

The Mail Pouch

August, 2010 Newsletter

Ostomy Support Group EastValley/Arizona

www.ostomysupportarizona.org

Our next meeting: Sunday, August 29 - 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 Newcomer!

Cathy Keller

* * * * *

The May meeting was surprisingly well attended since many of our regulars are gone for the summer; the presentation by Ron Bolden with NuHope was great and we got all our Officers and Board Members officially installed for the year!

* * * * *

Today's program will be "LET FOOD BE YOUR MEDICINE" presented by Theresa Healy, RN - Colon Hydrotherapist

* * * * *

50/50 Project: *At every meeting Ward (our friendly Greeter!) 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 (May) Was June Powers and she donated her winnings to the Youth Rally!*

* * * * *

Ostomy Statistics: The \$64,000 Question

Author: Gwen B. Turnbull, RN, BS

This we know: The Queen "Mum" had one - as did Senator Hubert Humphrey, Speaker of the House Thomas "Tip" O'Neill, and actress Loretta Young. Contemporary notables include Rolf Benirschke, Pope John Paul II, actress Barbara Barrie, President George W. Bush's brother Marvin, and professional golfer Al Geiberger. Yet after more than 50 years and despite the bravery of these previously-mentioned well-known people, the demographics of the American ostomy population and the number and types of new surgeries performed each year remain elusive.

A possible explanation of this dilemma may be due, in part, to the reporting and coding mechanisms our country uses to track medical procedures. What specific codes most providers use to bill for ostomy-related conditions and procedures is unclear, because many codes could be applicable. Tracking these data is difficult because the coding systems are not always disease specific and do not indicate whether a surgery is temporary or permanent or if the submission is for a patient previously reported by the same or another provider.

Number of Patients

Currently available estimates of the number of patients vary. One report estimates that 450,000 people in our country currently have a stoma and that 120,000 new surgeries are performed each year.¹ The United Ostomy Association estimates that slightly more than 500,000 Americans now have some type of stoma. Another market research report² stated there were 800,000 ostomy patients in the US in 2000, and that the number would grow at an annual rate of 3%.

Age

In 1998, two studies^{3,4} attempted to clarify the average age of someone with a stoma, as well as how the population was segmented by surgery type. The studies revealed the average age of a person with a colostomy to be 70.6 years, an ileostomy 67.8 years, and a urostomy 66.6 years. Using these numbers, the average age of an American with an ostomy is about 68.3 years; he or she is, therefore, a Medicare beneficiary.

Surgery Type

These same studies revealed an equal distribution between the three major types of ostomy surgeries: colostomy 36.1%, ileostomy 32.2%, and urostomy 31.7%. This was an interesting finding because it has long been assumed that ileostomy and colostomy surgeries outnumbered urinary stomas. Other types of sphincter-saving surgeries were not included in these surveys.

Gender

No definitive gender data are currently available for the ostomy population. However, if the average age of the person with an ostomy is 68.3 years and the average life expectancy of American women is higher than that of men, it could be presumed that more women than men have an ostomy.

THE UNOFFICIAL STATISTICS FOR OUR MESA EAST VALLEY/ ARIZONA SUPPORT GROUP:

TOTAL OSTOMATES 120

COLOSTOMATES 45

MALE 21 **FEMALE** 24

ILEOSTOMATES 51

MALE 18 **FEMALE** 33

UROSTOMATES 21

MALE 13 **FEMALE** 8

PLURAL OSTOMIES 3

MALE 0 **FEMALE** 3

Clip and Save so you can attend these meetings.

Support Group Meeting Dates for 2010/2011

Sundays at 2:00PM

September 26 - October 31 - November 21 - December 12

January 30 - February 27 - March 27 - April 24 - May 22

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Every month our Officers and Directors meet to discuss the business of our Support Group. All members of our Support Group are invited to attend the Board Meetings. We would appreciate your interest and input.

These meetings are also held at Centennial Village but on Saturdays at 1:00PM

Board Meeting Dates for 2010/2011

Saturdays at 1:00PM

August 14 - September 11 - October 9 - Nov 13 - December 4

January 8 - February 12 - March 12 - April 9 - May 14

* * * * *

ONE OF OUR FAVORITE OSTOMY MEMBERS SENT US HER NEW CONTACT INFORMATION:

**GLORIA ROSE
4100 STRANAVER PLACE
RALEIGH, NC 27612
HOUSE PHONE 919-720-4465 CELL PHONE 919-622-0026
ROSEBRIT2@NC.RR.COM**

* * * * *

Visitation Report:

*Ileostomy - 1 female
Colostomy - 1 male, 2 females
Referred by: Angela Rebottaro, WOCN,
Shelia Kollenberg, Elaine Fox WOCN,
Visitors: Bob Owen , Bobby King,
Andrea Pinsker, Juanita Frankenstein,*

Sunshine Report:

*A Get Well card was sent to
Jim Weis.*

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

A WORD OR TWO FROM YOUR PRESIDENTS

Hello and welcome back after a loooooongg *hooooooot* summer!!!! I don't know about you but this has been the hottest summer to take since I've moved to Arizona. My co-president is keeping cool with the cool breezes of Colorado. Vella, I think you are smarter than all of us!! We look forward to seeing all of you at our meetings and to bring you enlightening and enjoyable meetings. Don't forget this is the year of our Products Fair to be held in March (place to be announced). Gloria's leaving has left a large void in our workers. We still have not found a volunteer to take over the advertising job. It plays a large role in keeping our group financially viable. Look deep in your hearts and please come forward. It is not a hard job to do. There are so many things Vella and I would like to see happen in our group and we can't do everything. WE NEED YOU!! Our Sunshine Lady, Marilyn Justice is in the hospital and could use a little sunshine that she so generously gives out. Please keep her in your thoughts and prayers for a speedy recovery. Sadly, too, Ward and Esther Beal retired from our group. Esther is ill and Ward has all he can handle taking care of her. We wish them both G-d Bless and strength to deal. Sorry to start off the year with negative thoughts. I know that we can pull off all we want towe just have to work together. Enjoy the rest of the summer and come back strong and bushy-tailed. ... Don't forget water is your best friend in all this heat!

Love

Sheila and Vella

Dealing with Social Situations

By Dr. Craig A. White, Monterey County, CA, Via Ostomy Support Group - Tucson, AZ, *The Courier*; Metro Maryland, The Hartford Ostomy Update via GLOCONTACT

Social anxiety usually occurs when you believe that something will go wrong in a social situation. You may worry that your ostomy will make a noise or that you will smell. You may imagine that your pouch will leak all over your clothes in the middle of the supermarket or that noises might erupt from the stoma while you're at church.

Accidents and unplanned incidents do happen. Instead of assuming that you couldn't handle it, it's better to make a coping plan now before it happens. Instead of stopping your thought process after you have considered the worst possibility, take it forward and develop a coping plan. Remember, even if your worst fears do come true, there is always something you can do to cope with the situation at hand. You may never have to use your coping plan, but at least you will have the security of knowing it is there if you need it.

Most people say they find it easier to put into action a plan they have already thought about, rather than having no plan and improvising when something happens.

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Sandra Lane, RN,COCN,CWCN

Karol Friend, RN,COCN,CWCN

**WE NEED YOUR
HELP!**

**DUE TO HEALTH
ISSUES KAYE IS
NO LONGER ABLE
TO WRITE/PRINT
OUR NEWSLETTER.**

**WILL YOU
VOLUNTEER YOUR
SKILLS & TIME?**

**YOU WILL
RECEIVE ANY
ASSISTANCE YOU
MAY NEED.**

**PLEASE TALK TO
SHEILA AT THE
MEETING OR CALL
HER AT HOME.**

THANK YOU !!!

Water

By Wanda Herdzina, via The New Outlook (Ostomy Association of Greater Chicago, Park Ridge, Illinois) Via GLOCONTACT

Water is important. A person with an ostomy especially needs to drink enough water. It is necessary when you want to take better control of your life. Along with a balanced diet and regular exercise, water has many positive benefits you may enjoy which provides good health for your body and mind.

Water keeps us fit. We all want to stay lean and avoid adding fat. Dehydration slows down our metabolism, which leads to a reduction in the number of calories we burn. Did you know that sometimes when we feel hungry it might just be we are thirsty? Next time instead of snacking, drink a bottle of water. You actually train your body to be thirsty. Drink water regularly, and you will be thirsty more often. Your body will know when it needs water and will begin telling you, if you train it correctly by drinking enough water.

Water helps prevent headaches, dizziness and cramping caused from dehydration. You will also be able to think and remember more clearly, when you drink enough water throughout the day. Water distributes the chemicals our bodies need. Enough water distributes vitamins and minerals evenly and dilutes them enough for us to use.

Water helps us normalize our body weight. Water washes fats out of our bloodstream. If we start drinking about three liters of water a day, our weight will increase the first few days. Then, amazingly, our weight goes down sharply. The water we drink is washing the waste out of our bodies while making our metabolism more efficient. Fashion models that need to maintain very thin figures drink water so their tissues do not store it.

Water reduces itchy skin. If you have ever had itching around your skin barrier, try drinking a glass of water. People with ostomies are notorious for being dehydrated. Our skin will become dry and itchy when this happens. People with new ostomies have the most trouble with itchy skin while their bodies adapt to their new life. Drink water to reducing itching and dry skin.

Water helps lubricate the joints in our bodies. Not only that, our skin will feel softer and it will be smoother. Drinking water removes wrinkles and creases in skin. You will look better. The water we drink combines with nutrients in our body to create the oils and lubricants necessary for a healthy and good-looking body.

Water is especially helpful to people with ostomies in preventing kidney stones and promoting a healthy liver. When the kidneys are overworked because of a lack of water, the liver must assume some of the kidneys' tasks. This is not good. Because minerals may not be removed from the kidneys, stones may form more easily. Simply drinking enough water helps prevent this condition. In addition, excess bile salts are utilized and disposed of more easily. This assists the body in efficient operation effecting multiply organs and body units.

Water is an excellent remedy for a hangover, which exists partly because of dehydration. Drinking caffeine drinks like coffee, alcoholic beverages, sodas and the like will actually dehydrate the body. Drink more water after enjoying these drinks. You do not need to remove them from your diet, you just need to drink more water when you imbibe.

Water fights fatigue. Many people have tiring schedules, and by the day's end are exhausted. One source of fatigue might be that we fail to drink enough water during the day. Make sure you always bring along a bottle of water. Drink water on the way to work, at work, at home, away from home . . . all the time. You will feel much more energized.

Water should be obtained from a high quality source. Tap water should only be used in moderation. It contains toxic chemicals that are poisonous to our bodies when overdosed. Bottled water should not contain these toxins. Reputable water vendors have high quality water, preferably in glass bottles, that contains minerals beneficial to us, and which allow us to drink in sufficient quantity as to obtain the good results promised here. One of the easiest things you may want to do to be healthier quickly is to start drinking three liters (that is about eight, 12 ounce glasses) of water throughout every day. We value each of our members, and we value the good health of each one of you too.

The Phoenix

The Official Publication of UOAA

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.



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

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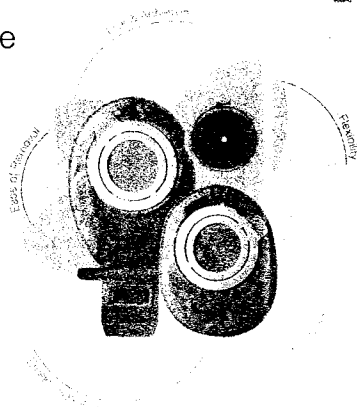
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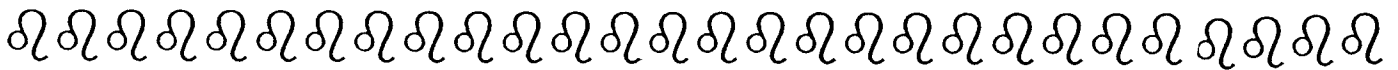
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