Volume XLI Issue No. 9 November/December 2011

Broward Beacon

Next Meetings:

Sunday, Dec. 4th, 4:30 p.m. Holiday Banquet (by reservation only)

January 8th, 1:00 p.m. All welcome. No reservations needed!

Broward Ostomy Association

UOAA United Ostomy Associations of America, Inc.

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
24 Hour Hotline (954) 537-0662

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 May and the second Sunday of June at 1:00 P.M. 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. A receptionist as well as security personnel are on duty to assist you.

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Holiday Candlelight Buffet Dinner
Sunday, December 4th, 2011 – 4:30 P.M.

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— Don Coleman, "BOOM Magazine"

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White Elephant Grab Bag **Bring a gift for $2 or under**

Next Meetings:

Sunday, Dec. 4th, 2011
4:30 p.m. Holiday Banquet

Sunday, January 8th, 2012
Refreshments, 1:00 p.m.
Chat 'n' Chew till 1:30 p.m.
Meeting: 1:30 p.m.

President's Page

My surgery was a huge success and I now have a protruding stoma for the first time in four years. What a relief! My heartfelt thanks to Dr. Wodnicki, ostomy nurses Lea and Chris, my sweetheart Ren and the entire staff of Memorial Regional for making this procedure go as smoothly as possible. Other than being a bit weak all is well. Sincere thanks to those of you who were kind enough to send messages of encouragement. As usual, think our members are simply the best.

As we've all noticed, challenges rarely come alone so please join me in wishing our beloved recording secretary, Bill Wilson all the best as he too had surgery November 9th suffering a few complications. Bill, you're in our thoughts and prayers. Please recover completely and soon.

Having my stoma revised has given me a new perspective on the surgery as my initial go around was way back in 1972. Thus I'm including two articles that I hope will be of help. One brief piece will be on the differences in care techniques needed for a flush versus a protruding stoma. The second piece contains some tips on coping with hospitalization as an ostomate.

When I asked Mary Lou Boyer, CWOCN why she thought the Lord was giving me the challenges of a recessed stoma, she quickly and easily replied, "so you can understand and help others in the same circumstances". It seems so obvious. Hopefully the lessons learned will not be for naught.

Wendy

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.

FYI: Gail Kornbaum is looking to share a ride from her home in North Miami Beach near the 163rd Street Mall to our monthly meeting. Her phone number is 305 651 0085. She has been an ostomate since January. Any help you could provide to assist her in getting to our meetings would be greatly appreciated.

2011/2012 Meetings Schedule

If you are as forgetful as I am here are the dates of our upcoming meetings so you can put them in your date book now. December 4th, our holiday banquet at 4:30 p.m. by reservation only. 2012: Jan. 8th, Feb. 5th, Mar. 4th, April 1st, May 6th, and June 3rd. Summer Break, Sept. 2nd, Oct. 7th, Nov. 4th and Dec. 2nd.

Caring for a Flush Stoma

by Wendy Lueder

Caring for ourselves as ostomates is needful in two differing but equally important realms. We need to maintain a great mental attitude filled with gratitude for what we have, without placing emphasis of what's missing. But we also need to take care of our bodies and more precisely out peristomal skin (skin around the stoma). With attention to both spheres, our ultimate goal could be to put aside, or actually lose focus on having our surgery and concentrate on getting on with our lives and pursuing what we enjoy.Unfortunately the two realms are interconnected.

continued on page 9

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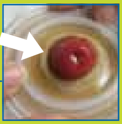

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Dues are Due!

We hope you're enjoying reading the *Broward Beacon* and if you've been able, to attend our meetings. Each and every one of you is important to us whether you are able to attend or not. We understand that getting to our meetings can be a real hardship for many.

If you could kindly consider helping us with our costs by donating $10 in annual dues we would so appreciate your support. We have not had an increase in our dues for several years as we want all of you to be able to be a member. Several of you also include first class stamps to mail you the *Broward Beacon* for which we are very grateful.

$2.50 of the $10 goes to our mother organization, *The United Ostomy Associations of America*, a wonderful organization that helps to fight our battles as ostomates on a national level. If you have time, be sure to check out their website which will inform you of all they do at www.ostomy.org.

In last month's issue an envelope was enclosed to mail to Lynn, our wonderful treasurer. Please let him know if you're also including a $10 check toward the Holiday Banquet to avoid any confusion.

If you've paid dues since September 2011 we consider you already paid up. If I sent you an envelope by mistake, please just smile and ignore it. Kindly fill out and include the bottom of page 11 to keep us up to date. We **never** share information you provide with anyone.

We are now officially a 501(c)3 under UOAA's umbrella and your dues and gifts are eligible as a tax deduction.

Bless you and thanks again, Wendy

UOAA's President's Message

Well, the leaves are changing, the weather is getting a bit brisk and we are all starting to prepare for winter. And we in UOAA are looking forward to a new upcoming year with NEW projects and lots to offer to our members.

Our Veterans Network has developed a sense of momentum and we have the people on board who will be our leaders and motivators to make this project a success. We have a cadre of veterans who are ready, willing and able to make the military contacts needed and who are eager to get other veterans involved. If there are vets out there who would like to get involved with this program, PLEASE stand up and be counted and contact our office at 1-800-826-0826 to be directed to the appropriate people.

We are already preparing for 2012 and are looking at developing a campaign designed to "Defeat the Stigma" of ostomy surgery. We have solicited bids from a variety of professional marketers and your Board of Directors will make a determination as to which campaign we will chose. We are hoping that our campaign will be an "eye opening" experience for the American public and we are ready to educate them as to HOW ostomates live and WHAT we are capable of doing.

We are continuing to strengthen our relationships with other "sister" organizations like the United Ostomy Association of Canada and we have a reciprocity agreement with them. They are invited to attend our Conference and we will be attending theirs as well.

We have already started formulating ideas regarding our next Conference to be held in August 2013 in Jacksonville, FL. There are BIG plans underway and we hope to have an enormous turnout at yet another NEW location for our Conference.

As always I'd like to hear from all of you regarding how you think we in UOAA are doing. Comments and criticisms that are directed at making us a better organization are always welcome. I can be reached at 312-466-3683 or by e-mail at drudzin@egii.com

Affiliation Fee Increase: After 6 years of holding down the Support Group affiliation fee we now find that a slight increase is necessary for 2012. The new rate for 2012 is $2.50 per member (up from $2) As you know these affiliation fees cover: The 800 number; The on-call WOCN; Our advocacy attorney; Our website; Our on-the-hill lobbyist, ensuring that your supplies continue to be covered by insurance and Medicare; National Conference; Leadership Workshops; Visitor Training and New Patient Guides.

Sincerely,
David B. Rudzin

We Get Mail

Recently BOA received this question via email from our beloved Patty Paxton-Alan CWOCN:

Hi Wendy,

Hope all is well with you and Ren. At our Ostomy Support Group meeting, one of our young female members with an ileostomy mentioned she'll be attending a wedding soon and needs to wear panty hose. Her concern is how the pouch contents will be contained under the pressure of the hose. Will they (stool) be "displaced", or will she be "pre-occupied" with having to empty frequently because she thinks her pouch will explode?

Any of your comments/past experiences are most welcome. I want to help her in any way I'm able to enjoy this wedding. Thank you as always, Patty

Great question and one with which I've personally dwelt. First, wear a new pouch with a gas filter built in. After a day or so the pouches that have gas filters seem to stop working. That will take care of the "air" problems. Before the wedding eat low residue food. Do not skip eating as this actually causes more gas. I eat a lean hamburger with no bun or scrambled eggs. There is practically NO output form these foods.

What I do even though I'm a size 10 is buy queen size panty hose in a really cheap brand. The less "control top" the better and the cheaper ones have less "control top". Hope this helps. Let me know. Hugs and love. Wendy

DO'S and DON'T'S AFTER SURGERY

Via Vancouver Ostomy HighLife - September / October 2010

You're out of hospital at last! Whether your stay there was a short one or many weeks' duration, it's good to come home. Coming home can be an emotional time, however. Coming to terms with an ostomy and learning to manage it can be frustrating and dismaying in the beginning. You'll get the upper hand in time, but while your emotions are adjusting it will help to follow these tips:

DO . . .

- Walk. Even if it's just around the apartment, house or yard, make sure you walk and get moving several times, each day. Walking gets your muscles back in shape, stimulates the bowels to get working again and is helpful for brightening your mood.
- Eat several small meals throughout the day if you don't have the appetite for regular helpings.
- Change your own appliance. Unless your vision or hand/eye coordination is too poor to do so, letting your spouse take care of this for you is a bad habit to get into. Did they wipe your bottom for you before surgery? Unless there is a valid reason, they shouldn't be doing that now.
- Learn about products on the internet if you have a computer.
- Take it easy to start when eating fruits and vegetables for the first week or so, especially raw produce. Introduce these in small amounts and chew well. (If your surgery was a urostomy, you can disregard this tip)
- Ask questions. Ask your ostomy nurse if something puzzles you. Ask another ostomate if this or that has happened to them and how they dealt with it.
- Call BOA, or come to a meeting! Seeing and talking to others lets you know you aren't alone. There are lots of folks who understand what you are going through.

DON'T . . .

- Overdo it. If you were quite an active person before surgery you may be tempted to jump back into your previous exercise habits too soon. Be realistic about your stamina -- trying to go all the way around the golf course in one go may not be the wisest idea. Remember, however far you go out, you still have to get back. Work up to physical activity.
- Be discouraged if you make a mistake. Mistakes are how you learn and every time you overcome a problem or a fear, you gain in confidence.
- Lift heavy objects. Let your abdomen heal before you start picking up pets, garbage bags and so on and ask your nurses/doctor's advice on resuming exercise.

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Caring for a Flush Stoma *cont. from page 4*

If you're having difficulties with your skin and pouching system, it is very difficult if not impossible to place your focus elsewhere.

There is a daunting vicious circle that if your peristomal skin breaks down your pouch will not adhere as well, If your pouch does not adhere well you will experience leaks which my cause your skin to break down. And around and around it goes.

Thus maintaining the integrity of your peristomal skin is of utmost importance. If you have a flush stoma, one that does not protrude above skin level, pouching is very, very difficult. Output easily cuts under your skin barrier wafer and the vicious cycle begins.

With a flush stoma consider having surgical intervention by discussing the situation with your colo/rectal surgeon and CWOCN (ostomy nurse). After four years of putting surgery off I finally decided this was the correct choice for me. However, we're all unique and this may not be the right decision for you.

What else to do? Here are some tips that don't involve surgery.

The skin around your stoma can be pushed down toward the center of your body by using skin barrier wafers with convexity. Pushing your skin down has the same effect as pushing your stoma up. Free samples of skin barrier wafers with convexity are available from most all manufacturers.

Convexity can also be enhanced by additionally placing a hydrocolloid, moldable gasket or barrier immediately next to the stoma. Eakin Cohesive Seals by ConvaTec or Adapt Oval Convex Barrier Rings by Hollister work well.

If you happen to use a liquid film-forming dressing such as *Skin Prep Wipes* be sure to check with the manufacturer of your barrier wafer to see if this is advisable. The newer barrier wafers actually do not adhere as well using this type of product.

If you are an ileostomate or a colostomate with constant output, any leakage on your skin is highly corrosive and will quickly damage your skin. When you feel an itching or burning sensation around your stoma you need to change your skin barrier as quickly as possible. The output's harm to your skin can be soothed by gently patting milk of magnesia on the irritated skin. Be sure to wash the antacid off and dry your skin completely before applying a new wafer. A hair dryer set on cool can help dry your skin.

As difficult pouching situations need more frequent changes, your skin may be more tender. Be sure to use one of the brand new spray adhesive removers which dry instantly and leave no residue. They will greatly help to gently remove your used barrier. Try Trio NilTac 1-800-831-9099 (also available at Ostomy Inc.) or Coloplast's Extra Easy Adhesive Remover Spray. Now let's have some fun and focus on Thanksgiving Dinner!

Tips for a Hospital Stay as an Ostomate

by Wendy Lueder

As we all know, being in the hospital is no picnic but there are a few tips as ostomates that might be reassuring, especially if you're a new ostomate and have no basis for comparison.

If at all possible choose a hospital that has an WOCN (Wound Ostomy Continence Nurse) on full time staff. We're so blessed to have several right here in Broward County. To contact any of them go to BOA's website and see the article "How to contact an Ostomy Nurse in Broward County". Only WOCN's have the extra

continued on page 10

Tips for a Hospital Stay *continued from page 9*

six-week post graduate training to care for us. Unfortunately RN’s lack this specific training

What to bring with you. Hospitals are kept cool to cut down on infections. Bring a very warm bathrobe. I personally like the new microfiber ones that are plush. They’re warm and cozy and cost practically nothing at Costco. I would have frozen in my hospital bed without one.

If you’re already using them, bring your own ostomy supplies just in case the ones they pick out for you aren’t what’s best for you. Often hospitals have a contract with one manufacturer and do not have a large selection to choose from. If you’re allergic to one brand this would be essential.

Bring your own toothbrush and paste, face soap and deodorant. They’ll probably be much better quality then what they provide. Hospital slippers are great. You can leave your own slippers at home.

Bring pouch liquid deodorant drops to keep the hospital room smelling fresh and clean.

If you hate noise as much as I do, bring a set of noise cancelling earphones. I use the Bose brand. They work and your roommate won’t annoy you so much. They’re great for air travel too. You might want a sleep eye mask too. Same reason.

Be sure to bring the new spray adhesive remover (Trio NilTac [available at Ostomy Inc.] or Coloplast’s Extra Easy Adhesive Remover Spray) for removing your IV tape and/or ostomy appliance. Usually your IV is on your arm and when they take that off it painfully rips off your arm hair. Just use this gem and the tape or wafer will fall off with a gentle tug.

After ostomy surgery your surgeon will put a transparent pouch on you so that the medical staff can see everything it needs to and make sure all is well. Don’t let this bother you. Very soon you’ll be able to switch to an opaque pouch. And remember, modern pouches are odor proof, not odor resistant. If for medical reasons you need to wear a transparent pouch for longer than you’d like, just buy a cloth pouch cover. Links to several brands are on our website.

Also, if you use a drainable pouch, the operating room personnel may rotate the tail of your pouch to a 90 degree angle, off to your side, rather than between your legs. They do this to make it easier for a medical attendant to empty your pouch for you if you are unable to do so for yourself. When you are able to empty the pouch yourself the tail should be rotated to be placed between your legs where the contents can easily flow into the toilet.

The most important article to bring to the hospital with you is a pleasant attitude toward everyone with whom you come into contact, even when you are frightened or in pain. Smiles and kind words are contagious. Your stay will be more pleasant the more pleasant you are. Believe me. I’ve done it both ways and you do get more bees with honey than with vinegar. Now may we all just not need any of this advice. At least not for a long, long time.

DO’S and DON’T’S *continued from page 7*

- Sulk in bed. It gets you nowhere, you‘ll take longer to recover and your significant other will get mighty tired of you. You don‘t have to be thrilled about this but you do have to try. Get yourself out of bed!


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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 Mr. H. Lynn Ward, 1704 N 32nd Ct, Hollywood, FL 33021-4427. BOA never shares membership information. We value your privacy.

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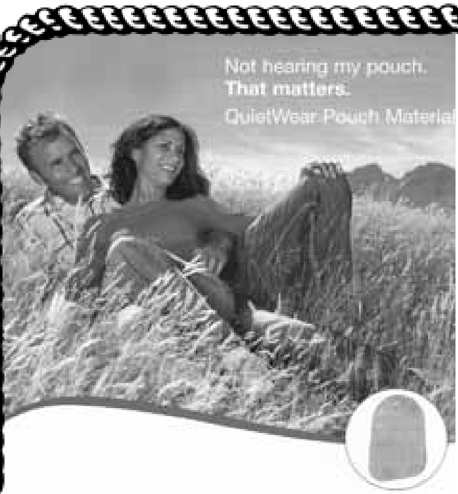

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