

Volume XLII Issue No. 1

January 2012



Broward Beacon



Next Meeting:
Sunday, February 5th 1:00 p.m.

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

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.

www.browardostomy.org
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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 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

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President's Page

What an encouraging way to start the New Year! Amy totally surprised me with a wonderful tribute for 40 years of volunteer work with our beloved BOA. Beautiful fragrant flowers from Helen, generous gift certificates, homemade fudge caramel-nut brownies and a full lead crystal plaque engraved with BOA's logo and the loving words, "Presented to Wendy Lueder with heartfelt appreciation for 40 outstanding years of dedicated service, inspired leadership, encouragement and compassion. We are here because you care." My heartfelt gratitude to Amy and all our BOA family for honoring me is such overwhelmingly joyous way. I'm humbled and so grateful. Thank you. And I do indeed really care. Love,

Wendy



B.O.A. MINUTES

November 6, 2011

The November meeting began at 1:25 p.m. November 6, 2011 and was attended by more than 55 members and guests. Helen read the Oostomate's Prayer. Helen is also the person to notify if you would like to receive a phone call reminding you of the monthly meetings. President Wendy welcomed everyone including first time visitors Emma, Fred, Vicki, David, and Julie. Julie is owner of Ostomy, Inc. and advertises in our *Broward Beacon* newsletter. She has agreed to put a Broward Ostomy Association flyer in the packages of supplies she sends out to her customers. We thank her for that. Wendy also pointed out our "power table" of attending Certified Wound, Ostomy and Continence Nurses Lea, Amparo, and Eula, who each volunteer their time to attend our meetings.

Wendy raves about Niltac medical adhesive remover, as being a great improvement over the adhesive remover wipes we often use. Ostomy, Inc carries this new product.

Wendy put out a request for door prize donations for our annual Holiday Banquet. In past years Mel Fishman has very generously provided door prizes. We are saddened to report that Mel has passed away. He was a selfless volunteer who worked as our refreshments chairman for years and years. He also

served on our advisory board as we cherished his wisdom. Our heartfelt sympathies go out to Thelma his wife as well as to his entire family.

At the January meeting, Amy will conduct a survey of this year's programs and what you would like to see in the upcoming year. Be prepared with your suggestions to write them down.

Amy introduced Zeff Ross, Senior VP and CEO of Memorial Regional Hospital, whose presentation was entitled *Patients' Apprehension Assuaged with Confidence in the System*. Mr. Ross spoke in detail about the Memorial Hospital System, including the main hospitals and satellite clinics. He gave a very personal account of his experiences as a patient in the system, one which many in the audience could identify with. One of the most important issues is for the patient to have a good advocate during their stay, which could be a family member or close friend. Memorial promotes a patient/family centered care. Memorial Regional Hospital received the coveted 2011 Quest for Quality Prize from the American Hospital Association.

The meeting concluded at 2:35 p.m., after a question and answer session with Mr. Ross. Wendy presented Mr. Ross with a Plaque of Appreciation and Presenter's Brownies. She also reminded everyone to please join us for our December 4th Holiday Banquet.

Next Meetings:

Sunday, February 5th, 2012

Refreshments, 1:00 p.m.

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

Meeting: 1:30 p.m.



We are delighted to have as our February guest speaker Lisheyne Hurvitz, a Licensed Mental Health Professional who will be addressing the issues of coping, depression, and communication in relationships with persons who have undergone ostomy surgery. These are

important topics for all of us. On her website she shares, "No problem is too insignificant to be dealt with; there is room for improvement in everyone. Lisheyne's heart-centered lifestyle approach helps her clients discover the underlying causes of their problems. Her expedient and highly accurate guidance includes dealing with the problems in practical ways to produce lives that are enriched and effective." Sounds great to me. Looking forward to seeing you all there.

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.

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.

NEWS FROM THE TSA

TSA has launched TSA Cares, a toll-free helpline to provide information and assistance to passengers with disabilities and medical conditions and their families before they fly. TSA Cares is now accepting calls. Travelers may call TSA Cares toll free at 1-855-787-2227 prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint. The hours of operation are Monday through Friday 9 a.m. – 9 p.m. EST, excluding federal holidays.

After hours, travelers can find information about traveling with disabilities and medical needs on TSA's website at: <http://www.tsa.gov/travelers/airtravel/disabilityandmedicalneeds/>

Travelers who are deaf or hard of hearing can use a relay service to contact TSA Cares or can e-mail TSA-ContactCenter@dhs.gov.

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. TSA has issued a press release regarding TSA Cares, as well as made information about TSA Cares available on www.tsa.gov. The specific link to TSA Cares information follows, as well as a link to the official press release.

http://www.tsa.gov/travelers/airtravel/disabilityandmedicalneeds/tsa_cares.shtm

<http://www.tsa.gov/press/releases/2011/1222.shtm>

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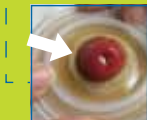
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*Left to Right
Bill, Mary Lou, Amy, Wendy & H. Lynn*



*Cliff & Mom
What would we do without them?*

Dues are Due!

We hope you're enjoying reading the *Broward Beacon* and if you've been able, to attend our meetings. All of you are very important to us whether you are able to attend or not.

If you have a red sticker notice on the cover it means that according to my records (which could be completely incorrect) you haven't renewed. In order to be good stewards of BOA's resources I'll assume you no longer wish to be a member and this will be the final issue we'll be mailing. Hoping this doesn't mean goodbye and to hear from each and every one soon. Fondly, Wendy

BOA MINUTES

December 4, 2011 & January 8th, 2012

December 4th, 2011 was the annual Holiday Banquet, a wonderful spread catered by fellow member Leroy. Wendy opened the festivities by introducing L.T. who was sponsored by BOA to attend the Youth Rally over last summer. Donations were accepted so that we may continue to sponsor L.T. through his 17th birthday. The 50/50 raffle was won by Rob Seaman from ConvaTec, who donated the proceeds toward L.T.'s fund. Thank you Rob. Amy notified us that Vocalist Amy Barbera was unable to be with us today due to illness.

Master of Ceremonies Bill Sisler handled the Officer Installation Ceremony. Wendy Lueder will continue as President. Amy Weishaus will continue

as Vice President and Program Chair. Lynn Ward will continue as Treasurer, Bill Wilson as Recording Secretary, and Mary Lou Pfenning as Corresponding Secretary. Next, the many people volunteering for jobs and committees were recognized, including Arthur for refreshments, Helen for the Telephone Committee, Cliff for Greeter, Jackie for the 50/50, Darryel, Bev, and Kent were recognized for the skit they performed earlier this year. Kent is also the First Time visitors' chair. WOCNs Amparo, Eula, Lea, Patty were recognized. This was followed by the Installation of Officers ceremony and the lighting of the candles that represent each office. Bill Sisler read the inspirational story of the Phoenix.

Wendy recognized the many, many people who helped out our organization throughout the year with plaques and gifts for "spreading the love." The formal meeting concluded with the White Elephant Grab Bag.

Our heartfelt thanks to Leroy for catering this happy event. All agreed that this was the most delicious holiday banquet in BOA's history. Not only did Leroy cook a fantastically delicious meal but served us on china plates using real flatware and cloth napkins. Leroy also brought two additional caterers who both served us and cleared our tables. What service! What fun. Thank you Leroy. You're so very good to us and we all appreciate what you did so very much!

At our January meeting a slideshow of wonderful photos taken by Lynn Ward from the December Holiday Banquet were on display as the meeting was called to order at 1:30 p.m. by President Wendy



Leroy receiving a small token of our appreciation



Real China Plates and utensils Thanks to Leroy a BOA Banquet First!

Lueder, who wished everyone a happy New Year.

Leroy read the Ostomate's Prayer. And, after providing us with the best catered banquet ever last December, Wendy announced that Leroy will again cater our banquet in December 2012. First time guests were then introduced, including Chris, Chu, Barbara, Joel, Mary Lou, Raul, and Maria. First time visitor Joel won this month's 50/50 raffle. Well done.

Wendy announced that following the March 4th General meeting, the 2012 annual Board of Directors meeting will be held at Memorial Regional Hospital in Parlor Rooms A & B. Everyone is encouraged to attend. It's important. The more people who volunteer, the less strain there is on any one person in keeping this organization going strong.

Before beginning today's program, Amy lead the group in honoring Wendy for her many years of dedicated service, declaring her "Queen for the Day." Helen presented Wendy with a beautiful bouquet of flowers. A message from ConvaTec's Rob Seaman congratulated Wendy on her lifetime of achievements. Wendy was the recipient of the Great Comebacks Award in 2007, and her story, which was read to the audience, is available online at <http://www.greatcomebacks.com/StoryHome.aspx>. A crystal trophy honoring 40 years of dedicated service, encouragement and compassion was awarded to Wendy. To top it off, Amy presented Wendy with her own version of Speaker's Brownies.

For today's program, the attendees were divided into three focus groups according to the type of surgery. At each table, a Wound, Ostomy and Conti-

nence Nurse was assigned to facilitate the discussion. Patty lead the colostomy group discussion, Martha lead the ileostomy group, and Amparo lead the urostomy group. To the extent that time permitted, each member or guest was encouraged to share what information they chose about their health, experiences and surgeries, and we were afforded the opportunity to ask questions.

The formal meeting concluded at 2:30 p.m., but discussions continued for awhile afterward. Each group's facilitator was awarded Presenter's Brownies.

Respectfully submitted,

Bill

Bill Wilson
Recording Secretary



UOAA's President's Message

The New Year will bring lots of challenges and opportunities for UOAA and the ostomy community as a whole.

We have undertaken a series of steps within the organization that we hope will ensure a very bright future. We have shaken things up a bit and have repositioned ourselves. Our former Board of Trustees has

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Chemotherapy and Your Ostomy

Edited by B. Brewer, 12/2011 UOAA Update

If you are taking chemotherapy, you should be aware of many chemo agents that affect the body differently. Below are listed basic side effects of chemo that an ostomy patient should be aware of.

Stomatitis – Is an inflammation that can develop anywhere in the gastrointestinal tract. It may appear as white ulcers in your mouth, on your stoma or elsewhere in your GI tract. You must be very careful in caring for your stoma, using care in gentle removal of the pouch and barrier, and using plain tap water to cleanse the stoma.

Dermatitis – Is an inflammation of the skin. Skin reactions are worse when you are on chemo, therefore if leakage occurs, change your skin barrier wafer as soon as possible. Again cleanse your skin with tap water only, making sure to get it clean. You will want to look for areas of increased redness, weeping areas, or a red rash that may have a white head on it. If the skin is open, or you identify a rash, see your doctor or ostomy nurse.

Diarrhea – Can be a severe side effect for the ostomy patient, especially the ileostomate. It is necessary for the ostomate to keep track of the amount of fluid he/she is able to drink versus what is expelled.

Dehydration – Is a big risk, as well as losing two of the body's minerals - sodium and potassium. If a colostomate develops diarrhea, discontinue irrigations (if you normally irrigate). You will want to eat foods that slow the bowel down, such as bananas, rice, applesauce, tapioca, or yogurt. You should notify your doctor if diarrhea occurs. He may prescribe some medications to slow bowel activity.

Constipation – On the opposite end of the spectrum, some agents can cause constipation. If this occurs, see your doctor. He may want to give you a laxative or stool softener. Remember to increase your fluid and fiber intake if you are constipated. Chemotherapy can be taxing on you. Nutrition and rest are essential. Do your routine stoma care when you are well rested.

Factors that Affect Ostomy Function

Edited by B. Brewer, UOAA Update 2011

Ostomy function may be changed by a variety of medications and medical treatments. This is common. The following are examples:

Antibiotics These often cause diarrhea, even in patients without an ostomy. Make sure your doctor knows about your ostomy, and inform him/her of problems as they occur. Drink plenty of liquids that will help maintain your electrolyte balance if diarrhea strikes.

Pain Medications These are often constipating. Extra irrigations or laxatives or stool softeners might be required for colostomates to combat the side effects of pain medications. Perhaps the dosage of pain reliever may be reduced to eliminate the situation. Again, be sure to drink plenty of liquids.

Chemotherapy Many cancer patients have follow-up chemotherapy after surgery or as an alternative to surgery. That often produces nausea and/or vomiting. You need to drink fluids that help you maintain your body chemistry balance.

Radiation Therapy This often produces the same effects as chemotherapy.

Travel Travel may cause constipation in some people and diarrhea in others. Be aware that these are possibilities. Altered diet, when traveling accounts for some of this, plus the excitement of new surroundings. Allow sufficient time for irrigations and take along an antidiarrhea medication.

Antacids Some types of antacids may cause diarrhea—usually those with magnesium. There are many new products on the market. Find out which is best for you. Drink plenty of liquids. You need to maintain your electrolyte balance in case of diarrhea. Tea, orange juice and even sodas/cokes are sources of potassium. Bouillon cubes mixed in hot water are a source of sodium. Remember that some of the signs of electrolyte imbalance are irritability, nausea and drowsiness.

UOAA President's Message *cont. from page 7*

been reorganized and is now led by our former UOAA President and UOAA Founder – Ken Aukett. Ken has been assigned the task and we are in the process of putting together a Board that will bring the best minds in the ostomy community together - industry representatives from each of the major manufacturers and suppliers. These people will be the ones who will help us drive the course and direction of UOAA.

We are planning later in the year the 1st Ostomy Summit, an endeavor that will bring together our organization along with the manufacturers, suppliers and distributors together at one table to try and steer the course of how we as an organization can best serve our community, ostomates in general and improve the image of ostomates all across this nation.

As I have stated before, 2012 will be a year when UOAA reaches out to find people with ostomies all throughout the country. We are looking for you and through our efforts we hope to locate you and bring you into the UOAA family.

We continue to have an active presence both on Facebook and Twitter for those who are involved in social media. Our dedicated group of people who work on this are an amazing group and I applaud their efforts.

Yes my fellow members, and to repeat what has been stated before, we ARE busy making UOAA a known name and the PREMIER name in ostomy care.

Our goal is to broadcast WHO we are to the American public, thereby, informing them of us and making ostomy awareness and acceptance universal. Stay tuned for further developments and check our website regularly for updates www.ostomy.org

We look toward YOU, our members to help us on this Mission. If we all work toward making UOAA a household name and one that we can all be very proud of, then we will be successful in “Seizing the Opportunity” that is right in front of us!

Dave Rudzin
President
United Ostomy Associations of America

The Phantom Phenomenon

Edited by B. Brewer, UOAA Update 11/2011



The phantom rectum is similar to the phantom limb of amputees. A person may feel their limb is still there. For ileostomates, it is normal to feel the need to evacuate.

This can occur years after surgery. Explanation of this sensation helps the ostomate understand it is a normal mechanism related to spinal nerve control.

Simply stated, the nerves have innervated the rectum. This nerve is responsible for rectal continence and continues to respond even after the rectum is removed.

If the rectum has not been removed, one may also have this feeling and may pass mucus when sitting on the toilet. Some who have had their rectums removed say the feeling is relieved somewhat by sitting on the toilet and acting as if an evacuation is taking place.

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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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