

Volume XLVI Issue No. 4

Winter Quarter 2016



Broward Beacon



December 4th: 4:30 p.m. Holiday Banquet

January Meeting canceled due to conflict with New Year's Day

February 5th, March 5th ~ 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

Chapter 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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Broward Beacon

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



Holiday Candlelight Buffet Dinner
Sunday, December 4th, 2016 - 4:30 P.M.

Catered by our own wonderful member Leroy Berry
Master of Ceremonies: Mr. Irwin D. Rosen

Menu: Roast Chicken, Roast Beef,
Mashed Potatoes & Gravy, Rice, Stuffing, Yams,
Mixed Vegetables, Cranberry Fruit Salad, Dessert & Beverages

Beautiful Door Prizes Donated by Julie of Ostomy Inc.

Advance Reservations and Payment Required
\$10 per person (Except for Nurses who are our honored guests)

Mail Your Check for \$10 per person to be received no later than Dec. 1st to:
Treasurer Mr. Ren Lueder, 2100 S Ocean Dr #16M, Ft Lauderdale FL 33316

White Elephant Grab Bag

Bring a gift for \$2 or under



Dues are Due at this time and we really hope you can help support our costs of all things needful to BOA. All of us who volunteer for BOA are just that, volunteers, so we strive to keep our costs down to a minimum and give you the best care for your dollars. If there is an envelope attached to this issue my records indicate that your dues are in fact due. I've tried to withhold envelopes from those I know who have already paid since September 2016 but if I messed up, please just call me and let me know you've already paid. I do often make mistakes. See page 11 for membership information.

Please be reassured that we want you to be a

member whether or not you can attend our meetings. Many of our members cannot attend for one reason or another. They are as precious to us as those who can. A special note of thanks who all those who attend even though they have no unresolved ostomy issues whatsoever. They come just to encourage the next ostomate in line and we sincerely thank them.

I know that I am totally biased but I think our UOAA Chapter is the best, most loving, caring and generous chapters of which I am aware. I am so very grateful for each and every one of you.

Be sure to welcome and thank our new member Krysta who has graciously accepted to serve you in the office of Corresponding Secretary.

Fondly with love,

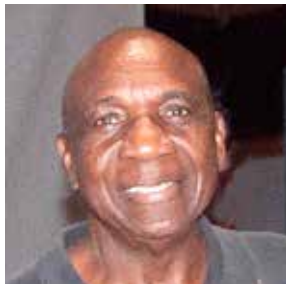
Wendy

Next Meetings:

**Sunday December 4th:
Holiday Banquet 4:30 p.m.
(by reservation only)**

**Sunday January 1st, Meeting
Canceled due to conflict with
New Year's Day**

**Feb. 5th & Mar. 5th ~ 1:00 pm
Chat 'n' Chew till 1:30 p.m.
Speakers: 1:30**



December 4th's
Holiday Banquet, our own talented member Leroy, who has been in the catering business for decades, will once again be providing his magnificent feast. We are so blessed by Leroy's

gracious kindness to us, and it is only because of this kindness that we are able to keep the cost of our time together at the same low price we have had for years.

With our beloved Master of Ceremonies, Irwin D. Rosen, this is a wonderful time to honor our volunteers and express heartfelt gratitude for the BOA family of friends.

Our surgery, like no other type, presents extra challenges to overcome. Having the BOA family there to stand by us can make all the difference. Truly looking forward to seeing everyone there.

February 5th

BOA is honored to have as our February guest speaker Elizabeth A. LaFroschia, Clinical Registered Dietitian and Licensed Nutritionist at Memori-

al Regional Hospital. Her talk entitled *Clean Eating for Intestinal Health* will incorporate knowledge on both general diet and nutrition as well as the unique dietary needs of those with ostomies. Elizabeth is known by



her colleagues for being a huge patient advocate that goes above and beyond for Memorial's cardiac patients. She has worked for the Memorial Healthcare System since 2008 and received her Bachelor of Science in Dietetics and Nutrition from Florida International University. Primarily working with cardiac patients, Elizabeth has enjoyed educating patients and their families through teaching classes, one-on-one, and in the outpatient clinic setting. She enjoys spending her free time chasing around her toddler, cooking with her husband, entertaining, exercising and doing yoga. Thank you Elizabeth for your willingness to enhance our lives.



Dear Wendy and all BOA members,

On behalf of the Youth Rally Board of Directors, I thank you for your generous gift of \$1095.58 in support of Miguel for the 2016 Youth Rally on June 14th, 2016. Our goal since inception is that no child



Ostomy, Inc.

Julie Ebel Gareau, President

Judith Ebel Considine, RNET, Founder, 1990

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is ever turned away related to inability to pay and your gift helped us achieve this once again.

Our campers and volunteer team of counselors live with a variety of congenital birth defects, chronic illness, or physical trauma that has caused disruption to their bowel and/or bladder systems. Your gift is more than monetary - it represents hope. The Youth Rally provides an environment of learning and growth where these children gain independence and confidence while having fun with others who are just like them!

Words alone cannot express our many thanks for your support.

Sincerely,
Mary Beth Akers CFO

Meeting Dates

Please, if you are as forgetful as I am, take a moment 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.

Out 2016/2017 meetings will all be held on the first Sunday of the month September through June. We then take a summer break in July and August. Hoping to see you Dec. 4th at our Holiday Banquet (by reservation, this meeting only.) 2017 January 1st meeting canceled due to conflict with New Year's Day; February 5th, March 5th, April 2nd, May 7th, June 4th, summer break, September 3rd, October 1st, November 5th and then our Holiday Banquet by reservation only on December 3rd!

Minutes General Meeting September 4th

The meeting was called to order at 1:30 pm by Wendy Lueder at Memorial Regional Hospital's Auditorium. The Ostomate's Prayer was read by Larry. New attendees were welcomed as follows: Larry and Kelly; Norma and Wes; and Kathleen and Bob. Our guest who traveled the furthest today is Judith from Boca Raton.

Wendy announced that thankfully Leroy will again cater our Holiday Banquet in December and that the January 1st meeting has been canceled as this date just happens to fall on New Year's Day.

Lynn Wolfson, the team leader for this morning's Ostomy United Triathlon, presented the results. There were five teams represented, three of which placed. \$3,000 was raised for United Ostomy Association of America. The team shirts were designed by Wendy who took pictures of the team and shared these in video format.

Amparo Cano, MSN, CWOC and Debbie Walde, BSN, CWOC presented today's discussion. This was an audience participation game with questions posed by the WOC nurses and answered by the audience.

Important Questions and Answers

- What are the Signs and symptoms of UTI in people with a urostomy?

Fever, Strong smelling urine, Cloudy urine, increased mucus, retroperitoneal pain, bloody urine new onset confusion (in elderly patient).

- Describe the **crusting procedure** which helps to cure irritated or raw peristomal skin?

- a. Clean the peristomal skin with water (avoid soap) and pat the area dry.

- b. Sprinkle skin barrier powder onto the denuded skin. (Stomahesive Protective Powder; Hollister Adapt Stoma Powder; Safe N Simple Skin Barrier Powder or Coloplast Brava Ostomy Protective Powder)

- c. Allow the powder to adhere to the moist skin.

- d. Dust excess powder from the skin using a gauze pad or soft tissue. The powder should stick only to the raw area and should be removed from dry, intact skin.

- e. Using a blotting or dabbing motion, apply the polymer skin barrier over the powdered area, or lightly spray the area if you're using a polymer skin barrier spray. (Editor: Prefers spray such as ConvaTec Sensi-Care Sting-Free Protective Skin Barrier Spray; Hollister's Adapt Medical Adhesive Spray; Safe N Simple Skin Barrier No-Sting Spray; Coloplast Brava Ostomy Care Skin Barrier Spray;

- f. Allow the area to dry for a few seconds; a

whitish crust will appear. You can test for dryness of the crust by gently brushing your finger over it; it should feel rough but dry.

g. Repeat steps 2 through 6 two to four times to achieve a crust.

h. You may apply a pouching system over the crusted area.

Stop using the crusting procedure when the skin has healed and is no longer moist to the touch.

- Medication Precautions for Ileostomates:

Do not take enteric coated or time-release medications

Do not crush or open medications

Inform the pharmacist

Never take a laxative

- Foods that affect ileostomates

Apple peels, cabbage raw, celery, Chinese vegetables, corn, whole kernel, coconuts, dried fruit, mushrooms, oranges, nuts, pineapple, popcorn, seeds.

- Describe the push-pull technique?

Rough removal of your skin barrier wafer can tear out hair on the peristomal skin. Pulling out hair causes folliculitis, infection of the hair follicles, and is characterized by red, sore, itching and eventually weepy skin. It can also look like pus-filled or open pimple.

Never pull your skin barrier wafer off but instead hold wafer in place while pushing your peristomal skin in toward your body. This method is far more gentle to your skin.

- When should I seek medical assistance?

You should call the doctor or ostomy nurse when you have:

i. severe cramps lasting more than two or three hours

j. a deep cut in the stoma

k. excessive bleeding from the stoma opening (or a moderate amount in the pouch at several emptyings)

l. continuous bleeding at the junction between the stoma and skin

m. severe skin irritation or deep ulcers

n. unusual change in stoma size and appearance

o. severe watery discharge lasting more than five or six hours

p. continuous nausea and vomiting; or the ostomy does not have any output for four to six hours and is accompanied by cramping and nausea (ileostomates only.)

- Foods that cause gas

Some foods cause excess gas, so these may need to be reduced or avoided. Foods such as beans, hard boiled eggs, fish, melon, milk products, onions, spicy foods, asparagus, cauliflower, cabbage family, and carbonated beverages cause flatus. Some behavioral changes to reduce flatus include avoiding drinking through a straw, smoking, and chewing gum.

- Peristomal Skin Problems

A study revealed that 61% of people with an ostomy have a peristomal skin problem as assessed by a WOC or Ostomy Nurse. The primary cause of skin problems was from effluent coming in contact with the peristomal skin. Body shape and skin type are as individual as personality – some people can establish a good seal between the skin and the barrier, while others may find it a challenge getting a tight seal to avoid leakage and may need a little extra help to make their ostomy appliance fit securely and to care for peristomal skin.

- How to Replacing Fluids and Electrolytes

A rule of thumb is to drink a glass of replacement fluid each time pouch is emptied. Try replacement drinks such as sports drinks, fruit or vegetable juices (V8), broth, or Cera Lyte. Electrolytes (sodium and potassium) are lost when the body loses a lot of water. Foods containing potassium are orange juice bananas and tomato juice. If diarrhea is caused by antibiotics or bacterial imbalance, replace the normal intestinal flora (bacteria) with yogurt, buttermilk, acidophilus.

- What are some Hospitalization Tips for Ostomates

Never assume hospital personnel know the difference between ostomy types.

Ask if the hospital has an ostomy nurse. If they do,

call them and let them know you're an ostomate and you'd love to just meet them even if they do not need to be involved in your immediate care.

Never assume they have ostomy supplies you use in stock. Always keep an emergency supplies kit ready in your closet full of everything you need for at least five changes of your ostomy appliance during an unexpected stay.

Bring a warm bathrobe. Hospitals are kept very cool to keep them sanitary.

Never assume the medications they give you are correct.

- Can I skip meals from time to time

No, it increases watery stools and gas

- I wasn't lactose intolerant before surgery but I am now. Is this normal? - yes

- What can I eat to decrease diarrhea?

Tapioca, toast, applesauce, bananas, boiled rice and peanut butter.

- Can I go swimming?

Yes! UOAA has a swimming with an ostomy toolkit: Facts and your rights (ADA). You can file for discrimination.

- Is it important to know what portions of my bowel that was removed?

Yes. This is important re: your diet, meds, and absorption of foods.

- Where can I get detailed information on diet, etc.?

United Ostomy Association of American has a very good Diet and Nutrition guide.

Minutes General Meeting October 2nd

The meeting was called to order at 1:30 pm at Memorial Regional Hospital Auditorium in Hollywood, Florida by Amy Weishaus. Wendy is away on her annual respite in the mountains of

North Carolina and sends her best wishes.

Other announcements were as follows: Rob Seaman from ConvaTec will be speaking on November 6, 2016. Our annual Holiday Banquet is Sunday December 4. Please be sure to make a reservation. Leroy has graciously agreed to be our great chef again. This is always fun and delicious. Our January 1st meeting has been canceled as it conflicts with New Year's Day.

First time visitors were greeted: Louis and his wife Janet; Bob, an ostomate of 28 years) and his wife Marianne; Leslie and his daughter Krysta; Jennifer and her husband Noah; Annie and her mother MaryAnn who both worked with and sang at the funeral of Mother Theresa. Annie is requesting a ride to the meetings from the Oakland Park area; and Danny who is a Rabbi.

The ostomate's prayer was read by Larry who also provided a delicious selection of refreshments for the first time today.

John Chickey from Hollister brought ribbons provided by Hollister to honor the National Ostomy Awareness day on October 1st. The ribbon was designed by Lois Fink who suffered with pain until her ostomy surgery. You can find her background information online. Hollister also helped to support the various national 5K runs on Ostomy Awareness Day.

The attendees then divided into focus groups for discussions.

From the colostomy group: Be creative if having issues because everyone will have an issue at some time.

Peristomal problems are the most common concern.

What works for one person may not for another. You have to experiment and find what will be effective for you.

Some people suffer from constipation and have found Gas Ex or Perrier to be effective.

Stay active. Some people use Coloplast strips for swimming, some use nothing special.

A suggestion for future meetings was one for Panic Attacks.

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From the ileostomy group:

Pouch changing does add a burden to one's normal lifestyle.

It is important to keep one's sense of humor.

Leaking very often to always a problem.

From the urostomy group:

Night time drainage designs and resolutions were offered by the various members.

There is a persistent concern re: leakage.

There were two members who experienced intestinal blockage – one was resolved with diet while the other required surgery.

You are your own best advocate.

Some people use duoderm to protect broken peristomal skin.

From the caregivers group:

There was one family relatively new to the area who required knowledge re: community resources and connections.

From all groups was the suggestion to keep attending the monthly meetings to give and receive support and help.

Respectfully submitted,



Debbie Walde CWOCN
Recording Secretary



Review Your Medicare Part D Coverage and Save Hundreds of Dollars!

by Bob Baumel, North Central OK Ostomy Association

Medicare's Open Enrollment Period runs from Oct 15th to Dec 7th every year. If you are a Medicare beneficiary and have a Part D Prescription Drug plan, you may be able to save hundreds of dollars a year by reviewing your Part D coverage during this period and switching to a plan that offers better terms.

This happens because the Part D plans, which are offered by private insurance companies, change their

terms every year (including premiums, deductibles, drug formularies, copays, etc.).

So, a plan that may be a great deal one year is often a terrible deal the next year. If you are sufficiently computer savvy, you may be able to go through this process yourself using the Plan Finder at www.medicare.gov

There is also a wonderful group of volunteers in Florida to help walk you through the process. SHINE (Serving Health Insurance Needs of Elders) is a free program offered by the Florida Department of Elder Affairs and your local Area Agency on Aging. Specially trained volunteers can assist you with your Medicare, Medicaid, and health insurance questions by providing one-on-one counseling and information. SHINE services are free, unbiased, and confidential. To contact them call 1-800-963-5337.

Some company retirement plans limit the ability of retirees to change Part D coverage without losing some retiree benefits. Before considering changing your Part D coverage, be sure you don't have a retirement plan that limits your choice this way.

Ostomy Home Skills Resource And Survey

UOAA has been working with the American College of Surgeons for the last 6 years in the development of patient education programs that surgical professionals can use with their patients.

The resources are designed to help new patients safely care for themselves after their operation. American College of Surgeons need your help to better understand your surgical experience. The survey will take 6 minutes of your time. Answering will not help you directly but it may help people with an ostomy in the future. Only the group response will be reported and American College of Surgeons will continue to work with UOAA in the improvement of education and skill training programs for patients needing an ostomy operation. Any questions can be directed to Amanda Bruggeman at 312-202-5263 or abruggeman@facs.org. **Please respond by December 1, 2016.** <https://www.surveymonkey.com/r/patientostomy>

For Floridians: Keeping Our Ostomy Supplies Cool

by Lenore Jensen, Sacramento Ostomy Association



I discovered on Amazon.com (where else) reusable insulated sandwich bags. They have a zip lock slider and are large enough to fit a wafer, 2 pouches, wipes etc.

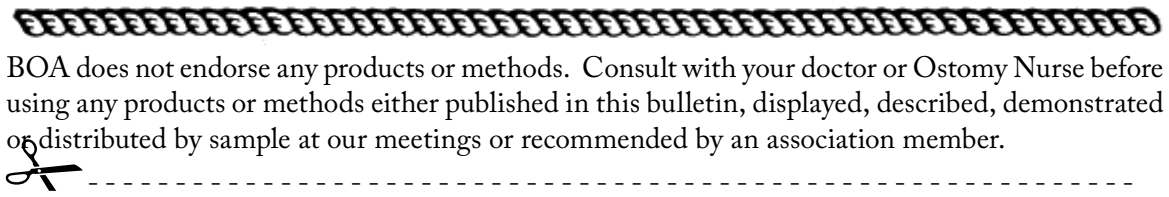
We were in Hawaii this summer and I carried my supplies in them all week. I used the wafers and pouches after we returned home and they stayed on just fine.

The reusable insulated sandwich bags come in a five pack, unfortunately one zip didn't work but the others were OK. The actual name is **Insu-bag**. They look like a silver sandwich baggie only bigger - 8.5 " x 8.5". Normally after I've carried my supplies in the heat I just toss them so I was pleased with these bags.

What should I do if approached by pool personnel concerned that my ostomy is an open wound or that ostomy bags are not allowed in public swimming pools? Stay calm and use this situation to educate others. However, unless you expose your ostomy or tell pool personnel, nobody should know you have an ostomy. UOAA Advocacy Manager, Jeanine Gleba, has created a resource kit for swimming with an ostomy for ostomates who may be denied access to public swimming pools.

See: http://www.ostomy.org/Swimming_with_an_Ostomy_Toolkit.html

You can't control the reactions of others, but you can seize the moment to inspire them. *Ostomy United* founder, Ted Vosk has experienced unsolicited comments while at triathlete events. "A guy pointed to my ostomy bag and said he was sorry I have it. I replied that he could feel sorry for me if he outswam me. We both smiled." – Ted Vosk



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 quarterly 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 with anyone. We value your privacy. BOA is a 501(c)3 charitable organization.

Name _____ Age _____ Year of Surgery _____

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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.)

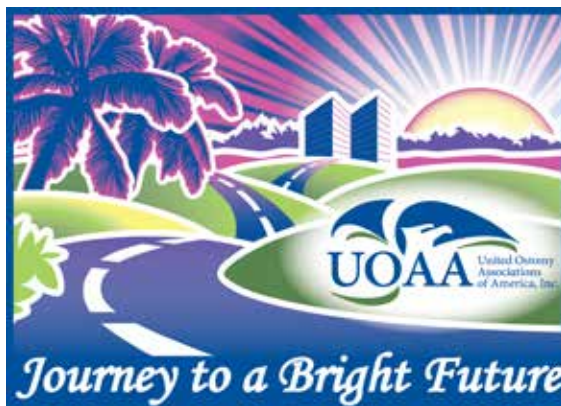
I would like to become an Associate Member (non-ostomate).

Memorial Outpatient Ostomy Clinic

At Memorial Regional Hospital/Joe DiMaggio children's Hospital Outpatient Ostomy Clinic, their goal is to provide quality care to adults and children who have had ostomies. Care and support includes pre-operative and post-operative education; appliance selection and application; peristomal skin complications and care; dietary counseling and support for coping with lifestyle modifications. For more information or to make an appointment call 954-265-4512.

Coral Springs 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.



UOAA's 6th National Conference

Tues.-Sat., Aug. 22-26, 2017, Hotel Irvine, Irvine, California

You're invited to California Dreamin'. Fantastically, the 1st Night Ceremonies features my wonderful sister Pam, an adventurous ostomate who is as much at home on the sea as on terra firma. A lifelong sailor, Pam and my brother-in-law Andy, my nephew and niece cruised together circumnavigating the globe for seven years. When they started out from their home in Ft Lauderdale, Jamie and Samantha were only 7 and 4 years old. Ask me if I'm a proud sister/Auntie. So hoping you can join Ren and me there!

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