

The Mail Pouch

April, 2010 Newsletter

Ostomy Support Group EastValley/Arizona

www.ostomysupportarizona.org

Our next meeting: Sunday, April 25th - 2:00PM

Centennial Village 130 West Brown Road, Mesa, AZ 85201

(North side of Brown Road between Country Club Dr & Center St)

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WELCOME NEWCOMERS:

Carol McCormack - Dick Clauson

Tom Testa - Marilyn Carr

* * * * *

Our big news is the beginning of our new web site!

We chose the name ostomy support arizona because it is easy to remember and will attract new people who are searching for support group information. One of our members, Bob Miller, volunteered to try to set up a web site, he succeeded! The site is in its infancy and will grow as we decide what should go on it so check periodically to watch it grow and let us know if you have any suggestions. We are all so pleased to be pulled into the age of technology...Thanks, Bob!!

* * * * *

The March Meeting was very informative and well attended. Dr. Kim Olson-Gibbs led a lively discussion on various issues of diet and diabetes.

* * * * *

Today's program will be presented by our Ostomy Nurses. This is an annual favorite so don't miss this meeting....you'll learn a lot!!

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Clip & Save: Meeting Dates Sundays at 2:00PM

Centennial Village - 130 West Brown Road - Mesa, AZ 85201

May 23, 2010

Summer Break: No meeting in June and no meeting in July.

A WORD OR TWO FROM YOUR PRESIDENT

Well we did it again!! Great meeting, great turnout. We must be doing something right!! Some highlights were the announcement of Janet Schmidbauer being nominated as UOAA Nurse of the Year. ...so well deserved. Nomination turned in and winner will be announced at the WOC Conference in Phoenix in June. Keep your toes and fingers crossed that our Janet will be the winner!

We now have our own website!!!! Bob Miller joined our Board and immediately worked like gang busters and set up our website. The address is ostomysupportarizona.org We will be able to look up ostomy information, set up chat rooms with other ostomates etc. and this will open a whole new world of communication with fellow ostomates. A dream come true. It has been suggested that our chat room be called "Stoma Buddies"....

We have our slate of officers for next year published elsewhere in this newsletter. You will note that the Presidency will be shared. There is so much that needs additional tender loving care so that education of ostomies be available to the medical field as well as the layman, it is best to share this position. I am truly grateful and honored to have Vella Owens share this position with me. Together we can bring you bigger and better happenings. Please read it carefully and be prepared for vote at our April meeting. Installation will be in May.

Our Gloria Rose is moving on to begin her new life in Raleigh and we are honoring her at our April meeting. She has given all of us so much and done so much for ostomates over the years. she deserves acclamation, love and hugs from all of us. If you have any mementos you would like to share, please bring them with you if not please come anyways and wish her well. This will not be an easy parting for her, but at least she can take our wishes, love and support with her.

Thank you to Andrea Pinsker for getting Dr. Kim Olsen-Gibbs as our speaker last month. She was informative and inspiring in her talk about life and the diabetic diet. I'm sure that we all came away with a better understanding of the disease and how proper nutrition can fortify a healthier lifestyle. All for now, see you at the next meeting. In the meantime enjoy this glorious weather and sunshine.

Love
Sheila



Bye Gloria - we will miss you!

TODAY WILL BE A FAREWELL PARTY FOR GLORIA ROSE....SHE IS LEAVING ARIZONA (TO LIVE WITH HER SISTER) AND WE WANT HER TO KNOW HOW MUCH WE HAVE APPRECIATED KNOWING HER! LAST YEAR SHE DID A GREAT PRESENTATION AT ONE OF OUR MEETINGS ABOUT GETTING HER ILEOSTOMY 50-SOME YEARS AGO IN ENGLAND...IT WAS ABSOLUTELY A FASCINATING STORY! GLORIA HAS BEEN THE HEART AND SOUL OF OUR GROUP FOR YEARS AND WILL BE GREATLY MISSED.



STATE OF OFFICERS 2010-2011

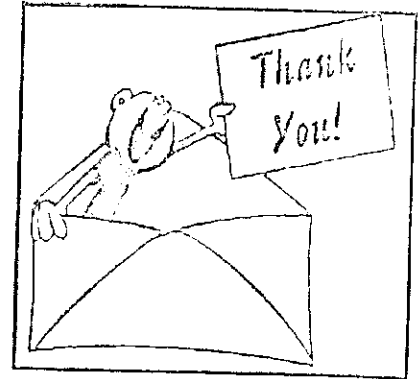
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Vella Owens

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Juanita Frankenstein
Marilyn Justice
Bobby King
Robert Miller
Bob Owens
Angelica Oliveros
Florence Park
Andrea Pinsker
Kaye Shemorry
Virginia & Jim Weiss



Harriet Gentry
donated
supplies

50/50 Project: At every meeting our friendly Greeter, Ward Beall, sells raffle tickets for 2 for \$1.00 at the sign-up table. Half of the money collected is given to the Youth Rally. If your number is drawn you have the option to collect half of the winnings or donate your winnings to the Youth Rally. The lucky winner last month was Jim Weiss and he donated his!

Visitation Report:

1 referral:

Ileostomy - Male

Referred by: Elaine Fox WOCN

Visitor: Georgia & Lee Lucas

For Visitors or Phone Contacts

please contact Bobby King at 480-218-4658

Sunshine Report:

Get Well cards were sent to
Sandy Clark & Nick Lanners.

Please call Marilyn Justice at
480-982-4862 if you know someone
who would appreciate a card.

NINE REASONS FOR OSTOMY POUCH LEAKAGE

UOAA UPDATE 12/09

Poor Adherence to Peristomal Skin – Make sure that your peristomal skin is “bone dry” before applying your pouch. Hold a warm hand over the pouch and stoma for 30-60 seconds after application to warm it and assure a good initial seal.

Wrong Size Pouch Opening – If the size of your stoma has changed (due to postoperative shrinkage or change in body weight) and you have not remeasured and adapted the opening accordingly, undermining of the wafer and leakage may be the result.

Folds or Creases – If folds or creases develop in the skin and leakage always occurs along the crease, wafer pieces or ostomy paste can be used to build up the area. Consult your WOCN nurse for proper methods.

Peristomal Skin Irritation – Pouches will not stick well to irritated skin. So practice meticulous skin care in order to avoid irritated or denuded skin. If any of these problems develop, consult your WOCN nurse or physician at once so that the problem can be nipped in the bud.

Improper Pouch Angle – If the pouch does not hang vertically, the weight of its contents can exert an uneven, twisting pull on the wafer. Ostomates must find an optimal angle for their own individual body configurations.

Too Infrequent Emptying – Pouches should be emptied before they become half full. If they are allowed to overfill, weight of the effluent may break the seal and cause leakage.

Extremely High Temperatures – Wafer meltout may cause leakage in warm weather. Try more frequent pouch changes or change wafer material.
Pouch Wear and Tear – Disposable wafers do wear out. If you are stretching your wearing time, leakage may be due to the wafer wearing out. Change your pouching system more frequently.

Improperly Stored Appliances or Aging Materials – Store your ostomy supplies in a cool dry place; humidity may affect your pouch adhesive. Also, pouches won't store forever. Ask your vendor what the shelf life is for your supplies and keep some extra pouches on hand.

As always, consult your WOCN nurse if the problem persists!



Wisdom from a Pharmacist

by Florian Norwicki, RPh, Rockford, IL
UOAA UPDATE 2/2008

I find ostomates with the least problems are those who become acquainted with other ostomates with a similar surgery. The best method of acquaintanceship is to become involved in your local ostomy chapter.

We constantly hear of organizations being formed for many types of bodily dysfunctions such as paraplegics, epileptics, “bypass cardiac club,” diabetes, etc. These peer groups perform invaluable services, especially to new members when the trauma is often more psychological than physical. I encourage each and every one of you to attend meetings regularly. If you come away with one new fact or idea per meeting for your self-help, you know it is worth the time and effort.

Your best medicine is preventive medicine. Whatever your procedures are, or your diet is, think of the problems you encounter if you deviate from your norm. Spices, alcohol, caffeine and some vegetables which cause flatulence are to be used moderately or not at all.

Again, it is pertinent to your well-being that you know what is best for you. A good idea is to keep a diary or log of your diet so you may determine what food it was that caused a problem for you, then steer yourself away from that problem.

Your local UOAA chapter is the way to go. Ask questions! Get answers. The members have already been in your shoes.

I'm not a complete idiot --
Some parts are missing.

1. What is irrigation?

Irrigation is a means by which Colostomates can reduce or eliminate the need to constantly wear a colostomy bag by regaining control over the natural incontinence resulting from a colostomy. It is basically a self administered water enema, delivered through the stoma. The large colon is filled with water, stimulating peristalsis, which causes the colon, through muscular contractions, to expel the water, along with any stool that is present. This will be followed by a period of time (usually at least a day) in which no discharge occurs as the colon has been emptied by the enema.

2. What are the benefits of irrigation?

Benefits will vary from individual to individual. Some people find that their results do not justify the effort while others regard irrigation as a godsend. We're all different.

NO LARGE BAG OR AN EMPTY BAG ALL DAY - Return of fecal continence. Successful irrigation eliminates the need to empty and/or change the appliance several times a day. Many irrigators have no discharge throughout the day or night until the next irrigation session and wear only a small cap or patch to protect the stoma from clothing. Although you may choose to continue to wear a standard bag, it remains clean and unsoiled.

Reduced or eliminated appliance profile. No more unsightly bulges under clothing requiring attention.

Reduced gas. Depending on what one eats and drinks of course, irrigation often reduces gas considerably.

Reduced odor. Since there is little or no stool in an appliance now, even pouch leaks just do not carry the same risk of odor. Further, the filters on pouches and caps will work much better since so little stool comes out to clog up those devices.

Less skin irritation. Without feces wetting and degrading the edges of the barrier, stool does not invade underneath the seals and burn the skin.









Possible lower pouch costs. For those irrigators who achieve the greatest success, the pouching problem can be reduced to special patches (or even a large Band-Aid for those very few who have incredible certainty with their success). This results in much lower costs.

All the above produces substantial freedom from colostomy management chores during the day. For many, irrigation represents a return to 'normal'.

Did You Know...Health Facts?

via Straits Area Ostomy Assoc. 4/06

- ◇ During his or her lifetime, the average human will grow 590 miles of hair.
- ◇ The average human bladder can hold 13 ounces of liquid.
- ◇ It takes an interaction of 72 different muscles to produce human speech.
- ◇ The number one cause of blindness in the United States is diabetes.
- ◇ By age sixty, most people have lost half of their taste buds.
- ◇ Your hearing is less sharp if you eat too much.
- ◇ Drinking water after eating reduces the acid in your mouth by 61 percent.
- ◇ A person breathes seven quarts of air every minute.
- ◇ Human thigh bones are stronger than concrete.
- ◇ If you lock your knees while standing long enough, you will pass out.
- ◇ Your thumb is the same length as your nose.

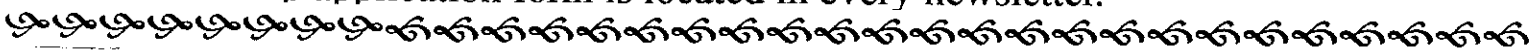









We have a large array of supplies free for the taking displayed on the stage....these are donated by members/families who have no use for them. This service is much appreciated by all of us. If you have supplies that you do not use please donate them, don't just toss them! At the end of the year any supplies that are not taken by our members are donated to a hospital in Mexico.



ATTENTION NEW OSTOMATES

Three issues of our newsletter will be mailed to new ostomates whose names we receive. If, after that time you have not indicated your desire to join our chapter, and thereby receive the newsletter as a benefit of membership, the complimentary subscription will lapse. We will assume you are not interested in our support group but sincerely hope you will join one of the many support groups in the valley. Every ostomates needs as much information on their ostomy as they can get! A membership application form is located in every newsletter.

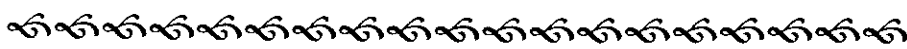


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- Programs: Vella Owens 480-657-6464
- Greeter/Sign-in: Esther & Ward Beall
480-983-6584
- NL Editor: Kaye Shemorry 480-699-9590
- NL Circulation: Sandy Clark 480-835-1338
- Sunshine Lady: Marilyn Justice 480-982-4862
- Refreshments: Florence Park 480-964-8953
- Publicity: Marilyn Justice 480-982-4862
- Advocacy: Sheila Kollenberg 480-451-3815
- Advertising: Gloria Rose 480-596-5661



To all who receive our newsletter:
Please understand that some articles
are repeated for the benefit of
new ostomates.

ET ADVISORS:

- Banner Desert Medical Center (Dobson)
Wound/Ostomy Clinic 480-512-3449
Janet Schmidbauer, RN,BSN,CWOCN
Elaine Fox, RN,BSN, CWOCN
Angela Rebottaro, RN,BSN,WOCN
- Banner Baywood Medical Center (Power Road)
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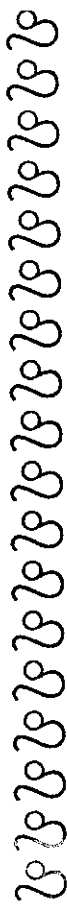
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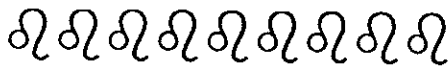
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Richard Wilkinson, UOA Youth Rally Fund

Newsletter Printing & Distribution Fund

General Fund

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We support various causes with our membership fees and donations:

The Julie Hungling, ET Scholarship Fund sponsors a Registered Nurse to take the special courses to be certified in Wound Care to the benefit of all ostomates. Our support group is especially fortunate to have nurses who are specially trained and take the time every month to attend our meeting and answer our many questions.

We always have questions! And they always have answers!

The UOA Youth Rally Fund is used to sponsor as many young people as we can afford to attend the Ostomy Camp which is held every summer for the benefit of young ostomates nationwide. It is one week of the year where the young ostomates are 'just like everyone!'

Any donation you can make will be sincerely appreciated.

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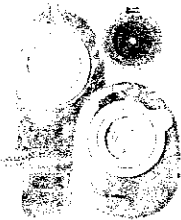
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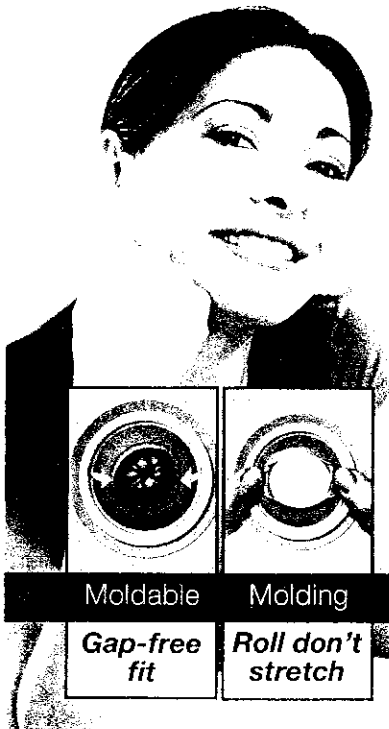
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NEXT MEETING: Sunday, April 25, 2010 2:00PM

APPLICATION FOR MEMBERSHIP

Membership is open to all persons interested in ostomy rehabilitation.

MEMBERSHIP in the Ostomy Support Group EV/AZ includes a subscription to the chapter's monthly newsletter.

ASSOCIATE MEMBERSHIP in the Ostomy Support Group EV/AZ is open to the spouse of a regular member ; a member of another chapter; lives out of state and includes a subscription to the newsletter.

Full Membership dues are \$25.00 per year.

Associate Membership dues are \$12.50.

I wish to make an additional contribution of \$_____ to support chapter programs.

Cash___ Check___ (payable to: The Ostomy Support Group EV/AZ)

NAME_____

Spouse's name:_____ Phone:_____

ADDRESS:_____

CITY:_____ State:_____ ZIP:_____

Please check all that apply: ___ Colostomy, ___ Ileostomy, ___ Urostomy/ileo conduit,
___ Continent Urostomy, ___ other, ___ no ostomy. Birthday month_____.

Date & location of initial surgery:_____

Complete this form and bring it to the next meeting or mail it and your check to:

Ostomy Support Group EV/AZ, c/o Paula Nelson 6712 E Des Moines St,
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