

Volume XLV Issue No. 1

Spring Quarter 2015



Broward Beacon



Meetings: Feb. 1st, 2015 ~ 1 p.m.

March 1st, 2015 ~ 1 p.m.

April Meeting Canceled (conflict with Easter Sunday)

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

Broward Ostomy Association



An affiliated chapter of the United Ostomy Associations of America (UOAA).
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.

Medical Board

Mary Lou Boyer, BSEd, RN, CWOCN	Amparo Cano MSN, CWOCN
Lea Crestodina ARNP CWOCN CDE, RN	Eula Fahie-Romero RN, CWOCN
Debbie Walde CWOCN	Patricia Paxton-Alan MSN, ARNP-BC, CWOCN

Wendy Lueder	President & Editor, <i>Broward Beacon</i>
Amy Weishaus	First Vice President & Program Chairwoman
Ren Lueder	Treasurer
Debbie Walde CWOCN	Recording Secretary
Elizabeth Sundin	Corresponding Secretary
Kent Stirling	First Time Visitors
Emma Heid &	Refreshments Co-Chair
Darryel Robinson	Refreshments Co-Chair
Cliff & Jackie	Hospitality

ConvaTec Professional Services	800-422-8811
Hollister Inc.	888-740-8999
Coloplast	877-858-2656
United Ostomy Associations of America	800-826-0826

Broward Beacon

Published August, November,
February and May.
Broward Ostomy Association
c/o Lueder, 2100 S Ocean Dr. #16M
Ft Lauderdale FL 33316

President's Page

How to Contact an Ostomy Nurse in Broward & Dade Counties

One of the most frequent requests BOA receives on its telephone hotline is for a referral to a local ostomy nurse. Officially an ostomy nurse is an ET (Enterostomal Therapist) or WOCN (Wound, Ostomy, Continence Nurse). If their degree is a CWOCN that tells you that they are also Certified by going through vigorous additional education and certification in ostomy management beyond their RN degree.

If a nurse tells you they are an “ostomy nurse” be sure to ask them if they are a WOCN or better yet, a CWOCN. Also make sure if your doctor writes a prescription for you to see an ostomy nurse that your doctor specifically designates on that prescription a WOCN or CWOCN.

I recently asked several wonderful Broward and Miami/Dade County Ostomy Nurses to let me know how you may contact them for personal care challenges. Here are their replies:

Luanne Bowen, CWOCN CCM: Cleveland Clinic Florida. “To set an appointment with the Stoma Nurse at Cleveland Clinic Florida for issues involving an ostomy, the patient must be registered at the clinic and also must have been seen by one of the colorectal surgeons in our clinic. If a patient is totally new to the clinic it is necessary to set up two appointments: one with a Colorectal Surgeon for an introductory visit and one with the Stoma Nurse right after the surgeon appointment. We have six Colorectal Surgeons: Steven Wexner, MD, Juan Noguerras, MD, Eric Weiss, MD, Dana Sands, MD, Giovanna DaSilva, MD and David Maron, MD. For information on these surgeons check the Cleveland Clinic Florida Web site or pick up information at the clinic. To call for an appointment, call the Colorectal Office at 954-659-5278 and wait for a prompt that asks if you want to speak to a physician's office. Please don't choose “do you want to speak to a nurse about a wound or ostomy” because I cannot make appointments and that would slow the process greatly. Thanks”

Eula Fahie-Romero RN, CWOCN: Memorial Hospital West (954) 432-2650, 703 N Flamingo Rd, Pembroke Pines, FL 33028. The ostomate needs a referral with a diagnosis written on it. The physician office calls or the patient and the appointment is scheduled based on availability.

Patricia Paxton Alan MSN, ARNP-BC, CWOCN: Broward Health, Coral Springs Medical Center. Potential patients need to obtain a prescription from a physician stating “Ostomy Out-Patient Center Visit” with diagnosis (reason) for visit. Patient then calls me, Patty Paxton-Alan, MSN, ARNP-BC, CWOCN for an appointment at 954-344-3094. The patient then registers as an out-patient. Coral Springs Medical Center requires payment of a \$50.00 facility fee at the time of visit. Thank you, Patty Paxton-Alan

Lea Crestodina ARNP CWOCN CDE and Chris Poole Johnson RN CWOCN at Memorial Regional Hospital Ostomy Outpatient Clinic. For information please call (954) 265-4512. To print out a referral/authorization form for your doctor to fill out go to BOA's website at:

<http://www.browardostomy.org/site/wp-content/uploads/2010/11/memorial-outpatient-clinic.jpg>

In Miami/Dade contact Donna Byfield CWOCN at Baptist Hospital, Miami at 786-596-1642.

And for telephone consultations only, Amparo Cano, CWOCN can be reached at U. of Miami Hospital. Direct Line 954-604-0403. Amparo is working to have an outpatient clinic available in the near future.

To say I am grateful for the wonderful plethora of CWOCN's we have in Broward and Miami/Dade is an understatement. Bless you, bless you all!

Fondly, *Wendy*



Next Meetings:

Sunday, February 1st, 2015

Sunday, March 1st immediately followed by BOA's Annual Board Meeting: All welcome! Scholarships to UOAA's National Convention this September will be discussed.

Meetings 1:00 p.m.

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

Speaker: 1:30 p.m.

April Meeting Only Canceled due to a conflict with Easter Sunday



Feb. 1st: We are so delighted to have as our February guest speaker Liz Draman. Liz is the mother of a young woman who was diagnosed with Crohn's disease at the age of 12 and at 21 required an ileostomy.

Raising a child with a chronic illness has taught Liz firsthand how to be a Co-Empowered Caregiver.

Liz's topic will be "A Gift of Love - Co-Empowered Caregiving; How To Provide Empowering Care For Another Without Losing Yourself". She feels that this is an important topic for patients, caregivers and healthcare providers.

She is a contributing author and co-editor of *Heal My Voice* women's anthologies, certified *Mastery Systems Conscious Life Coach*, and Certified Sound Healer, Mastery of Language Facilitator.

Using her expertise in multiple healing modalities, Liz helps to guide people in physical and emotional pain to grow beyond a "feel good" experience to lasting well being. For more information see her website at: lizdraman.com



March 1st A springtime treat this year will be having my own personal beloved surgeon, the renowned Juan J. Noguerras, MD, as our March guest speaker. He is a board certified colorectal surgeon, and Chief of Staff for Cleveland Clinic Florida.

He previously served as Chief Medical Officer for the renowned academic medical center, which has a staff of nearly 180 physicians representing 35 medical specialties.

A staff physician since 1991, Dr. Noguerras most recently served as Chief Medical Officer. He also served as Chairman of the Division of Surgery for eight years. Dr. Noguerras specializes in the treatment of colon and rectal cancer, inherited colorectal cancer, Crohn's disease, ulcerative colitis, diverticulitis, fecal incontinence, and benign anorectal diseases.

Notably, Dr. Noguerras was Cleveland Clinic's principal investigator in the development of the artificial bowel sphincter, a device that has helped many patients with severe fecal incontinence. He has published more than 160 manuscripts on topics including surgical treatment and management of Crohn's Disease and ulcerative colitis, pre-operative staging of rectal cancer and treatment of hereditary colon cancer. Do not miss this opportunity to meet a doctor who deserves our gratitude and respect as an advocate of ostomates throughout south Florida.

Dealing With Adversity

by David A. Gross M.D. & noted by Debbie Walde

Dr. Gross is a Board Certified psychiatrist with thirty-six years of clinical practice experience and recipient of the Practitioner of the Year Award from the Florida Psychiatric Society. Dr. Gross specializes in treatment of anxiety, depression, as well as other conditions. He earned a BA in Psychology, Magna Cum Laude from U. of Rochester, his MD with honors from U. of Florida and was Chief Resident at Yale University where he also taught as a Clinical Assistant Professor.



Ostomy, Inc.



Julie Ebel Gareau, President

Judith Ebel Considine, RNET, Founder, 1990

5420 W. Atlantic Blvd., Margate, FL. 33063

(800) 343-1614 (954) 975-8004 FAX (954) 973-3141

Ostomy Resource Center

VISA ~ Mastercard ~ American Express ~ Discover

Medicare and Medicaid Accredited Supplier

Coventry Healthplans ~ AARP

Humana Healthplans ~ Medicare Complete

Next Day Delivery

Custom Cut Appliances

Convatec ~ Hollister

Coloplast ~ NuHope

Permatype ~ Marlen

Torbot ~ Perry



OSTOMY AND UROLOGICAL SUPPLIES

www.ostomyinc.com

ostomyinc@gmail.com

Dr. Gross discussed the interaction between the mind, body, and brain. There is a component of science and then there are issues that science cannot define of which the main aspect is HOPE. Dr. Gross discussed what he termed “the bio-psycho-social matrix”. The biology aspect which encompasses the different systems of the body include such things as genetics as well as biological and physical reactions to the world around us.

Pain is an example of this. Physical pain is picked up by various receptors and processed by the brain to respond by physically withdrawing from the painful stimulus. How then do we process emotional pain? This becomes very complicated with each of us responding in a different manner which incorporates what has been effective for us in the past.

Attitude about medical adversity and how one copes with it can lead to a preoccupation with that pain resulting in anxiety and depression. At this time the symptoms become more powerful and totally control one’s life.

Which brings us to what Dr Gross referred to as **The Locus of Control** concept. We as human beings like being in control. We feel anxious when we feel we are not in control leading some people to have panic attacks. Illness takes that control away. Panic anxiety can be controlled through a cognitive behavioral therapy approach in which one works with a coach to learn how to get back the control we so need. Sometimes medications may help but are not the sole answer.

Mindfulness is learning how to take control of thoughts in one’s thinking process. This can be learned by practicing meditation as well as other techniques such as biofeedback. One has to learn strategies to get rid of the preoccupation of the loss of control, pain, or other adverse problems that are preoccupying our minds. As Dr Gross reminded us “no one ever died from a panic attack”.

Natural childbirth is an example of cognitive-behavioral therapy. Thirty five years ago David Spiegel divided breast cancer survivors into two groups: one group just sat and talked with each other while the second groups had a facilitator. Both groups believed that cancer was in control of

them prior to this experiment. The second group with the facilitator talked openly about their fears and worries. This group, with all other factors being equal, had improved morbidity and mortality that the first group who still felt as though the disease had control over their lives.

Disease is the biology of what is wrong with the body’s function/systems. Illness is how we deal with that disease. It is how we cope. Often times it is referred to as one who thinks of the cup as being half empty or half full.

Minutes General Meeting

November 2, 2014



The meeting was called to order at 1:30 pm at Memorial Regional Hospital’s Main Auditorium. The ostomate’s prayer was given by Leroy.

Wendy thanked everyone for coming as the Dolphins’ game was on concurrently (and they won!). First time attendees were introduced and welcomed: Steve was accompanied by his wife Ann. Steve is contemplating surgery and came for information and education. Donna is also scheduled for surgery and she was accompanied by her husband Bob. Liz is Jillian’s mother. Lynn’s help dog, Dina, also visited. Fernando introduced himself and verbalized how helpful today’s meeting was for him. Kent is the first time visitors’ chairperson. He asked that anyone who has extra copies of the quarterly magazine *The Phoenix* could please bring them for distribution to new members.

We were reminded of the Holiday Banquet and that the annual dues for membership are due.

Amy introduced Dr David Gross from Delray Beach. Dr. Gross has been in practice for 36 years. He was the chief resident at Yale before moving to Florida. He is a renowned member of the Florida psychiatric association. He specializes in depression, anxiety, substance abuse, etc. Dr. Gross explained why he was eager to come talk to our group. His sister had ulcerative colitis and had an ileostomy at age 11.



Experience the Hollister Ostomy Difference.

Details. Details. That's where you'll find the signature of Hollister Ostomy. From the first pouch we developed nearly 50 years ago, to today's ongoing innovations in function and design, Hollister Ostomy remains committed to quality products *and* quality of life. We're dedicated to providing reliable, high-performing solutions for individuals with ostomies— and helping them to enjoy peace of mind and fulfilling lives.

Hollister Ostomy. **Details Matter.**



Hollister and logo is a trademark of Hollister Incorporated.
"Hollister Ostomy. Details Matter." is a service mark of Hollister Incorporated.
©2012 Hollister Incorporated. PROMOCODE89HOLL1112

Dr Gross's topic of discussion today: Dealing With Adversity. We are presenting his talk as a separate article hoping that other UOAA chapters pick it up off the internet to share with their members.

After Dr. Gross's presentation there was a lot of response and questions from the audience.

The meeting was adjourned at 2:30 p.m

Minutes: Sunday December 7th, 2014

The 2014 Broward Ostomy Association Holiday Banquet began at 4:30 p.m. in Memorial Regional Hospital's Main Auditorium. The setting was beautiful with lovely centerpieces made by our President Wendy herself. She generously donated these to the CWOCN's in attendance as well as one to our wonderful caterer Leroy.



The music was perfect with Joey Cass, a Junior at Cardinal Gibbons High School, on the piano. Joey received a gorgeous poinsettia provided by Amparo Cano CWOCN for him and his mother Natalie to enjoy for the remainder of the holiday season! If you would like to hire Joey for your own event he can be reached at joeypiano@mail.com

The Master of Ceremonies was our beloved member Irwin Rosen. These are his words: "The words you are about to hear as we participate in our Officer Installation Ceremony are over 42 years old. BOA is now in its fourth decade of coming along side those who need encouragement and hope. As we carry the torch forward, with gratitude to God for giving us another year, we read once again: "At this time it is fitting that we reflect over the past

year and offer grateful thanks to those officers, board members, committee chairpersons and committee members who have served our organization so well this past year. These officers have fulfilled their commitment to serve not only the association and its members but many others who were reaching out for support during what may well have been the most traumatic period of their lives. Their commitment to serve this organization has set a high standard for others to follow. As a tribute to them for their past service, as I call their names may I ask each to stand:

Wendy who has served as your president and *Broward Beacon* editor for this past year; Amy Weishouse. Amy has diligently served as our first vice president and program chairwoman. Through her hard work and diligence, the Broward Ostomy Association has enjoyed an outstanding slate of guest speakers.

Lynn Ward and Ren Lueder have served with excellence as our treasurers. Their kindness and diligence has made them beloved members of the BOA family. Bill Wilson has served as our recording secretary. Bill has blessed us with well written and comprehensive minutes. For those of us who have not been able to attend our meetings in person, his service has been invaluable. Debbie Walde has taken over Bill's position as secretary as severe health concerns have forced Bill to resign.

Elizabeth Sundin is unable to join us tonight as she is in the hospital recovering from surgery and we miss her greatly. She has served as our corresponding secretary. Elizabeth is as generous, thoughtful and kind as the day is long. She has skillfully written many cards and thank-you notes on BOA's behalf. For every project we have, she always, offers 'What can I do?' and then does it. We love and thank you Elizabeth.

We now recognize the unselfish work of other Broward Ostomy Association Committee Chairpersons in alphabetical order. Please join me in honoring: Arthur Gilbert who, due to ill health could not be with us tonight. Arthur is our hard working and faithful refreshments chairman. Arthur does not allow us to reimburse him for all the treats. He and his wife Jeanne have faithfully picked up and delivered our delicious bagels and

sweets each meeting as well as cutting, arranging, and beautifully preparing the food trays. Arthur is dedicated, hardworking, and faithful. In his absence, Emma Heid and Darryel Robinson have graciously served in his place. Thank you all so very much.

Ren, Wendy's husband, is our new treasurer as well as the "go to" man for setting up microphones and computer presentations. Thank you, Ren, for always being there when we need you and supporting Wendy so much.

Cliff is our hospitality chairman. Cliff stepped right up to the plate and when asked, immediately agreed to help BOA graciously greet our members and writing out their name tags at the door. He always arrives early to make sure the room is set-up properly which often it is not. Cliff, we thank you for your willing spirit. You are a cherished member of BOA's volunteers and we deeply appreciate your involvement.

Jackie, Cliff's mom, has stepped forward unofficially to serve in any way needed. Selling 50/50 tickets, setting up our room for this banquet, helping at the front desk, and accompanying Cliff to all our meetings are all so appreciated.



Darryel and Emma stepped up to serve as refreshment co-chairpersons when our dear Arthur was unable to serve. Bless you dear Darryel and Emma. Emma is attending a family celebration tonight and was unable to attend. We appreciate your willingness to help in this extremely important position.

Kent is our first time visitors chairman. He makes

sure those who are with us for the first time receive all the necessary materials to leave our meetings well informed. Kent performs this duty conscientiously and graciously.

Broward Ostomy is so very blessed to have ostomy nurses that continually and graciously care for us. Their pro bono work is invaluable to all our members who need that extra touch of expert help and advice at our meetings. Thank you in alphabetical order to: Donna Byfield, Amparo Cano, Lea Crestodina, Eula Fahei-Romero, Patty Paxton-Alan, and Debbie Walde for sacrificing your precious time to attend our meeting and making yourselves available. We can say without fear of contradiction that everyone in this room loves and appreciates you.

As we look forward to the coming year, all of us promise loyalty and cooperation to those members who have been selected to guide the Broward Ostomy Association during the coming year.

Now to the important business of installing our officers. As I call your name, please step forward and light the candle representing your office:

Debbie as our recording secretary; Ren as our treasurer; Amy as our vice president and program chair; Wendy as our president and editor. By lighting the symbolic candle you have all accepted the responsibility of the office of the Broward Ostomy Association to which you were elected.

Many of you know the story of the symbol of our organization, the phoenix - that beautiful mythological lone bird that lived in the Arabian Desert for over five hundred years. It then consumed itself in fire and rose anew from ashes to start another new long life. Like that fabulous bird, many of us here have been reborn from the ashes of disease to a new life. Each one of us should be thankful and be willing to dedicate a portion of our lives in offering that one-on-one personal support so much needed by the new ostomate to assure them that an ostomy is not the end of life but a new beginning."

The microphone was then given back to Wendy. First time visitors Lennie and Brian, Reggie and Janice were introduced. Natale and John from Hollister were introduced as well as our friend Rob from ConvaTec. Juan Swarez who works at Memorial as greeter at the information desk was

also introduced to the group.

Special gifts were given to Julie Gareau, owner of Ostomy Inc., and Irwin Rosen our master of ceremonies. Other gifts were given as a thank you to past volunteers: Gladys Krayeski - past refreshments chair; Mary Lou Pfenning - past corresponding secretary; Hilary Phipps - past recording secretary but who was unable to attend; Linda Roberts - past recording secretary; Lynn Ward - past treasurer; and Bill Wilson - past recording secretary.

And yet more gifts were given to present board members and committee chairpersons: Ren, Darryel, Mom and Cliff, Kent, Amy, and Debbie.

Those not present: Elizabeth Sundin - corresponding secretary; Emma Heid - refreshments co-chair; Arthur Gilbert - refreshments!

The WOCN's then presented Wendy and Amy with thank you gifts of their own in appreciation for all they do for the Ostomates and their loved ones. Wendy was presented with her own very special gift for all her dedication and all she has done over the many years. We thank and love you both, Wendy and Amy. Beautiful huge door prizes generously donated by Julie of Ostomy Inc. were then given out. Thanks also to you Harriett for all the hand-made gifts that you contributed.

The banquet and meeting then adjourned after everyone's stomach was full of delicious food and everyone's heart was full of love. This is what the Holiday season is all about. Thank you one and all.

Minutes: Sunday January 4th, 2015

The call to order was at 1:30 pm at the Memorial Regional Hospital Auditorium. Not only was this the first meeting of the year but also the first meeting with two help dogs in attendance.

The Ostomate Prayer was read by Ren and a big thank you was given to Darryel for the great job of providing refreshments. Also Cliff and Mom were thanked for their consistent hard work at the hospitality desk. First time attendees were welcomed: Abe and Joan; Kathy and Bill; Zahava, Tony, Dianne, and Carl. Jayann is a nurse who desires to learn more about ostomies for which we commend

her. Kent, being the first time visitors chairperson, was very busy this first of the year meeting.

Irwin, our Master of Ceremonies for the Holiday Banquet, has generously contributed a check paying postage for the entire year for the BOA. Thank you so much, Irwin.

It was determined that the April meeting will be canceled as it falls on the same day as Easter Sunday this year.

Also, prior to dividing up into the focus groups, Lynn demonstrated her ability to wear "skinny jeans" by wearing maternity slacks. The elastic panel holds snugly while still providing for expansion.

Ostomy Resolutions Stoma Guard



Along this line, brochures were distributed on a device called the **Stoma Guard** by **Ostomy Resolutions**. This was designed by Donna Luce, who has an ileostomy due to Ulcerative Colitis and colon cancer to help protect her stoma from injury from such items as seatbelts, waistbands, belts, and activities. As their website states, "As an ostomy appliance accessory, the **Ostomy Resolutions® Stoma Guard** is an ostomy protector to guard against blunt force trauma to an ostomy or from inadvertent bumps by children or pets or injury from seatbelts, utility belts, waistbands or items carried. Also, to aid in adhesion of skin barriers, for peristomal support around stomas sited within minor skin folds, for allowing more free flow of waste, and enabling one to wear form-fitted clothing, including jeans. Regular or continued use helps support peristomal skin in an effort to prevent expansion of the ostomy opening, and may help guard against peristomal hernia. The two-part system may be worn with or without a belt, you decide."

Wearing the Stoma Guard causes a high profile of

visibility and would be noticeable if not worn with accommodating clothing. What a great product with so many benefits.

For further information contact by email ostomyresolutions@att.net, or phone Donna at 972-296-6844.

Today was the Focus Group meeting which consists of four groups - urostomates led by Lea CWOCN, colostomates led by Debbie CWOCN,



ileostomates led by Mary Lou CWOCN, and care givers/families led by Eula CWOCN.

After the individual focus groups individual discussions,

we came together to discuss the main highlights as follows: **Ileostomy** group - The Bath and Body Works has a pocket fragrance spray which some members have found beneficial. Jillian discussed her plans to start a business training help dogs!

Urostomy group - Products are unique for urostomies. Joe devised a night time drainage tubing which consists of plexiglass and fits between the mattress and box springs. Joe also stated that molding can be used as well. This prevents the length of tubing from turning on itself and contributing to leakage. It is important to fill in abdominal creases due to the output from urostomies. Depression with having to deal with pouching and skin problems does get better with support and helpful hints from the veterans.

Colostomy group - Hernias were a big problem. The *Celebration* hernia belt proved for some people to be more effective than the *Nu Hope* product. Heavy lifting of more than 10-15 pounds needs to be avoided for a lifetime. Skin reactions are always of concern often requiring changes supplies/companies. Ostomy Inc. owned by Julie (see their ad page 5) is always a good resource for supplies and help. Present

your insurance card and they can help with trying out other products.

Also, Mary Lou informed us that Cortizone-10 anti-itch in liquid form can be helpful for minor skin irritations.

Care giver group - This group verbalized concern re: continuum of care. Some postoperative patients fall off when discharged from the hospital. Home health care agencies may not have the skills or resources of the WOCN. This may lead to a lot of frustration. Lea and Eula with the Memorial Health Care system have ostomy clinics once a week. Suppliers sometimes send not enough or too many ostomy supplies.

The final comment was “It’s amazing how people adapt”. Other comments were the need for more marketing with case managers in the hospitals to help with the problem of people being discharged from the hospital being inadequately prepared to take care of their ostomies.

Another onsite support/resource mentioned is ostomyland.com. A final suggestion was to bring your own supplies to the hospital or rehab center if there is something that works well for you. Hospitals and rehab centers are not able to have the variety of product that meets everyone’s needs.

The meeting was adjourned at 2:45 pm.

Respectfully submitted,

Debbie Walde, RN CWOCN
Recording Secretary

Product Updates: Ostom-i Alert and Celebration Ostomy Support Belts

The winner of BOA’s 2013 Editor’s Choice Award for Best New Product presented at UOAA’s last Convention went to a wonderful product, Ostom-i Alert. It is a small sensor clipped to your ostomy pouch that reacts as the pouch fills. It then sends that information directly to your own or another’s smartphone with a setting you choose personally,

Memorial Hospital West Ostomy Services

Memorial Hospital West 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:

- Stoma site selection
- Ostomy product selection
- Peristomal hernia belt fitting
- Complex fistula/
tube management



703 North Flamingo Road
Pembroke Pines, FL 33028
954-436-5000

For information or to schedule an appointment, please call 954-844-6834. Ostomy services are available every Thursday from 1pm to 3pm at our outpatient clinic.

SURGICAL WORLD

1751 North 68th Avenue, Hollywood, Florida 33024

Just north of 68th and Taft on 68th Avenue

Broward (954) 983-6523 ~ Dade (305) 620-3947

Sustaining Member of Broward Ostomy Association for over 32 years

Visit Our Patient Care Center

Hospital Beds Oxygen Equipment Walkers Hernia Supports

Everything for Convalescent Care

Wheel Chairs Commodes Canes Complete Professional Fitting Service

Rental - Sales - Service - Free Set Up and Delivery

We Carry A Complete Line Of Mastectomy Forms, and Bras

Post-operative Permanent Appliances and Accessories

Colostomy -- Ileostomy -- Urostomy

ConvaTec Hollister Coloplast

UPS available in all areas

We Accept Medicare Assignments on Qualifying Products

such as, “half full or one third full”.

BOA just received an email with the wonderful news, “We are delighted to announce that we now have full FDA 510K regulatory approval for our device. This means it is now fully regulated to be used in both the hospital and non hospital settings. It is also fully prescribable! As a result of this we are now conducting user trials at 10 major centers. If you would like to user test the device or see it in action then please just get in touch right now by emailing us. You also can a video of the sensor by simply clicking <http://www.11health.com/how-to/>

Beside the Ostom-i Alert the company is branching out to include custom printed pouches, for the ostomate who has everything.

\$15 for a package of 4 pouches



“Fancy a printed ostomy pouch? Well now you can. Check out our latest range at:

<http://www.11health.com/other-products/>

“Shortly you will be able to upload your own image and print them on to your pouch. For more information just email michael@11health.com.

Update on Celebration Ostomy Support Belts: (see their ad on page 12). “ The Celebration® Belt is now a registered vendor with the Federal Government. This means that Ostomates eligible for care by any Veterans Administration Hospital or satellite VA Medical Center can request the Celebration® Ostomy Support Belt as part of their

medical treatment. Talk to your VA Physician or Ostomy Nurse to order your Celebration® Belt through the Prosthetics Department of your VA care facility. If you need further information or have a question please contact me. Jack Millman, Rep. tel. 413-539-7704.

Save This Date

UOAA’s 2015 National Conference will be held Sept. 1st through 6th, in St. Louis, MO at the Hyatt Regency at the Arch. Nineteen BOA members attended the last Conference held in Jacksonville FL and had a total blast. Plan ahead and try to join us once again in St. Louis. Attending is a life-changer.

Hidden Hazards of Cold Medicines

*based on an article by the same name in AARP Bulletin:
January-February 2015 by Nassa Simon*

Although over-the-counter cold medications can help with stuffy noses and scratchy throats, they sometimes can do more harm than good. Here are some of the hazards to look out for and how to avoid them.

Tylenol (acetaminophen) must be taken with great care that you do not exceed the maximum safe daily dose of 3,000 to 4,000 milligrams per day. Each year approximately 78,000 people visit the ER for acetaminophen toxicity which can lead to severe liver damage, even death. A personal friend of mine died this last November in her mid fifties from taking too much Tylenol. If you suspect an overdose seek help immediately. Initial symptoms include nausea, vomiting, stomach pain and loss of appetite. Later symptoms include dark urine and upper right side pain.

Take the lowest dose that brings relief. Stay away from alcohol while taking this medicine. Stick to the recommended timing and read the labels carefully as many differing medications contain acetaminophen. You may be taking more than you realize.

Advil and **Motrin** (Ibuprofen) may cause severe allergic reactions, especially in people who are

allergic to aspirin. Chronic use can cause peptic ulcers and kidney damage. It may also increase the risk for a heart attack or stroke. This is especially true if you already have heart disease or high blood pressure, you smoke, have diabetes or you use it long-term. If you take it regularly avoid alcohol. Call your doctor immediately if you have bloody or black, tarry stools; changes in urination frequency or problems walking or with your vision or speech.

Decongestants such as **Triaminic** and **Dimetapp Cold Drops** can cause blood pressure to spike and interfere with the effectiveness of blood pressure medications.

Decongestant nasal sprays such as **Afrin** and **Neo-Synephrine** if taken for more than three days in a row can cause the tissues lining your nose and sinuses to become dependent. You may start to use them more and more in an effort to breathe easily again. If you experience shortness of breath, irregular or slow heartbeat or unusual nervousness, seek medical help immediately. "If you have a heart condition, high blood pressure, diabetes, glaucoma or an overactive thyroid, talk with your doctor before using a decongestant."

Short-acting antihistamines such as **Benadryl** and **Chlor-Trimeton** as they cause sleepiness increase the risk of falls. Longer acting antihistamines such as Claritin, Zyrtec and Allegra usually do not cause sleepiness. Before using a short-acting antihistamine talk to your doctor if you have glaucoma, an enlarged prostate, breathing problems, high blood pressure or heart disease.

"If you take a longer-acting antihistamine and develop hives or a rash or have difficulty breathing or swallowing, call your doctor immediately.

"New Zealand researchers recently found that over-the-counter cold remedies that combine acetaminophen with the decongestant phenylephrine (**Contac Cold+Flu Non-Drowsy, Theraflu Daytime Severe Cold & Cough**) can bring on serious side effects including an irregular heartbeat, dangerously high blood pressure and tremors.

Consider treating only the symptoms that bother you by using a single-ingredient medication." If in doubt always consult your local pharmacist.

Some Ileostomy Don'ts

*Live and Learn Via: Ostomy Spotlight,
UOAA Oshkosh, Wisconsin Chapter
& Chambersburg Good News Helper*

Don't fast. Fasting can lead to serious electrolyte imbalances, even when adequate fluid intake is maintained. Don't limit fluid intake. Ileostomates are always slightly dehydrated due to the constant outflow of fluids, so maintaining fluid intake at all times is a must.

Be cautious about giving blood. A constant state of dehydration places enormous stress on the kidneys when blood is given. Serious damage can occur. Giving blood is not recommended practice for Ileostomates, but if you want to do it, consult your own doctor first.

Don't eliminate salt from your diet. Because salt is also lost with the fluid outflow, even those with high blood pressure should not eliminate salt altogether. Consult your doctor for your recommended salt intake when other physical problems are a consideration.

Don't put anything in your stoma. Don't allow anything to be put in your stoma without your own doctor's personal supervision. Doctors have sometimes incorrectly given routine orders in hospitals—for enemas, for example. Question any procedure that intrudes upon the stoma, including suppositories.

Don't take any medication unless you know it will dissolve quickly and be fully absorbed. Before filling new prescriptions, be sure to ask your pharmacist whether or not it will dissolve in the stomach quickly. Coated and time-release medications will not be absorbed and will pass through without benefit.

If in doubt, purchase only six pills and try them before getting the rest of the prescription. Women should be especially alert when taking birth control or estrogen replacement medications.

Don't take any vitamin B-12 product for granted. Have your doctor check your B-12 level whenever you have a blood test taken. Some Ileostomates with short bowels may require B-12 injections when they do not absorb enough of the vitamin.

Miami Dade Support Group

We are thrilled to announce the new *South Florida Ostomy Support Group* inaugurated and led by ostomy nurse Donna Byfield, CWOCN. The group will meet the third Wednesday of each month from 6 to 7 p.m. January through June, take a summer break, and then pick up again September through December at Baptist Health Resource Center, Baptist Medical Arts Building, 8950 North Kendall Drive, Suite 105, South Miami, FL. For more Information, call Donna at 786-596-1642.

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 and to call and confirm as they do take a summer break, contact Patricia Paxton-Alan MSN, ARNP-BC, CWOCN at 954-344-3094.

Meeting Dates

Please, if you are as forgetful as I am, take a moment now to mark your calendars for our upcoming meetings. This is especially important since the *Broward Beacon* is now published on a quarterly basis. We really don't want to miss seeing you.

Our 2015 meetings start at 1 p.m. Sundays on February 1st, March 1st. Our April 5th meeting only has been canceled due to its conflict with Easter Sunday. We will resume meetings on May 3rd, June 7th, take a Summer Break, September 6th, October 4th and November 1st. Our Holiday Banquet is then scheduled for Dec. 6th at 4:30 p.m. by reservation only and catered by our own wonderful Leroy Berry.

BOA does not endorse any products or methods. Consult with your doctor or Ostomy Nurse before using any products or methods either published in this bulletin, displayed, described, demonstrated or distributed by sample at our meetings or recommended by an association member.

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: The Lueders, 2100 S Ocean Dr Apt 16M, Ft Lauderdale Fl 33316-3844. BOA never shares membership information. We value your privacy. BOA is a 501(c)3 charitable organization.

Name _____ Age _____ Year of Surgery _____

Street _____ Apt. _____ Type of Ostomy _____

City _____ Zip _____ Phone _____

E-mail address _____ Prefer Emailed Newsletter: Yes ___ No ___

I am an ostomate. I want to be a dues paying member.

I am also enclosing a contribution to BOA

I am an ostomate and want to be a member but cannot afford dues at this time.

(This information is kept in the strictest confidence.)

I would like to become an Associate Member (non-ostomate).



**Basket o'Books
... and More**
**Custom,
Memorable,
Themed
Gift Baskets**

Books, CDs, DVDs, Gifts & Gourmet Treats
We Ship Nationwide 954 574 6718
by Amy Weishaus

Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



Subscriptions directly fund the nonprofit United Ostomy Associations of America - the only national organization providing vital information, resources, support and advocacy for ostomates.

The Phoenix



One-year subscription \$29.95 Two-years for \$49.95

Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

TOUGH on Leaks.
GENTLE on Skin.

Introducing the first-ever one-piece pouch with Moldable Technology™. Combines the convenience of a one-piece with clinically-proven skin and leak protection - to give you the freedom and confidence to live life to the fullest.

Over 95%
of people who started on Moldable Technology™ kept their skin healthy.*

It's time to **Go Moldable.**
No gaps. Fewer leaks. Healthier skin.

Learn more at 1-800-422-8811
www.Convatec.com

References: 1. Gawczyk MT, Majewski DM, Cabral MV, Hinkel-Plontek K. Converse Study: Multinational Evaluation of the Peristomal Condition in Ostomates Using Moldable Skin Barriers. Poster presented at ECET, Paris, France, June 2013.
TM indicates trademarks of ConvaTec Inc. © 2014 ConvaTec Inc. AP-014415-MM



Visit our website to see our video & order online
www.CelebrationOstomySupportBelt.com 1-413-539-7704
Medicare Approved ~ Private Insurance Approvable

Removable Soft Plastic Hernia Support Plate
Built-In pocket holds the weight of your pouch
Removable Stoma Shield protects your stoma from trauma
You will have the confidence to live an active life



\$110.00

**Celebration
Ostomy Support Belt**