritual, cognitive, and emotional functioning. Email Paula at prcriscella@gmail.com Phone 954 673 6905.



March 3rd, 2019

Dr. Christa Krzeminski

We are so pleased to have as our March guest speaker, Dr. Christa Krzeminski who will be speaking on *Changing Your Health Through Phenomenal Foods*. Dr. Christa's passion and thirst for nutrition began in high school when she continually searched for the right combination of foods to eat before a track meet or soccer game. Her curiosity led to a BS in Chemistry from the State University of NY at Oneonta where she studied the pioneering doctors of biochemistry and nutrition, Drs. Campbell, Esselstyn, Pritikin, and Ornish. All of the research proved to her that food and nutrition are the foundation of good health.

She earned her Doctorate of Chiropractic Medicine from New York Chiropractic College as well as a fellowship in acupuncture.

Currently, Dr. Christa's nutrition and holistic medicine center provides Fresh Meals, a vegan, whole food, plant-based meal prep and delivery service.

Lives have been changed through the personal food, nutrition and herbal plans Dr. Christa designs for each individual. In many grateful testimonials, clients report they were weaned off drugs with harmful side effects and now embrace a vibrant life. She can be reached at 954-570-5848 or email at DrChrista@DrChrista.com

April 7th, 2019

Dr. Mary Ann Meli



Back by popular demand, Clinical Psychologist and ostomate Dr. Mary Ann Meli will be sharing her uplifting thoughts on *Living Beyond The Limits and Breaking Through Our Barriers*.

Self-imposed barriers hold us back and affect all aspects of our abilities and quality of life. They hold us back in our relationships with others and with ourselves.

Dr. Meli addresses these fears head-on. How can I possibly travel? How can I eat out? I will never speak in public again. How can I ever try on clothes at a store? Will I ever ask someone out on a date? How can I admit to my family and friends that I am afraid?



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For over three decades Dr. Meli's practice in clinical psychology has focused on chronic illness, moods, anxiety, depression, and stress and pain management. She has worked with cancer patients and drug and alcohol abuse patients as well.

Dr. Meli has a BA in Theater and worked in children's play therapy, creative dramatics, and special ed. Her PhD in Clinical Psychology was earned at Nova University, and she shares an office with her husband Paul in Tamarac.

Away from her practice, her passion is breeding, raising and showing beagles, recently earning a prestigious award.

Dr. Meli looks forward to encouraging us with ways to break our barriers so we can live fully and with joy. Questions may be asked anonymously on index cards, so please come prepared to go home with answers and hope.

Minutes General Meeting

November 4, 2018

The meeting was called to order at 1:30 P.M. in Memorial Regional Hospital's Main Auditorium, Hollywood, Florida by Wendy Lueder, President of the Broward Ostomy Association and a member since 1972. The Ostomate's Prayer was read by Larry.

First time visitors were greeted: Roberta and Mark, Kathy and Mike, Francine, Bob, Nancy, and Stan. Congratulations and Happy Birthday wishes were extended to Mom who serves on our hospitality committee. Known belovedly as Mom, she is celebrating her 80th this month.

Leroy will again be catering this year's Holiday Banquet. He asks that everyone sign up who anticipates going so he can get a head count. Everyone looks forward to this delicious meal and celebration with BOA friends.

Wendy shared a video from United Ostomy Association of America titled "I Am an Ostomate". This is a very good video to share with new ostomates either before or immediately after surgery. To view go to <https://www.youtube.com/watch?v=fdePngtXEk4>

Wendy also informed the group that ostomates 55 years or older with Medicare part B can get a \$75

gift certificate from Amazon by completing a survey for development of an App for when to order ostomy supplies.

Amy introduced Rob Seaman who has been the representative for ConvaTec in this area for more than 33 years. Rob reviewed the *Me+* program and brochure for new and veteran ostomates. Provided is not just general education but also appliance information, support group, and advice from Certified Ostomy nurses as requested. There are more than 20 CWOC nurses available to answer your questions through the toll-free number 800-422-8811. *Your Guide to Recovery* booklet focuses on avoiding hernias and strengthening abdominal muscles.

Ostomy Secrets, which is a line of swimming and intimate apparel, also is now available through ConvaTec. David showed the group that he wears Ostomy Secrets swimming trunks as shorts describing the comfort he feels.

Other products that Rob reviewed were moldable vs. cut to fit skin barrier wafers. He reviewed the proper use of moldable which is to roll and pinch the edges.

The rebound technology of the moldable wafer hugs the stoma. This comes in flat or convex. Wendy stated this is a good choice for oval or irregularly shaped stomas.

Other new technologies presented by Rob were new accordion wafers with convexity and cut to fit. This allows for easier application of the pouches to a barrier wafer on pain sensitive, post-surgical skin as there is no pushing down on the abdomen itself. The pouch can be snapped onto the water with

your fingers between the barrier and the closure thus holding "the snap" above and away from your abdomen.



Filters are also upgraded as well as closures on the bottom of the pouch which are now wider and stronger. The new convex pouches come in various sizes of convexity to ensure better fit.



The new Ease Strips™ encircle the edges of the wafer to increase adherence to the skin which is beneficial in instances where there is either increased sweating such as while exercising or working or when swimming. Eakin seals are used to minimize leakage. They can be stretched to any size for an improved fit. They come in slim or regular thickness. Eakin paste is new and has no alcohol as is in Stomahesive paste; therefore, no stinging. Sensicare Adhesive Releaser spray is good to use when having to change your pouch often. Allow a few minutes after use before applying new barrier.

The meeting adjourned at 2:35. Rob stayed a few more minutes afterward to address questions.

Minutes General Meeting

Dec. 2, 2018 Holiday Banquet

The holiday party for the Broward Ostomy Association started at 4:30 P.M. in Memorial Regional Hospital Main Auditorium in Hollywood, Florida. The Ostomate's Prayer was read by Larry. The Master of Ceremonies this year was Amy Weishaus, Vice President of BOA.

Many of the attendees were thanked for their ongoing contributions to ensure the monthly BOA meetings run smoothly from Cliff and Mom Jackie, as Hospitality Chairs, make sure the room is ready in advance. Richard helps them at the door. Emma, Fred, Gail, Leroy, Phyllis and Bill all take turns to provide the snacks every month for our Chat 'n' Chew time. Bonnie and Bob greet the first-time attendees. Melvina in the lobby gets everyone through the waiting lines at the front desk and frees Wendy up to greet attendees in the auditorium. Ren, our Treasurer is also our very own audiovisual expert whose assistance is invaluable.

Ricky, an officer in the Air Force who was brought by Reggie, did a great job of being our D.J. As always,

Leroy provided one of our finest dining experiences. Melvin who traveled the farthest (from Virginia) to be here, provided tonight's cake. Wendy presented Fritz, her mentee since the age of 9 who is now 25, and is considered by Wendy her adopted son. Julie and Joe from Ostomy Inc. donated door prizes along with Lynn and Harriett. Amy presented Wendy with a gift bag filled with tokens of love.

For many years Dade County did not have any support for new ostomates. Hal and Susan changed that with a new support group *Miami Ostomy Aftercare*. They meet on the 4th Tuesday every month at University of Miami Hospital. Hal described how Wendy was really responsible for making this group come to life. Five years ago, when Hal was a new ostomate, he called Wendy for help as he was discharged from the hospital with no idea how to manage his new urostomy. Because of Hal's perseverance, there is a focus on teaching home health care nurses to learn more about ostomates and their needs.

The officers confirmed their commitment during the Candle Lighting Ceremony.

The CWOCNs in attendance were given the lovely centerpieces as a thank you gift. The celebrations concluded at 7:00 pm.

Debbie Walde
Recording Secretary



UOAA National Conference

Just hung up the phone to make our hotel reservations for this coming August 6th ~ 10th in Philadelphia for our mother organization's wonderful biennial conference.

If you possibly can afford to attend, this conference is life changing, and all for the best. Inspirational Stories; Free Stoma Clinic; Appointments with WOCNs; Product Exhibit Hall with 25+ Vendors; Educational Forums; Social Events; Sexuality; Dedicated Sessions for Caregivers; and much more!

Showering with an Ostomy | Ask Laura

by Laura Cox: Ostomy Lifestyle Specialist
Shield HealthCare



Q: How can I keep my pouch dry while showering with an ostomy? I'm a new ostomate and I'm

worried about getting my wafer wet. Will water effect the seal of my ostomy? Do you have any tips for me? Thanks for your help and consideration. Karen H.

A: Hi Karen,

It's not necessary to keep your pouch dry while showering if you have a waterproof barrier. Pouching systems are designed to be showered in, but if it makes you more comfortable, you can put 3M Tegaderm around your flange, or other types of waterproofing products.



Tegaderm

If having a wet system bothers you, you can always change your bag after showering (just not every day).

Also, some people shower without a pouching system on. This can be absolutely liberating, just make sure to keep shampoo and conditioner away from your stoma. I prefer not to wash around the stoma with soap either, just use water. After you get out of the shower, you can dry your skin thoroughly and apply your pouching system like normal. If you would like to slow down your output before you shower with your pouch off, try eating a marshmallow 30 minutes beforehand, (a study has been done on this! It's pure sugar so beware if you are a diabetic) or ask your doctor if you can take Imodium® before pouch changes.

I hope this answered your question! Be happy and healthy!

Laura

Tips and Tricks to Avoid Ostomy Pancaking

Kelsey Scarborough ~ Shield HealthCare

Editor's Note: At BOA's last round-table meeting the issue of Pancaking came up as a concern at our Colostomate's table. Here is a helpful article devoted to this topic from *Shield HealthCare*.



A common issue ostomates face is pancaking. It can sometimes feel like you have tried everything with no luck. But don't give up! I have compiled this guide based on my experience as an ostomate and dealing with my fair share of pancaking. Give these tips a try to limit pancaking in your pouch.

What is pancaking?: Pancaking is a term often used to describe ostomy output sticking to the bag at the stoma site and not falling down as it should. This causes the stool to form around the wafer and "smoosh" itself into the shape of a pancake.

Pancaking can be a hassle! I get it often because I have a colostomy which is more likely than an ileostomy to pancake because the stool is thicker. I also tend to wear tight pants with my pouch tucked into them – preventing stool from sliding down to the bottom of my bag. My stool almost never falls into my bag on its own, I have to guide it with one method or another. So how do I manage?

Dress for Success: Loose fitting pants with a tight waistband can be beneficial. Make sure to have the waistband sit just above the stoma, applying pressure to the top of the bag. This and more leg room will encourage the stool to fall properly. Scrub pants work well for me at work because the waistband applies pressure and the pants are loose, allowing the stool to fall down.

Tuck in your bag. Also, folding the top part of your bag down and tucking it into the waistband can limit the space available for pancaking. This also helps keep the stool from accumulating around the filter – preventing a clog.

When all of this fails, the crease in my bag has usually done its job of protecting my filter and top of my bag. Then I can just go into the restroom,

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squeeze the sides of my bag, and run my fingers along the pouch to squeeze the stool down. I also sometimes use a flat “karate-chop hand” and slide it down the front of the bag gently. But when doing this, I am careful not to put a large amount of force on the bag because this could compromise the seal by squeezing stool under the wafer. I slowly and carefully push the stool down a little at a time. It is important to just try and push whats on the outside of the wafer, not the stool that’s inside the flange circle. To deal with the stool inside the flange circle, I gently us my finger to guide it down into the bag, then squeeze it down as before.

Convex Wafers: When it comes to pancaking, some ostomates say that convex wafers cause more pancaking. Because convex wafers are curved to place pressure around the stoma, the thought it that stool can pool in the “cup” created by this shape. I find though, that pancaking is more of an issue of the stool spreading to the bag surrounding and sticking to the flange circle, creating a short stack you didn’t order.

When I first got my ostomy, pancaking was a problem and caused frequent leaks. This occurred until I began using convex wafers. I find that my convex barrier prevents leaks when pancaking occurs and creates a good enough seal to allow me to gently squeeze the stool down.

Other Tips and Tricks: Inflate the pouch. If your pouch does not have a filter, blow air into the bag and pull the walls apart from each other before putting it on. This puffs the bag out so that the stool can fall to the bottom. If the bag is collapsed, it prevents stool from falling down.

Add toilet paper. If your pouch has a filter, inflating the pouch won’t work because air will leak from the filter causing it to collapse. Roll up a small piece of toilet paper and insert it into the bag. Roll into a little tube like a pie crust comes rolled up in a box – this keeps the bag open, allowing stool to fall properly.

Lubricate the Inside of Your Pouch. You can use things like baby oil or olive oil as long as these don’t compromise your seal or decrease your wear time. To prevent this from occurring when lubricating your pouch, try using a commercial lubricating deodorant

made specifically for ostomies: **Adapt, Adapt purse size, Brava, and Lubricating gel deodorant.** Try to get the gel around the wafer site as well as down into the pouch. You can do this by smooshing the pouch up in you hands with the drops inside and manipulating it around. Increasing your fluid and fiber intake may help make your output less sticky and prevent the stool from sticking to the bag.

Cover your filter. Eric from Vegan Ostomy says that sometimes a filter can work so well that it “pulls at” the bag trying to rid it of any gas, creating a vacuum within the bag. If this is occurring, it will certainly cause pancaking by almost vacuum-packing the stool around the stoma site as it comes out. Eric suggests covering the filter on the outside of the bag with a sticker or a piece of tape to prevent the vacuuming situation. Then, if gas accumulates in your bag, you can simply remove the tape for it to be filtered out and recover it after.

Try a different pouch. If you have tried everything and still can’t avoid pancaking, you may want to look into changing the type of pouch you use. A different appliance may have a less active filter, a more slippery inside.

Ostomy Liners. *Colo-Majic* is a plastic bag that goes inside your pouch and fans out around the flange. You then clip your bag to the flange over the bag rim and the bag sits inside your pouch to collect the stool, leaving the pouch clean. Although I have not personally used this product, I think it might be worth a try. It seems like this would work because of the product’s hourglass shape. The top part of the liner bottlenecks, and the liner slides down into your pouch, with no room for it to slide up. This product is also flushable! So you can flush your poo, not throw it in the trash at a friends house where their dog can pull in out and chew it open right in the living room... ahem.



BOA Meeting Dates: Please, if you are as forgetful as I am, take a moment to mark your calendars now for our upcoming meeting dates. **March 3rd, April 7th, May 5th and June 2nd,** 2019. Summer break July & August. **Sept. 1, Oct. 6, Nov. 3 and Dec. 1.**

Cleveland Clinic Ostomy Support Meetings

Sharing information between ostomates and ostomy nurses. Every 3rd Wednesday of the Month from 6 to 8 p.m. Cleveland Clinic Braathen Building rooms WNN2-202 and WNN2-202A. For more information contact: Carlos Miranda at 954-659-5253 or email CanoA@CCF.org

Memorial Outpatient Ostomy Clinic

At Memorial Regional Outpatient Ostomy Clinic, their goal is to offer preoperative and postoperative education on living with a stoma; appliance selection and application; peristomal skin complications and care; dietary counseling; routine stoma care and

support for coping with lifestyle modifications. For more information 954-265-4512.

South Florida Ostomy Support Group

At Baptist Hospital meeting every third Wednesday of the month from 6-7 pm at the Baptist Health Resource Center, Medical Arts Building, South Miami FL. Summer break July–August. For more Information, call Lourdes Placeres at 786-596-6036.

Miami Ostomy Aftercare Support Group

Fourth Tuesday of the month: 6:30 to 8:00 p.m., University of Miami Hospital & Clinics; UMH Boardroom #2026 (Lobby Level, 2nd Floor); 1400 NW 12th Avenue, Miami FL 33136 For more information call 786-580-3928 or email moap@miamiosomyaftercare.org Visit MOA Support Group's website which is one of the finest sites on line: www.MiamiOstomyAftercare.org Ostomy nurses are present to also answer questions.



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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 quarterly newsletter, the ***Broward Beacon***. Please make checks **payable to BOA** and mail to: The Lueders, 2100 S Ocean Dr Apt 16M, Ft Lauderdale Fl 33316-3844. BOA never shares membership information with anyone. We value your privacy. BOA is a 501(c)3 charitable organization.

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☐ I am an ostomate. I want to be a dues paying member.

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(This information is kept in the strictest confidence.)

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