

Volume XLVII Issue No. 1

Spring Quarter 2017



Broward Beacon



Meetings: March 5th, April 2nd, May 7th ~ 1 p.m.

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

Broward Ostomy Association



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 501(c)3 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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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

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6th National Conference

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

President's Page

It is time to begin planning to attend UOAA's 6th National Conference. Fantastically, this conference's Opening Ceremony on Wednesday Morning, August 23rd at 8:30 a.m. will feature my very own wonderful sister Pam. Pam is an adventurous ostomate who is as much at home on the sea as on terra firma. Our family has been lifelong sailors starting out on Lake Michigan with our father and she and my brother-in-law Andy, my nephew and niece cruised together circumnavigating the globe for seven years on a 39' sloop. When they started out from their Ft Lauderdale home, Jamie and Samantha were only 7 and 4 years old. Ask me if I'm a proud sister/Auntie. Pam sailed while managing her ostomy without the benefit of a shower, flushing toilet or hot water. She is living proof that there is nothing a person with an ostomy cannot do. So hoping you can join Ren and me there!

The Conference will feature Education Sessions, Motivational Talks, a Stoma Clinic, Product Exhibit Hall and Special Events including an Ice Cream Social that is yummy.

Hotel Irvine, 949-230-4452, has 536 updated, upgraded rooms all with easy access to the first floor meeting space; High speed WiFi complimentary in all rooms and common area; 42" flat screen TV in each room; In room refrigerator and hairdryer; Swimming pool; Fitness studio, basketball court; Close proximity to Orange County's premier public golf courses; Easy access to outdoor exercise trails and

rental bikes; Three places to eat: 24/7 Marketplace, a budget conscious café/fresh market/gift shop with eat-in/take out or room service; Eats, a place for "comfort food" for breakfast, lunch and dinner with children under 12 eating free; and The Red Bar Lounge, the place for your pizzas, and BBQ served in a relaxed atmosphere.

Our Discounted Rate is \$129/night single/double + tax and fees. To get this rate reservations must be made before July 31, 2017 by calling a Hotel Irvine in-house reservation agent at 888-230-4452 or go online to <https://aws.passkey.com/go/UOAANatlConference2017>

Conference Highlights include Affiliated Support Group Leadership Academy; a 1st Timers Orientation; Free Opening Night Ice Cream Social; Awards honoring WOC Nurse of the Year, Top Doc, Top ASG Website, Special Friend of UOAA; An Exhibition Hall featuring hands-on discussions with ostomy product manufacturers' reps, the latest in ostomy pouching systems, accessories, clothing, product suppliers and kindred non-profit organizations; Free Box Lunch in the Exhibition Hall; CEU accredited Ostomy Education Programs for WOCNurses and Non WOCNurses; NuHope Fun Run; Meet the TSA; An optional Friday night 3 hour sunset/dinner cruise. Space limited to 70 people; cost \$39.95 pp; Visitor Training: "Train the Trainer" Session (Limited to currently certified visitors) and a Free Closing Night Social with Food and Entertainment;

Programming Features include Healing with Humor; Ostomy Basics ... Colostomy, Ileostomy, Urostomy and Continent Diversion; Ask the WOCNurses; Continent Diversion rap session; Continent Diversion BCIR; Pregnancy and Other GYN Concerns of Female Ostomates; Gynecological Cancer Issues for Woman; The Journey with Crohn's Disease and an Ostomy; Chemo and Radiation Effects on an Ostomate; Fecal Microbiota; Prostate and Other Male Ostomate Issues; Spouses and Partners Workshops; SBS Diagnosis, Treatment and Nutrition; Caregivers, Family and Friends Interactive Discussion; Drugs and Your Ostomy; Peristomal Hernias; 21 + Issues Open Rap; Gay and

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Next Meetings:

Sunday March 5th, 2017

Sunday April 2nd:

Sunday May 7th ~ 1:00 pm

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

Speakers: 1:30



March 5th

We are truly delighted to have as our March guest speaker Hollister Incorporated company Representative Mr. John Chickey. Hollister is employee owned and dedicated to the mission "... to help healthcare professionals deliver better products and services, and to make life more rewarding and dignified for those who use our products."

John will introduce BOA's members to Hollister's truly comprehensive line of ostomy products.

Keeping our members up to date on ostomy product development is one of the primary goals of BOA. Don't miss this opportunity to learn about the results of countless hours of research and development. Ren and I have had the privilege to tour Hollister's Global Corporate Headquarters in Libertyville, Illinois, just a half-hour drive from my hometown of Highland Park, Illinois. We were deeply impressed by Hollister's obvious commitment to making ostomates' lives as fulfilling as possible.



April 2nd

Without a doubt if BOA were to poll its members on who was their most beloved colorectal surgeon it would be hands down April's guest speaker, Dr. Juan Noguerras of Cleveland Clinic Weston.

Juan J. Noguerras, MD, FACS, FASCRS, is Chief of Staff at Cleveland Clinic Florida, Weston, and was Chairman of the Division of Surgery from 2000 to 2008. He has been on Staff as a Colorectal Surgeon since 1991. Dr. Noguerras' treatment interests include colon and rectal cancer, inherited colorectal cancer, Crohn's disease, ulcerative colitis, diverticulitis, fecal incontinence, benign anorectal diseases and colonoscopy. He is certified by the American Board of Surgery and the American Board of Colon and Rectal Surgery. Dr. Noguerras was appointed Chief Medical Officer in 2008, and Chief of Staff in 2010.

Dr. Noguerras received his undergraduate education at Princeton University in Princeton, N.J., and his medical degree from Jefferson Medical College in Philadelphia. He completed his internship and residency in general surgery at Columbia-Presbyterian Medical Center in New York City and a fellowship in colon and rectal surgery at the University of Minnesota in Minneapolis.

I consider myself fortunate to have Dr. Noguerras as my surgeon twice over and would like to mention that his bedside manner is as kind and loving as his surgical skills excel. This is an invaluable opportunity to learn from the best.



May 7th

We are so honored to have David A. Gross, MD, Distinguished Life Fellow of the American Psychiatric Association as our March featured speaker. His important topic will be *Conversations on Coping with Q & A*.

Topics such as coping with illness, pain, depression, and/or panic attacks, as well as your own personal questions will be covered.

Dr. David A. Gross is a Board Certified psychiatrist in private practice in Delray Beach, Fl. He has devoted his career fighting mental health stigma with public education. For decades his professional pursuits have focused on the societal impact of psychological trauma. His neuroscience research interests have provided a foundation for



Ostomy, Inc.

Julie Ebel Gareau, President

Judith Ebel Considine, RNET, Founder, 1990

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his approach to the biopsychosocial components of trauma stress disorders.

Dr. Gross received his BA in Psychology, Magna Cum Laude, from the University of Rochester, an MD from the University of Florida and Psychiatric Residency at Yale University. He is honored to be the Medical Director of the Center for the Treatment of Anxiety and Mood Disorders of Delray Beach, composed of a multidisciplinary team providing multimodality treatment for a wide range of disorders. He is also the Founder of The Children's Center, a unique clinical setting that permits the comprehensive evaluation and treatment of children/adolescent mental health problems under one roof.

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 2017 meetings will all be held on the first Sunday of the month September through June, specifically March 5th, April 2nd, May 7th, and June 4th. We then take a summer break in July and August starting up again September 3rd, October 1st, November 5th and then our Holiday Banquet by reservation only on December 3rd!

On September 3rd Wynn Wolfson will once again be the Team Manager of Team Ostomy United-Florida, a Triathlon at Tradewinds Park in Coconut Creek including cycling, swimming and/or running.

Minutes General Meeting December 4, 2016

The Holiday Banquet began at 4:30 pm in the Main Auditorium of Memorial Regional Hospital in Hollywood, Florida. The Ostomate's Prayer was read by Larry. Leroy catered the delicious buffet which proved to be his most exquisite meal yet. He graciously accepted the beautiful poinsettia provided by Amparo Cano, CWOC nurse who always goes above and beyond for her patients as well as all members of the BOA.



New attendees were introduced: Bill with his friend Ryan, Mike, and Kent's sister.

Irwin, the Master of Ceremonies, is an integral part of the BOA as he pays for all the postage for sending out the editions of the *Broward Beacon* by snail mail.

The Installation Ceremony rounded out the evening. Krysta was gracious enough to accept the corresponding secretary position. Richard offered to be a new greeter at the hospitality table. All other volunteers were thanked for the faithful service as well: Emma, Larry, and Darryel for refreshments for the monthly meetings, Reggie for all the extras he provides, Cliff and Mom who are faithful in ensuring the room is prepared for the monthly meetings, Kent reaching out to first time visitors. Amy agreed to continue being Vice President, Ren agreed to Treasurer, Wendy agreed to President, and Debbie to recording secretary for another year.

Other faithful sponsors were thanked: Julie from Ostomy Inc., John from Hollister, and Rob from ConvaTec.

Minutes General Meeting February 5, 2017

The meeting was called to order at 1:30 pm at Memorial Regional Hospital's Main Auditorium in Hollywood, Florida. The Ostomate's Prayer was read by Larry. Emma and Fred were thanked for the refreshments. Mom and Cliff were acknowledged for welcoming the attendees. First time visitors were

introduced: Bill, Bob, Irving, Mark, Tod who had his surgery just one week ago, Anita, and Barbara who has been Lynn's nurse for the past 1½ years. Ren reminded the members that he is collecting dues for BOA.

Wendy reminded us that the annual administrative meeting will be the first Sunday in March when we convene again. Last year's minutes as well as BOA's budget will be reviewed, and Youth Rally nominees are accepted. Wendy regretfully informed us that she will be reducing the publication of the *Broward Beacon* to four times per year.

Our speaker for today was introduced. Elizabeth LaFrascia RD, LD/N is a registered dietitian/nutritionist at Memorial Regional Hospital. Elizabeth primarily works with cardiac patients but sees all patient populations on the weekends. Elizabeth started her presentation with the following

Q&A:

- 1) What are probiotics best found in? - yogurt
- 2) Microbial cells outnumber human cells in the body by what ratio? - 10:1
- 3) Probiotics are found in what vegetables? - cruciferous
- 4) The human digestive tract contains around how many types of probiotic bacteria? - 400

Elizabeth's explained that what a clinical nutritionist is and how they contribute to medical and health care. They try to find what deficiencies in the diet could be causing a condition or symptom by using diet recall, food frequency, and calorie counts. They identify malnutrition by interview regarding appetite, recent weight loss, temporal indentation, and clavicle bone prominence. They also provide therapeutic and/or preventive diets via Medical Nutrition Therapy (MNT).

Elizabeth's expertise is in clean eating which is defined as eating more of good and less of bad foods, eating more whole foods and less processed and refined foods. This means limiting excess sodium, sugar, and preservatives. The recommended post ostomy diet involves eating small calorically dense meals (6 small meals vs. 3 large meals a day), drinking plenty of water 8 8 oz. glasses, and chewing foods

thoroughly to an almost liquid consistency. Wendy did remind ileostomates that they may require more salt as well as those who sweat excessively during work or work outs.

Elizabeth pulled a dietary intake chart from the Ostomy.org website. The dietary recommendations are listed below with Elizabeth's recommended revisions:

Complex carbohydrates (grains) 6-11 servings daily --- decrease this to 3-6

Vegetables 3-5 servings daily

Fruits 2-4 servings daily

Dairy products 2-3 daily ---- decrease to 1-2; consider lactose intolerance often comes with age and/or after surgery as the enzyme needed to help digest lactose is no longer produced in the body

Meats and proteins 2-3 daily

Limit sweets; healthy fats are back such as what is found in nuts, avocados, olive oil, and salmon.

There was a question about if it is better to count calories or carbohydrates in relationship to portion control. Elizabeth said carbohydrate counting is mostly for the diabetic population; portion control is really a visualization of a serving size. Taste buds can be trained by avoiding the bad foods for a period of time.

Microbiomes are microorganisms (bacteria, viruses, and fungi) that live within or on the body including the intestines. They are often referred to as the second brain. They affect sleep, moods, and energy level. Fiber obtained from one's diet has been found to be the most important. The recommended amount is 25-30 grams per day. Of course, this depends on the type of ostomy and the tolerance of the ostomate to a high fiber diet. Elizabeth told us that depression may be a major cause of digestive stress. Microbiomes are altered by birth control pills and diets such as the Paleo diet (foods that are found naturally in the hunter/gatherer areas). When choosing a probiotic, find one with 100 million to 1 billion live cultures.

Saturated fats are found in any animal protein, so choose leaner meats. Trans fats are artificial fats and are added to increase shelf life - think of those foods found in a vending machine. Avoid anything that has partially hydrogenated oil in the list of

ingredients. Cholesterol is also found naturally in all animal based foods particularly in eggs and shellfish.

Elizabeth named many benefits of clean eating encompassing: Weight loss; Healthy gums and teeth; Shiny hair and strong nails; Increased energy; Feeling of fullness with lower calories; Decreased risk for disease; Better mental health; Better job performance; Better sleep and moods.

She recommended making more foods at home and when trying new things, do so one food at a time and in small amounts.

Elizabeth also provided some recipes and websites for further information.

Respectfully submitted,

Debbie Walde CWOCN
Recording Secretary



Oh No! We Can't Afford That Right Now!

BOA has an answering service program that takes calls throughout the year, even during our summer months when we take some time off from General Meetings. A large number of the calls we receive are from ostomates who lack insurance and cannot afford to purchase ostomy supplies. The following is a list of resources compiled and sent to us by Jennifer Polisner, Office & Program Coordinator, United Ostomy Associations of America, Inc.

One source of ostomy supplies is free samples. Here's a Partial List of Distributors and Manufacturers to Contact to request free samples.

Distributors:

- * Byram Healthcare: Ostomy Careline (leave message for return call by wound care nurse, answered within 1 business day): 1-877-902-9726, ex: 43312. Product Support Careline 1-877-902-9726 ext. 43333 <https://www.byramhealthcare.com/>

- Best Buy Ostomy Supplies: 1 866 940 4555
<http://www.bestbuyostomy.com/>

- * Edgepark Supplies: 1 888 394 5375
<https://www.edgepark.com/ostomy/c/L1-3>

- * Liberty Supplies: 1 800 723 9558
<http://www.libertymedical.com/ostomy/products/>

- * Liberator Supplies: 1 866 643 0956
<http://www.liberatormedical.com/ostomy-supplies/index.php>

- ^^ Mercy Surgical Dressing Group: 1 877 796 8637

- ^^ Parthenon: 1 800 453 8898
<http://parthenoninc.com/ostomy-supplies/>

Shield Supplies: 1 800 765 8775
<https://www.shieldhealthcare.com/products/ostomy/>

- * Distributors that accept Medicare and other insurances.

- ^^ Distributors that do not accept insurances, and are therefore less expensive.

Manufacturers:

Blanchard Ostomy Products 1510 Raymond Ave., Glendale, CA 91201 818-242-6789 Karaya wafers, pouches, etc. for ileostomy, urostomy.

B. Braun Medical 824 Twelfth Avenue Bethlehem, PA 18018-3524 800-227-2862 Two-piece products with Flexima 3S coupling system.

Coloplast Corp. 1601 West River Road, Minneapolis, MN 55411 800-533-0464 Full product line: SenSura, Assura, ColoKids, and full line of accessories.

ConvaTec 211 American Ave, Greensboro, NC 27409 800-422-8811 Full product line, Sur-Fit Natura, Active Life, Moldable Technology.
Cymed Ostomy Co. 1440C Fourth Street, Berkeley,

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CA 94710 800-582-0707 Full product line including the MicroSkin Ostomy Pouching System.

Hollister Incorporated 2000 Hollister Drive, Libertyville, IL 60048 888-740-8999 Full product line: New Image, Premier, Adapt, Pouchkins.

Marlen Manufacturing & Development Co. 5150 Richmond Road, Bedford, OH 44146 216-292-7060 Full product line: Ultra Duet, Ultra, Skin Shield.

Nu-Hope Laboratories, Inc. P.O. Box 331150, Pacoima, CA 91333-1150 800-899-5017 Urinary, colostomy, ileostomy pouches, adhesives, etc.

Ostomy SuperSan. 3551 Q Street, Suite #103, Bakersfield CA 93301 888-888-3095 A new company making ostomy pouching systems.

Perfect Choice Medical Technologies 2955 Pineda Plaza Way, Suite 209, Melbourne, FL 32940 800-665-3412 Pouches, deodorant, barrier rings and strips.

The Perma-Type Company 83 Northwest Drive, Plainville, CT 06062 860-747-9999 in CT; 800-243-4234 in other states Reusable appliances for ileostomy, colostomy, urostomy.

Securi-T USA 12501 71ST Court, Largo, FL 33773-3254 877-726-4400 Lower cost "Equivalent" products.

Schena Ostomy Technologies, Inc. 2313 Harrier Run, Naples, FL 34105 239-263-9957 EZ-Clean™ Ostomy Pouching System.

Torbot Group, Inc. 1367 Elmwood Ave., Cranston RI 02910 800-545-4254 Full product line, including customized appliances.

Manufacturers who offer Assistance Programs

Please call directly to ask for information and to apply for these programs.

ConvaTec – 1 800 422 8811 <http://www.convatec.com/ostomy/for-consumers-patients-and-carers>
Hollister – 1 888 740 8999 <https://www.hollister.com/us/ostomy/hcp/default.asp?ugid=4>
Consumer Assistance Program – 1 800 323 4060

Additional Sources of Donated (Free) Ostomy Supplies

You may also try the following sources to see if free supplies may be available.

1) Contact the following types of agencies in your area, and ask if they maintain a "Donation Closet".

- Local hospitals
- Local Visiting Nurse associations
- Local clinics
- Local Goodwill Industries

2) Call your state's 2-1-1 number. Just dial 211 as you would 911.

3) Go to www.ostomy.org to look up and contact our Affiliated Support Groups, who sometimes operate Donation or Supply Closets. You may locate them at any time by visiting www.ostomy.org. Click on the "Support Groups" button in the green bar at the top of the page, then "Find an Associated Support Group" and "Locator Search Engine" (2nd sentence, 1st paragraph) Enter the desired zip code in the search box. Call or email the person listed as the Support Group Contact Person. BOA does NOT provide this service.

Supplies Available at the Cost of Shipping and Handling

Osto Group — 1 877 678 6690 Offers supplies for the cost of shipping and handling, which is about 20% of retail cost. They have a small all-volunteer staff, but if you call and leave a message, they will respond as soon as possible. Please be patient in awaiting a response.

Supplies Available at Lower Cost Because the Distributors Do Not Take Insurance

- Best Buy Ostomy Supplies – 1 866 940 4555 <http://www.bestbuyostomy.com/>
- Mercy Surgical Dressing Group – 1 877 796 8637
- Parthenon Ostomy Supplies – 1 800 453 8898 <http://parthenoninc.com/ostomy-supplies>

About SHIPs (877) 839-2675

Visit the SHIP website at www.shiptacenter.org

The State Health Insurance Assistance Programs (SHIPs) provide free, in depth, one-on-one insurance counseling and assistance to Medicare beneficiaries, their families, friends, and caregivers. SHIPs operate in all 50 states, the District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands, and are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

1. Do you have questions or concerns about Medicare or Medicare-related health insurance plans and programs? SHIPs answer questions about Medicare and assist people in obtaining coverage through options that include the Original Medicare program, Medicare Advantage (Part C) Plans, Medicare Prescription Drug (Part D) Plans, and programs designed to

help people with limited incomes pay for their health care, such as Medicaid, the

Medicare Savings Program, and the Low Income Subsidy. SHIPs also help people compare Medicare Supplemental (Medigap) insurance policies and explain how these and other supplemental insurance options -- such as insurance plans for retirees -- work with Medicare. In addition, SHIPs provide information on long-term care insurance and, when needed, refer beneficiaries to additional agencies such as the Social Security Administration and local Medicaid offices for additional assistance.



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.

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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 Outpatient Ostomy Clinic, their goal is to provide quality care to adults and children who have had ostomies. For more information or to make an appointment call 954-265-4512.

South Florida Ostomy Support Group

At Baptist Hospital meeting every third Wednesday of the month from 6-7 pm at the Baptist Health Resource Center, Medical Arts Building, located at 8900 North Kendall Drive, Suite 105. Summer break July-August. For more Information, call Lourdes Placeres at 786-596-6036.

Coral Springs Support Group

Coral Springs Medical Center's "Caring & Sharing 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.

President's Page

continued from page 3

Lesbian Open Forum; ASG Leadership Rap Session; and Newsletters; Tai Chi Sessions; The New Post-Op Sexual You; Advocacy Updates and How to Get Involved; Insurance and Medicare Issues; Psychological Concerns of Ostomates; Cancer and Genetics; Ostomate Fitness and Exercise; and Nutrition, Pre and Probiotics.

UOAA honored me by asking me and Barbara Hawes to be co-teachers of the UOAA's Chapter Newsletters Session. I'll be speaking on Graphic Design in Newsletter Layout.

I have attended conferences since 1972 and cannot recommend attendance more highly. You come away from the event uplifted and enlightened. A real natural high. If you can possibly attend, please start making arrangements to do so. And check with Ren and me to see if we can all take the same flights to California just to make it that much more fun.

Fondly,

Wendy

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