



# The Austi-Mate Journal

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

[www.austinostomy.org](http://www.austinostomy.org)

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

Monthly meetings cancelled through January 2020  
Stay safe, stay healthy, and stay home!!

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This Bi-monthly newsletter is  
available online at

[www.austinostomy.org](http://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.

This Newsletter is dedicated in memory of Dan Hall and Bill Ludwig.  
Sending your families comfort and peace.



Dan & Diana Hall



Bill & Laura Ludwig

## Coronavirus One-liners (Groaners)

via Springfield's Ostomy Family Newsletter

- Due to the quarantine, I'll only be telling inside jokes.
- I'll tell you a Coronavirus joke, but you'll have to wait two weeks to see if you got it.
- I ran out of toilet paper, so I had to start using old newspapers. Times are rough.
- Finland has just closed their borders, so nobody will be crossing the Finnish line

Have you paid your dues?

# Mythbusters!

## Facts and Truth to Fight Ostomy Stigma



### MYTH:

Everyone will know that a person is wearing an ostomy pouch.

### FACT:

No one will ever know unless an ostomate chooses to tell someone. Clothing rarely reveals an ostomy.

### MYTH:

Only older people have ostomies.

### FACT:

People of all ages have this life-saving surgery, even infants.



### MYTH:

Ostomates are disabled and can't work.

### FACT:

People living with an ostomy work every type of job imaginable. They lead active lives, play sports, swim and socialize.

*You have likely met a person with an ostomy and never knew it.*

### MYTH:

People with an ostomy can only eat certain foods.

### FACT:

Ostomates are not on a restricted diet. But they should be aware of the effects that various foods will have on stool output such as gas, color or blockage.

### MYTH:

People wearing an ostomy pouch smell.

### FACT:

Modern ostomy pouching application systems are **made to be odor-proof**. For added confidence some ostomates also use odor-control filters and deodorants.

### MYTH:

People with an ostomy aren't physically intimate.

### FACT:

People with ostomies live full and meaningful lives that include dating, having relationships and children/grandchildren.

**MYTH:** People with an ostomy are homebound because their pouch leaks.

### FACT:

A properly fitted pouching system with a secure seal will not leak. There are many types of pouches and accessories on the market. Specialty nurses such as Certified Wound Ostomy Continence nurses can evaluate stomas and find the proper pouching system to prevent leakage. It is possible on rare occasions an accident may occur.



### MYTH:

Ostomies are permanent for everyone.

### FACT:

For some they are, but **many ostomies are temporary** to help the digestive system heal after surgeries or conditions such as diverticulitis and then they are reversed.

For more information or support, visit [www.ostomy.org](http://www.ostomy.org)

\* Statistic calculated from researched UOAA population estimates and census data

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**A Tribute to a Real Life Hero!**  
**Chadwick Boseman, Star of Black Panther**  
UOAA



The untimely, shocking and terribly sad death of Chadwick Boseman added to the pall in the air last Saturday morning. I looked at my CNN feed on my desktop with my mouth agape. How could it be that such a beautiful and talented man could die so young? And what evil transgressor claimed his life? Like so many, I admired his work for the past few years. He broke my heart portraying the challenging life of one of my husband Bruce's baseball icons, Jackie Robinson in the movie **42**. He played him with bravery, grit and quiet determination and I immediately fell in love with him! As the expression goes, "he had me with his smile," when he was treated fairly. Sadly, Jackie Robinson was mistreated by the very society that valued him as a ball player. Chadwick Boseman got that, and made us all get it! And in the movie **Get on Up**, he portrayed James Brown, showing his incredible versatility, as well.

**Black Panther**, although I assumed would not be my jam, as the kids would say, turned out to be fantastic, and once again, Chadwick carried the film. He was such a likable actor, and his warmth and dignity always came through. And I felt the same warmth and dignity from him in **Da 5 Bloods**, as he captivated and commandeered the screen.

In real life, where there were no cameras, Chadwick Boseman was a true, real-life hero. Apparently, eschewing publicity and accolades, he visited sick children and became someone in whom they could trust. Little did any of them, or us, know what was happening in his own life.

Suffering for 4 years with colon cancer, he handled every series of meds, chemotherapy and surgeries privately and quietly. Bulking up or slimming down for a role in a movie, he did it with little fanfare, and certainly, no hint of what his body was enduring over the grueling months and months of treatment. His is truly not a story of how he died, but of how he lived.

However, in his death, there is a message for all of us. Chadwick was 43 years young when he succumbed to this horrible disease. We think of colon cancer as an older person's disease, but clearly, it is not, and there are many younger with it. The statistics also say that black and brown young people are more vulnerable. Let this be a warning for all...get tested! A colonoscopy isn't fun, but it is imperative. It isn't the first thing people want to do during the pandemic, but it is not to be ignored. A test widely available, and not to be missed, could not only save your life, but save the demanding treatments that our poor hero endured. I have read he had a temporary ostomy, which was reversed, and we will probably never know if that is true. It doesn't matter...in his usual way, our hero drew attention to the deadly disease that needs to be identified and treated early for best chance of survival.

Deanna Brown-Thomas, daughter of the late James Brown said Chadwick visited before filming **Get on Up**, and that he was "the epitome of Black Elegance." May I take that comment one step further? I would like to point out that Chadwick Boseman was the epitome of Human Elegance, a man in full, to be appreciated, to be admired, to be emulated, and a leader for us all.





## What the Color of Your Pee Says About You

Peter Bajic, MD, Cleveland Clinic, Fall 2020 (edited version)

Urine has been a useful tool of diagnosis since the earliest days of medicine. It can tell a lot about what's going on in your body, from how hydrated you are to whether you might have a urinary tract infection.

**What color should your urine be?** Your urine is a mix of water, electrolytes and waste that your kidneys filter out from your blood. When you're healthy and hydrated, your urine should fall somewhere between colorless and the color of light straw and honey. When you don't consume enough fluids, your urine becomes more concentrated and turns a darker yellow or amber color. Certain foods, antibiotics, laxatives, medical conditions and dyes can also temporarily turn your urine a different shade.

<b>What your urine color says about your health</b>	<b>Transparent</b>  You are more than hydrated enough.	<b>Pale straw</b>  You are healthy and well-hydrated.
<b>Transparent yellow</b>  This color is normal.	<b>Dark yellow</b>  You are fine, but might need to hydrate soon.	<b>Amber/honey</b>  You are dehydrated; drink some water.
<b>Syrup/brown</b>  Sign of potential liver disease or severe dehydration. Drink water and call a doctor if your urine stays this color.	<b>Orange</b>  Potential dehydration or liver/bile duct issue. Contact a doctor. It could also be food dye.	<b>Blue/green</b>  Likely caused by food dye. It could be an effect of medication, or a sign of bacterial infection or a rare genetic disease. Contact a doctor if it persists.
<b>Pink/reddish</b>  Occurs if you recently ate beets, blueberries, or rhubarb. If not, contact your doctor. It may be a sign of infection, blood, prostate problems, or kidney disease.	<b>Foamy/fizzy</b>  Could be a sign of kidney issues or excess protein. Contact doctor if happens regularly.	<b>Other colors</b>  Could be caused by dye, medications, laxatives, or chemo drugs. If you are unsure, contact a doctor.

Source: Cleveland Clinic

BUSINESS INSIDER

You can learn a lot by paying attention to your urine. Don't hesitate to reach out to your doctor if you see or smell something odd. You can learn even more, though, from the kind of sophisticated urinalysis you can get from your doctor. For example, blood in your urine, a serious sign, is often invisible to the naked eye. This can occasionally be a sign of cancer in the urinary tract and should be evaluated by a urologist immediately. The level of sugars in your urine may indicate a risk of diabetes.

So when you're at the doctor's office, don't be afraid to pee in the cup. It's something good you can do for your health!



## Tips for Ostomates to Enjoy Living an Active Life

Summarized by Susie Leonard Weller, Spokane Ostomy Support Group Coordinator

In the midst of coping with the COVID-19 Pandemic, it is even more important to make wise choices to remain healthy. During a Zoom Conference Call in May 2020, Michelle Best, BSN, RN, CWOCN, at Providence Sacred Heart Hospital in Spokane, used a holistic approach to describe tips for enjoying an active life. She shared many practical ideas for strengthening physical, mental, emotional, and social health. One of the biggest challenges for ostomates is emotional well-being. Those who have a temporary ostomy, often choose to distance themselves, and to "hide out" for a few months until their ostomy is reversed. In contrast, permanent ostomates require more coping skills. Research demonstrates that the top two boosters are: social and family support, as well as participating in an Ostomy Support Group, to hear tips from peers.

These resources encourage ostomates to transition from fear and depression--to confidence. Reclaiming a quality of life includes learning to successfully manage one's ostomy by knowing how to solve typical problems, such as leaks, and having adequate supplies on hand. Remaining physically active, and enjoying favorite activities, are important factors for increasing life satisfaction.

With your physician's approval, new research encourages ostomates to start lightly exercising within four days after their ostomy surgery. Pelvic tilts, knee rolls and light core exercises support recovering more quickly, as well as increasing your flexibility and stamina. As you are able, start slowly and go at your own pace. Try to increase to 150 minutes of moderate exercise weekly and adding in strength training twice a week. Yes, this means walking, biking, gardening, etc., for about 30 minutes, at least 5 times a week! You can exercise solo, inside—perhaps with a video, or outside with a friend. Walking also increases your bone density. There are many types of adaptive equipment to support your interests. These range from camouflaging covers and wraps for your bag to encourage intimate sexual activities, to protective gear for sports, and belts to prevent hernias.

When traveling, plan ahead! If flying, in addition to packing your face mask and personal sanitizers, pack extra ostomy supplies and extra clothing in your carry-on. Murphy's Law encourages you to take more supplies than you think you'll need. Pre-cut your wafers—since many airlines will not allow scissors in carry-on bags. Consider mailing ostomy supplies to your destination. Whenever possible, have contact information for an ostomy nurse at your destination... just in case. Modify your diet as needed to avoid triggering foods that cause gas, or too much output. Stay hydrated. The more you enjoy supportive relationships and healthy outlets, the higher your life satisfaction will be! **(Note: View Michelle's PowerPoint Presentation on "Living Active Lives" at the [www.inlandnwostomy.org](http://www.inlandnwostomy.org) website!)**

All Ostomy types

Colostomy-related

Ileostomy-related

Urostomy related



### *Yearly Anniversaries:*

#### *November & December 2020*

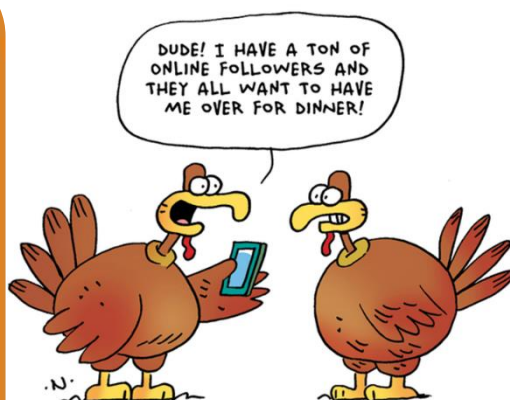
Amy Nichols, 30	Pablo del Rio, 10
Jim Walker, 18	Charles Wright, 38
Annette Perrone, 14	

*Wishing you and your families  
a happy & healthy holiday Season!*

### Problem-Solving Clinic **CLOSED**

The Ostomy Problem Solving Clinic remains closed for in person visits during this pandemic period.

- Many folks have reached out to Karen Hollis, RN, CWON via text and have been assisted during this time.
- Text Karen at **512-785-7448** for assistance. Send a text first and include your name. Send photos if you can as that will help in identifying the problem. Phone calls and facetime visits can be set up as needed.
- Don't suffer alone if you are having issues with your ostomy.



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

Membership benefits include:

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



**2350 AIRPORT FREEWAY, SUITE 230  
BEDFORD, TX 76022-4010**

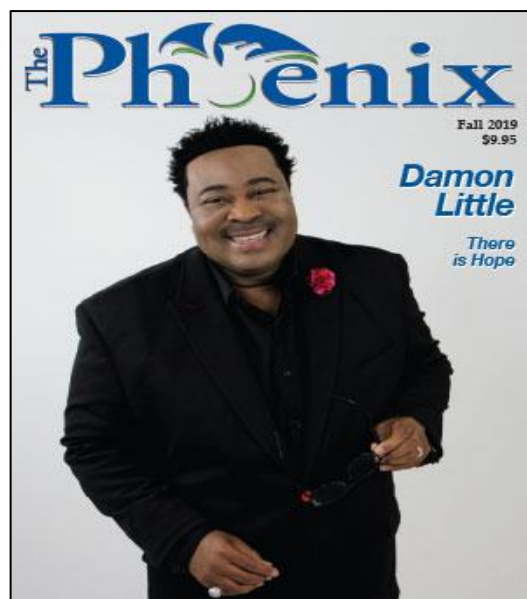
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We accept Medicare and all other Insurances like Blue Cross Blue Shield, Sterling Insurance, Pacificare, United, and Texas Medicaid, Secure Horizon and all other Private Insurances. If you have any insurance question contact us at

1-800-866-3002

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Rachel\*, SenSura<sup>®</sup> Mio Convex Flip user

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