

The Mail Pouch

Ostomy Support Group EV/AZ

September 2011

Our Next Meeting is . . .

Sunday, September 25, 2011

2:00 PM

Centennial Village

130 West Brown Road

Mesa, AZ 85207

Gloria Rose, a Past President and dear friend, will be visiting from North Carolina. Don't miss the opportunity to see Gloria again and listen to her wonderful stories.

Our Program . . .

Jeff Reed, with TJ's Travel Club for Seniors, will be our guest speaker. Jeff is a retired Ph.D. who, through his therapy practice, found that he could do more good for his patients' depression with day trips. So . . . the Travel Club was born.

**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 Hukill, BSN, 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 on January 14, 2012. 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. Signup sheets will also be available at our meetings.

Attention: Due to the fact that we can no longer store our supplies at Centennial Village, no coffee will be served at this meeting. We will have cold beverages and water available.

Officers and Directors

Co-President: Sheila Kollenberg

480.451.3815
sshine203@aol.com

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bovella@cox.net

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Director: Juanita Frankenstein

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Refreshments: Florence Park

480.964.8953

Advocacy: Sheila Kollenberg

480.451.3815
sshine203@aol.com

Support Group Meeting Dates for 2011 – 2012. All meetings begin at 2:00 PM at Centennial Village in Mesa.

Sunday, September 25, 2011
Sunday, October 30, 2011
Sunday, November 20, 2011
Sunday, December 18, 2011 (Holiday Party)
Saturday, January 14, 2012 (Visitor Training)
Sunday, January 29, 2012
Sunday, February 26, 2012
Sunday, March 25, 2012
Sunday, April 29, 2012
Sunday, May 20, 2012

Board Meeting Dates for 2011 – 2012. All meetings begin at 1:00 PM at Centennial Village in Mesa.

Saturday, September 10, 2011
Saturday, October 15, 2011
Saturday, November 12, 2011
Saturday, December 10, 2011
Saturday, January 7, 2012
Saturday, February 11, 2012
Saturday, March 10, 2012
Saturday, April 14, 2012
Saturday, May 12, 2012

Every month our officers and directors meet to discuss the business of our support group. All members are invited to attend the board meetings. We appreciate your interest and need your support. These meetings are on Saturdays at 1:00 pm at Centennial Village.

Attention Winter Visitors

Are you getting ready to return to your winter residence? Please let us know enough in advance so we can change your address on our mailing list. The Mail Pouch is not forwarded by the Post Office. For every one that comes back to us as being undeliverable, we pay 44¢.

Call Sandy Clark at 480.835.1338 or Sandi Miller at 480.984.1195 or email: s_miller_9506@msn.com

A MESSAGE FROM YOUR PRESIDENTS

Welcome back after a long and very hot summer! What a pleasant surprise to see such a great turnout on such a hot, hot day! Your Board has been at work all summer planning a great year for us.

I am glad to say that there have been meetings held this summer with representatives of the local groups (Us, Phoenix, Paradise Valley, Sun City) with the idea of partnering so that we can all work together to improve the education and support for all ostomates. We will all keep our own groups as individual entities, however, we will share and work together to do events, (i.e. products fair, visitors training) share newsletters, share visiting of new and future ostomates, have links on our website, etc. We were happy to see Ted Cooper, President of Phoenix Chapter, for coming such a long way to attend our meeting. Likewise some of us will attend theirs and report back on programs and education information. Information on their meetings will appear in our newsletter, likewise ours in theirs. As of now, we are focusing on Visitors Training Day. The other groups will hold theirs on Oct. 25, 2011 and we will hold ours on Jan. 14, 2012. This gives us the opportunity to attend either if one is not convenient. While at the Reno Conference, we brainstormed how to make this work and have come up with some wonderful ideas. We will keep you informed as they occur.

Speaking of the Conference, it was great, attended many seminars (including 2 that our Sue Hill conducted) which we will report on at our Oct. meeting. We are so sorry that Bob and Sandi Miller had to cancel at the last minute! Attended the Exhibit Hall and found some exciting new products and opportunities. At the Advocacy Seminar, I learned that in order to keep ostomy supplies covered by insurance companies, UOAA has sponsored a new bill to have the supplies listed as "prosthesis" instead of supplies for a surgical procedure. See Page 5 for more information on the Bills. Please write your senator and congressman (men) to please pass this Bill. It is imperative that it be passed or there is the strong possibility that ostomy products will **not be covered** by many insurance companies as they will be listed as "disposable". I will present further details of this at the October meeting. Copies of the Bills will also be available at the next meeting.

Florence Park (glad to see her at the meeting after a bad fall!) passed a sign-up sheet for refreshments for future meetings. If you have not signed up as yet, please do so at our next meeting. We intend to be mindful of those who use sugar-free products.

We can no longer store anything at Centennial Village and can't thank Sandy and Gary Clark enough for all they do for us as well as keeping our equipment and

kitchen supplies and carrying them back and forth to each meeting.

Happy to say that Gloria Rose will be visiting and will attend our Sept. meeting! We will all be so happy to see her. Speaking of being happy to see somebody, we were thrilled to see Juanita Frankenstein at our Aug. meeting. Welcome back and hope to see you often! Enough said for now, stay cool, stay hydrated and see you in Sept.

Love,
Sheila and Vella

In Memoriam

It is with deep sorrow that we must report the passing of the following dear members:

Elna Echols
David Yeley

Our heartfelt sympathy to all of their family and friends.

From the Editor:

Our monthly newsletter is **yours!** It is our way of letting **you** know what's happening. If you have any articles, information or helpful tips you would like included in The Mail Pouch, please get it to me by the 5th of each month. You can call me at 480.984.1195, email me at s_miller_9506@msn.com or let me know at our monthly meetings.

Sandi Miller

We Need Your Help!

If you can print our newsletter just one month, we can save a minimum of \$65 that we are then able to use for other purposes.

Just call Sandi Miller at 480.984.1195 if you can help.

About Us . . .

One of our major functions is to provide ostomate and spousal visitors, trained in accordance with the UOAA guidelines. If you know someone who has, or will have, an ostomy, please call Sheila at 480.451.3815. We give support to both patient and family. We do not give medical advice, nor do we assist in the physical care of the stoma.

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:

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From: Donor's Name _____

Address _____

Enclosed is my tax-deductible contribution of \$_____. Please credit this to the following Fund:

___ 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.

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:

Get well cards were sent to: Juanita Frankenstein, Mary Palmer, Florence Park, Andrea Pinsker and Ginny Weis.

Please call Marilyn Justice at 480.982.4862 if you know someone who could use some sunshine.

Visitation: Heather Jo Kitzmiller, diverting colostomy, referred by Elaine Fox

Welcome to New Members: We have some new members that we will recognize at our meeting and our next Mail Pouch.

50/50 Winners: Congratulations to our May winner, Laura O'Connell, and to our August winner, Morrie Patten. Thank you to Morrie for donating \$10 of his winnings back to our Youth Rally Fund.

Dues Notices were mailed out in August. Everyone is now being billed at the same time to make our bookkeeping simpler. Beginning next year, we will mail out dues notices the last week in July.

When you return your payment, please be sure to include your email address. We promise not to send you junk!

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.

Refreshments

The following members have generously volunteered to bring refreshments to our September meeting:

Shirley Gauntt, Bobby King and Mary Palmer

If you can add to our refreshments, we would greatly appreciate it. Don't forget our diabetics. Please bring some healthy snacks, i.e. fruit, vegetables, diabetic baked goods.

Call Florence Park at 480.964.8953 if you can bring a snack this month or any month and she'll add you to the list.

You Can Make A Difference!

Get Trained to HELP Your Fellow OSTOMATES. Attend a "Visitor Training" Session AND MAKE THAT DIFFERENCE.

A Visitor Training Class is waiting for you In the North Valley on OCTOBER 25, 2011 and in the East Valley/Mesa on JANUARY 14, 2012.

To insure yourself a seat at one of these training sessions, please sign up with Bobby King or Cheryl Simmons As Soon As Possible.

For the training session in the East Valley/Mesa, call Bobby King at 480.216.4658 or email Bobby at mrsdeacon2001@q.com. More information will be available as we get closer to the date.

For the training session in the North Valley, the last day for sign up is September 20, 2011. You may sign up by email, vwsimmons@aol.com or phone, 623-580-4120, and ask for Cheryl Simmons. The training session will be conducted by their highly skilled WOCN's, Sue Hill and Judy Gates. Symbius (formerly PRN), 2311 West Utopia Av, Phoenix, AZ has graciously lent The Arizona Ostomy Support Group the use of one of their training rooms. The facilities are located near the intersection of 101 and I-17. Call Cheryl for directions.

REMEMBER: Re-certification for "Visitor Training" is required every 2 years. There may be some of us who are past due for the required training.

2URGENT NEWS – YOUR INSURANCE COMPANY WANTS TO TAKE AWAY YOUR OSTOMY SUPPLIES!

They want to reclassify your Ostomy Supplies as single use medical equipment. This classification would eliminate them for coverage by Medicare/Medicaid and subsequently all insurance companies.

There are two bills that have been introduced in the U.S. House and Senate that would reclassify our Ostomy Supplies as Medical Prosthetics. They would then be considered replacements for parts of our internal organs and therefore covered.

It is vital that we get co-sponsor support for these bills. We need each and every one of you to call and write and e-mail your U.S. representatives and tell them that you need your Ostomy supplies to replace an organ in your body that was taken away by illness and you want them to sign up to co-sponsor the bill.

The House of Representative bill number is H.RES.152 – Recognizing the life-saving role of ostomy care and prosthetics in the daily lives of hundreds of thousands of people in the United States.

The Senate bill number is Senate Resolution 95 – Increasing awareness of and recognizing the life-saving role of ostomy care and prosthetics in the daily lives of hundreds of thousands of people in the United States.

It is urgent that you contact them now! Don't let our insurance companies do it to us again! Call, write and e-mail your representatives. Let them know what the insurance companies are doing to us!

The government works for us! We elect officials to represent us! Each and every one of us has to step up. Don't think you don't have to contact them because enough other people will. **Everyone must call and tell them they must co-sponsor this bill.**

Tender Loving Care – Your Stoma Needs it Too

via Northern Virginia, The Pouch
Edited by Bobbie Brewer, UOAA UPDATE 9/2011

Most ostomy patients would agree that there is no substitute for TLC. That is one of the reasons that the specialty of ostomy nursing exists. It ensures that nurses with a special sense of caring and with special education are taking care of the ostomy patient's needs. Once you are discharged, remember that your stoma needs TLC also. A few pointers might be helpful.

Generally speaking, it is good to set aside a time for giving priority to stoma care. It might be during your morning shower, after breakfast, or at bedtime. It's important to make it fit into your routine. Don't change your schedule for the stoma. Make it change for you. Having a regular time for pouch changing, etc. helps put some order into your schedule. It will also ensure that leakage or other problems can be kept to a minimum. If you know that your pouch always leaks on the fourth morning for instance, then begin changing it on the third night, if that time is convenient.

Don't be rough with your stoma. It's not unusual for it to bleed a little when washed. Just be careful not to be too brisk with the washcloth or whatever you use, as that might cause excessive irritation.

Eat a well-balanced diet; following special instructions from your physician, dietician, ostomy nurse, etc. Drink sufficient water and fluids unless you are medically restricted. Persons with ileostomies and colostomies should chew their food very well. Avoid eating too many hard to digest and gaseous foods at one meal.

Urostomy patients need to be sure to have sufficient fluids, unless told otherwise by the doctor, as fluids help prevent infections. Rinsing the pouch daily with a solution of 1/3 white vinegar and 2/3 water helps prevent crystals from building up on the stoma, and the wash will also keep the inside of the pouch acidic. Acid conditions prevent growth of bacteria.

Patients can usually shower with the pouch off or on unless instructed otherwise. Water will not hurt the stoma. Peristomal skin especially needs TLC. A properly fitting pouch, changed regularly, usually accomplishes this. Never tape the pouch if it is leaking. Change it!! If you have frequent leakage and have to change too often, call your ostomy nurse to make an appointment for re-evaluation. Perhaps another type of pouch would be better suited, or perhaps your stoma and peristomal skin need re-assessment. There might be some new products that will work for you. Don't hesitate to make an appointment.

Skin Rashes Around the Stoma

By Carla Mellon, RN, CWOC
Edited by Bobbie Brewer, UOAA UPDATE 9/2011

There are several different types of rashes or skin breakdown that can occur around the stoma, under the pouch seal. Some of the more common types are:

Urinary stomas can develop skin breakdown as a result of urine being in contact with the surrounding skin for an extended period of time. This will cause the skin to develop an overgrowth of tissue (hyperplasia) which may be referred to as "urine crystals". The urine may even feel grainy in the pouch. This is very painful. Treatment begins with correcting the cause: these causes may be pouch opening size, wear-time, it may be that convexity is necessary to prevent leaking under the pouch seal, or adding an ostomy belt. Vinegar soaks 2-3 times per day are also recommended in severe case to break up the crystals.

Ileostomy stomas usually develop skin breakdown as a result of stool being in contact with the surrounding skin. This can happen fast. Early symptoms include burning and itching under the pouch adhesive. Again treatment begins with elimination of the cause. Steps to eliminate leakage and/or stool undermining or pooling under the adhesive must be taken. Barrier rings, strip paste, convexity, belts, etc., are just a few of the additions to the pouching system that may be needed in order to secure a good seal. The skin also will need to be treated with a barrier powder (stomahesive, premium, karaya) and sealed with a sealant (No-Sting) to provide a dry pouching surface for the adhesive since the skin is likely weeping. This situation also predisposes the patient to a yeast or monilia rash, characterized by a fine bumpy red rash usually along the edges of the redness. This must be treated with an antifungal powder. The antifungal powder can be used with the barrier powder or alone. It too must be covered with a sealant (No-Sting). Manila/yeast rashes may also be present without any other pouching or skin care issue. This is typical in the summer with heat and when patients have been on antibiotics.

Colostomy stomas are also subject to monilia/yeast rashes as well as skin breakdown associated with stool being in contact with the skin. See treatment above under ileostomy stomas.

All stomas are subject to allergic reactions associated with the adhesives on the pouching system or any product (cleanser, skin-prep) that you are using on your skin. Even if you have been wearing the same pouch, or using this product for years. You can *develop* allergies to any product. The only solution is to change pouching systems/products and find one that you are not allergic to. I often use *Kenalog spray* (prescription) to decrease the inflammatory process and provide pain relief until the offensive agent can be identified and eliminated.

WE NEED YOUR HELP!!!!

We can no longer store any of our supplies at Centennial Village! We need volunteers to take supplies and bring them back each month.

Please volunteer to store supplies for:

**Kitchen
Name tags & greeting
Ostomy supplies**

Please call Sandy Clark at 480.835.1338 or Sheila Kollenberg at 480.451.3815 or see any Board member at our meeting.

Why Cranberries Help Prevent Urinary Infections

via North Central Ostomy Outlook Edited by B. Brewer, UOAA Update 4/11

The secret ingredient in cranberries, which is pivotal in preventing urinary infections, is concentrated tannins in the juice, also known as Proanthocyanidins. In a significant study conducted in Boston and published in the *Journal of the American Medical Association*, cranberry juice was found to be effective in reducing the incidence of urinary tract infections and the need for antibiotic treatments.

How does this special ingredient in cranberry juice work? The concentrated tannins from cranberry juice prevent E. coli bacteria, the main culprit in urinary infections, from adhering to the cells that line the urinary tract. Scientists believe that the substance blocks the growth of the part of the bacteria that is necessary for it to stick to the walls of the bladder and kidney.

What are the implications of this for persons who may be more susceptible to urinary tract infections? Scientists in the Boston study state that the addition of cranberry juice to dietary regimens in circumstances, where urinary tract infections have a high incidence, would be sensible. In addition, it would probably reduce both the incidence of infections and need for antibiotic treatments and be a useful adjunct to treatment in high-risk groups.

Urology Concerns

*via Honolulu Ostomy Association, Edited by B. Brewer
UOAA Update 4/11*

Germs are all over the world, but when they are in the urinary tract, either in the conduit, the ureters, or the kidneys, they are in an abnormal location, and that is what causes an infection. What causes infection? Mostly, the reasons are unexplainable. Why do some people get more colds than others?

Infections can be caused by obstructions, kidney stones, tumors, cysts or scar tissues. Almost synonymous with obstruction is infection, and then too often comes stone formation. Once you have stone formation, it's hard to get rid of the infection. It's a kind of a cycle that goes around and around.

Infection can be caused by urine being forced back to the kidneys through the conduit. This could happen if you fall asleep with the pouch full of urine and accidentally roll over on the pouch, causing urine to be forced back through the stoma and the urinary tract with tremendous pressure. Invariably, the urine in the pouch is contaminated.

In general, to prevent and treat infection, you need a good flow of urine, much like a stream. That not only dilutes the bacteria or germs in the urine but also helps wash them out. Two and one-half quarts of liquids daily are required for the average adult. Also antibiotic therapy is used to fight infection.

Night drainage is recommended. Otherwise, you run the risk of urine backing up into the kidneys which can cause irritation or infection. This is especially important for urostomates with only one kidney.

It's important to be aware of the symptoms of a kidney infection: elevated temperature, chills, low back pain, cloudy urine, or decreased urine output. People with ileal conduits normally produce mucus threads in their urine which give a cloudy appearance, but bloody urine is a danger sign. You must see your doctor if any of these symptoms occur.

A FRIENDLY REMINDER . . .

There is absolutely no smoking anywhere in the buildings or on the grounds of Centennial Village.

Centennial Village enforces this rule to the point that they evict residents if caught smoking anywhere on the property. This applies to guests as well as groups such as ours who use their facilities. They are extremely gracious in allowing us to use their facilities and we don't want to jeopardize this. Thanks.



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I have had a colostomy for more than 3 years and excess air is uncomfortable. Burping or draining can be hazardous; there is always danger of soiling. I travel a great deal, air travel with a pouch is particularly testing. The Osto-EZ-Vent™ eliminated the restroom struggle all in a hygienic and safe manner. In short, your product has changed my everyday life for better."

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



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THIS MONTHS' MEETING: Sunday, September 25, 2011
NEXT MEETING: Sunday, October 30, 2011

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 or a member of another chapter who 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 per year.

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

NAME: _____

Spouse's Name: _____ Phone: () _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____ BIRTHDAY MONTH & DAY: _____

PLEASE CIRCLE ALL THAT APPLY: Colostomy Ileostomy Urostomy/Ileo Conduit
 Continent Urostomy No Ostomy Other (please specify) _____

Date & Location of initial surgery: _____

Complete this form and bring it to the next meeting or mail it with your check to: Ostomy Support Group EV/AZ, c/o Paula Nelson, 6712 Des Moines St., Mesa, AZ 85205-6827

BE SURE TO VISIT OUT WEBSITE: www.ostomysupportarizona.org