

The Mail Pouch

Ostomy Support Group EV/AZ

May 2011

Our Next Meeting . . .

Sunday, May 22, 2011

2:00 PM

**Centennial Village
130 West Brown Road
Mesa, AZ 85207**

Our Program . . .

Laura Hernandez from Coloplast will be here to show us some of their latest products and answer any questions you may have.

— — — —

This is our final meeting until August 2011. After our program, instead of snacks, we will have a “POT LUCK”. We ask that you bring a main course or a side (vegetable or salad) or a dessert to share.

Have a safe summer and we'll see you in August!

**BE SURE TO VISIT OUR WEBSITE:
www.ostomysupportarizona.org**

ET Advisors

We want to thank our WOC nurses for all they have done for us. They come to every meeting and help us with any problems we may have.

Banner Desert Medical Center (Dobson Road)

Janet Schmidbauer, RN, BSN, CWOCN

Elaine Fox, RN, BSN, CWOCN

Angela Rebottaro Hukill, BSN, RN, COCN, CWCN

Banner Baywood Medical Center (Power Road)

Miriam Jensen, BSN, RN, COCN, CWCN

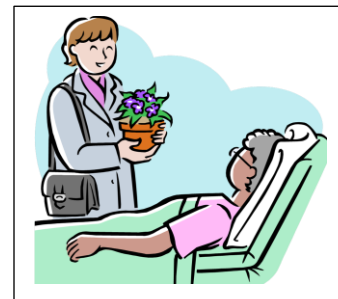
Sandra Lane, BSN, RN, COCN, CWCN

Karol Friend, BSN, RN, COCN, CWCN

Visitors Training Class . . .

It's never too early to sign up! We will be having our visitors training session in January of 2012. (The exact date hasn't been set yet.) You will be trained by our WOC Nurses. We need you to visit new ostomates and help them with your first-hand knowledge as an ostomate. **We desperately need colostomates!**

If you would like to sign up for this class, call Bobby King at 480-218-4658, or e-mail mrsdeacon2001@q.com. See Page 6 for more information.



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STILL think you're having a bad day?

A man was working on his motorcycle on the patio, his wife nearby in the kitchen. While racing the engine, the motorcycle accidentally slipped into gear. The man, still holding onto the handlebars, was dragged along as it burst through the glass patio doors.

His wife, hearing the crash, ran in the room to find her husband cut and bleeding, the motorcycle, and the shattered patio door. She called for an ambulance and, because the house sat on a fairly large hill, went down the several flights of stairs to meet the paramedics and escort them to her husband.

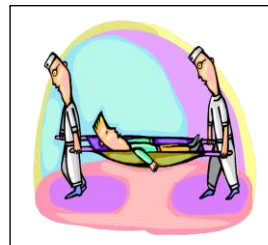
While the attendants were loading her husband, the wife managed to right the motorcycle and push it outside. She also quickly blotted up the spilled gasoline with some paper towels and tossed them into the toilet.

After being treated and released, the man returned home, looked at the shattered patio door and the damage done to his motorcycle. He went into the bathroom and consoled himself with a cigarette while attending to his business.

About to stand, he flipped the butt between his legs. The wife, who was in the kitchen, heard a loud explosion and her husband screaming. Finding him lying on the bathroom floor with his trousers blown away and burns on his buttocks, legs and groin, she once again phoned for an ambulance. The same paramedic crew was dispatched.

As the paramedics carried the man down the stairs to the ambulance they asked the wife how he had come to burn himself. She told them. They started laughing so hard, one slipped, the stretcher dumping the husband out. He fell down the remaining stairs, breaking his arm.

Some days it doesn't pay to get out of bed!!



MESSAGE FROM YOUR PRESIDENTS

Greetings,

Another very welcomed Ostomy meeting – and a beautiful Spring day to enjoy it! An enthusiastic attendance with appreciation still carrying over for the recent successful Products Fair. THANKS to each and every one of you in whatever part you played in helping to make this happen. With members like you, EV Ostomy Support Group will be able to continue the vital role of encouragement and support given to present and future Ostomates -- as well as spouses and support persons.

Nurses Janet Schmidbauer, Elaine Fox, Angela Rebottaro-Hukill, Miriam Jensen and Karol Friend continued the support by dividing all into their group being Colostomy, Urostomy, Ileostomy and Associates/Care Giver. Questions were given each group for discussion, with the spokesperson for each group then sharing the summation of the group with all. There were several new people present. All in all it's quite apparent we each have a life to live, so 'go for it' and don't allow this challenge of life to deter you!

It is GREAT seeing Jerry Thomas up and going so well after a 4 month bout in and out of hospitals, having 2 very close calls. He assures us we REALLY do need to see what we can do to help medical care to understand the needs of the Ostomate patient. (See further for tips.) Juanita Frankenstein is still having concerns. Sunshine lady, Marilyn Justice reported no cards sent last month. (Marilyn is good to just make personal phone calls on her own encouraging folks.) Paula gave a good treasurer's report and will be getting notices out for yearly membership fees. Sheila reported on the Youth Rally fund. We had hoped to sponsor a young person(s) locally, however, no names have been given. If any have suggestions to pursue this further in order for it to happen, we welcome hearing from you. Bob Miller encouraged folks to use the Web site. Reports tell us some came to the Fair because they pulled it up on the internet. Check the benefits! Sandi Miller encourages any who have something for the newsletter, have it to Sandi by the 1st of each month. She does a great job with the letter but always—welcomes more news, tips. This month, Angelica Ontiveros will see to the newsletter printing for Sandy Clark to mail. Bobby King reported Visitation continues. Bob Owens is attempting a visit with one referral. Looking ahead, Bobby reminded all the Visitation Training (which is so essential) will be in January 2012. More Colostomy Trainees are needed. **Please consider taking Visitation Training. You will get back far more than you give. Help support a new ostomate in getting through the healing process.**

The picture album of the Group was available for any to enjoy.

Birthdays of Jean Clarkson and Andrea Pinsker were celebrated. Both wear their years so well. Paula and Bobby each brought a cake. While all our goodies are so yummy, it was suggested perhaps we need to address the needs of diabetics by bringing some items they are comfortable eating. We've all experienced the temptations of food – **but we'd better Not!!!!** Can we help them so they are comfortable to stay for refreshment time?

May meeting: No need for installation of Board this year. **Coloplast's, Laura Hernandez, will be the program. For those staying/enduring the AZ heat, bring a dish to share for a Pot Luck. Program Chair /Vice President, Darlene Kosman will conduct the meeting in Sheila's and Vella's absence.** Excess ostomy supplies will be cleaned out after meeting for needs in Mexico (and others needing in the area for consideration.)

Words of wisdom: "In life, expect there will be problems. Look at yourself in the mirror each morning, saying, 'I WILL BE STRONGER THAN YOU', then whisper those comforting words, 'THIS TOO SHALL PASS', because YOU will learn to adjust! **DON'T GIVE UP!**

Have a Great Summer! We'll see some in Reno August 7 – 11.

Thankfully,
Vella and Sheila

Antacid Users Beware

By Elizabeth Smoots, M.D. Edited by B. Brewer
UOAA Update 4/11

Almost everyone has indigestion occasionally, and it is probably alright to take an antacid pill now and then; but many health authorities warn that taking antacids regularly may not be wise, especially for **ostomates**. Here's why:

Magnesium hydroxide causes diarrhea and reduced absorption of vitamins and minerals.

Aluminum hydroxide causes constipation, reduced phosphate levels leading to fatigue, poor appetite and bone loss. It also contains aluminum which has been linked to Alzheimer's disease.

Calcium carbonate may cause acid rebound where, when the antacid wears off, stomach acid suddenly shoots up. It may also cause constipation, a potential disturbance in the body's calcium and phosphate levels called milk-alkali syndrome, which in turn may lead to nausea, headache, weakness and kidney problems.

A thoughtful way to honor or memorialize a loved one:

___ In memory of; ___ In honor of; ___ Get well to:

Name: _____

Please send Tribute Card to:

Name: _____

Address: _____

From: Donor's Name _____

Address _____

Enclosed is my tax-deductible contribution of \$_____. Credit Donation to the following account:

___ Julie Hungling ET Scholarship Fund

___ Richard Wilkinson UOAA Youth Rally Fund

___ Newsletter Printing & Distribution Fund

___ General Fund

Make check payable to: Ostomy Support Group EV/AZ, c/o Paula Nelson, 6712 Des Moines St., Mesa, AZ 85205-6827.

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 meetings and answer our many questions.

The UOAA 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 is sincerely appreciated.

We finally have an Arizona young man to sponsor for the Youth Rally Camp this year. He is 15 years old, lives in Tolleson and he and his parents will be at our August meeting to tell us all about his experiences. We will be donating \$600 and the WOCN's will send \$390 in his name.

If You Have Internet Access . . .

Our website has been up and running. We have all kinds of information plus links to the national UOAA and Phoenix Magazine. Our current Mail Pouch is on the website in addition to archived ones. Our website address is:

www.ostomysupportarizona.org

If you have any questions or suggestions about the website, send an email to:

webmaster@ostomysupportarizona.org

Sunshine Report:

No cards sent this month.

Please call Marilyn Justice at 480.982.4862 if you know someone who would appreciate a card.

Visitation:

1 ileostomy – visited by Bob Owens

Welcome . . .

Welcome to our newest member, Janet Mello, and her husband, George.

50/50:

We collected \$46. Our winner of \$23.00 was Janet Mello (our newest member!) Way to go Janet!

Welcome to our Latest Advertiser . . .

Welcome to our latest advertiser, The Celebration, Inc. Look for their ad on page 6. Visit their website for more information on their product.

Our Advertisers . . .

When reading our newsletter, be sure to read the advertisements in addition to the articles. These businesses offer many fine products and help defray the cost of publishing and mailing our newsletter. When you contact them, let them know you saw their ad in The Mail Pouch.

Common Ostomy Problems and Possible Solutions

Excerpted from an article in the Huntsville, Alabama "Re-Route"

Food blockages. Symptoms may include no output from the stoma for more than 4 hours, cramping in the abdomen, nausea or vomiting and high watery output. Solution: Drink hot tea and increase your fluid input. Take a warm bath or shower and massage your abdomen. Have a glass of wine. This will help relax your abdominal muscles. Get down on all fours with your backside in the air. An undignified position, but it does help some people move a blockage. If the blockage persists for more than a few hours, seek medical advice from your nearest hospital.

Mucous and bleeding from the rectum. Solution: This is completely normal if your rectum is still intact, although annoying, since the mucosal lining of the rectum is still working. Try wearing a sanitary napkin to save soiling your underwear. If the bleeding is profuse, see your doctor.

Odor. Solution: Simple solutions that work for some ostomates are to place mint tic tacs or mint mouthwash into your bag. Deodorants, either taken orally or placed in your bag, are available from your ostomy supplier. DO NOT place aspirin in your bag in an attempt to eliminate odor—doing so can cause damage to your stoma.

Bleeding. Solution: First, determine if the bleeding is coming from the surface of the stoma or from internally. If it is internally, then it's wise to seek medical advice. If the bleeding is from the surface of the stoma, it should stop quite quickly. Stomas are made from the same type of skin as the inside of your cheeks and you know how easily they bleed. Even the slightest little nick can cause it to bleed. If bleeding is profuse or doesn't stop quickly, seek medical help. Cuts to the stoma can also be caused by the wafer riding off center. Try "picture framing" the wafer with some tape to stop it from moving.

Phantom rectal pain. i.e., you get the urge to go to the toilet in the "old way", even though you know you can't. Solution: This pain is because your body needs time to adjust to its new plumbing and still thinks it needs to go to the toilet in the old way. Try going and sitting on the toilet anyway, even though you know it's pointless. A lot of people find this alleviates the pain. The good news is that over time, phantom rectal pains become less frequent and eventually disappear altogether.

Stoma is placed on or above the beltline. Solution: This is more common in men than women for some reason. DO NOT let them site your stoma on or above the belt line if at all possible. Belts will stop the stool

from flowing into the pouch so try wearing trousers a size bigger than you would normally wear and wear braces or suspenders to keep them up rather than a belt.

Seatbelt of cars ride right over the stoma site and are uncomfortable. Solution: Try using a clothes peg at the top of the seatbelt where it slides into the door. This will enable you to wear the seatbelt looser than normal but still protect you in case of an accident. Use a small cushion or pillow between you and the seatbelt. Remember, a broken stoma is much easier to put back together than a whole person!

Stoma shows through a tight dress. Solution: Try wearing bike pants or similar lycra pants under your outfit that will smooth out the line of the bag. Empty frequently.

Quick Tip

Fill out the card below, cut it out as a front and back, laminate it and carry it in your wallet. This will help identify the ostomy products you are using in case you go to the hospital and don't remember each item.

Product Manufacturer: _____

Supplier: _____

One Piece	Two Piece	Convexity Y / N
Flange Size:	Pouch #:	Wafer #:

_____	_____	_____
Addl Supplies:	Product #:	Manufacturer:

_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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Type of Ostomy: _____

Surgery Date: _____

Hospital: _____

Surgeon: _____

Ostomy Clinic/Nurse: _____

For more hints and tips, visit our website:

www.ostomysupportarizona.org

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The Value of an Ostomy Visitor

Courtesy of The Winnipeg Ostomy Assn. via The Saskatoon Ostomy Assn.

There are times when a certain person can make a difference that no one else can make. So it is with the ostomy visitor. You help someone at a time when they are vulnerable. Do you remember your ostomy visitor? Just when you thought you couldn't possibly deal with this operation, a friendly face appears at your hospital (or home) door. This person assured you that he or she had once been the patient in the bed. They could also empathize with your aches and pains, depression and your fear for the future.

You can reflect back on your questions when you first had surgery. Am I still lovable? How will I ever wear clothes? Will there be an odor? Won't my pouch leak at an embarrassing moment? How well you remember these feelings. The visitor somehow made you feel lovable.

The idea dawned that if he or she could make it, you would too. The possibility of participating in your own ostomy care didn't seem quite so overwhelming. Perhaps you could start learning, one small step at a time. You are living proof that life goes on. You are there doing the very thing that the new patient worries about. You are indeed a symbol of hope in the midst of their pain, confusion and fear.

Making a visit may seem a small thing to you. It is like lighting a candle in the midst of darkness. It is helping them to help themselves. Not everyone is blessed with an ostomy visitor so they struggle to find the answers.

* * *

YOU CAN MAKE A DIFFERENCE! Sign up for our January 2012 Visitors Training Class.

JOIN US IN RENO IN 2011

August 7–11, 2011

John Ascuaga's NUGGET (www.janugget.com)

Rooms start at US\$79 – Single/double + tax. Free shuttle from Reno airport (RNO)



**Plan to arrive on Sunday, August 7 & see the Reno-Tahoe area
Registration and Programming begin Monday, August 8
and continue throughout Thursday August 11.**

Featured events include:

- 8th – 1st Timers orientation and reception
- 1st Night Ceremonies, Fabulous Fashion Show & refreshments
(sponsored by **C3Life** and **Hollister**)
- 9th – Awards and Keynote speaker
- 9th – Exhibition Hall on Tuesday & Wednesday (10th) (Box Lunch in the Hall)
- 9th – Themed Evening Event (sponsored by **ConvaTec**)
- 9th thru 11th – Educational Workshops of special interest to:
 - All attendees; 30+; Young Adults; those with Continent Diversions;
 - Gay and lesbian ostomates; Ostomy support group leaders
- 11th – Closing Banquet ... music and dancing

Registration Fees:

- \$90 for an attendee until June 15th.
- Then the price will go to \$110.
- A spouse/companion is \$50/\$70.

To Register for Conference:

- For online registration, follow [this link](#).
- Or print, complete and mail the form [here](#).

For hotel reservation:

- Call John Ascuaga's NUGGET at 800-648-1177 and mention "GOSTOMY."
- Or click [here to reserve online](#).



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Thanks and regards,
Arun P. S. / Doha, Qatar



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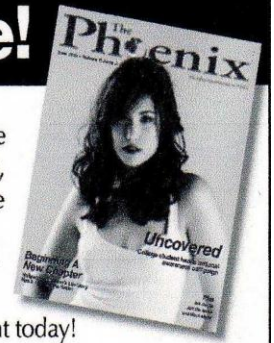
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