

Volume XLII Issue No. 9

November/December 2012



# Broward Beacon



**Next Meetings: Sunday Dec. 2nd 4:30 p.m.**

**Banquet by Reservation Only (deadline Nov. 28)**

**Sunday, Jan. 6th, 2013 1:00 p.m. all welcome**

# 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.

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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

Published monthly except in June,  
July and December by the  
Broward Ostomy Association  
c/o Lueder, 2100 S Ocean Dr #16M  
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**Sunday, December 2nd, 2012 - 4:30 P.M.**

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# Next Meetings:

**Sunday, Dec. 2nd, 2012**

**Banquet 4:30 p.m.**

**Sunday, January 6th, 2013**

**Refreshments, 1:00 p.m.**

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

**Meeting: 1:30 p.m.**

## President's Message

As your editor I give myself a holiday break so this issue of the *Broward Beacon* covers both our November and December months. Please don't worry if you do not received another issue in December.



Dues are due at this time and we really hope you can help support the costs of our 24 hour answering service, printing and mailing costs and all other 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. I even purchase decorations for next year's banquet the day after December 25th to get that 50% off. My husband has been known to call me a cheap date. Lucky man!

If there is an envelope attached to this issue my records as of this mailing indicate that your dues are in fact due. I've tried to withhold envelopes from those I know who have already paid but if I messed up, please just call me and let me know you've already sent in your dues. I do often make mistakes.

So unhappily, Bill, our recording secretary had to go in for unanticipated surgery and is thus unable to write his wonderful minutes of the great meeting we held with Dr. Henry Wodnicki. Fortunately his surgeon also happens to be Dr. Wodnicki himself so we

know Bill is in very good hands. Bill, we send our very best wishes for a full and speedy recovery. We all love you and pray you're well enough to attend the Holiday Banquet.

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

Just to illustrate how important you are, please read the following note we recently received. Look and see how important you are:

*Wendy,*

*Thank you and all the volunteers for giving such a warm welcome for my first meetings. It was pleasant to meet such a warm and supportive group. A special thanks to the WOCN's for donating their time to answer questions. See you at the next meeting. LK*



If you would like to receive your copy of the *Broward Beacon* via email please just call and let me know. Personally I prefer holding my reading in my hand, but if the digital edition works for you there would be printing and mailing savings for BOA.

Also, please don't forget to put on your 2013 calendar August 3rd through 7th when the United Ostomy Associations of America will be holding their biennial National Conference at the Hyatt Regency in Jacksonville FL. UOAA moves the location of their conferences for each event and it will probably be several years before traveling to a convention will be so effortless for us from here in South Florida. Ren and I surely plan to attend. Won't you please consider joining us?

There is nothing quite like the thrill of being surrounded by hundreds of ostomates and their loved ones while learning ostomy care and updates and just as importantly, some plain socializing. I've

*continued on page 9*



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# Who Says We Can't Do It!

by Kishore

*Editor's Note:* As many of you may remember, two years ago our website had a major overhaul and upgrade by our member and web professional Kishore. Creating websites is what Kishore does for a living and he freely gave BOA hours and hours of volunteer labor making our website one of the best in UOAA. Look what Kishore's up to now. Kishore is a family man and the proud father of a three year old and a nine month old baby.

Dear Family and Friends,

This may sound crazy but I have a personal goal of completing a half marathon. Last year I signed up and trained really hard for the marathon but unfortunately I got sick and the doctors advised that I may have to postpone my marathon training.

Well, here we are in 2012 and all systems are GO GO GO! In December, I will be crossing the finish line at the ING Miami Half Marathon.

I joined Team Challenge so that I could not only reach my own goals but also to help those who suffer from Crohn's Disease and Ulcerative Colitis. By joining this team I am hoping to raise awareness and help raise money for the Crohn's and Colitis Foundation of America.

My goal is to raise \$4,000 for Team Challenge and the Crohn's & Colitis Foundation of America, as well as to finish the race. Over 80% of every dollar I raise will directly fund the mission of CCFA, to cure Crohn's Disease and Ulcerative Colitis, and to improve the quality of life of children and adults affected by inflammatory bowel diseases. CCFA is not a government-supported agency and relies solely on the support of members and donors, like you, to continue their work.

So please join me in supporting CCFA as I run through the streets of Miami for this worthy cause. Donating through this webpage is quick, easy, and totally secure. Just click through to this website:

<http://www.active.com/donate/sflorLV12/Kishore>

If you can give, I truly appreciate all your

generosity and support.

Sincerely,  
Kishore

## The Ostomy Files: Getting the Right Body Fit

by Laura Herbe, BSN, RN, CWOCN

Living with an ostomy is a personal journey. It is a life-changing experience that touches individuals both physically and psychologically.

More than 120,000 people of all ages in the United States undergo ostomy surgery every year. Because bodily function and emotional well-being are affected, the person with an ostomy may have a number of concerns, including leakage, sexual problems, fear of odor and alterations in body appearance, and changes in mood and sleep patterns. A market research study<sup>1</sup> confirmed that approximately 80% of all people with a stoma have either one or more of these concerns; anxiety about such complications could result in lifestyle and quality-of-life changes.<sup>2</sup>

The role of ostomy care providers is to help patients return to some level of normalcy and self-control. A secure fit between the ostomy pouching system and the body is a critical ingredient to developing the patient's new normal; failed attempts are not only disheartening, but also may lead to leakage, odor, peristomal skin irritation, and frequent or unplanned pouch changes, negatively affecting quality of life and potentially increasing costs.

Approximately 60% of all people who have an ostomy have described problems with leakage.<sup>1</sup> Why is leakage so prevalent? Available reports vary, but among the estimated million plus people in the US with a stoma, no two individuals have the same body shape and size, especially after abdominal surgery. To avoid leakage and increase pouch security, the ostomy appliance and accessories need to fit optimally to each body shape. Additional obstacles include stoma placement in skin folds or creases on or near previous or new scars, bony prominences, and around irregularities of abdominal contours such as hernias. Obtaining an optimal fit is the ultimate goal, but how



does an ostomy appliance provide a secure fit for so many individual body shapes?

My friend who has a colostomy stated it best: “I need a barrier that doesn’t tug on my skin and pull away from me when I move. Of course, I want to feel secure and confident with my pouch, but I also need it to move with me.”

An adhesive barrier designed with thought to individual bodies, one that is pliable to individual contours and responsive to natural body movements, is the ideal solution for an age-old problem. With the collaboration of nurses from around the world and extensive scientific research, an elastic adhesive, new to the ostomy care industry, has been developed. A new adhesive utilizes “BodyFit Technology” and makes the adhesive barrier elastic and stretchable. It can deform and return to its original shape and be used in a way similar to silicone, conforming to the unique body shapes of persons with an ostomy. BodyFit Technology combines elasticity with the classic benefits of skin friendliness, erosion resistance, and absorption. This combination provides a secure fit, thus preventing leakage.

As technologies evolve and advance and options proliferate, both in surgical techniques and ostomy supplies, clinicians should be open to new ways to improve ostomy management and, most importantly, the quality of life for those living with an ostomy.

References: 1. Ehmsen L. (2011) IMS Study – Coloplast Market Research. Data on file. 2. Stoa Davis J, Svavarsdóttir MH, Pudło M, et al. Factors impairing quality of life for people with an ostomy. *Gastrointestinal Nurs.* 2011;9:(2 suppl):14–18.

Laura Herbe is a Clinical Consultant with Coloplast Corp, Minneapolis, MN. The Ostomy Files is made possible through the support of Coloplast Corp, Minneapolis, MN ([www.us.coloplast.com](http://www.us.coloplast.com)).

*Editor’s Note:* BOA does not endorse any ostomy products. Ideally each ostomate should consult with a Wound Ostomy Continence Nurse (WOCN) to discover the best surgical appliance for their unique situation. Please see our article on how to contact a WOCN’s in Broward County on our website’s link: **Newsletter Articles: How to contact an ostomy nurse in Broward County.** We are very blessed to

have so many competent as well as caring ostomy nurses so close at hand.

## Activities of Daily Living for Ostomates

by LeeAnn Barcus

### Showering:

Showers and baths are fine with a stoma! Ostomates may shower or bathe with the pouching system in place, or with the entire system removed. In the shower the water should be in a gentle stream and soaps containing cream or glycerin should be avoided and the area should be rinsed well. The shower may be a good time and place to change the pouching system.

As some pouches with gas filters are ruined by water, ostomy shower covers are an available accessory.

### Exercise:

Persons with an ostomy can do most of the activities that they did prior to surgery. However, they should check with their physician for lifting restrictions before engaging in any activity. Ostomates are more prone to herniation and need to get informed medical advice before starting any exercise program.

Ostomates should slowly build up to the physical activity tolerance that existed before surgery. Since some ostomates will be healthier after surgery than they were before, the physical activity level for those individuals may be higher than the pre-surgery level.

Ileostomates need to be especially aware of hydration and heat. Dehydration can set in quickly and without much warning. Extremely hot temperatures can either increase or decrease the amount of output.

### Work:

Most ostomates can return to work after the appropriate surgical healing time prescribed by the physician. There is no need for an employer or co-workers to know of an employee’s ostomy, but the employee may share the information if they feel it is appropriate.

It is a good idea to keep pouching supplies with you for emergencies.

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## President's Message *continued from page 4*



attended probably ten conventions over the past many years and I cannot adequately convey the joy.

So looking forward to our holiday banquet and hoping to see everyone there. Please note on page three that to accommodate everyone's wishes we'll be having both a carrot and a chocolate cake. Can't wait!

All the best,

*Wendy*

## Activities of Daily Living

*continued from page 7*

The United Ostomy Associations of America offers advocacy support for anyone who encounters issues with an employer or manager. See [www.ostomy.org](http://www.ostomy.org)

### Travel

Persons with an ostomy can travel just as they did before surgery. Extra supplies are a must while traveling and a good rule of thumb is to pack three times as many supplies as probably will be needed on the trip. Pack supplies in different places throughout the luggage, in case something would be damaged

Remaining well hydrated while traveling is important for ostomates.

For Air Travel it is a good idea to pack supplies and pouch/prosthetics in a carry-on as well as in checked luggage. Supplies and pouch/prosthetics should be packed in a clear, plastic pouch/prosthetic for easy observation of the contents. A letter from your physician stating that you have had ostomy surgery may

lessen delays at security. It is best to empty the pouch prior to entering the security area as unemptied contents show up on scanners.

Persons with an ostomy should be prepared to explain what an ostomy is to security workers if the pouch/prosthetic is detected during a pat-down. A private room should be requested if security requires an examination of the pouch/prosthetic

### Driving

Persons with an ostomy may resume driving once released to do so by their physician. Seat belts can, and should, be worn at all times while riding in a vehicle. A small pillow or a folded towel can be placed between the seatbelt and the stoma for protection, if needed. Seat belt clamps can also be used to keep the seatbelt at a comfortable position. Try twisting the seatbelt near its top one-half twist and clamp with a clothespin. Inexpensive and easy.

### Sleeping

Urostomates often hook their pouch to an overnight drainage container. Pouches should not be allowed to get overfilled (more than ½ full); thus, may need to emptied during the night.

Filter pouches are good for preventing gas build-ups while sleeping (for colostomates and ileostomates)

Persons with an ostomy should watch food and beverage intake prior to going to bed. Less input equals less output; generally avoid large snacks or meals 2 hours prior to sleeping. An anti-gas medication, such as Gas X, can also help minimize gas.

Any sleep position that's comfortable is acceptable. However, for some but not all ostomates sleeping facedown may actually cause leakage to form as the output has no where to escape but sideways onto the skin. Use of a waterproof mattress protector may help allay concerns about a nighttime pouch leaks.

### Clothing:

Immediately after surgery wear what's comfortable (as any other surgical patient). After the initial surgical healing time, persons with an ostomy can wear the same clothing as they did before surgery.

Some ostomates may need to make minor adjustments for their personal comfort or to accommodate stoma location; for example, if belts are problematic, try suspenders.

Suits may need slightly larger waistline than before surgery. T-shirts can help to smooth the appearance of the pouch. Slightly smaller undergarments can help hold pouch in place. For dresses, control top

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## Activities of Daily Living *continued from page 9*

panty hose can help with pouch security. Smaller, or closed end pouches for evening apparel may be worn. Midline girdles may be worn to minimize pouch bulging as it fills. However, as mentioned before under sleeping positions, this for some may actually cause a leak.

## Sports and Recreational Activities



For swimming, women may find that tankinis (see photo above) work best. These suits are easier to manage for emptying purposes. They also still provide the coverage a woman may want over their mid-section. If a woman prefers a one-piece suite style, they should look for a suit with draping or a print to conceal the outline of the pouch.

After swimming, the pouch and area around it should be dried thoroughly. Some persons with an ostomy choose to “picture frame” the pouch with waterproof tape which may help to give an increased sense of security. However, please be aware that waterproof tape is extremely hard on the skin and

should not be used by those with sensitive skin.

A normal fear often associated with swimming is leakage. However, a secure skin barrier should not leak.

Do not swim within the first few hours of a new flange placement; the flange needs time to adhere well to the skin before it is introduced to chlorine and water. Ostomies do not present a contamination issue in public or private pools unless the seal has been compromised.

## 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.



The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains inspiration, education and information including new products, medical advice, management techniques, personal stories - it's all here. Published each March, June, September and December. Subscriptions directly fund the non-profit United Ostomy Associations of America. **Subscribe Today!**

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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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