

Volume XLII Issue No. 8

October 2012



Broward Beacon



**Next Meeting: Sun.
Nov. 4th 1:00 p.m.**

**Don't forget
to set your
clock back
one hour!**



**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
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

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Broward Ostomy Association
c/o Lueder, 2100 S Ocean Dr #16M
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We Cordially Invite You to Join Us for
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Dr. Joachim de Posada, CSP

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Sunday, December 2nd, 2012 - 4:30 P.M.

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Bring a gift for \$2 or under



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 next month's issue an envelope will be enclosed addressed to Adam, our wonderful new treasurer who will be taking up the mantle from our cherished Lynn starting this new 2013 fiscal year. How can I adequately thank Lynn who has faithfully served as our treasurer over the past several years. His wife Harriet has been an invaluable helpmeet also and we sincerely include her in our thanks. Please let Lynn know if you're also including a \$10 check toward the Holiday Banquet to avoid any confusion.

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Next Meetings:

Sunday, Nov. 4th, 2012

Refreshments, 1:00 p.m.

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

Meeting: 1:30 p.m.



It is with great delight and gratitude that we welcome Henry Wodnicki, MD as our November Guest Speaker. Dr. Wodnicki is a Board Certified specialist in Colon/Rectal Surgery at Memorial Regional Hospital. Fortunately his care philosophy is to treat all with kindness and

professionalism. Dr. Wodnicki has been my personal surgeon and I can testify that he truly lives up to his philosophy.

He completed surgical residencies at St. Barnabas Medical Center in Livingston, NJ, and at Mount Sinai, as well as a fellowship in colon and rectal surgery at Baylor University Medical Center in Dallas, Texas. We are thrilled to welcome him and truly look forward to learning from an expert.

The Final Months of 2012

Our December meeting is our Holiday Banquet and as you can read on page 3, this meeting only starts at 4:30 p.m. with a wonderful catered dinner by our own beloved member Leroy. Those of you who attended last year's banquet will remember that it was by far the best banquet ever. Gone were the paper plates, plastic utensils and fast food menu; replaced by Leroy with china plates, real flatware and incredibly delicious homemade fare from Leroy's own catering kitchen. Leroy even provided extra staff to help clear the tables.

Joachim, our speaker, is internationally famous and a best selling author and motivational coach. I

have read and thoroughly enjoyed his first book, *Don't Eat the Marshmallow* and am starting on the second. Joachim holds a Master's degree and a Doctorate in Psychology and was voted as one of the top 10 Hispanic Professional Speakers in the United States. This really is a meeting you do not want to miss. Read about how wonderful Joachim is on his inspiring website: <http://joachimdeposada.com/>

Detailed meeting information including a useful map can always be viewed on our website www.bro-wardostomy.org.

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. November 4th and December. 2nd.

Dues are Due *continued from page 3*

If you've paid dues since September 2012 we consider you already paid up. If I send 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



Minutes October 7th, 2012

Members and guests were greeted at the registration table by Cliff, Jackie, & Lynn where December Banquet tickets were available for purchase. Donated ostomy supplies were located on a table in the back of the room and offered to members needing them. Vice President Amy visited from table to table to personally greet attendees.

President Wendy was on a vacation this month, so Amy opened the meeting promptly at 1:30 p.m. She introduced the first of two speakers today, Dr. Murugesan Manoharan, Associate Professor of Urology and Director of the Neobladder and Bladder Cancer Center at the University of Miami Miller

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Ostomy, Inc.

Julie Ebel Gareau, President

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A Star is Born

We are so proud that our new treasurer (as of January 1st, 2013), Adam Lokos, will be featured in Hollister's Newsletter with a wonderful article about keeping a positive attitude, As Adam wrote, "I 'm excited about my story being in the Hollister newsletter next month. I hope it will inspire local and national Ostomates to join a great Ostomy support group like ours." Wow Adam, thank you and congratulations! Well done.

B.O.A. MINUTES -June 3, 2012

Editor's Note: Our incredibly faithful Recording Secretary, Bill, has been dealing with enormous health challenges this past year and was unable to complete the following minutes to be included in our last month's issue. Thank you Bill for all you do. You're deeply appreciated.

President Wendy opened the last meeting before summer recess at 1:30 p.m. Joachim read the Ostomate's Prayer, and first time guest Lynn was welcomed. As an example of the broad range of interests our members have, Kent reported on the Triple Crown horse race. Judy, with a PhD in pharmacology, came thirty miles to visit us again. She looking for parents of young children with ostomies to get advice for parents for their own child. Contact Wendy if you know.

There will be no meetings in July or August during our summer recess, but the 24 hour Hotline will be in service all year. Telephone Committee chair Helen Ginsburg is the person to contact if you would like to receive notification by phone of each of our monthly meetings.

The Annual Board meeting was held last month. Treasurer Lynn wants to retire from his position effective January 1st, 2013. Adam was nominated by Bill S. and it was seconded by Betty. A vote was held, all said aye, and Adam will take over the job on January 1st, 2013.

Wendy welcomed attending WOCNs Lea, Amparo and Eula and thanked each for spending valuable time with us every month. Recently, the President of the United Ostomy Associations of America (UOAA) awarded Amparo a Certificate of Recognition for Exceptional Service for her work.

We will be sending L.T. to the Youth Rally again this summer. L.T. said that last year he learned how many different things people can do at Youth Rally. He will be moving to Pittsburgh in late June/August to live with a wonderful husband and wife who have adopted him. He said he will miss us, and greatly appreciates our help and support. He is looking forward to another summer at the Rally. Thanks go out to Lea for handling all the paperwork and arrangements to make this possible. Rob Seaman promised L.T. his speaker's brownies and Wendy gave him a book about ostomates and dating. L.T. presented a slide show of his 2011-2012 school year.

Wendy introduced Mr. (Wonderful) Rob Seaman, our representative from ConvaTec and a dear friend, as today's guest speaker. Rob has made many generous donations to the Broward Ostomy Association. Rob said it is we who inspire him, and that Wendy was a regional Great Comebacks® Award winner not too long ago.

Rob began his presentation with a video: Great Comebacks® Shining Bright. The beautiful video showcased various people with ostomies on their road to recovery and success. The Great Comebacks® Awards program has been ongoing for 26 years.

Rob presented a timeline of ConvaTec's history of innovation, beginning in 1978 when it was founded as a division of E. R. Squibb & Sons and was the first

UOAA SOCIAL BLOG

Did you know that we have our own social blog? We regularly post survey links, interesting stories, news articles, and so much more on the UOAA Social Blog! You can find our blog at blog.ostomy.org.

Product Review ~ Belts

by Wendy Lueder

Why might an ostomate choose to wear an ostomy belt? There are both medically necessary reasons as well as mere personal preferences. Let's look at both.

It might be necessary to wear an ostomy belt if your stoma protrudes only to skin level or very little at all. First try using skin barrier wafers with convexity to see if that solves the problem of having to change too frequently due to output flowing under your wafer onto your skin. If convexity is not enough try wearing a belt that pushes the wafer even farther into your body, forcing the stoma to slightly protrude. Be very careful not to wear the

to have a 2-piece closed-end and drainable ostomy management system. The timeline showed many milestones in ostomy product development up to the present day.

Some of the ConvaTec products discussed included SUR-FIT Natura® Moldable Skin Barrier with Rebounding Memory Technology™ on which the opening is rolled open with your fingers to fit around your stoma and is not cut with scissors. Rob also spoke of new ConvaTec Plus drainable pouches with new filters to reduce clogging and InvisiClose® Tail Closure with fewer snaps to close. Rob showed a testing facility with machines that put pouches through a rigorous workout to ensure their durability.

For those with Internet access, Rob recommended the website www.Ostomy.inspire.com which connects patients, families, friends and caregivers for support and inspiration and is sponsored by Great Comebacks®.

ConvaTec also provides a Starter Kit Program™ for new patients that can be tailored to their individual needs as they leave the hospital. Each person in the program will receive a call from a WOC nurse to talk about the kit and follow up on product application needs. Typically, a nurse will call within the 1st week you are home. ConvaTec has over 20 WOCNs on call thru their customer interaction services, who speak about 72 different languages. This is especially important in areas that don't have local WOCN access.

Through the ConvaTec Ostomy Access Program®, ConvaTec provides ostomy supplies to financially eligible patients on a temporary basis, at no charge. Patients who are uninsured and are unable to afford the cost of the Ostomy supplies may be eligible. For more information contact ConvaTec's Customer Interaction Center at 1-800-422-8811.

Wendy and the membership thanked Rob for his very informative visit, and stated that this was the largest turnout we've ever had for a June meeting. Wendy closed the meeting at 2:40 p.m. and reminded everyone to come to the meeting hungry in September, when Amy's friend will be donating a complete lunch provided by Subway Restaurants.

Respectfully submitted

Bill Wilson, Recording Secretary



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Minutes *continued from page 4*

School of Medicine. His presentation was titled "Radical Cystectomy in Elderly Patients."

Dr. Manoharan specializes in treating bladder cancer, occurrences of which peak after age 70. There are over 55,000 new cases of bladder cancer each year, and about 15,000 deaths. Bladder cancer is the 5th leading cause of cancer deaths in octogenarians. There has been an increase in diagnosed cases because people live longer, seek healthcare in a timely fashion, and have issues detected sooner due to better screening processes. The doctor learns much from patients and their families, including important social things about their way of life. The goals of his practice are to cure the cancer, reduce complications and improve his patient's quality of life.

For surgery to be beneficial for a patient, each has to be chosen with regard to other health issues such as atherosclerosis, coronary artery disease, cerebral vascular incidence and anesthetic risks. In most cases, removal of the bladder offers the best cure for bladder cancer. Surgery for bladder removal, called a cystectomy, has a mortality rate that is less than 2%.

A cystectomy requires a urinary diversion. Such surgeries may include construction of a neobladder from a section of intestine that is reshaped into a new bladder. In cases where a urostomy is required, an ileal conduit must be constructed from the kidneys to a stoma where urine is collected in an appliance. In other cases a Continence Pouch may be shaped from portions of stomach or intestine and remain inside the abdomen.

The SEER Database (Surveillance Epidemiology and End Results) by the National Cancer Institute is a good source for cancer statistics and an analysis of patient outcomes from bladder surgery. The majority of patients report that life gets better and happier as time goes by after their surgery.

At the conclusion of Dr. Manoharan's part of today's program, Amy presented him with speaker's brownies and a Certificate of Appreciation signed by Wendy Lueder.

Amy next introduced the second speaker of the day, Dr. Manoharan's Certified Physician's Assistant Claudia Guzman, who spoke on the topic of

cares for the issues that bring patients back to the office. As a Physician's Assistant, she often spends more time than the surgeon with patients discussing health, social, and quality of life issues.

Claudia addressed both short and long term problems patients may have after a radical cystectomy. In the short term after surgery issues that may occur include wound infection, stoma leakage, appliance issues, and trouble adapting to a wafer. The stoma may protrude, contract, or prolapse. Depression is a very life challenging issue that must be addressed. Then there is fatigue, changes in body image, vitamin deficiencies, and issues with blood tests, sexual function, and bowel irregularity. It is important to determine how a person lived before surgery to know what expectations they may have after surgery.

Long term issues include stoma stenosis, parastomal hernia, ureter narrowing, and scar tissue formation which can block kidney function. It is most important to detect kidney function change and to prevent damage and kidney failure. Urinary tract infections are common in patients, and symptoms after a cystectomy may be different in a patient than before surgery. Patients may lack the sensation that normally accompanies such infections and instead must be aware of changes in smell, back pain, fever or cloudy urine. Patients are followed up at 3 months, then 6, and finally at 12 months if everything is stable.

At the conclusion of Claudia's presentation, Amy presented her with speaker's brownies and a Certificate of Appreciation for her valuable time and information.

Amy pointed out that today's speakers were recommended by members who were their patients. If you know a doctor or other professional who would make a good program for our Ostomy group, please contact Amy. She will be asking for your specific input on programming at future meetings. Our guest speaker on November 4th will be returning colon & rectal surgeon Dr. Henry Wodnicki. On December 2nd we will hold our annual Holiday Candlelight Buffet Dinner with featured speaker Dr. Joachim de Posada, CSP.

In other business, first time visitors were welcomed including Arlene and her husband Arnie, Justin from

Minutes *continued from page 9*

Tennessee, and Tim (a friend of Adam's), and Dr. Lavifa from Malaysia. Adam mentioned that he is writing an article for an upcoming issue of Hollister's newsletter. Amy noted that October 6th was World Ostomy Day and Ostomy Awareness Day. Speaking of awareness, Amy said she recently saw a rerun of a Sopranos episode in which a supporting character had Crones disease. Good to see people like us are being represented in all walks of life.

Doug and Linda were thanked for helping with refreshments today and well wishes were sent to Art (the usual provider) who was unable to attend. We also thank Julie from Ostomy, Inc. who donated delicious cookies. The meeting was adjourned at 2:35 p.m.

Respectfully submitted,



Bill Wilson, Recording Secretary

Belts *continued from page 7*

belt too tightly as this may cause damage. Just a slight tug may make all the difference. Another ostomate successfully used wearing a belt during the healing process of her skin that was damaged caused by the output from a leak. Without the belt she found it necessary to change her wafer every day. When she started wearing a belt she got back up to her normal five day wear time while her skin was in the healing process.

For just personal preference, wearing a belt may give you an added extra sense of security. One of our members who is an avid swimmer feels more secure in the pool doing laps while wearing a belt.

If your stoma protrudes a half inch or more and your skin is in good condition you probably do not need to wear a belt. I can assure you from personal experience that not wearing a belt is far more comfortable.

Now if you do choose to wear one, which one to try? The good news is that both ConvaTec's and Hollister's belts work well with each other's pouches. The

tab holes and tabs are different shapes as seen in the photos but easily accommodate each other.

Here are some differences. Hollister's belt is flesh-tone and a bit wider than ConvaTec's. Being wider distributes the "pull" of the belt over a larger skin surface thus making it a bit more comfortable. ConvaTec's is white. If you have difficulty in using your hands Hollister's tab holes are a bit easier to attach. If you choose to wear a belt, why not try both and see what's best for you.

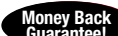
Coral Springs Ostomy Support Group

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 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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