



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 7, 2019 @ 7:00 pm
Thursday, December 5, 2019 @ 6:30 pm ~ Holiday Dinner

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Ostomy Assoc. of Austin

512-339-6388

oa_help@email.com

This Bi-monthly newsletter is
available online at

www.austinstomy.org

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 U.S. Ostomy Supply present in October. They had several very satisfied members in our group that acknowledged their expertise and outstanding service. See their ad on page 7 of this Newsletter for more information.

November 7 Mtg:

Michelle Richey and Ali Wiser from The Spring Center, Natural Medicines will present on Natural Approaches to Health.

November Refreshments: Tom Knight, Pat & Bob Pietrasik, Jane & James Windom, Dorothy & John DeLa Garza

December 5 @ 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" (\$10-\$15)
- ✓ canned good donations for the Church food pantry
- ✓ holiday spirit



Have you paid your dues?

Ostomy Diet Tips for Special Events and the Holiday Season

By Laura Cox, Ostomy Lifestyle Specialist | Shield HealthCare; <http://www.shieldhealthcare.com>



It's easy to forget about our dietary needs and restrictions when surrounded by laughter, family and friends, the excitement of new people or seasonal holiday cheer. Here are some ostomy diet tips to help keep your ostomy-friendly diet on track during the holiday season or when attending special events.

Stick to foods you know you tolerate well. Holidays and events are full of foods we don't usually eat. If you're second guessing whether you should try a dish or not, it may be best to play it safe and avoid the food. This is especially important if you're away from home and your doctor. If you don't want to miss out, make sure you only have a couple of bites of the new food, and follow it up with a glass of water.

Chew well. Chewing aids in digestion by assisting in the mechanical and chemical breakdown of food. It's especially important for people who are missing part of their GI tract. Even if you're usually great about chewing your food well, being surrounded by new people or loved ones and engaging in conversation can distract from chewing well before swallowing. Taking smaller bites and staying conscious of properly digesting your food can help avoid blockages and other food-related issues.

Be prepared. If you suspect you'll be eating foods that you know can cause some ostomy related issues, be prepared by bringing products with you that can treat issues caused by certain foods. If you know you'll be eating fish, eggs, or other odor producing foods, bring deodorizing drops. If you think you'll be eating green beans, drinking soda, or ingesting other gas-producing ingredients, ask your doctor about taking an over the counter gas reliever like Gas X. If you are expecting to eat sugary deserts, drink alcohol or ingest other foods and beverages that are known to thin output or cause diarrhea, ask your doctor about taking something like Imodium or Metamucil.

Stay hydrated. Hydration is important for people with any type of ostomy. It's easy to forget to drink enough fluids when distracted by everything happening during an event or around the holidays. The UOAA (United Ostomy Association of America) suggests drinking 8 – 10 servings of 8oz of fluids every day. They also suggest drinking liquids with electrolytes, like sports drinks, to restore electrolyte balance. Try keeping track of how many 8oz servings you have in a day, and keep track of what type of fluid you're ingesting. Make a goal to be half-done with your hydration goal by noon (ex: "I will drink 4 servings of 8oz of liquid before 12:00 pm today.").

Problem-Solving Clinic

Our free Problem-Solving Clinic is available for Ostomates thanks to Karen Hollis, RN, CWON.

Where: Gethsemane Lutheran Church

When: First Thursday of the month (same day as meeting),

Hours: 1 to 5 pm

How: Call **512-785-7448** and leave a message with following information:

- Ostomy type, approximate age of your ostomy, problem you're experiencing and current supplies.
- Be sure to leave a name & phone number, with area code.
- Our WOC Nurse will contact you and schedule an appointment.
- ***You must have an appointment to be seen ~ no walk-ins**



This is a free clinic; donations to the Ostomy Association of Austin are accepted.

Patient's Concerns About Surgery

UOAA Online

Fear of loss is normal and facing any loss is difficult. What are patients giving up by having this operation? Is there any gain? How changed will they be? Such thoughts may lead to weeping or depression, or they may be denied.

It is important to understand the impact of the ostomy surgery on the patient's change in self-image and how they perceive themselves. It may be accepted as the lesser of two evils, or they may refuse to acknowledge its existence, or may hold onto the belief that it is a temporary situation.

Within the rehabilitation process there are times that patients should have the opportunity to express or deny their feelings, about their surgery, the changes in their body or their self-image.

Self-Care Concerns:

Patients have to be reassured that they will be taught self-care and that they will be able to master the management process. Basic anatomy and physiology should be explained to new patients, so they can better understand the extent of their surgery. Management options should be offered.

Patients should begin to assist the ostomy nurse with caring for the ostomy as soon as possible. Becoming involved in this process will begin to build confidence and help the patient to regain control of his situation.

Relationship Concerns:

Patients may fear that their social role may be changed and that others may not accept them as in the past. One of the first concerns seems to be how to tell others about your surgery, who to tell and when.

Patients should be prepared to explain their surgery with a few brief statements such as, "An ostomy is a surgical procedure for the diversion of bowel (or bladder)."

They should understand that they do not have to tell everyone about the surgery. Be selective about who and how much to tell. It may be only to friends who will be supportive throughout the rehabilitation process.

Returning to the Workplace may present a concern about restroom facilities, interaction with co-workers, and feelings of being "watched."

Maybe a few of their co-workers may need to know in the event of an emergency.

Employability and insurability are issues for some individuals. If these issues develop, seek help from healthcare professionals and/or talk with others who have found solutions to any of these issues.

Sexuality Issues are common concerns for the new ostomate. Linked closely to our feelings of sexuality is how we think about ourselves and our body image.

Any sexuality concerns should be discussed between the patient and his partner. It is likely that the partner will have anxieties due to a lack of information. An intimate relationship is one in which it matters how well two people can communicate about the most personal of human functions, that is, bodily elimination and sex.

Ostomy surgery may present more concerns for single individuals. When to tell depends upon the relationships. Brief casual dates may not need to know. If the relationship grows and leads to intimacy, the partner needs to be told about the ostomy prior to a sexual experience.

Borders:

All Ostomy types

Colostomy-related

Ileostomy-related

Urostomy related

Food, Glorious Food!

by Colleen Pierre RD, Health & Vitality Online Magazine, Great Comebacks website

Whether it's the turkey at Thanksgiving, potato pancakes at Hanukkah, or jambalaya for Kwanzaa, you can enjoy the season's foods despite your ostomy.

Mmmmmm...Turkeys roasting, pies baking, and cookies by the dozens! What's your favorite? At our house, Christmas just isn't right without a batch of raspberry sandwich tarts, re-created from the cookbook that emigrated from Austria with my husband's family in 1949. From another branch of the family, there is English toffee from a secret recipe. We wait all year to make, bake, and enjoy these special treats.

No matter how you slice it, food plays a central role in all of our important celebrations. Traditional foods to match the feast connect us to generations past, present, and future, some going back hundreds of years. It's no wonder then, that we salivate at the very thought of the goodies to come. But can you and your ostomy participate in all the food festivities and still have a really good time? Lots of folks say "Yes!"

Ring in the Holiday Cheer! "My wife didn't have to change the Christmas menu one iota because of me and my ostomy," Orlando L. Day Jr. of Annapolis, MD, told me. His holiday dinner includes turkey, stuffing, candied sweet potatoes, mashed potatoes, a little ham, and sweet potato pie. Since the time of his colostomy in 1990, he brags, "I've eaten what I wanted, and I never found anything that bothered me."

Although the answer is largely "Yes," for most people, you're smart to look at the food being offered and your own tolerances and complications. A familiar family dish tripped up Ethel M. Young, president of the Anne Arundel County Ostomy Association in Maryland, on her first ostomy holiday. "I loved my grandmother's carrot and pineapple salad," she says, "and always ate big bowls of it." She was pretty sure she was safe because the carrots were so finely grated. But with an ileostomy, foods are not as well digested as with a colostomy, and can lead to a blocked stoma. "I almost ended up in the hospital," she says. Taste and caution taught her a lesson. She still eats the salad she loves...about 1/4 cup at a time, and no more than every other day. And of course she chews, and chews, and chews.

Take a Little Care: Celery in the stuffing, nuts in the cookies, and raw carrots in the salad could trip you up and make you miserable instead of merry. Sauerkraut is another problem. The stringy nature of that savory pickled cabbage makes it a tough customer for your stoma. Broccoli and spinach are close competitors. You may not need to cut out these foods completely; try small portions and chew well.

Fast Wisely: Some holiday meals are made all the sweeter because they follow periods of fasting. Muslims, for instance, fast for an entire month during the day-light hours, eating only breakfast and dinner, and only during the dark of night. Then they feast for 3 days. Many Christians fast during Advent, the 4 weeks leading up to Christmas, then celebrate with a festive meal on either Christmas Eve or Christmas Day. Kwanzaa, an African-American cultural holiday, begins on December 26 with a week of fasting, ceremonies, and commitment, followed by a communal feast on December 31 that might feature dishes of African origin, such as spicy peanuts (keep in mind your food tolerances), jambalaya, or curried carrot soup.

Take a Little Care: Fasting can be a problem if you have an ostomy, since an empty bowel produces gas. Before you decide to fast, talk with your healthcare provider and perhaps work out a modified version that helps get you in the spirit without causing you pain.

Feast Your Eyes: Too much feasting can be a problem, too. "Hanukkah is a joyous Jewish holiday," says Herbert Siegal, a sales manager from Chicago who had a proctocolectomy with an ileostomy in 1998. Siegal and his wife find this the perfect opportunity to entertain friends with his favorite meal: potato pancakes ("latkes," a traditional dish for Hanukkah) and applesauce. If he's lucky, there are leftovers and he gets to eat the meal again, he says with a laugh. Take a little care: The biggest problem with Hanukkah or any other holiday, says Siegal, is overeating, which causes a lot of discomfort. So portion control, no matter how good the food, is a must. And he

does avoid those common culprits: corn, popcorn, handfuls of nuts, and celery, which can form a wad that can block a stoma. "And I have learned to chew a lot better than I used to!" says Siegal.

Enjoy this Food for Thought "There is life - and celebration - after an ostomy," says Young, whose ostomy gave her a new lease on life, and a much longer life. That means many more chances to celebrate the holidays and enjoy her grandmother's carrot and pineapple salad, even if in smaller doses. In full measure, there is still the fun of family and friends and all the traditions that make the holidays such a wonderful time of the year.



A young man named John received a parrot as a gift. The parrot had a bad attitude and an even worse vocabulary. Every word out of the bird's mouth was rude, obnoxious, and laced with profanity.

John tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music, and anything else he could think of to "clean up" the bird's vocabulary.

Finally, John was fed up, and he yelled at the parrot. The parrot yelled back. John shook the parrot, and the parrot got angrier and even ruder. John, in desperation, threw up his hands, grabbed the bird and put him in the freezer. For a few minutes the parrot squawked and kicked and screamed. Then suddenly there was total quiet. Not a peep was heard for over a minute. Fearing that he'd hurt the parrot, John quickly opened the door to the freezer.

The parrot calmly stepped out onto John's outstretched arms and said, "I believe I may have offended you with my rude language and actions. I'm sincerely remorseful for my inappropriate transgressions, and I fully intend to do everything I can to correct my rude and unforgivable behavior."

John was stunned at the change in the bird's attitude. As he was about to ask the parrot what had made such a dramatic change in his behavior, the bird continued, "May I ask what the turkey did?"

HAPPY THANKSGIVING!

Hospital Visiting Program Upcoming Training

Saturday, January 18, 2020

10:00 - 2:00 pm Lunch Provided

Gethsemane Lutheran Church

Our visitor program is a very important function of the OAA. Individuals who have had stoma surgery are specially trained to visit new ostomates in the hospital, at home, or by phone to answer questions about ostomy-related issues.

Visitors must be requested by a physician, an Enterostomal Therapy nurse, the patient or patient's family.





Yearly Anniversaries - 2019

Amy Nichols, 29;
 Pablo del Rio, 9
 Jim Walker, 18;
 Charles Wright, 38
 Annette Perrone, 14



Thursday Meetings

November 7~ Michelle Richey and Ali Wiser from will present on Natural Approaches to Health
December 5 ~ Holiday Party @ 6:30
 No Mtg in January
 February 6
 March 5
 April 2
 May 7
 June 4
 No Mtg in July
 August 6



Ostomy Association of Austin Board:

Front left-right: Carol Marshchal Hanson & Carol Laubach
 Back left-right: Karen Hollis, Mary Meshbane, Amy Sloan Nichols, & John Duncanson



TEXTING for SENIORS

BFF – best friend fell
BTW – bring the wheelchair
TTYL – talk to you louder
BYOT – bring your own teeth
LMDO – laughing my dentures out
FWIW – forgot where I was
IMHAO – is my hearing aid on?
OMMR – on my massage recliner
ROFLACGU – rolling on the floor laughing and can't get up

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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We accept Medicare and all other Insurances like Blue Cross Blue Shield, Sterling Insurance, Pacificare, United, and Texas Medicaid, Secure Horizon and all other Private Insurances. If you have any insurance question contact us at

1-800-866-3002

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