

Volume XL Issue No. 5

May 2010



Broward Beacon



Next Meeting:
Sunday, June 13th, 2010, 1 p.m.

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



Broward Ostomy Association

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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Broward Beacon

Published monthly except in June, July and December by the Broward Ostomy Association c/o Lueder, 2100 S Ocean Dr #16M Ft. Lauderdale, FL 33316

President's Page



I love this time of year when the level of responsibilities dies down and I can start those projects I've been forced to put off. This summer it's making a digital photo scrapbook of my 13 month old grand-niece's first year. For the first time in my life I'm beginning to understand why women tend to carry around pictures of their loved ones.

Ren's birthday present to me this summer is to take me up to Orlando for a three day conference featuring some of my favorite speakers. The location will be delightfully reminiscent as 30 years ago this coming September we stayed at Disney World on our honeymoon.

Besides being a big wedding anniversary year, Ren is also having a birthday with a big fat zero on the end. I'm trying to decide what "something special" I can do or purchase. Any suggestions are welcome.

While pondering what I might do for Ren, it's wonderful to know that as an ostomate my activity choices are not limited in any way by my surgery. Almost every week I get a telephone call from a new ostomate who thinks their life and the ability to just have fun are over; that their choices of activities are limited and romance maybe gone. We at BOA are privileged to know that just isn't true and our organization exists to help get that message out. We really need one another to pass that good news on. Sincere thanks to all of you who attend our meetings, not because of what you can get out of them, but because of what you can give.

Since I won't be writing a new issue of the *Broward Beacon* until late next August, my wish for all our members and friends over the coming summer is to have a rejuvenating, refreshing, healthful time filled with joy and peace.

Fondly with gratitude and love,

A handwritten signature in cursive script that reads "Wendy".

BOA goes Green and Some Other Odds and Ends!

Please do not throw away your back issues of the *Phoenix* magazine. Bring them to our meetings for recycling and Kent will be able to use them in our information packets for our new members and friends. If you don't subscribe to the *Phoenix*, please give it serious consideration. It's a wonderful magazine (and I was recently interviewed for one of their upcoming articles). See page 11 for details.

Beside recycling, going "paperless" also seems to be a new green trend. To jump on this bandwagon, the *Broward Beacon* is now available on our website under the "newsletter articles" link. Personally I like to read from paper held in my hands. Don't worry, you'll still receive the *Beacon* by mail unless you specifically ask us to discontinue mailings. However, if you're out of town or want a friend to read an article

without handing them your copy, it's nice to have it there on the web.

Good News. All donations to BOA beyond your dues payment are tax deductible. We are a 501(c)3 organization under the umbrella of United Ostomy Associations of America.

Coral Springs Medical Center's "Caring & Sharing Ostomy Support Group" meets on the 4th Wednesday of the month at 5:30 PM - 7:00 PM. However, they do take a summer break so be sure to call Patricia Paxton-Alan CWOCN at 954-344-3094 for their summer schedule.

Mark your Calendars: If you're as forgetful as I am, please mark your calendars for our upcoming meetings: June 13th (second Sunday), summer break, September 5th, October 3rd, November 7th and December 5th.

Next Meeting:

Sunday, June 13th, 2010

Refreshments, 1:00 p.m.

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

Meeting: 1:30 p.m.

Martha Taylor, our wonderful June guest speaker and I met so long ago that I had to call her to try and figure out our meeting date. We think it was around 1979. Martha has been an ostomy nurse for 34 years and will be speaking with us on the topic of Hyperbaric Oxygen; that is, 100% oxygen under pressure.

Using this treatment greatly accelerates healing and has wonderful effects on soft tissue after radiation therapy. Since Martha has been helping ostomates for so many years, she truly understands our needs and has insights on our special care requirements.

We will also be handing out samples from Torbot Ostomy Supplies whose *New Skin Tac Adhesive Barrier Wipes* and *Liquid Adhesive Barrier* have been life savers for many ostomates with adhesion problems. We'll also distribute samples of *Stoma Care Natural Aloe Based Skin Care Wipes*. To quote their website, "This versatile skin friendly based skin care wipe has been an integral part of the daily skin care regimen for ostomates and diabetics worldwide. For over 30 years this unique formula has been providing a soothing, moisturizing, non greasy base before applying patient's appliances and/or tape."

We never know how much an ostomy product can enhance our lives until we try them. I remember the joy of learning about and using Eakin Cohesive Seals for the first time. They made a total difference in my comfort level. So I'm really looking forward to seeing you all there.

BOA Minutes ~ May 2010

Editor's Note: As our Recording Secretary Scott Jones was unable to attend our May meeting. Linda Roberts graciously filled in for us at the last minute. We sincerely thank you Linda!

Well folks, it's me again! The great news of the month is that Amparo is accompanying Michael (colostomy for 3 years) to Camp this year thanks to your generosity. BOA will be sponsoring both of them just as we have done for Katie when she was coming of age. Go get 'em Michael. Have a blast!



We welcomed newcomers Crystal with a 10 year-old Ileostomy and Kathy with an eight-month old colostomy.

We were delighted to have sugar free refreshments added to our list of goodies this month. Thank you Susan, Helen, Arthur and Jean for thinking of us. For those techies out there, the *Broward Beacon* is now on BOA's Website

Amy is recovering nicely from her surgery and would like to let our members know about the wonderful caregiver she had help her. Maxine has been in the U.S. for eight-years joining us from Jamaica. She is able to live-in full time if needed and is familiar with ostomies. If you are in need of someone please contact Amy Weishaus. Her telephone number is on page 2.

Member News: Arthur had major surgery and is doing great. Gladys, who we all know brings the muffins for us, will not be able to attend future meetings. She is blind in her Left eye and has recently found out that she has macular degeneration in the Right one also. She has a wonderful outlook on life and wishes everyone well. "It has been a pleasure being here and you have helped me so much." Gladys said. Wendy presented her with Godiva Chocolates and Many Thanks. We'll miss you Gladys very much. Thanks for everything.

Ed Burke spoke to us about a new pouching system under development that covers 7% less skin and thus is less abrasive. You continue to use your same pouches. The custom fit wafer portion is reusable for 90 days. This product is a work in progress and we will be hearing more about it at a later meeting. We may even be asked to help evaluate this very interesting new product.



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Rob Hill Ostomate on Mt. Everest

Update May 24th, 8:20 AM Everest: Every step feels like a mile. Between each movement of the feet Rob stops for several breaths, his lungs aching for oxygen despite the bottled O's he breaths through his Top Out systems. The masks the climbers wear resemble the ones you've seen painters use to protect their lungs. A complex system of valves and hoses mix the natural thin air at 8700 meters with the slow leak of concentrated oxygen coming from the cylinders they carry in their back packs. The oxygen adds to the dryness the climbers sense with every breath, compounding the dehydration they feel at this elevation no matter how much fluid they consume. Legs burn, lungs ache, the brain slows down to mirror the step, breath, breath, breath, step, breath, breath rhythm that has taken over the climbers for the past 10 hours and more.

8:45 AM Everest: Rob Hill has finished his Seven Summits dream! "I've gone as high as I ever will," said a elated sounding Rob from the South Summit. "John and I have been sitting here for the past 30 minutes talking about all that we've done, all that IDEAS has managed to accomplish and all that this 7Summit campaign has done for people fighting inflammatory bowel diseases and living with an

ostomy. Even though my Everest summit sits several hundred meters below the true summit, I can hold my head high with pride. I will come home safe to my family and loved ones. I don't have the energy to continue. The hours I spent in the South Col drained me of everything, I've given it my all, my best and I am happy to be here with my good friends and climbing partners. Darrell is within spitting distance of the summit now along with our three Sherpas. John and I will sit here and bask in his glory as he, too, finishes his 7Summits dream today."

Well done Rob. We're so proud of you!

Breaking News! New Ostomy Device

Rob Seaman, our wonderful ConvaTec Representative sent me a news release about a brand new ostomy device that provides temporary continence to individuals with an end colostomy. According to ConvaTec, "it is an innovative, non-intrusive device which allows individuals to manage their colostomy without a pouch, belt or irrigation. Indicated for use

up to 8 hours, Vitala™ CCD is a single-use, disposable disc which is worn together with the ConvaTec Natura® skin barrier (1-3/4" or 2-1/4").

The device functions by sealing against the stoma to prevent release of stool while permitting gasses to vent through an integrated, deodorizing filter. When in use, stool is stored inside the body, negating the need to wear an ostomy pouch. The unique design of Vitala™ CCD not only eliminates the need for a pouch for an extended period of time each day, it also minimizes the noise and odors that sometimes accompany pouch use. The device's discreet low profile also helps make the presence of an ostomy less noticeable.

Currently available in select European markets, it will be previewed to U.S. and global healthcare professionals at the upcoming WOCN/WCET Joint Meeting in Phoenix, AZ from June 12-16, 2010." ConvaTec also announced that the Vitala™ Continence Control Device (CCD) has received a 2010 Medical Design Excellence Award.

Rob will be updating us on the availability of this product and I know colostomates will eagerly anticipate trying out this new technology. Thanks Rob for always keeping us in the loop.

An Ostomate's Look at Sports

By Barbara Hurewitz

via Chicago North Suburban Chapter

Sporting activities are some of the most exciting things for an ostomate to participate in. Good muscle tone and increased strength are important for anyone who has suffered a prolonged illness; but for ostomates there is added pleasure of doing something which, because it is a challenge, adds to our emotional strength.

When I was ill, I had no desire to do any kind of vigorous physical activity. After my operation, while I felt better, I was still worried about taking part in many activities, especially athletic ones. I was afraid my pouch would strain my abdomen, and that I would feel inhibited from really throwing myself into a sport. But, by starting gradually to do various exercises, and by taking a certain number of

precautions, I not only have enjoyed vigorous activity, but have also found myself doing many sports I had never done even before my illness.

This successful activity has in turn increased my courage and made it easier to accept my ileostomy. It has certainly brightened my outlook many times. Swimming is one of the first sports an ostomate should try. It is a gentle form of exercise which uses all the muscles in your body. The gentle exercise of swimming should get your body into good enough shape to start any other sport. I would suggest wearing waterproof tape around the appliance. I have worn a temporary appliance to the beach and found this satisfactory. I would also suggest wearing some sort of reinforcement such as a stretch panty, or a gentle support belt for men under your bathing suit. This will keep your appliance from moving around, loosening, or causing discomfort.

This same kind of support is excellent for horseback riding. A comment from Northwind News reads, "We have quite a few members involved in sports in Alaska. We have ostomates involved in running, basketball, tennis, skiing, hiking, skydiving, mountain climbing, swimming, hunting, fishing, baseball, two and three week backpacking trips over all sorts of terrain including glaciers, and all kinds of dancing and skating."

Remember, always check with your doctor before starting any strenuous physical activities. Ease into training for any kind of strenuous sport by working out an exercise and nutritional program with your doctor. A doctor monitored program should prevent electrolyte imbalance and possible hernias.

Urostomy Hints

It is most important to learn to protect your kidneys, which aren't able to ward off infections and kidney stones as easily as before. This is why urostomates should drink at least 7 to 8 large glasses of water a day, and even more in hot weather. Spread your water intake throughout the day. Drinking it all at once is useless. Bend forward several times before removing your appliance. This helps to keep the skin dry while changing the pouch.

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BOA Minutes *continued from page 4*

Ed is a good friend of Osto Group located in Jupiter to whom we send our unused ostomy supplies. They in turn give them to indigent people for just the cost of shipping.

Our speaker this month was Joanne Brown, RN, MSN, and a licensed massage therapist. She spoke on stress relief. Make sure you breathe deeply so you inhale oxygen and it will help you think clearly. Stress factors in every day and we have to learn to manage it.

1) Write a list of things you can and cannot change. 2) Rate your list after one week one to ten and you will find most items will be between 3 and 5. It's not as bad as you first thought. 3) Look at what you can handle. 4) The items you can't handle you can change your attitude toward. Keep a positive attitude and be cheerful. 5) Start your day by being quiet and still for a few minutes so your body adjusts and lets tension out, relax; work on attitude adjustment; act happy, stand tall and your mood will lighten and relieve stress. Reach outside yourself and do for someone else.



To quote Joanne, "It's easier to act your way into a new way of feeling rather than to feel your way into a new way of acting".

Being a part of BOA is a first step in helping others. Remember that problems get bigger the closer you look at them.

As our Gladys so aptly said, "It is all in how you look at life. Think of what you have to be thankful for and choose to look forward with optimism toward the future."

Respectfully submitted,

Linda Roberts
Acting Recording Secretary

WONDERS OF MILK OF MAGNESIA

via It's in The Bag S. Nevada's Town Karaya

Because of its alkaline properties, Milk of Magnesia (MM) is beneficial to skin which has been burned by hydrochloric acids and enzymes from intestinal secretions. Hygienic care of the skin for all types of ostomies is very important.



Unless you have dry skin, use alcohol to remove all soap film after washing the adhesive solvent off. Also, it will kill any latent intestinal bacteria which can multiply under the faceplate.

It is possible for enzymes to penetrate so deeply into the skin that neither soap nor alcohol can remove them, but MM will neutralize them. Rub it gently into the skin. If the enzymes are there, MM will curdle like cottage cheese. In that case, rinse it off with warm water, pat the skin dry and apply a new film of MM. Let this dry completely and apply Skin Prep, Tincture of Benzoin Plain, Karaya Powder or whatever you use and proceed as usual. Products like Digel, Amphogel and similar products can be used instead of MM. A paste made of MM and Karaya Powder is healing to the skin. After the paste is dry, the faceplate can be applied.

Memorial Hospital West's Ostomy/Wound Outpatient Clinic

For advice on pre and post operative ostomy care including stoma site selection, ostomy product selection, peristomal hernia belt fitting, treatment of peristomal skin complications and complex fistula/tube management, this clinic is for you. For information or to schedule an appointment with Eula Fahie-Romero, Certified Wound and Ostomy Nurse, please call 954-844-6834. Outpatient Clinic Hours are from 1 p.m. to 3 p.m. every Thursday at Memorial Hospital West.

Adjustments with an Ostomy

Adapted by The New Outlook

Apparel: Whatever you wore before surgery, you can wear afterward, with very few exceptions. Many pouches made today are not bulky and do not show under even the tightest, most stylish apparel for men or women.

Diet: If you were ill before surgery, you may find you can now begin to eat normally for the first time in years. As your appetite returns, you probably will gain too much weight. This can affect the clothes you choose more than the pouch itself does. Keep in mind, it is harder to be properly fitted for a pouching system if you are overweight, so be careful you do not gain too much weight. Fat people have more trouble with a pouching system than thin people do.

Undergarments—for women: Girdles are not necessary for the ostomy, but most women who use them prefer the lightweight stretch type. A girdle that does not stretch may cause pooling of the drainage around the stoma, making the seal loosen. An old girdle, or one that is a size too large, may be more comfortable at first. If the girdle covers the pouch, it is not necessary to cut a hole in the girdle for the pouch, because the girdle will help support the pouch and the pouch will be even less noticeable with the girdle. A little air in the pouch around the stoma will often prevent the girdle from being too tight and improve drainage. In addition, cotton knit or stretch underpants may give you more support and security. Some women find a maternity garter belt suits them best in the first weeks after surgery. Panty hose are also comfortable.

Undergarments—for men: Men can wear a girdle designed especially for them. Jockey-type shorts or a wide-belted athletic supporter with the crotch cut off may be helpful. Many men after ostomy surgery prefer to wear boxer briefs. They are more comfortable because they provide more room for the pouch.

Physical labor: People with colostomies, ileostomies and/or urostomies can do most jobs; however, heavy lifting may cause a stoma to prolapse or the intestines to herniate around the stoma. A sudden blow to the skin barrier could cause it to shift and cut

the stoma. There are people with ostomies who do some lifting, such as, firefighters, mechanics and truck drivers. There are athletes who have stomas. Check with



your doctor about how you should prepare yourself for your type of work. As with all major surgery, it will take time for you to regain strength after your operation. A letter from your doctor to your employer may be helpful should the employer have doubts about what you can do. A stoma is never an excuse not to do anything.

Fair employment rights: Sometimes a person with an ostomy finds his/her employer thinks the ostomy will impair one's ability to do the job. This also happens to some people with ostomies who are applying for new jobs. You should know that your right to work is protected by sections of the U.S. Rehabilitation Act of 1973, by the Americans with Disabilities Act, and by sections of your state laws. If you feel you are being treated unfairly because of your ostomy, check with a local legal resource about protecting your rights.

However, as a practical matter, it would be strange for you to mention that you have an ostomy at a job interview. If one talks to personal managers across America, you would be hard pressed to find one that questions a potential employee about his/her bowel habits. An interviewee mentioning his/her bowel habits would usually in itself be reason not to hire someone because of the absurdity of the discussion. Other people, especially employers, are not interested in your bowel habits.

Bathing: Bathe to your heart's content with or without your pouching system. If you wish to take off your skin barrier to shower or bathe, you can do so. Normal exposure to air or contact with soap and water will not harm the stoma and water does not enter the ostomy opening. If you are concerned about ileal contents dripping into the bath or shower, you may want to choose a time for bathing when the bowel is less active. You can also leave your pouching system on while bathing. Most of us like to shower naked when we change our skin barrier.

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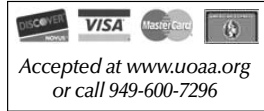
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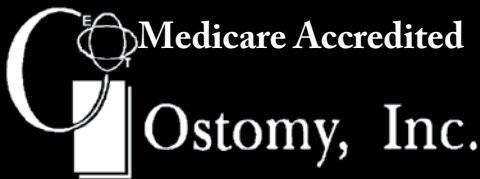
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