



The Austi-Mate Journal

Ostomy Association of Austin Monthly Publication
P. O. Box 143383 Austin, Texas 78714

www.austinstomy.org

Gethsemane Lutheran Church
200 West Anderson Lane, Austin, Texas 78752

Next meetings: Thursday, November 1, 2018 @ 7:00 pm

***Thursday, December 6, 2018 @ 6:30 pm**



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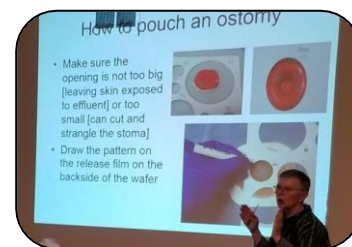
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This bi-monthly newsletter is
available on our OAA website

Printing Courtesy:
The American Cancer Society

The Ostomy Association of Austin is a volunteer based Non-Profit Health Support group dedicated to providing mutual aid and education, information and advocacy for persons and their families who have had or will have ostomy surgery. It is our vision to educate, empower and inspire through information and mutual support in all phases of life.

We had another full house in October as Karen Hollis, CWON, continued with Part 2 of her educational and interactive lecture series: The Anatomy and Physiology of Ostomies. Part 2 focused on Ostomy Management providing guidance and recommendations.



November 1st Meeting

Question & Answer session with our nurses & members

Refreshments: JT Boon, Carol Marshall-Hanson, Jim Chandler

***December 6 @ 6:30 pm Holiday Potluck Dinner & Gift Exchange**

Our annual Holiday Dinner is in the upstairs gym (park on the upper level). Please bring 1-2 dishes to share as we celebrate the season. Each person attending brings one wrapped holiday gift and then the fun begins! We have a "White Elephant" exchange: participants take turns picking a gift by number. Each person can open a new present or "steal" another's gift! It's fun & funny!

Join us & bring:

- ✓ 1-2 dishes to share
- ✓ a guest
- ✓ a wrapped holiday gift or a "re-gift" (no more than \$10-15)
- ✓ canned good donations for the Church food pantry
- ✓ holiday spirit



Have you paid your dues?

Seven Tips to Help Ostomates Survive the Holiday Season

Editorial Team at ostomyconnection.com



The holidays are fast approaching and that means parties galore! Office get-togethers, family gatherings, and neighborhood celebrations are filling up the calendar now until New Year's Eve.

As much fun as the holidays can be, it can also be a time of stress for ostomates. It's important to recognize that this can be a crazy time, and with so much going on it's sometimes easy to forget to take care of yourself and manage your ostomy.

Here are 7 tips to help ostomates enjoy the holiday season, from what to wear, to what to talk about and more.

1. Plan ahead and prepare for ordering challenges.

Do you have enough ostomy supplies on hand? If not, now's probably the best time to place an order. Online medical suppliers and shipping companies are extra busy during the holidays, so you may experience delays due to staff shortages or bad winter weather.

2. Let family rituals change.

If you're attending a family event, it doesn't mean you need to eat food that you're not comfortable with just to please them. Consider updating holiday meals with some new recipes to go along with the familiar dishes, it's a great opportunity for everyone to try something new. Most holiday celebrations are potluck style anyway, so offering to bring something won't be too out of the ordinary. If you are the host, suggest that your guests bring a dish so that everyone can enjoy their favorite food.

3. Know what to say.

Relatives and friends who know about your ostomy understand and won't insist you eat everything that's being served. If you encounter a situation where people do not know you're an ostomate, there's no need to go into any long explanations at the dinner table. Saying "no thank you" should work if you're passed a dish that you prefer not to eat.

4. Drink plenty of water.

I know this is probably something you hear every time someone talks to you about an ostomy (especially an ileostomy or urostomy), but it's true that staying well hydrated can help. Water is essential for the proper circulation of nutrients in the body. Sometimes headaches can be caused by dehydration, so drinking water can prevent or alleviate the pain. Make a conscious effort to stay hydrated during the holidays!

5. Wear whatever feels right.

Loose clothing that is not too tight around your belly can help you feel more relaxed about your ostomy. Whether the party is casual or formal, don't stress over your outfit. Be comfortable and remember to pack extra ostomy supplies and clothes if you're taking a road trip somewhere far from home.

6. Slow down and eat for pleasure.

Eating slowly and chewing your food well is important to help prevent blockages when you have an ostomy. It may sound obvious, but enjoying the flavor of food makes it a pleasurable experience. When you savor your food, you're less likely to overindulge which can cause unwanted digestive issues.

7. Make time to express gratitude.

Letting your family and friends know that you are grateful for their support during your ostomy surgery and recovery can actually make celebrations even better. If this is your first holiday with an ostomy, it might be an important thing to do. Sharing love and appreciation with others has such an uplifting effect.

Article Borders:

Yellow - All Ostomy types

Red - Colostomy-related;

Green - Ileostomy-related

Blue - Urostomy related

Hints for New Urostomy Patients

Via Ostomy Association of Long Island, Truckee Meadows Informer



Train yourself to shut the pouch valve as soon as you have emptied the pouch! If you forget, the resulting disaster within the next 10 minutes could ruin your day.

- ✓ Be sure to take the plastic washbasin and clean measuring container home from the hospital. They are very helpful as you establish a daily routine of washing your nighttime equipment.
- ✓ Gallon bottles of white vinegar and cheap liquid detergent make the daily washing-up an inexpensive chore.
- ✓ Irrigate the pouch daily with a solution of 4/5 parts water and 1/5 parts vinegar. A five-quart paint pail with metal handle (Home Depot, Wal Mart, etc., about \$1-\$2) is a great night bottle or bag container by the bed and also a safe way to carry this equipment to the bathroom in the morning.
- ✓ The hospital plastic washbasin is an ideal container for supplies when traveling and can be used to hold the night drainage bag. In the morning, it is handy for washing-up wherever you are. It fits nicely into most carry-on bags and is not heavy.
- ✓ In most cases, urostomy patients enjoy a completely normal diet. Cranberry juice, yogurt, or buttermilk will help combat urinary odors. Asparagus should be avoided by urostomates as it produces a strong odor in urine.

You've been an Ostomate for Too Long

By Tim Colbert via Houston Area Ostomy Association June 2014 Newsletter; Edited title to say "Ostomate"

You get gleeful at the ease of emptying your bag the first time after changing it.

For men: You find scratching under the bag to be as natural as scratching your other parts in the morning. For women: Spare bag clips make dandy hair accessories in a pinch!

You draw upside-down smiley faces on your bag so something is smiling at you whenever you go to the bathroom.

You name your stoma and your bag and celebrate their birthday.

If someone smelt it, you can prove you hadn't "dealt" it.

You drink a lot of beer and/or soda just to see how quickly the bag will fill with gas.

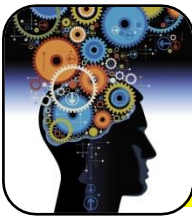
You eat certain foods, like red licorice or lots of pesto, to watch your output change color.

When someone says "Man, I gotta take a dump," you proudly say "I'm taking a dump RIGHT NOW!"

You absentmindedly feel the bottom of your bag to see if it needs emptying in front of strangers.

*Tim Colbert published his humorous insights on Facebook. His ostomy is due to cancer.





9 Ways to Boost Your Brain Health

By Cleveland Clinic Wellness Editors, March 28, 2012

Your brain plays a critical role in your overall health, but how often do you think about taking good care of it? Research shows that you really can have an impact on your brain health with the lifestyle choices you make — from what you eat, to how you socialize to how much exercise and sleep you get or how you deal with stress. Learn how to protect and even boost your brain with nine ways to take care of your cognitive health.

1. Meditate

As with the rest of our body, the brain shrinks as we age. Practicing meditation may help fend off the age-related decline. A small study shows that longtime meditation devotees maintained more gray matter as they got older and had stronger neural connections. These networks are essential in allowing the brain to function and communicate. Getting into a daily meditation routine could help keep your brain young and nimble well into your golden years. Need help getting started?

2. Slim down

Feel like your mind is a little sluggish these days? The number on your scale could be the reason why other numbers — like your best friend's phone number — escape you. A study being published in the journal *Surgery for Obesity and Related Diseases* found that candidates for weight-loss surgery were consistently fuzzy when it came to recalling certain details. Twelve weeks after surgery, however, their memory, concentration and problem-solving abilities had all improved. This isn't the first study to link weight issues with senior moments. Past research shows that midlife obesity is associated with a higher risk of cognitive decline and dementia in old age. The good news is, this study indicates that it's highly reversible. All you have to do is jog your memory — literally. Regular exercise can help you slim down and boost brain function simultaneously. So lace up your walking shoes and take a brisk walk down memory lane.

3. Eat your Omega-3s

Cookies or fruit? Steak or fish? The foods you choose on a daily basis impact whether your brain will stay sharp as you age. Research in the journal *Neurology* shows that nutrition may be just as important as other health factors in protecting your brain from Alzheimer's disease. Researchers found that seniors whose blood had high levels of nutrients found in fish, fruits, nuts and leafy greens were less likely to suffer from memory problems and brain shrinkage — an early indicator of Alzheimer's — than those who had low levels of the nutrients. Making the right choices every day may help whittle down your chances of brain disease as you get older. Steer clear of processed foods that contain trans fat, and fill up on fish that's full of heart-healthy omega-3s.

4. Pump up your heart

Want to keep your marbles in prime working order now and into the future? Follow the immortal advice of James Brown and “get up offa that thing”: Regular cardio exercise can help your brain work better, according to two University of Illinois studies. In a study of older people, researchers found that those who regularly engaged in aerobic exercise experienced significant increases in brain matter, while those who did only stretching exercises did not. And in a study of students, those who ran on a treadmill performed better on a memory test than students who did no exercise or who just lifted weights. Pair these cognitive benefits with the stress-reducing and heart-protecting benefits of cardio exercise and you've got the perfect motivation for regularly carving time out of your schedule to get moving.

5. Add weights

You probably already knew that strength, or resistance, training can help build muscles and stronger bones. But did you know it can also boost brain power? According to a study in the *Archives of Internal Medicine*, women who added one to two hours of weight training to their weekly workout improved their focus, decision-making skills and ability to resolve conflicts by 11 percent just one year later. Women whose workouts did not include lifting weights showed a slight mental decline.



6. Socialize often

What's the worst thing you can do for your brain as you get older? Become a hermit. According to a study in the Journal of the International Neuropsychological Society, which tracked 1,138 elderly adults for five years, the most socially active seniors had just one-quarter the amount of cognitive decline as those who were the least social. Visiting friends, going to church, spending time with neighbors and volunteering are all great ways to get active in your community. Because exercise can also help stave off memory problems, joining a group exercise class may offer extra brain-boosting credit. Ask about tai chi or ballroom dancing classes at your local senior center.

7. Take a walk

Our stature isn't the only thing that shrinks as we get older. Our brains do too. As you would probably expect, less gray matter equals more forgotten names and misplaced keys. Cognitive decline isn't inevitable, though. A study in the journal Neurology shows that walking at least six miles a week may help prevent brain shrinkage and memory loss. Researchers at the University of Pittsburgh followed 300 senior citizens for 13 years and found that those who walked the most cut their risk of dementia in half, compared with those who walked the least. At the end of the study, those who logged the most miles also had the most gray matter. That doesn't mean you have to walk to the end of the earth to reduce your risk of memory problems, though. The researchers found that six miles a week was enough to protect against age-related decline.

8. Talk hands-free

Do they or don't they? When it comes to cell phones and brain cancer, the World Health Organization (WHO) is saying "maybe." After reviewing dozens of studies on the ubiquitous devices and brain cancer, the WHO has classified cell phones as being "possibly carcinogenic." That means there's enough evidence to warrant concern, but the information is not conclusive. Also in the "possibly carcinogenic" category: the banned pesticide DDT and gasoline engine exhaust. If you wish to play it safe and limit your exposure to cell phone radiation, limit your time on your wireless phone. When you do talk on your cell, wear a hands-free headset. At bedtime, you may also want to turn your phone off or put it in "airplane mode" if you keep it on your nightstand by your head while you sleep.

9. Doodle!

Can't seem to remember anything anyone tells you? Grab a pen and start doodling. Engaging in this mindless act while listening to someone talk can actually help you recall the information later. A small study in the journal Applied Cognitive Psychology found that people who were given the task of doodling while listening to a dull phone message had a 29 percent better recollection, compared with those who didn't doodle. The researchers believe that this simple act helps keep people's minds from wandering so they can pay better attention to what is being said. So the next time you want to remember important information, grab a pen and start scribbling.

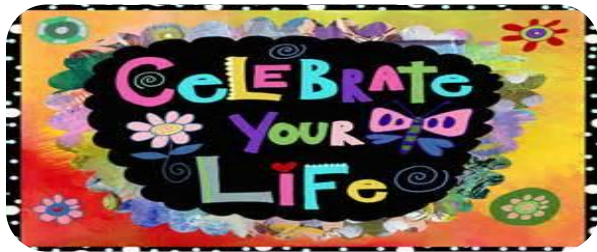
*Wishing you a very happy and healthy holiday season.
We appreciate you!*

Your Ostomy Association Board



Back (L-R): Amy Sloan-Nichols, Carol Laubach, Carol Marshall-Hanson, Bonnie Hartford, John Duncanson

Front (L-R): Mary Meshbane, Karen Hollis, Kellie Zullig



Yearly Anniversaries - 2018 November & December Celebrations

Amy Nichols, 28; Pablo del Rio, 8
Jim Walker, 17; Charles Wright, 37
Annette Perrone, 13



2018 Thursday Meetings

November 1
December 6 ~ Holiday Party
No January Mtg
February 7
March 7
April 4
May 2
June 6
No July Mtg



Are you in need of donated supplies? We have **plenty** available! Please contact Carol Laubach, (512-339-6388) and indicate what type of ostomy you have, brand preference, size, and whether it's a one or two piece. This will help to get you the best fitting supplies possible.



We are a health support group, a non-profit, tax-exempt 501(c)(3), organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and their families. Membership fees and donations are tax deductible.

The information contained within our newsletters is for informational purposes only and may not be applicable to everyone. **Please do not follow any medical advice in our Newsletter without first checking with your physician or Wound Ostomy Continence Nurse.**

OAA Membership Application

Name _____

Ostomy Type _____ Surgery Date _____

Address _____

City _____ State _____ Zip _____ Phone _____

Year of Birth _____ Email _____

Spouse/Relative/Partner/Friend Name _____

I do ____ I do not ____ give permission for my name to be included in our newsletter or membership directory.

Signature

Date

Annual Dues:

\$25 _____ Ostomate

\$15 _____ Spouse/Relative/Partner/Friend/Other

\$25 _____ Professional

Mail Application to:

Ostomy Association of Austin

P.O. Box 143383

Austin, TX 78714

Newsletter Preference: Check one

_____ Printed version via US mail

_____ Email notification/download to your computer via website www.austinstomy.org

Membership benefits include:

- Monthly support & informational meetings
- Social events
- The Austi-Mate Bi-Monthly Newsletters



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