



Broward Beacon



**Meetings: November 5th,
December 3rd Holiday Banquet (reservations needed)
January 7th, 2018, February 4th**

**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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Broward Beacon

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c/o Lueder, 2100 S Ocean Dr. #16M
Ft Lauderdale FL 33316

Kent Stirling

1945 ~ Sept 6th, 2017



If you were a first-time visitor to BOA during the past several years, you were greeted and encouraged by a handsome, cheerful man who looked as though he didn't have a care in the world. Yet Kent Stirling was battling cancer for the fourth time coping unabashedly with both a colostomy and urostomy.

Others knew Kent as the former president and executive director of the Florida Horsemen's Benevolent & Protective Association and an accomplished horse trainer. Although his family members were all accomplished equestrians, Kent realized that he was better suited training horses rather than riding them. He joined his father training thoroughbred racehorses for the next 25 years, the most notable being *Nijinsky's Secret*. He was a successful horse trainer, racing at Calder Racecourse, Gulfstream Park, Hialeah Park, Woodbine Racetrack (Canada), and Saratoga Springs (New York). As Kent was always so modest about his accomplishments, all we knew at BOA was that he unerringly shared with us the best bet for the Kentucky Derby.

Kent not only enriched lives at BOA but was also an advocate for those who worked on the backstretch of horse racing. He assisted Gulfstream chaplain Tom LaPointe to establish an on-site health clinic

and helped expand benefit programs to include eye and dental care. Kent was always thinking of and doing for the other.

A loving memorial ceremony was held at Gulfstream Park where Sheri gave me the honor of being one of the many speakers. To honor Kent, Sheri served a beautiful meal of all of Kent's favorite foods.

As Amy, our vice president wrote so beautifully, "Kent shared a welcoming and compassionate presence and was an inspiration to all of us in the Broward Ostomy Association. As greeter to first-time visitors, he set a tone of encouragement and hope, exemplifying the belief that attitude is everything! We are very grateful for Kent's dedicated service and positive spirit. Thank you, Sheri, for being there for us, too, right by his side. We miss Kent's warmth and smile, his wisdom and wit. May you and your loving family find comfort and strength in all the beautiful memories you share."

Minutes September Meeting

The meeting was called to order at 1:30 P.M. by Wendy Lueder, President in Memorial Regional Hospital Auditorium, Hollywood, FL. The Ostomate's Prayer was read by Larry.

There was a vote as to whether or not our May and June's meetings should be canceled or not as we can only meet those two months in Memorial's Parlor's A & B. The majority voted to not cancel the meetings.

First time attendees were greeted: Frank whose surgeries were six months ago, Sam, Linda, and Sharene who had her surgery two months ago.

Wendy showed the video of United Ostomy Associations of America National Conference in Irvine, CA August 22-26.

Bonnie presented her experience from the UOAA meeting. She learned a lot about blockages and hernias. Chewing food well and types of food intake has an effect on limiting blockages. Losing weight does help to minimize hernia formation.

Debbie presented on the session given by the pharmacist which also included fluids and electrolytes (see attached article by Debbie).

continued page 7

Holiday Candlelight Buffet Dinner **Sunday, December 3rd, 2017 - 4:30 P.M.**

Catered by our own wonderful member Leroy Berry
Master of Ceremonies: Mr. Irwin D. Rosen
Fabulous DJ provided by Reggie Martin
Kick off your shoes and put on your dancing socks!

Beautiful Door Prizes Donated by Julie Gareau of Ostomy Inc.

Advance Reservations and Payment Required
\$10 per person (Except for Nurses who are our honored guests)

Mail Your Check for \$10 per person to be received no later than Dec. 1st to:
Treasurer Mr. Ren Lueder, 2100 S Ocean Dr #16M, Ft Lauderdale FL 33316

White Elephant Grab Bag

Bring a gift for \$2 or under



Dues are Due at this time and we really hope you can help support our costs of all things needful to BOA. All of us who volunteer for BOA are just that, volunteers, so we strive to keep our costs down to a minimum and give you the best care for your dollars. If there is an envelope attached to this issue my records indicate that your dues are in fact due. I've tried to withhold envelopes from those I know who have already paid since September 2017 but if I messed up, please just call me and let me know you've already paid. I do often make mistakes. See page 11 for membership information.

Please be reassured that we want you to be a member whether or not you can attend our meetings. Many of our members cannot attend for one reason or another. They are as precious to us as those who

can. A special note of thanks to all those who attend even though they have no unresolved ostomy issues whatsoever. They come just to encourage the next ostomate in line and we sincerely thank them.

I know that I am totally biased but I think our UOAA Chapter is the best, most loving, caring and generous chapters of which I am aware. I am so very grateful for each and every one of you.

If you cannot afford dues, no worries. Just let us know. We keep that information in strict confidence as well as all our member information. We respect your privacy.

Be sure to welcome and thank our member Bonnie who has graciously accepted to serve you in the office of First Time Visitors Chairwoman.

Fondly with love,

Weende



Ostomy, Inc.

Julie Ebel Gareau, President

Judith Ebel Considine, RN, ET, Founder, 1990

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Next Meetings:

Sunday November 5th, 2017

(see Fall Issue for details)

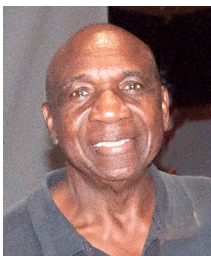
Sunday December 3rd

Sunday January 7th, 2018

February 4th

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

Speakers: 1:30



December 3rd's

Holiday Banquet, our own talented and cherished member Leroy, who has been in the catering business for decades, will once again be providing his magnificent feast. We are so blessed by Leroy's gracious

kindness to us, and it is only because of this kindness that we are able to keep the cost of this full course banquet at the same low price we have had for years.

With our beloved Master of Ceremonies, Irwin D. Rosen, this is a wonderful time to honor our volunteers and express heartfelt gratitude for the BOA family of friends.

Dear Julie of Ostomy Inc. is once again generously donating door prizes and Reggie is donating the joy of music by providing his own DJ—so be ready to kick off your shoes, put on your dancing socks and go for a swing. Truly looking forward to seeing everyone there.



January 7th, 2018

We are so grateful to have as our guest speaker Michelle Barone, sharing *Better Engagement Through Patient- and Family-Centered Care*.

Michelle's Patient and Family Centered Care journey started in 1998, when her daughter Christa was diagnosed with an aggressive

form of cancer. Christa's treatment lasted a year and half and took the family to three different healthcare systems. Michelle quickly learned the difference between patient- and family-centered care and system centered care hospitals.

As Michelle started to involve herself on a volunteer basis, she felt an overwhelming need to give back, and help to improve the family experience for new patients.

Michelle was hired as the Joe DiMaggio Family Advocate in 2008 and in 2012, proudly accepted the role of Patient- and Family-Centered Care Director for Joe DiMaggio and Memorial Regional Hospitals.

On Feb. 2017 Planetree International awarded Joe DiMaggio CH with their Gold Designation making it the first Children's Hospital, and one of 86 hospitals to hold this distinction in the world.

Michelle has her BA in Communications, sits on the MHS Ethics Committee, is an Ambassador for Safe Haven for Newborns, and works closely with the Florida Hospital Association.

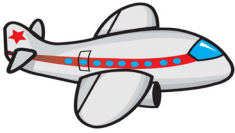


February 4th, 2018

Ostomy Pouch Concealment was presented by Leanne Richbourg, MSN, APRN-BC, CWON-AP, CCCN, GCNS-BC at the 49th annual Wound, Ostomy, Continence Nurse's Society Conference

in Salt Lake City, Utah in May, 2017. Leanne is a wound, ostomy, continence nurse specialist at Duke University Hospital in Durham, North Carolina. She obtained her master's degree in nursing from Duke University and is a graduate of the Emory University Wound, Ostomy, and Continence Nursing Education Center. She grew up in South Florida, so has a close connection to us. Her presentation is a collection of information from patients regarding concealment, which is a topic not often discussed, presented or studied. Yet, it can be a concern to those with ostomies. As Leanne is not able to be here to present her findings, she entrusted her presentation to our beloved Lea Crestodina CWOCN.

September Minutes *continued from page 4*



Ren learned a lot from the TSA pre-check system as well as a new program *TSA Cares*. The Transportation Security Administration

launched *TSA Cares*, a new helpline number designed to **assist travelers with disabilities** and medical conditions, prior to getting to the airport. Travelers may call *TSA Cares* toll free at **1-855-787-2227** prior to traveling.

When a passenger with a disability or medical condition calls *TSA Cares*, a representative will provide assistance, either with information about screening that is relevant to the passenger's specific disability or medical condition, or the passenger may be referred to disability experts at TSA. TSA recommends that passengers call approximately 72 hours ahead of travel so that TSA Cares has the opportunity to coordinate checkpoint support with a TSA Customer Service Manager located at the airport when necessary.

Wendy passed out samples of Dermapro which is a new silicone tape made by *Safe'N'Simple*. This is covered by Medicare. Many CWOCN's and Ostomates trialed this tape and it is very effective with both water resistance and easy on the skin when being removed. The tape is available at *Ostomy Inc*.

Wendy also discussed her attendance at Hollister's Cooking Show. All the attendees made their own skin barrier wafers. Wendy saw firsthand that the drier your skin is the better adherence of the wafer. Also heating the wafer after applying to the skin leads to improved adherence.

There was so much to share that time ran out. Rescheduled for the November meeting is the video of Rolf Benirschke's acceptance speech for the Life Time Award.

Rolf was a place kicker for the San Diego Chargers when he experience debilitating ulcerative colitis. After his ileostomy and subsequent recovery, he returned to playing for the Chargers with an even better kicking average. Rolf founded the *Great Comebacks Program* in 1984 which awards an ostomate every year for the recovery from adversity.

Minutes October Meeting

The meeting was called to order at 1:30 P.M. by Wendy Lueder, President, in Memorial Regional Hospital Main Auditorium, Hollywood FL. The Ostomate's Prayer was read by Larry.

First time attendees were introduced: Reva, Erik (had his surgery eleven days ago) with his wife Janet, and Hal with his friend Susan. Hal is from Miami and he has received a grant to help provide aftercare for new ostomates.

Wendy announced the sad passing of Kent Sterling who served for many years as the First Time Visitor Chairperson. Kent's wife Sheri said a few words in his honor. Kent told all new attendees that "your attitude is everything". He felt as though his ostomy surgery was a doorway to his life and healing. Kent actually had both a colostomy and urostomy therefore had a great deal of experience and knowledge to share with others. Kent's inside scoop on the horse races was always fun and interesting. His celebration of life took place at Gulfstream Race Park last weekend. Kent will be deeply missed.

Bonnie Fox has graciously accepted the position of First Time Visitors Chairperson. Bonnie has big shoes to fill but she is just the person who can do it. Thank you, Bonnie!

Another announcement is the October 14th wedding of Darryel and Edward this month. They are a lovely couple always with smiles on their faces and cheer in their hearts. Congratulations!



The Holiday Banquet is the first Sunday in December. Leroy has again graciously volunteered his expert skill in catering this event. Leroy seems to outdo himself every year and we are all looking

forward to this. Tickets are \$10 per person. Please bring your money next month to purchase your ticket. You can't get a better meal with the beautiful decorations and company anywhere else for this price.

Amy introduced our speaker for today, Mr. Rob Seaman from ConvaTec. Rob has been with ConvaTec for over 30 years and stated that he continues to be inspired by individuals with ostomies and their support systems. Rob told us that ConvaTec was the first company to make a 2-piece pouching system in 1978 and the first company to have customer service department staffed with certified ostomy nurses.

The primary role of a pouching system is to prevent leakage and to protect peristomal skin. There are two types of barriers that ConvaTec has - standard wear known as Stomahesive and extended wear known as Duraheasive. The Duraheasive "turtle necks" when it comes into contact with effluent. This helps to prevent erosion of the wafer. The stomahesive when cut has some sharper edges which can irritate the stoma for which Rob recommended to smooth it out with your hand to help soften the edges before application. Make sure the Stomahesive wafer doesn't touch the stoma; it is okay if the Duraheasive wafer does touch it because it does not cause local trauma.

ConvaTec now has a new clip-less pouch with a wider spout and an easier closure at the end (this is called the Invisiclose Tail Closure system). There is also an accordion flange available for the 2-piece pouches under which you can place two fingers for securing the pouch to the flange without putting pressure on the abdomen which is so important immediately after surgery. This comes in moldable, cut to fit, convexity cut to fit, and soon to be in convexity moldable.

There is a new Esteem pouch - 1-piece and 1-piece convex flex. The convex flex wafer is in between a stomahesive and duraheasive. This Esteem product comes in 16 different sizes. Rob reminded those you use convex pouches that where the convexity is on the wafer is critical. Esteem also has a Duraheasive cut-to-fit for urostomies.

There is a new addition to the Eakin Seal product

line. A lot of people already use the rings. There is now an Eakin Paste which has no alcohol in it therefore it does not sting. This can be used to fill in abdominal "dimples" or dips to provide for a flat pouching surface. It does have some tackiness to it which makes it a little sticky. Rob said this can be used with slightly denuded skin. Also Eakin has a large seal which is designed specifically for urostomies.

The Me+ program by ConvaTec was rolled out in 2015. Some of the service/resources provided are as follows:

Me care - supplies and advice for the first few weeks after surgery and discharge home

Me support - live experts field questions via phone or email

Me answers - more in depth on line resources for specific questions/problems

Me style - one of a kind clothing for Ostomates

Me community - inspiring stories from other Ostomates

There is also a high output pouch available for when one is not able to empty such as during a lengthy MRI scan or when oral contrast is taken prior to a CT scan. The oral contrast always increases output.

After the presentation there was a short question and answer period.

Q: Is the new filter on the pouches better than the old filter?

A: There is now plastic inside the pouch to prevent moisture from the output touching the charcoal filter. The tabs provided will still need to be used for showering.

One of the attendees states he always tapes over the outside of the filter whenever he puts on a new pouch to prevent any moisture or leakage.

The meeting ended at 2:30 with a reminder that November's meeting will be focus groups where Ostomates discuss among each other what does and doesn't work for them and other specific hints and tips.

Respectfully submitted,

Debbie

Debbie Walde CWOCN
Recording Secretary



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Meeting Dates

Please, if you are as forgetful as I am, take a moment to mark your calendars for our upcoming meetings. This is especially important since the *Broward Beacon* is now published on a quarterly basis. We really don't want to miss seeing you.

Our 2017 meetings will all be held on the first Sunday of the month November 5th and then our Holiday Banquet by reservation only on December 3rd! Our 2018 will be held January 7th, February 4th and March 4th. Our April Meeting is canceled as it falls on the same day as Easter. Our May 6th and June 3rd meetings will be held just down the hall in Memorial's Parlors A& B as the Main Auditorium is not available.

UOAA's National Conference

Medications And Your Ostomy:

How Drugs React In Your New Plumbing

by Jody Jacobson RPh transcribed by Debbie Walde CWOCN

Editor's Note: It would be wise to save this article as a reference resource for understanding many symptoms that are unique to us as ostomates. Sincere thanks to Debbie for sharing such valuable notes.

The small intestine (ileum) consists of mucus which protects the gut wall, peptides which digest proteins, sucrases which digest sugars, and amylase which digests polysaccharides. Thus the small intestine is responsible for most of the digestion that takes place. There are pancreatic and intestinal enzymes as well as bile from the liver and gallbladder which reduces the food we eat into absorbable elements of proteins, fats, and carbohydrates.

The large intestine's (colon) main function is absorption of water. When a person has an ileostomy, the output is highly alkaline as well as more liquid than a colostomy. When the inner diameter of an ileostomy pouch leaks the alkalinity on an acid mantle skin results in a chemical burning. This is why it is so important to change the pouch when the feeling of burning is detected. Another way to avoid peristomal skin breakdown is to ensure the skin

barrier wafer is not cut too large for the stoma. If you have problems maintaining a seal, please seek help from your ostomy nurse to see if you need another pouch or pouching technique. Do not ignore this problem as ignoring it will not make it go away – it only gets worse causing a vicious cycle. Poor Adhesion -> Leakage -> Skin breakdown -> Poor Adhesion.

Medication related issues:

Pharmacokinetics is the movement of a drug within the body. There are four parts to this: 1) absorption which is transit time, 2) distribution or getting the drug to the right place via circulation; this is also affected by nutritional status as many drugs are transmitted on proteins, 3) metabolism which is completed through the liver or kidneys, and 4) elimination in the form of sweat, tears, urination, and defecation. Most drug interactions occur at the stage of metabolism.

Injections of medications are absorbed through the subcutaneous tissue. Intravenous medications are the only medications that are not absorbed as they go directly into the blood stream (circulation). Some topical medications are absorbed such as blood pressure patches, pain patches, etc. Other topicals such as bacitracin that are only applied at the site of injury are not absorbed into the blood stream.

Ostomy friendly drug formulations are as follows:

- Immediate release (the dosage frequency may need to be increased due to transit time)
- Liquid oral formulation or gelatin capsules
- Topical formulation
- Mucosal or sublingual
- Injectable

Non-friendly formulations are enteric coated, extended release, and delayed release oral tablets. These tablets don't dissolve in the stomach. They may not be a big issue for colostomates, but will generally not be absorbed by ileostomates. This is like flushing the medication straight down the drain. These tablets and capsules cannot be broken open or cut as they are toxic to the stomach lining. They can also lead to overdosing as there is too much drug absorbed too soon into the bloodstream.

For urostomates, there are no intestinal interferences with medication.

Fluids and electrolytes are affected by many different medications. This will affect all ostomates. Remember that everyone responds differently to medications. Following are some of the different medications and their effects:

Diuretics—electrolytes are also depleted with the increased urinary output.

Laxatives—increase motility/movement of contents within the bowel thereby decreasing reabsorption of water.

Antibiotics—alter both the good and bad bacteria in the gut; often leads to C-Diff diarrhea and associated complications. It is usually advised to take a probiotic along with the antibiotic.

Corticosteroids—may increase sodium and thereby fluid retention, also increased blood sugar levels.

What to keep in mind when taking medications that could affect your fluid and **electrolyte balance** is to remember to drink electrolyte/sports drinks and to get blood work drawn when advised by physician. What are some signs/symptoms of electrolyte imbalance?

Hyponatremia—low sodium level; Muscle twitching and weakness; fatigue advancing to confusion, seizures, coma; low blood pressure for you combined with fast heart rate; nausea, vomiting, severe stomach cramps.

Hypernatremia—high sodium; Agitation, restlessness, fever; muscle irritability and seizures; high blood pressure with fast heart rate; thirst; water weight gain and swelling.

Hypokalemia—low potassium; Dizziness, low blood pressure; nausea, vomiting, diarrhea; muscle weakness, fatigue, leg cramps; cardiac arrhythmias that can lead to arrest.

Hyperkalemia—high potassium; fast heart rate changing to slow heart rate which can lead to cardiac arrest; nausea, diarrhea, stomach cramps; muscle weakness.

Hypocalcemia—low calcium level; Anxiety, irritability, twitching around the mouth; low BP.

Hypercalcemia—high calcium; fatigue, head-

aches irritability, confusion, depression, tingling and numbness of fingers, muscle cramps, seizures; bone pain, can lead to pathological fractures; heart block; anorexia, nausea, vomiting, constipation, dehydration, stomach cramps.

Hypomagnesium—low magnesium; Nearly always coexists with hypokalemia and hypocalcemia; leg and foot cramps, confusion, seizures; heart arrhythmias, low blood pressure.

Hypermagnesium—high magnesium; Lethargy, depression, drowsiness; diminished reflexes, muscle weakness; heart block, slowed heart rate, low blood pressure.

The pharmacist spoke about **electrolyte based antacids**. These are basically comprised of magnesium, aluminum, and calcium which are all electrolytes. Magnesium based antacids can cause diarrhea. Aluminum leads to constipation. Calcium can cause kidney stones in those people who are susceptible including urostomates. Her take home point was that magnesium/aluminum based products are a good balance for most people if an antacid is actually needed. These are *Maalox* or *Mylanta*.

If you are taking an enteric coated drug, this is affected by the use of antacids. Other antacids mentioned were those in the categories of histamine blockers and proton pump inhibitors. These do not usually have an effect on bowel motility however recent evidence shows they can interfere with the absorption of some medications and can contribute to infections as they may interfere with the immune system. It is best to only use these as needed versus routinely. Most patients are given one of these in the hospital. If you are discharged with one of these medications, have a dialogue with your physician to make sure you really do need this medication. A great deal of the time dietary changes can decrease the need for an antacid especially on a routine basis. This is when keeping a food diary becomes important. If gas is the problem, either stop the intake of gas producing foods such as broccoli or sodas. Simethicone (Mylicon) in the form of drops or tablets is a good as needed intervention.

Coral Springs 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 and to call and confirm as they do take a summer break, contact Patricia Paxton-Alan MSN, ARNP-BC, CWOCN at 954-344-3094.

Dade County: South Florida Ostomy Support Group

meets every third Wednesday of each Month from 6-7pm at the Baptist Health Resource Center, Medical Arts Building, located at 8900 North Kendall Drive, Suite 105. Summer break July-August. For more Information, call Lourdes Placeres at 786-596-6036.

Memorial Outpatient Ostomy Clinic

At Memorial Regional Hospital/Joe DiMaggio children's Hospital Outpatient Ostomy Clinic, their goal is to provide quality care to adults and children who have had ostomies. Care and support includes pre-operative and post-operative education; appliance selection and application; peristomal skin complications and care; dietary counseling and support for coping with lifestyle modifications. For more information or to make an appointment call 954-265-4512.

The Phoenix Quarterly magazine provides solutions to the many challenges of living with an ostomy. In-depth articles written by medical professionals, authors and ostomates show readers how to return to a full and rewarding life with an ostomy. 1-year (4 issues) \$29.95 Call 800-750-9311.



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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 also enclosing a contribution to BOA

☐ I am an ostomate and want to be a member but cannot afford dues at this time.

(This information is kept in the strictest confidence.)

☐ I would like to become an Associate Member (non-ostomate).