

Volume XLIII Issue No. 2

February 2013



Broward Beacon



Next Meeting:

Sunday March 3rd, 2013 1 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

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 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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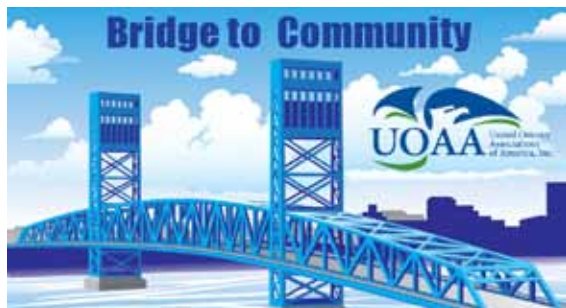
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Broward Beacon

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Fourth UOAA National Conference Join Us in Jacksonville, FL



Please give your highest priority to attend this year's UOAA National Conference starting 8 a.m. August 7th ~ 10th. Conferences are held only once every two years and their location rotates around the country. This will be the last opportunity in a very long time for us to attend this life-changing event at such a reasonable cost.

Wonderful news! Our very own beloved Dr. Joachim DePosada has received the highest honor by being chosen to be the featured plenary speaker. We're so proud of you.

You can reserve your hotel rooms by calling the Hyatt Regency at 888-421-1442 and don't forget to mention the United Ostomy Associations of America to get the special conference room rate of \$99/night + tax. I have attended at least ten conferences over the past forty years and I can testify that they are a resource we all need, not merely want.

Three \$250 Scholarships are available through one of our generous members if you haven't previously attended a conference. Please be there. You'll thank me for it.

If you would like to help UOAA directly meeting their budgetary goals they are in need of sponsors for the hospitality room expense where your name will be posted in thanks. If you are able, please consider donating to UOAA by July 1st:

- \$500.00 Full day Coffee
- \$250.00 1/2 day Coffee
- \$100.00 Snacks Full day
- \$50.00 Snacks 1/2 day

The conference will once again be having the popular *Basic Ostomy Sessions*. It is a great venue for ostomates as well as caregivers to learn the best techniques and tips and tricks.

You won't want to miss the first night event. Hollister, Incorporated is sponsoring an Ice Cream Social for all attending the conference. Their guest speaker will be none other than Minnesota's own, the wonderful Brenda Elsagher, author of "It's in the bag, and under the covers."

More news from UOAA: "Now you can get ostomy answers instantly! *The Phoenix* magazine, America's leading ostomy publication, is now available to view online at www.phoenixuoaa.org. Those with a colostomy, ileostomy, urostomy or continent diversion can now get ostomy answers instantly with a Premier Online Version for \$19.95 per year.

The online version of *The Phoenix* magazine is optimized for viewing on personal computers, tablets (iPad, Kindle, etc) and even smart phones such as the iPhone and Android operating system.

Subscribers can search for keywords, download a PDF, make printouts and click on embedded links in articles and advertisements to find out more information.

The December 2012 issue is now available for online viewing and online subscribers will get access to the March 2013 issue ten days before the printed version mails.

For a free preview of the December issue, please visit: <http://online.phoenixuoaa.org/issue/101868> The *Phoenix* Magazine is the official publication of the nonprofit UOAA Each issue is 72-80 pages and is published each March, June, September and December.

The logo for "The Phoenix" magazine, featuring the word "The" in a small font, "Phoenix" in a large, stylized blue font with a bird-like graphic integrated into the letter "i", and "Magazine" in a smaller font below it.

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Next Meetings:

Sunday, March 3rd, 2013

Refreshments, 1:00 p.m.

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

Meeting: 1:30 p.m.



March's meeting will not only be informative but also portends to be a whole lot of fun as we will be playing Ostomy Jeopardy with David Berry. David has been with Edgepark Medical Supplies as a Senior Account Manager for six years, and has worked with ostomates here in Florida the entire time.

David is passionate about working with us – helping us to understand our ordering options, our insurance, and the products we are now getting used to. He recently became married to a pediatrician so happily they share their medical interests.

His hobbies include golfing, running, and – of course – ostomy support groups! Of the 29 registered UOAA support groups in Florida, he is delighted to say he has attended over 20!

David tells us “I am very excited to visit your group – as I have heard wonderful things about not only the people who attend but also the organization and structure provided by the people who lead. Thanks for extending the invitation. I am excited to be joining you in March!” Thank you David and we so look forward to seeing you soon too.

Immediately following our program our Board of Directors and Committee Chairpersons will be gathering for our Annual Meeting. All members and guests are welcome to join us and the various opportunities to serve as a volunteer will be presented.

B.O.A. MINUTES

January 6, 2013

Arriving members & guests were divided into three discussion groups this month, one each for Urostomies, Colostomies, and Ileostomies. Wendy opened the meeting promptly at 1:30 p.m. by welcoming everyone to the New Year. The Ostomate's Prayer was read by Melanie. First time visitors Donna Byfield and Marla were introduced. Donna is a CWOCN (Certified Ostomy Nurse) at Baptist Hospital and is happily starting a badly needed UOAA Chapter support group in Miami Dade.

Adam, our new treasurer was recognized for being featured in the current issue of the Secure Start newsletter by the ostomy care company Hollister. Leroy was thanked for the wonderful banquet he provided in December. Joachim was thanked for donating his time and knowledge as our featured speaker at the Banquet. Julie from Ostomy, Inc. was thanked for the donated door prizes, and Emma & Fred were thanked for helping out with this month's refreshments.

The annual Board of Directors meeting will be held in March after the general meeting and everyone is encouraged to attend. We need volunteers to run for office and/ or work in committees. Or, simply come to submit your ideas. President Wendy is dealing with quite substantial family issues and stresses that she will need more help this year to maintain the quality of services and meetings that the Broward Ostomy Association is known to provide.

Each month we have a table of donated ostomy and related supplies that are free to members. This month there was a box of carrying cases for diabetic supplies. It was also noted that Harriet puts together personal care product supply packs for the homeless, and collects empty prescription bottles for this purpose. So bring 'em to the meetings, please.

Amy welcomed everybody and explained the discussion guidelines. Each of the three groups had an Ostomy nurse to guide the discussions for a thirty minute time allotment. Each member was given a sheet to write down personal data they wished to

continued on page 9



Ostomy, Inc.

Julie Ebel Gareau, President

Judith Ebel Considine, RNET, Founder, 1990

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UOAA's President's Message & Update



As the year moves on we continue to prepare for many things. We have Conference to prepare for in August, but we also have other things before and after that the UOAA is involved in. We are a participant in the

Digestive Disease National Coalition where my Vice President, Susan Burns, and I will be representing UOAA as we lobby our representatives on Capitol Hill. Additionally, we will be representing the organization at the WOCN Conference as well as the American Society of Colon & Rectal Surgeons Conference. Our goal is to get out the word about the POSITIVE aspects of ostomy surgery and to convince both nurses and surgeons of that.

The goal of all these trips is to further the cause of UOAA. To tell the story of who we are and what we represent. To tell people of the life we all can now have after our surgery, the life we were meant to live and be productive at.

We just finished our Strategic Planning Session last weekend here in Libertyville, IL and we all came away with a very positive feeling and one of accomplishment. We plan for the organization and for YOU, so if you, at any time, feel that you want your voice heard, all you need to do is pick up the phone and give me a call. I DO answer my own phone and you will get an answer from me. I can be reached at 312-466-3683.

UOAA UPDATES are our way of communicating to our members what is happening throughout the organization. It is our hope that this information will be passed on to your members by including it in your newsletters or by discussing it at your local support group meetings. We continue to look forward to working with you and to being an active resource to ensure your success.

I am blessed with the fact that all the members of the Management Board of Directors are the finest, hardworking bunch of folks I have ever had the pleasure of being involved with. They are all

committed to the cause and look out for all YOUR interests. I am telling you all this because you need to thank them for the hard work they put in for you. They represent YOU and in my opinion, they do a magnificent job. So pick up the phone or email them and say "thanks"!

As always, if anyone ever has any questions, comments or suggestions regarding the organization I am always willing to listen. I can be reached at drudzin@egii.com and always look forward to comments that can be considered constructive to the UOAA. We are here to build a strong UOAA, which requires ALL of YOUR input.

YOUR BOARD OF DIRECTORS

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Diane Miterko – dianeleigh@ostomy.org

Lynne Kramer– Lkramer22@verizon.net



A Few Words of Inspiration

by Barbara C. Thaler, via Metro Maryland; Green Bay WI; and North Central OK Ostomy Outlook

Whether you realize it or not, the day you got your ostomy, you were given a gift, a life saver, a quality of life saver. Now you have opportunities and choices that you could not even dream of when you were sick.

Now is the time to focus on what you CAN do, what you CAN eat, what you WANT to do, and

where you WANT to go. Now you have the energy; now you are free from pain. Now you have choices. You have control over what path you want to take. It is a time to stop isolating yourself and connect with people again. Connect with old friends, new friends, family and, whenever possible, helping others benefit from your experience.

Personally, managing my ileostomy has become just another step in my personal hygiene...like brushing my teeth. It is nothing compared to what I had to deal with when I was sick. Let's be clear...it was the illness that was limiting, not the ostomy. The ostomy is the cure, the ticket to living again. Understand how lucky we are that there was a cure for our disease, and remember how many crippling and painful illnesses there are that have no cure.

I, for one, am extremely thankful for my ostomy. I would not be here without it. It does not define who I am or what I do. There is so much more of who we are than just how we go to the bathroom.

We are Survivors: of major surgery, of cancer, of chronic pain and illness. Survivors are brave, committed, strong individuals who are able to get past a crisis situation with the vigor to enjoy what life has to offer. We survived for a reason. We were meant to have this second chance to make a difference. How you make a difference is your personal choice.

Soluble vs. Insoluble fiber: What's the Difference?

*via Vancouver Ostomy HighLife; Regina (SK) Ostomy News;
and North Central OK Ostomy Outlook*

If you have an ostomy, should you eat fiber? How much? What kinds are safest?

The intestine has a remarkable capacity to adapt. Matter/digested food in the small intestine is quite watery, and after it moves into the large intestine, a good portion of the water is re-absorbed into the body. Most fiber is indigestible material from plants that acts like a sponge, soaking up water and increasing the bulk of the intestinal contents, making matter move through the system more quickly.

In a person with an intact colon, fiber is essential to preventing constipation and keeping a person "regu-

lar." A person without a large intestine (ileostomy or "high" colostomy) doesn't have a problem with constipation, and will have loose or watery stool. (Some ileostomates report that over time, their stool becomes less watery as the small bowel adapts and 'makes up' for the loss of the large intestine.) This is especially possible if the last section of the small bowel (ileum) is still intact. However, consuming too much "insoluble" fiber may cause a blockage.

Avoid or limit your intake of insoluble fiber such as bran, popcorn, seeds, nuts, skin/seeds/ stringy membrane parts of the fruits and vegetables. However, another type of fiber (soluble) may be beneficial to ostomate. It may seem like a contradiction, but the function of soluble fiber is to make intestinal contents "thicker" and can actually help prevent diarrhea. This fiber is found in oatmeal, barley, dried beans, peas, Metamucil and in the pulp of fruits and vegetables.

Most foods have a combination of both types of fiber, but the above examples show the differences. Adding pectin (Certo, used to make jam and jelly) to one's daily diet can help to minimize diarrhea. It can be added to applesauce.

How much of any of this stuff an individual ostomate can safely eat is, unfortunately, often determined by trial and error (and sometimes, despite knowing better, having just o-n-e more taste of those nuts!) Pay attention to how much, and how fast, you are eating any kind of fiber. It might seem silly to measure one's intake of certain things by the bite, but it's best to be ultra-cautious as you resume eating after surgery. Add vegetables and fruits in very small amounts. Chew your chow carefully and thoroughly. Try not to learn your limits the hard way!



Ostomy and Wound Care Services

Memorial Healthcare System is dedicated to addressing the unexpected and changing needs of people who are preparing for or living with an ostomy. We can help with ostomy care, including:

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Minutes *continued from page 4*

share for discussion and concerns. Each in turn introduced themselves to their group and gave a brief talk about their background and ostomy related issues. From this, the group discussion evolved.

At the end of the time limit, summaries were presented from each group. The colostomy group discussed weight changes, zinc oxide based tape, and suggested a WOCN be a speaker at a future meeting. The ileostomy group had issues with pouch flap size vs. security, and concerns about clips getting caught. One person uses a simple wire garbage bag tie to close her pouch. One person brought up itching with his abdominal belt, and there were suggestions to use a stomahesive powder or alternate fabrics for the belt. A consensus was that we have been given second chance to embrace life. The urostomy group discussed appliance care, leakage problems, nutrition, and insurance company issues. Some suggested relaxation treatments.

Fudge brownies were presented to the CWOCN's (Certified Wound Ostomy Continence Nurses) who guided each group, Patricia Paxton-Alan, Lea Crestodina, and Eula Fahie-Romero. Wendy mentioned that L.T., who we sponsored to go to Youth Rally the past two years, was thriving with his new adoptive parents. We wish him the very best and love hearing from him. As the meeting closed, emphasis was placed on encouraging everyone to participate in the March Board of Directors' meeting after the regular March 3rd meeting.

Respectfully submitted,



Bill Wilson
Recording Secretary



2013 Meetings Schedule

If you are as forgetful as I am here are the dates of our upcoming 2013 meetings so you can put them in your date book now: March 3rd, April 7th, May 5th, June 2nd, Summer Break, September 1st, October 6th, November 3rd and December. 1st. Our December

meeting is our Holiday Banquet and this meeting only starts at 4:30 p.m. for a wonderful catered dinner. Detailed meeting information including a useful map can always be viewed on our website www.browardostomy.org.

We Get Mail from last month's fantastic speaker!



Hi guys, this is Rudy Pigalarga,

I received a thank you note from Helen Ginsburg yesterday. I couldn't find her email, so I take the opportunity to tell you all again how much I appreciated being part of your meeting on February 3rd.

It was truly a pleasure and a honor to be able to know you all, and to share some information and discuss with ostomates and their friends and families.

It is refreshing to meet patients outside of the hospital and get to know them for the little and big challenges they go through with their conditions day in and day out. This really reminds me how lucky I am to be able to help others.

Please say thank you to Helen from me, and again thank you for the opportunity.

Feel free to let me know if there's anything else I can help you with. You know how to get me! Have a great day.

Rudy Pigalarga

Rodolfo Pigalarga, MD, Colon and Rectal Surgeon 350 N. Pine Island Road, Suite 300, Plantation, FL 33324 Office 954-236-5444.

and More Mail from Osto Group!

Hi Wendy,

Osto Group is expanding and will be looking for volunteers (preferably ostomates and/or nurses with ostomy knowledge) to assist in our warehouse operation. We are relocating to a 15,000 sq foot warehouse in central West Palm Beach. If you know of anyone who may be interested in joining us on a full or part-time or occasional basis, please put them in

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touch with us. I'm available through email and/or direct line at 561-889-5753. Thanks for all of your efforts on our behalf. We appreciate all you've done for us.

Marian Grace

Director of Finance, Osto Group, a Division of Wholeness House, Inc. 4521 PGA Blvd. #228, Palm Beach Gardens, FL 33418-3997 www.ostogroup.org 877-678-6690

Editor's Note: Osto Group is the wonderful charitable organization that supplies ostomates who do not have medical insurance with ostomy supplies only for the cost of shipping. BOA has mailed them countless donated supplies and Julie, of Ostomy Inc. has graciously taken over the considerable mailing expense for us. Sincere thanks to both Marian & Julie.

Know About Blockage

UOAA UPDATE Feb. 2013 via Sterling Area Ostomy Association 3/10

The small and large intestines are as different in function as are the arm and the leg. The primary function of the small intestine is to take nutrition from digested foods. The function of the large intestine is to absorb water out of the food residue. Consequently, there is a difference in the discharge from an ileostomy, a colostomy or a rectum.

This discharge from the small intestine, which functions on liquid material and moves contents forward quickly, is liquid and soft. In the large intestine, the contents are changed from liquid to solid, through the process absorbing water. The movement is much less rapid, and the discharge is solid or even hard.

Movement of the food mass through the small intestines is never more than a few hours. Movement through the large intestine frequently takes from 36 to 48 hours. Thus, when anything blocks the forward motion of the stream of the small intestine, an immediate chain of events is set up.

There is pain, then cramping. Later, if there is no forward motion, a backward motion of fluid causing vomiting. The most frequent cause of the onset of

this chain of events is blockage at the ostomy stoma.

Usually, this is precipitated by undigested food; a bean, pea, peanut, stringy vegetables, shrimp, lobster, coconut, raw vegetables or similar food.

The best way to handle a blockage is not to allow it to occur in the first place. This is done by chewing foods well and drinking plenty of water. However, if symptoms of blockage occur, notify your doctor and follow his/her advice. As blockages may arise from causes other than undigested food particles, observe the following two cautions:

1. Do not take any laxatives without your doctor's specific order; any laxative may cause additional complications and pain.

2. Do not take any medication for pain without your doctor's specific order. Pain medication may mask a symptom that the doctor needs to know about.

Urostomates must be sure to take particular precautions in order to prevent blockages. Where the ileum or colon are joined after a segment is removed to make the conduit, a stricture can occur which is not as extendible as the normal intestines.

Keep some grape juice and mineral oil around your home just in case. Some symptoms of a blockage can be relieved with a glass of grape juice or a tablespoon of mineral oil. It can work wonders sometimes, even to the extent of loosening the blockage enough to pass.



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.

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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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