



The Austi 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

**No July Meeting
Virtual August 4th**

***September 1st (In Person & Virtual)**



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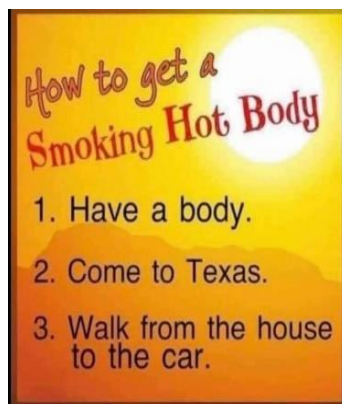
The Ostomy Association of Austin is a volunteer based Non-Profit Health Support group dedicated to providing mutual aid and education, information and advocacy for persons and their families who have had or will have ostomy surgery. It is our vision to educate, empower and inspire through information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

The Ostomy Problem Solving Clinic opened in June at the Gethsemane Lutheran Church! It's been a long time and Karen Hollis, RN, CWON tells us that it's been incredibly busy! See information on page 6 to access this support.

We had another successful and supportive virtual meeting in June. The comradery was incredible and we're very thankful for the rich contributions and conversations among our members.

Upcoming meetings: August 4: Virtual and September 8: In Person & Virtual combined.

Remember to stay hydrated and cool during these hot summer months ~ it's record-breaking heat!



Have you paid your dues?

Packing and Planning

[Coloplast Care Lifestyle Article](#)



Your ostomy shouldn't stop you from traveling. However, you do need a little extra preparation, especially in the beginning.

Bring a small travel bag

Whether you are traveling by car, ferry, train or plane, it is important to pack a small bag with extra pouches and any other supplies you may need with you.

Seat belt tips

If you travel by car you might also find it helpful to bring a small cushion. Place it in your lap between the seat belt and your pouch. That way you can avoid having the seat belt rub against your pouch.

Travelling by plane? Get a Travel Certificate!

Are you worried about going through the security at the airport and having to explain your condition to security personnel? If so, one of the things you can do as an extra preparation to keep surprises at a minimum, is to get a Travel Certificate.

A Travel Certificate is a simple document, explaining your medical condition. This can be shown to your security officer, to eliminate the need for you to try and explain this yourself in front of fellow travelers.

Simply fill out some personal information and let the [Travel Certificate](#) (link) do the talking for you.

Do you need additional insurance?

Before you travel abroad, you need to check how your condition and circumstances are covered while traveling. Maybe you need to look for additional insurance coverage – if so, make sure to declare your ostomy.

Getting supplies and help at your destination

It is also well worth the trouble to find out in advance where and how you can get medical assistance at your travel destination.

If going on a longer trip, you should check whether it is possible to get the ostomy care supplies you need locally where you're going. Your regular supplier might even arrange delivery abroad for you, if you ask well in advance.

Coloplast® Care		Coloplast		
Travel Certificate				
Personal	Medical	Supplies	Official notice	
Name:	Doctor's name:	<input type="checkbox"/> Catheters	<p>The holder of this card has a condition, which requires them to carry medical supplies such as Catheters, Ostomy supplies, Sheaths or Anal plugs.</p> <p>These products are essential for the holder to manage their condition and should not be taken away from this person. Please be aware that they are also likely to be carrying additional supplies of products in their main luggage.</p> <p>Please be sympathetic to the cardholder and allow them to progress.</p> <p>Thank you for your assistance.</p>	
Address:	Surgery address:	<input type="checkbox"/> Ostomy supplies		
Passport no.:	Doctor's signature:	<input type="checkbox"/> Sheaths		
Signature:	Date:	<input type="checkbox"/> Anal plugs		
		<input type="checkbox"/> Other (please specify):		
French <p>Le détenteur de cette carte est atteint d'une maladie le contraignant à porter sur lui/elle des dispositifs médicaux comme les cathéters, les poches à urine, les étuis péniens ou les tampons anaux. Pour les détenteurs de cette carte, ces dispositifs constituent une aide vitale dans la prise en charge de leur maladie. Il est impératif de ne jamais les priver de ces dispositifs. Merci de noter que ces personnes sont susceptibles de transporter des dispositifs de rechange dans leurs bagages. Merci de respecter la situation du détenteur de cette carte et de l'aider à poursuivre sa route normalement. Merci de votre aide.</p>	German <p>Der Inhaber/die Inhaberin dieser Karte hat ein Leiden, das es erforderlich macht, dass er/sie medizinische Versorgungsartikel wie Katheter, Urinbeutel, Kondom-Urinale oder Anal-Tampons trägt. Diese Artikel werden von dem Inhaber/der Inhaberin der Karte aufgrund seines/ihrer Leidens unbedingt zur Versorgung benötigt und sollten ihm/ihr nicht weggenommen werden. Wahrscheinlich wird die Person weitere Versorgungsartikel im Hauptgepäck mit sich führen. Bitte zeigen Sie Verständnis für den Karteninhaber/die Karteninhaberin und erlauben sie ihm/ihr weiterzugehen. Vielen Dank für Ihre Unterstützung.</p>	Spanish <p>El titular de esta tarjeta padece una enfermedad que le obliga a llevar consigo dispositivos médicos tales como catéteres, bolsas de orina, colectores o obturadores anales. Estos productos son indispensables para que el titular de la tarjeta pueda controlar su enfermedad y no le deben ser sustraídos. Asimismo, es probable que esta persona lleve dispositivos adicionales en su pieza de equipaje principal. Muestre su comprensión al titular de este tarjeta y permítale seguir adelante. Muchas gracias por su colaboración.</p>	Italian <p>Le condizioni di salute del possessore di questo Certificato di viaggio di attrezzature mediche come cateteri, sacche per la raccolta delle urine, guaine peniene per incontinenza o tamponi anali. A causa delle condizioni di salute del possessore, tali prodotti sono essenziali e non gli/le devono essere sottratti. Tenere conto del fatto che ulteriori attrezzature possono essere presenti nel bagaglio principale. Si prega di mostrarsi disposti nei confronti della persona interessata e di consentirgli/le di procedere. Grazie per la collaborazione.</p>	Portuguese <p>O detentor deste cartão possui uma doença que o obriga a transportar dispositivos médicos, como cateteres, sacos de urina, penhos coletores de urina ou tampões anais. Estes produtos são essenciais para o detentor do cartão conseguir controlar a sua doença e não devem ser retirados a esta pessoa. Por favor, tenha em atenção que é provável que transportem material adicional no bagagem principal. Por favor, seja compreensivo para com o detentor deste cartão e facilite-lhe a passagem. Obrigado pela sua ajuda.</p>



Tips for Flying

[Coloplast Care Lifestyle Article](#)

Enjoy traveling? There is no reason why your ostomy should keep you from flying worry free.

What to do before you fly

Make sure to bring more supplies than you think you need – at least 50% more, maybe even double the number of pouches etc. you would use for the same time period at home just in case you have stomach problems or if you are stranded somewhere without access to supplies. You will be glad you have extras.

Pre-cut your barriers (with scissors)

Pack as much of your supplies as possible in your carry-on luggage. Anything that doesn't fit, you can pack in your checked bag. If you don't wear a pre-cut barrier, you may want to cut your barriers before traveling.

Bring wipes instead of liquids

Scissors are not the only things you can't bring on to plane. Liquids and aerosol cans might be also prohibited - and that means you may not be allowed to bring accessories such as adhesive removers unless they contain 3 ounces or less. Luckily most accessories also come as wipes, so remember to bring lots of those in your hand luggage. A Travel certificate can be helpful at the airport security check.

How to avoid trouble at the security check

Airport security (TSA) are usually very good at treating people with an ostomy discreetly and respectfully, but perhaps it would be helpful to look up how to say "ostomy pouch" in the local language. The easiest way is to bring a travel certificate that explains your condition in different languages.



Before take-off

Plan to arrive early so you will have plenty of time to empty your pouch prior to boarding.

While you're in the air

There is a slight risk that the change in cabin pressure will cause the pouch to balloon. If this should happen all you need to do is go to the bathroom and empty or release the gas from your pouch. And remember that just as often ballooning is caused by something you eat or drink – so when you're flying be extra careful with carbonated drinks and foods that cause gas.



If it makes you feel better, you could reserve a seat near the bathrooms. This way you will have easier access should you need to 'burp' or empty your pouch. Knowing the bathroom is close-by may help to alleviate some of your concerns and make you feel more confident as well.

You might be a little self-conscious about sounds from the pouch. In that case you will be pleasantly surprised by how noisy an airplane cabin is. Maybe you didn't notice it before, but it is very unlikely that your pouch can make noises loud enough to be heard in the cabin.

Should you tell the Flight Attendants?

There's no need to tell the Flight Attendants about your ostomy in advance (unless you think it would make you feel more secure).

Borders:

All Ostomy types

Colostomy-related

Ileostomy-related

Urostomy related

Warm Weather Tips

[Coloplast Care Lifestyle Article](#)



As you start thinking about planning a vacation, you should consider some quite practical things beforehand – especially if you're going somewhere warm.

Short guide to ostomy swimwear

The best piece of advice is to try before you buy. Unfortunately buying specialty swimwear is no guarantee for optimal fit, but on the other hand, you might well be able to find regular swimwear that fits your need perfectly.

Women might want to look at a one-piece bathing suit with detailing or patterns across the stomach area to cover up the pouch.

Men can try wearing Lycra-type swimming trunks underneath a looser pair of shorts to help hold your pouch in place.

Going somewhere warm?

Remember to apply sunscreen after you put on your pouch. The lotion could affect the adhesive and make it harder to stick. If the climate is warm enough to make you perspire more than usual, you may need to change your pouch more frequently.

Make sure your skin is completely dry before you apply a new pouch, for good adhesion. It can be a bit tricky if the weather is very hot and humid – if drying your skin is difficult, you can use a hairdryer on the lowest temperature to dry the area making sure that the area does not get too warm.

Stay hydrated

With warmth comes a higher risk of dehydration and diarrhea, but with some preparation you don't need to worry. Make sure to drink plenty of water and bring medicine for diarrhea with you, just in case.

Drink bottled water instead of tap water - and perhaps avoid ice cubes as they're usually made from tap water.

How about pouch disposal?

It's usually a good idea to bring bags for disposal of your pouch with you when you go out.

- Store your pouches in a cool place
- Drink plenty of bottled water
- Depending on where you are, consider using bottled drinking water around your stoma when changing your pouch
- Put your pouch on before you put any suntan lotion on
- Pack plenty of extra barriers, pouches and accessories if needed.
- Relax and have fun!



Allergies Got You Fuzzy-Headed? Here's Why & How to Cope

Brain fog: A cycle of inflammation and fatigue

Health Essentials, Cleveland Clinic, August 19, 2022



When you're rubbing your itchy eyes and sneezing your way through an allergy flare-up, do you also feel muddled and fuzzy-headed sometimes? Many allergy sufferers describe an experience known as "brain fog" — a hazy, tired feeling that makes it difficult to concentrate.

What is this phenomenon and why does it happen?

According to allergist and immunologist Mark Aronica, MD, that disconnected feeling is fatigue, and it's caused by the inflammation that results when your body tries to counteract your allergy symptoms.

"People with allergies experience inflammation," he says. "That inflammation leads to a congested nose, disrupted sleep patterns and not getting good rest."

And, once the cycle starts, it's often a downward spiral. It seems like the more you rub your itchy eyes, the itchier they become! It can feel next to impossible to go on with your daily routine.

The more fatigued you are, the more difficulty you'll have performing well in school or work. It can also negatively impact your quality of life if you're too tired to do things you would normally do, like workout.

What's really happening?

"Your body produces what's called cytokines whenever you're exposed to an allergen, such as tree pollen, grass or mold," Dr. Aronica says. Part of your body's immune response, cytokines are proteins that help your body fight foreign substances. "You also produce them when fighting infections caused by bacteria, viruses and colds," says Dr. Aronica.

The cytokine release causes inflammation in your nose, leading to congestion and narrowed airways.

"Chronic inflammation from allergies can lead to that foggy feeling," he says. "And, you'll end up not functioning well."

Fighting the fog

If your allergies act up and you feel the fog rolling in, there are a few things you can do to stop the uncomfortable cycle of symptoms, inflammation and fatigue, Dr. Aronica says.

1. Limit your exposure. "If you're allergic to pollen or grasses, do your best to stay away from them," Dr. Aronica says. Stay indoors when they're at their peak. Keep your windows closed if you have air conditioning. If you do spend time outside for longer periods, take a shower and change your clothes right away when you come in.

But it's often not feasible or realistic to stay indoors all the time. In that case, it's important to take your medicine.

2. Take your medicine. Medication can help curb your allergy symptoms. Oral antihistamines — medications that prevent you from responding to the histamines that cause inflammation — are readily available over-the-counter. "They're a temporary solution, but they are often effective," says Dr. Aronica. Additionally, over-the-counter and prescription steroid nasal sprays can also help combat your allergy symptoms, Dr. Aronica says.

3. Get allergy shots. Allergy shots, or immunotherapy, is also an effective treatment. Small injections of allergens under the skin can help your body build up an immunity over time. The result is less frequent and less severe allergic rhinitis, Dr. Aronica says.

He adds that some allergy sufferers also find relief with nasal irrigation — a saline wash that cleans out the sinuses and nasal passages. Many people administer this type of wash with a neti pot to clear out lingering allergy symptoms. Just be sure to clean it after every use, given COVID-19 concerns.

Dr. Aronica notes that other conditions besides allergies may cause fatigue and brain fog. If you have a sore throat, cough, fever or body aches, you could have a cold or other illness and should take medications that will combat those symptoms. If you've been exposed to COVID-19 recently, contact your doctor.



Ostomy Anniversaries: July & August 2022

Christina Luna, 20; Trudy Faloon, 43; Dorothy Mogoyne, 6

Problem-Solving Clinic is Open

The Ostomy Problem Solving Clinic is open on the first Thursday of the month at the Gethsemane Lutheran Church from 1-4 pm

- Text or call Karen Hollis, RN, CWON, at **512-785-7448**
- Text/leave your name, number, type of ostomy and problem.
- Karen will contact you

Virtual Zoom Meetings: 7- 8 pm
First Thursday of the month.
Meeting will be a combined in Person & Virtual

*September 8 (first Thursday is Labor Day weekend)

October 6

November 3

December 1

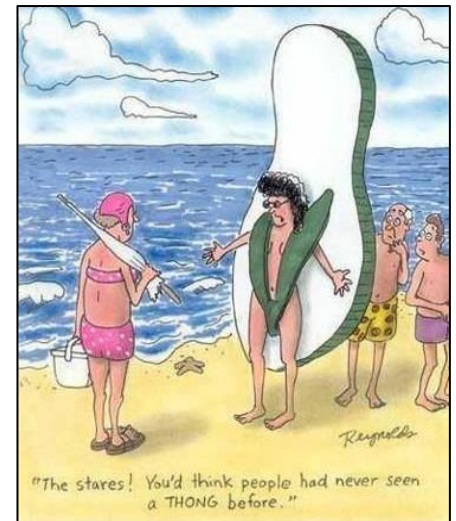
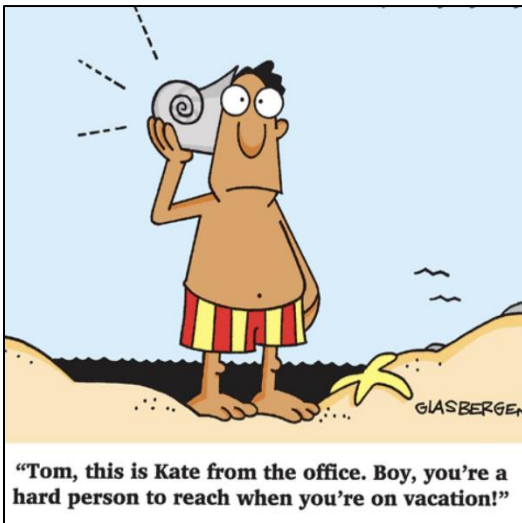
[Join Zoom Meeting](#)

(click on live link)

Meeting ID: 886 3266 6521

Passcode: Welcome!

*Must download the [Zoom App](#) prior to joining the link



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

Membership benefits include:

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

Newsletter Preference: Check one

_____ Printed version via US mail

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



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