



The Austi-Mate Journal

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

www.austinostomy.org

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

**We are cancelling monthly meetings until further notice.
Stay safe, stay healthy, and stay home!!**

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April Fox, M.D.

Thiru Lakshman, MD

Ostomy Assoc. of Austin

512-339-6388

ooa_help@email.com

This Bi-monthly newsletter is
available online at

www.austinostomy.org

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.



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Did You Ever Think...

- ❖ Which letter is silent in the word "scent", the S or the C?
- ❖ Every time you clean something, you make something else dirty.
- ❖ The word "swims" upside-down is still "swims".
- ❖ 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
- ❖ If you replace "W" with "T" in "What, Where, and When", you get the answer to each of them.
- ❖ At a movie, which arm rest is yours?
- ❖ Why is there a 'D' in fridge, but not in refrigerator?
- ❖ Who knew what time it was when the first clock was made?
- ❖ How come lipstick doesn't do what it says?
- ❖ If money doesn't grow on trees, why do banks have branches?
- ❖ Why are goods sent by ship called CARGO and those sent by truck called SHIPMENT?
- ❖ Why is it called 'Rush Hour' when traffic moves at its slowest?
- ❖ Why do they call it a TV 'set' when there is only one?
- ❖ What are you vacating when you go on a vacation?
- ❖ Who thinks this stuff up?

Have you paid your dues?

Healing Skin After Leakage

www.myostomycare.com



Leakage happens from time to time, like forgetting where you put your keys, or putting your shirt on back-wards. **It should not happen regularly.** If leakage is a regular occurrence, you may need to review your pouching system with your Nurse Specialized in Wound, Ostomy & Continence (NSWOC) or WOC nurse. Leakage can irritate skin. It can feel like a burn and it can itch.

Urostomy: The moisture of urine, and the waste products that make it urine, can cause irritation of the skin. The skin around the stoma may turn whitish grey.

Colostomy: The moisture content of the stool on the skin can cause irritation. The higher up in the bowel the stoma is located, the more moisture there will be in the stool.

Ileostomy: The moisture content of the stool is quite high, and this can damage the skin. Ileostomy output also contains digestive enzymes, chemicals our body makes to help breakdown food. These enzymes also work on the skin, and cause damage.

Damaged skin can be red, itchy or burning, and some-times is weepy or oozing. This weepiness is moisture coming to the surface of the skin to help heal the dam-aged areas. If your skin was uncovered, this would make a scab.

Your pouching system sits on top of this damaged area. The moisture your body is sending to heal this area will break down your seal more quickly. This leads to leak-age on tissue that is trying to heal. Damaged skin will start to heal as soon as the cause (leakage) is removed. To help the skin heal and become dry again, you will need to change your pouch more often until your skin is healed.

Creating a Dry Surface Over Damaged Skin

Some people use **crusting** to absorb some of the extra moisture. "Crusting" refers to the use of ostomy powder and a skin barrier film to create a dry surface over top of damaged skin around a stoma. It is done in the case of skin breakdown where there is a small amount of moisture present. Crusting allows the affected area of skin around the stoma to become dry in order to stick the flange/barrier and remain stuck, thus providing a more secure seal.

Crusting is a tool you can use when you have weepy skin. If you have red, dry skin and the powder doesn't stick, you don't need crusting, so stop. If you need to use crusting with every change, you may need to see your ET nurse to re-evaluate the fit of your entire pouching system.

Leakage behind the flange causing skin damage should be a once-in-a-while event, like putting your shirt on backwards. If you're having weepy, irritated skin every time you change, something isn't right. Perhaps your flange is cut too small, or too large, or maybe you are waiting too long in between changes. Barrier rings are also helpful for absorbing some of the extra moisture coming from your skin as it heals. Most manufacturers will send out free sup-plies. Trial and error is usually what's needed to find out what works best for you.

Change BEFORE the Next Leakage Happens

Changing your pouch before stool or urine gets on your skin again is the most important factor in helping skin heal. Sometimes this means changing daily or every sec-ond day until your skin is healthy. Once the skin around your stoma is healing and dry, you can return to your regular change schedule.

Borders:

All Ostomy types

Colostomy-related

Ileostomy-related

Urostomy related



Living with an Urostomy

UOAA



Work: With the possible exception of jobs requiring very heavy lifting, a urostomy should not interfere with work. People with urostomies are successful business people, teachers, carpenters, welders, etc.

Sex and Social Life: Sexual function is influenced by the reasons for which the urostomy is performed. The urostomy itself should not interfere with normal sexual activity or pregnancy. It should not prevent one from dating and continuing relationships and friendships. UOAA Affiliated Support Groups are available for individuals and partners seeking emotional support.

Clothing: Usually one is able to wear the same clothing as before surgery including swimwear.

Sports and Activities: With a securely attached pouch one can swim and participate in practically all types of sports. Caution is advised in heavy body contact sports and a guard or belt can be worn for protection. Travel is not restricted in any way. Bathing and showering may be done with or without the pouch in place.

Diet: Usually there are no dietary restrictions and foods can be enjoyed as before. It is suggested that 8-10 glasses of fluid per day be consumed to help decrease the chance of kidney infection.

Sleep: [Night drainage systems](#) are available to collect and store urine so can sleep without having to empty your bag multiple times during the night.

The Toe-to Head Benefits of Regular Exercise

Cleveland Clinic Wellness Online Article, May 1, 2019



Is there nothing exercise can't do for you? Let's take a look! In terms of protection from chronic illness, exercise helps to lower blood pressure and reduce the risk of cardiovascular disease, diabetes, hypertension, obesity, and some cancers. Exercise can also lift your mood, improve sleep, and help you manage stress.

Resistance training helps increase and maintain muscle mass and strength, as well as guard against low bone density as you age. The head-to-toe benefits of regular exercise get especially interesting when you focus on the head part—the brain. Several studies focusing on both aerobic exercise and strength training point to exercise as a way to protect memory and avert cognitive decline. Regular physical activity is clearly essential to long-term brain health, but what's motivating, too, is that even short bouts of exercise can help improve brain function. I

If you need to problem-solve and focus for a meeting, for example, a 10-minute aerobic workout can help boost your mental abilities. And then there's sex—yes, sex. Both short bouts and long-term exercise have been shown to improve sex life for both men and women.

Exercise for your short- and long-term health by doing at least 150 to 300 minutes a week of moderate-intensity or 75 to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination, plus activities two or more days a week. If that seems like too much for you (right now), start with a few minutes a day, and increase the amount you exercise by five or 10 minutes every week.



With the increased and heightened attention on the coronavirus, it is naturally creating a lot of fear and anxiety. This fear not only affects the mind but also the body. Right now, you want to keep your immune system strong and focus on calming your mind and nervous system and of course use necessary precautions.

Source: Green Bay Area OSG Jan/Feb 2019; via: Winnipeg Ostomy Inside/Out March 2020

Well, these drinks don't love you back. Past research has shown that drinking them regularly can up your risk of weight gain, diabetes, and heart disease, and a new study shows they can increase your risk of an early death, from heart disease in particular. In analyzing data from more than 100,000 men and women, researchers found that the more sugar-sweetened beverages (SSBs) people drank, the more likely they were to die prematurely, with just two SSBs a day linked to a 31 percent increased risk of dying from heart disease and a 21 percent increase of dying from any cause. Women were especially vulnerable to the health harms of sugar.

A 12-ounce can of one popular soda contains 39 grams of added sugar—that's almost 10 teaspoons of sugar, and higher than the American Heart Association's recommended limits for a whole day. Many packaged iced teas and "sports drinks" are similarly sugar-laden. Skip the empty calories and the serious health risks of these products by making water, black coffee or plain tea your main beverage. (Talk about classic!) If you're craving a little flavor, add a squeeze of lemon or lime. Longing for fizz? Try seltzer with (or without) a splash of citrus. Taking care of your body with the foods and drinks that help it thrive is plenty sweet indeed.



Intimate Moments

By Ellyn Mantell, The Union County Ostomy Support Group of New Jersey

*Ostomy and
Intimacy*



As an advocate and UOAA Affiliated Support Group Leader, I make it very clear that there is no question or concern that is off-topic for me, and I truly believe that since this is our "new normal" it is very important to be open about all aspects of our lives. The question that seems to most concern new ostomates is about their sexual interactions, and how their partner or future partners will react to their unique anatomy. Since I feel that our anatomy is so beautifully functional (as it may not have been for a long time) I encourage ostomates to look at their ostomy in the most positive of lights. Additionally, it is always my belief that intimacy begins and dwells in the mind, rather than the body.

UOAA President Susan Burns had ileostomy surgery at 36 and knows how important being open about intimacy concerns is. "This is a topic that needs to be discussed but is not addressed enough by health care professionals so it is important to read our [guide](#), find peer-support, or a support group member that is comfortable discussing it," Susan says.

I believe that intimacy is a beautiful gift one gives to another, and sex is only one meaningful part of the intimate moments people share. I also believe that being intimate with another is a means of communication, a sharing, of thoughts and feelings. This positive reflection of our emotions and adoration for our partner is what bolsters a relationship.

For over two decades, my body was in turmoil, and although I wasn't faced with a pouch on my abdomen, feeling "sexy" was a transient and very much undependable feeling. Bowel obstructions, bloating, worry all interfered with a positive outlook for intimacy. Couple that with a busy life struggling to be productive in between the medical episodes, and my intestine certainly held me hostage. My 23rd abdominal surgery, my ileostomy, helped me to begin to have a more predictable life. I am comforted in the knowledge that I function differently, but it is dependable. No longer expecting to be hospitalized on a regular basis, I am free to be productive in so many ways...support groups, motivational speaking, my writing, seeing my family and friends.

The key, however, to the conversations I have with ostomates regarding their own intimacy is to be totally candid with them. Here is what I say...if you are blessed to love and adore your partner, who loves and adores you, then you will travel the road to a joyful connection, enjoying the closeness that you share because you are able to do so. You have the ability to dance together and move together as never before, all the while knowing that your bond is even stronger than you ever thought possible. You are amongst those of us who know that intimacy, that beautiful gift we give each other begins in the mind, and the body just follows along.



Yearly Anniversaries: May & June 2020

Christina Luna, 18, Trudy Faloon, 41, Dorothy Mogoyne, 4



Problem-Solving Clinic **CLOSED**

The Ostomy Problem Solving Clinic is closed for face to face meetings until further notice.

In the meantime, if you have questions:

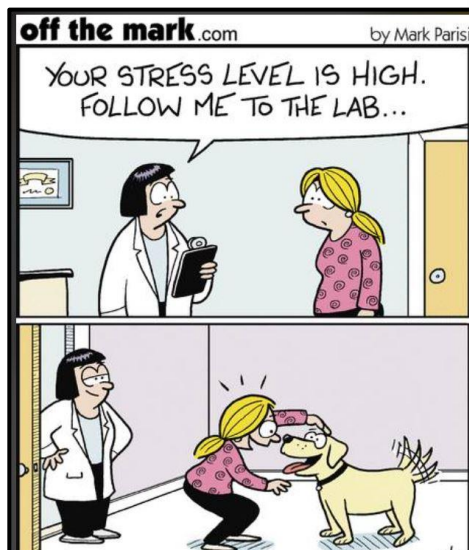
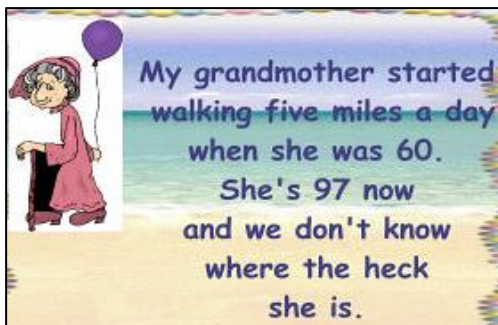
- Text Karen Hollis, RN, CWON, at **512-785-7448**
- Text your name, number, type of ostomy and problem.
- Karen will call you back as soon as possible.

Thursday Meetings

All meetings are cancelled until further notice due to Covid 19 & the health and well-being of our members.

October 1 ~ Tentative
November 5
December 3

If you boil a funny bone it becomes a laughing stock. That's humerus.



YOU place a special mark in our world. What is your ostomy anniversary month and year? Please let us know!



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



**2350 AIRPORT FREEWAY, SUITE 230
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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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<http://www.usostomy.com>



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Rachel*, SenSura[®] Mio Convex Flip user

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