



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

Meeting are currently suspended...hopefully, not for much longer!

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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.



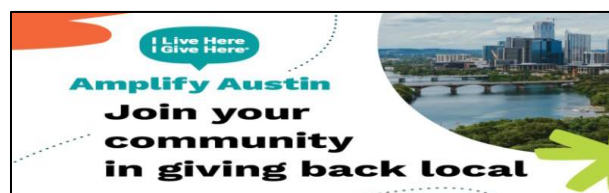
February was a crazy, icy, snowy and cold month! We're ready for the Texas Spring: longer days, milder weather, and beautiful flowers.

With Covid 19 vaccines on the horizon, our Board will consider when we can safely meet in person again. Stay tuned...

Ostomy Association of Austin participated in our second Amplify Austin, You Live Here... You Give Here.

Thank you to those who made donations to our group ~ **we met our \$1500 goal!** See page 2 for the list of donors.

Have you paid your dues?



March 4-5, 6pm-6pm
Get involved at AmplifyATX.org

Dating with an Ostomy

Coloplast online article, February 2020



Don't Let Your Ostomy Stop You from Dating!

Easing back into the dating scene may feel scary and impossible, it's normal to want to take your time and get comfortable with your daily routine before tackling dating. It is possible, however, and going on dates might actually help to increase your comfort and confidence.

Finding the Perfect Date Location

When you are ready, choose a location that is familiar to you. If it's not too far from home and you already know where the restrooms are, you will feel more in control of the situation and it will ease your mind. You can choose to keep the first couple of dates casual and relatively short to ensure your comfort.

You might even want to get together with a close friend who knows about your ostomy and go out shopping for a new outfit, something that will make you feel positive and bold. If the location of the date is unknown to you, use this time to also stop by and get a feel for the environment. It's fine to want all the information ahead of time so all you need to worry about during your date is seeing if there's a romantic spark.

Are Things Beginning to Heat Up?

Of course, if things are beginning to heat up with someone, you will probably want to think about sharing about your ostomy. Remember that it's completely up to you when and how to do this. It may be helpful to write down what you want to communicate beforehand to help with your confidence and directness. Feel free to keep it short and then offer to field some questions that your new partner might have. Remember, if a romantic interest can't accept you as you are, they are not the one for you.

More Resources

If the idea of ostomy sex makes you nervous, it may be helpful to talk to someone who has been down that road before. Speak with someone who has experience living with an ostomy to find out how they navigated similar situations. Your nurse may have information of local networks or support groups. You can start your search to [meet others in your situation](#) on our Coloplast website.

Amplify Austin Donors:

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THANK YOU
*for the lives you touch
we appreciate you*
SO MUCH

Eating with an Ostomy; Foods and Their Effects

Food Reference Chart for People with an Ostomy

Listed below are general guidelines for individuals who have a colostomy or ileostomy. It is important to know the effects that various foods will have on stool output. The effects may differ for each person depending on surgery type and length/ function of the remaining bowel. To determine individual tolerance to foods, try new foods in small quantities. Remember to always chew thoroughly.

Disclaimer: This document contains information developed by United Ostomy Associations of America. This information does not replace medical advice from your healthcare provider. You are a unique individual and your experiences may differ from that of other patients. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

GAS PRODUCING:	*ODOR PRODUCING:	MAY CAUSE LOOSE STOOLS; DIARRHEA:	** STOMA BLOCKAGE:
ALCOHOL (BEER) BROCCOLI BRUSSELS SPROUT CABBAGE CARBONATED BEVERAGES CAULIFLOWER CHEWING GUM CUCUMBERS DAIRY (e.g., EGGS, MILK) LEGUMES (e.g., BAKED BEANS, LENTILS, PEAS) MELONS NUTS ONION PICKLES RADISH SOY PRODUCTS SPICY FOODS	ASPARAGUS BROCCOLI BRUSSELS SPROUT CABBAGE CAULIFLOWER EGGS FATTY FOODS GARLIC LEGUMES (e.g., BAKED BEANS, LENTILS, PEAS) ONION SMOKED FOODS STRONG CHEESE SOME MEDICATIONS SOME VITAMINS	ALCOHOLIC BEVERAGES APPLE AND PRUNE JUICES BAKED BEANS CHOCOLATE FRESH/RAW FRUIT FRESH/RAW VEGETABLES FRIED OR SPICY FOODS HIGH SUGARED BEVERAGES LEAFY GREEN VEGETABLES MILK/CHEESE (LACTOSE INTOLERANCE)	CABBAGE (FRESH/RAW) CELERY CHINESE VEGETABLES COCONUT COLESLAW CORN (WHOLE KERNEL) DRIED FRUITS FRESH/RAW PINEAPPLE MUSHROOMS NUTS, SEEDS PITH FROM CITRUS (e.g., ORANGES) POPCORN SKIN OF FRESH FRUITS (e.g., APPLE PEELS, GRAPES)
COLOR CHANGES:	*ODOR CONTROL:	***CONSTIPATION PREVENTION/RELIEF:	THICKENS STOOL for Diarrhea and High Output
ASPARAGUS BEETS FOOD COLORING (RED DYES FROM KOOL-AID AND PUNCH) IRON PILLS LICORICE RED JELL-O TOMATO SAUCE	CONSUME PROBIOTICS (e.g., YOGURT, AIDS IN DIGESTION) EAT SMALLER/ MORE FREQUENT MEALS, AIDS IN DIGESTION FRUITS AND VEGETABLES; HELPS KEEP THE COLON CLEAN STAY WELL HYDRATED AND AVOID CONSTIPATION ODOR ELIMINATORS (DROPS, GELS, SPRAYS, TABLETS, SACHETS THAT CAN BE PLACED INTO AN OSTOMY POUCH)	BRAN PRODUCTS FRUIT JUICES FRUIT (FRESH/RAW OR COOKED) OATMEAL PRUNES RAISINS VEGETABLES (FRESH/RAW OR COOKED) WATER (STAY HYDRATED) WARM BEVERAGES WARM SOUPS WHOLE GRAINS	APPLESAUCE BANANAS BOILED WHITE RICE OR NOODLES CREAMY PEANUT BUTTER HOT CEREALS (OATMEAL, CREAM OF WHEAT, RICE) MARSHMALLOWS PEELED POTATOES TAPIOCA PUDDING UNSEASONED CRACKERS WHITE BREAD, TOAST YOGURT
C	Applies to people with a colostomy	i	Applies to people with an ileostomy

* Odor from diet will differ for each person. If you have concerns, discuss with your doctor. Odor eliminators may be purchased from distributors of ostomy products. ** People with an ileostomy are at greater risk for stoma blockage/obstruction. These food types should be eaten with caution and not introduced into the diet until 4-6 weeks after surgery. Introduce them slowly, one at a time, and chew well. *** Increasing the amount of fiber in your diet will help you avoid becoming constipated. Discuss options with your MD.

UOAA
 United Ostomy
 Associations
 of America, Inc.
WWW.OSTOMY.ORG
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Borders:

All Ostomy types

Colostomy-related

Ileostomy-related

Urostomy related

Don't Be Alarmed by This COVID-19 Vaccine Side Effect That Could Be Confused With Breast Cancer

Cleveland Clinic 2021



Our expert explains why swollen lymph nodes happen.

As more people across the globe continue to receive the [COVID-19 vaccine](#), we're learning more about certain [side effects](#) that the vaccine can cause. And one side effect — swollen lymph nodes under the arms — has been getting more notice because of the serious disease it overlaps with: [breast cancer](#).

To better understand what's causing this symptom and what you should know before getting your COVID-19 vaccine, we talked to diagnostic radiologist [Laura Dean, MD](#).

Why does the COVID-19 vaccine cause lymph nodes to swell?

Lymph nodes are part of the body's immune system so, according to Dr. Dean, [swollen lymph nodes](#) are a potential side effect of any vaccine. "The whole point of the vaccine is to get your immune system to mount a response to whatever the vaccine agent is," she says.

But it seems that the new COVID-19 vaccine is causing a more robust swelling in lymph nodes. And those swollen lymph nodes, like other side effects, vary from person to person. "We're still learning about these vaccines and the side effects as more and more people receive them," Dr. Dean says.

The swollen lymph nodes generally appear a few days after someone receives the vaccine, on the same side of the body as they got the shot. "We're still watching these examples but right now we think that symptom subsides with a few days to a few weeks," she adds.

Swollen lymph nodes can also be a sign of breast cancer

It's the location of the lymph nodes involved with this particular side effect that's causing concern. Many times (but not always) the location of a person's lymph node swelling corresponds to the site of infection. For many breast cancer patients, that includes the lymph nodes in the armpits.

"If breast cancer moves outside of the breasts, it tends to go to those lymph nodes under the arms because that's the natural drainage pattern of the lymph fluid inside the breast tissue," Dr. Dean explains. "It's a very integrated system, so it's one of the areas we closely scrutinize."

Because early detection is so key to [treating breast cancer](#), it's understandable that this overlapping symptom is causing a little bit of confusion and even alarm in many patients.

What else could swollen lymph nodes mean?

It's important to remember that although swollen lymph nodes are one potential sign of cancer, they can have a number of other causes. And while the COVID-19 vaccine appears to only cause swelling on one side, swelling in lymph nodes on both sides of the body is also not necessarily a sign of cancer.

"You see general lymph node enlargement — under the arms, in the chest or groin — with something like lymphoma," says Dr. Dean. "But there are other reasons you'd see that, too, which are far less serious than cancer."

Other [causes of swollen lymph nodes](#) include: A cold or a case of the flu, Sinus infection, [Strep throat](#), and/or [Mononucleosis](#).

There are other conditions, too, that Dr. Dean says healthcare providers may look into. "We address the issue by taking a very detailed patient history and looking for other conditions that may cause the swelling like rheumatoid arthritis, lupus or autoimmune diseases."

And, yes, this includes swelling on just one side. "We don't want to miss something because a lymph node on just one side is swollen," she adds. "But we've also added questions about recent COVID-19

vaccines to our screening questions to make sure we're getting a full view of what might be affecting the patient."

Keep up with your preventive care plan

The most important thing, Dr. Dean says, is that patients maintain their preventive care plan for breast cancer, especially mammogram screenings.

Just as healthcare providers have worked to [ensure a safe environment for keeping such appointments](#) throughout the pandemic, so, too, are they adapting care plans to account for this particular vaccine side effect.

"We're now including questions about the vaccine — how many doses have you had and in which arm — in our pre-appointment screening questions for patients," Dr. Dean says. "And we're also adapting our mammogram appointment scheduling to allow for some flexibility with more patients now receiving the COVID-19 vaccine."

The Society of Breast Imaging recommends scheduling your mammogram either before your first dose of the COVID-19 vaccine or about four to six weeks following your second dose, if possible. If that's not possible, though, it's important to keep both your scheduled screening and your vaccine appointment.

"It's important that patients maintain their scheduled mammograms," she says, "but it's also important that they receive their COVID-19 vaccination. One shouldn't be canceled because of the other. If you have a mammogram screening shortly after one of your vaccinations, your healthcare provider will document that and take it into account."

"We'll work with you to explain what's going on, what we see and what might be a side effect," she adds. "And if there's potential overlap, you can schedule a short-term follow-up screening for a few weeks later just to be safe."

The bottom line

Again, Dr. Dean stresses that there's no reason to be alarmed about getting swollen lymph nodes from the COVID-19 vaccine. "This type of reactive change that we're seeing with the COVID-19 vaccine is exactly what we should see," she says. "It's your body mounting the immune response as it's supposed."

While those enlarged lymph nodes may be worrisome, she adds that healthcare providers are aware and monitoring them in patients. "We're keeping an eye on this side effect and when it comes to your mammogram screening, we're ready to explore any abnormalities in that context."

Finally, she reiterates how important it is to maintain your preventative care appointments despite these side effects. "It's extremely important COVID-19 vaccinations continue. And it's also important to know that we'll never turn any patient away from a mammogram screening for getting their vaccination. We're armed with as much information as possible and we'll work with every patient to make sure they get the care they need."

Are you in need of supplies? We have some new items available!

Hollister (#11203.) 2 1/4, 57mm Wafers	ConvaTec (#413154) Durahesive Wafers, 1 1/2 in	ConvaTec (#401503) Drainable pouches, 2 1/4 in.	Contact: Carol Laubach, (512-339-6388) **Please leave a message and phone number when calling for supplies.
Hollister (#18323) New Image, 2 1/4", 57mm Closed End Pouches	ConvaTec , Natura, #404027, 1 3/4 in. Drainable pouches	ConvaTec (#411319) 1 3/4 in. Drainable pouches	
Coloplast, SenSura MIO, (#16306), 1 piece, Convex, closed-end pouches with filter, 3/8-2"	ConvaTec (#413154) Durahesive Wafers, 1 1/2 in	Bedside urine drainage bags No-sting Barrier wipes Sting-free Adhesive Wipes Adapt Lubricating Deodorant Adapt Barrier Rings	

CELEBRATE!

2021 Yearly Anniversaries

March & April

Carol Laubach, 53

Beth Mosley, 45

Allen Scott, 16

Kellie Zullig, 23

Dan Boswell, 6

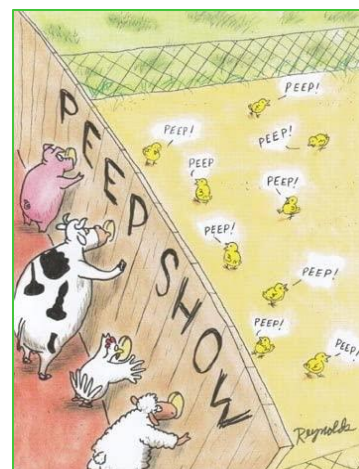
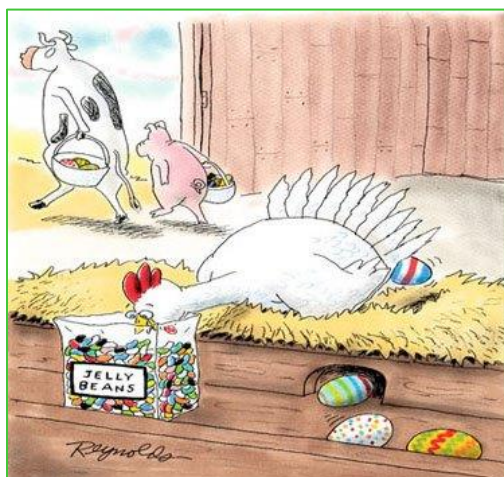


Problem-Solving Clinic **CLOSED**

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.

HAPPY SPRING!



Are you in need of donated supplies? We have **plenty** available!

Please contact Carol Laubach, (512-339-6388) and leave your phone number. 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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