



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

Next Meetings: February 2, 2023
No January Mtg

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This Bi-monthly newsletter is also

available online at

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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.



New Year Resolutions of an Ostomate

via New Outlook, UOAA Chicago (edited)

I resolve to...

- ✓ keep myself neat and presentable at all times.
- ✓ not begrudge the time necessary for my personal care.
- ✓ keep my bathroom sharable.
- ✓ value the cooperation of my family.
- ✓ appreciate the fact that I am one of the lucky ones.
- ✓ try to do the things I want to do but think I can't.
- ✓ be patient.
- ✓ LIVE all day, every day.
- ✓ help others whenever I can.
- ✓ go places and do things.
- ✓ give credit to modern medicine.
- ✓ urge my fellow ostomates to see people.
- ✓ be grateful for my present good health.
- ✓ be of good cheer. renew my pledge the first of every month!

Have you paid your dues?



Reflections

From The Pacesetter Newsletter, November/December 2016 V. 21, Issue 2 (Edited)



- ✓ My goal was to lose just 10 pounds. Only 15 to go!
- ✓ Ate salad for dinner! Mostly croutons & tomatoes. Really just one big, round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza.
- ✓ How to prepare Tofu: A—Throw it in the trash. B—Grill some Meat.
- ✓ I just did a week's worth of cardio after walking into a spider web.
- ✓ I don't mean to brag but.... I finished my 14-day diet in 3 hours and 20 minutes.
- ✓ A recent study has found that women who carry a little extra weight live longer than men who mention it.
- ✓ Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
- ✓ I may not be that funny or athletic or good looking or smart or talented.... I forgot where I was going with this.
- ✓ I love being over 50. I learn something new every day, and forget 5 others.
- ✓ I think I'll just put an "Out of Order" sticker on my forehead and call it a day.

A New Year to Exercise...What's Your Excuse?

UOAA Update (edited)



Was exercise at the top of your New Year's Resolution List only to be replaced with a set of excuses, a week later? Well, let's see what those excuses may be...

- **I Don't Have Time!** One less cup of coffee in the morning and a few more minutes in your busy day taken from other less beneficial activities will add up. Say to yourself, "I am worth 30 minutes a day!"
- **Boring, Boring!** There's lots of different kinds of exercise to choose from. Find something you enjoy and you just might stay with it.
- **I'm Too Tired!** Studies have proven that exercise revs up the bloodstream, which produces energy. A brisk walk in the cool of the evening will relax and revive you - it may even add to romance!
- **I'm Too Old!** Oh, PLEASE!! Just go at your own pace. You just might inspire some youth in your life to want to find out how you do it.
- **Not Enough Space!** All you need is enough room to lie down - but avoid drafts, which may cause muscle cramps. Or better yet, go walking outdoors, or in bad weather indoors works well too. Outdoor walking will use all your muscles and you get fresh air to boot! Indoor walking can be enjoyed at a local mall. You can window shop and get your exercise in at the same time.
- **It's Too Expensive!** You don't need fashionable regalia, high-priced equipment, and/or an expensive fitness membership. If you plan on walking, a good, but not necessarily expensive, pair of shoes is all that is required.



Is Chewing Gum Bad for You? You Might Think It's Fine, but Your Teeth and Jaw Beg to Differ!

Cleveland Clinic Health Essentials July 1, 2022 / [Ear, Nose & Throat](#)

Chewing gum is harmless, right? In fact, you may have even heard somewhere that it's actually *good* for your teeth. But dentist [Karyn Kahn, DDS](#), urges you to think twice before unwrapping that next stick of gum. As it turns out, gum could pose serious risks to your jaw and teeth.

Is chewing too much gum bad for your jaw?

The movement of your jaw occurs at your temporomandibular joints, which are located in front of each ear. A network of muscles supports that joint. The muscles bring your jaw together so you can chew and move your jaw from side to side.

Usually, you chew to break food into smaller pieces that you can swallow. With gum chewing, though, you're chewing just to ... chew. Dentists consider gum chewing to be parafunctional, or outside of normal function.

"Parafunctional habits, like gum chewing, can cause [temporomandibular disorders](#) or make existing conditions worse," says Dr. Kahn.

Constant gum chewing puts excessive force on your temporomandibular joints, muscles and teeth, which leads to overstress, imbalance and misalignment. This can cause:

- Clicking or popping in one or both temporomandibular joints.
- Headaches.
- Jaw pain.
- [Tooth fracture](#).



"For some people, even a small shift in their temporomandibular joint can cause severe pain when they move their jaw," Dr. Kahn says.

Anyone with a temporomandibular disorder (sometimes just called TMJ) should avoid gum entirely, Dr. Kahn says. For everyone else, she recommends limiting gum chewing to fewer than 15 minutes per day in order to avoid causing problems.

Sugar in gum can cause tooth decay.

Gum sales started in the U.S. in the mid-1800s and soon became widespread. By the 1920s, Americans were chewing an average of 105 sticks of gum per year.

Early on, manufacturers figured out that adding flavorings and sugar to gum increased its appeal. But by the 1950s, dentists realized that the added sugar caused tooth decay.

Tooth decay occurs because the bacteria in your mouth break down sugar into acid. The acid eats away at the hard enamel surface of your teeth, a process that creates holes in the enamel and pathways for bacteria to infect your tooth's [dentin layer](#) and pulpal tissues. Eventually, as [your tooth decays](#), it may require a [root canal](#) to save it.

Are there benefits to chewing gum?

To promote better oral health, the first sugar-free gums came on the market in the 1960s.

Sugar-free gum contains [artificial sweeteners](#) such as aspartame, stevia, xylitol and sorbitol that don't contribute to tooth decay. In fact, research suggests that chewing sugar-free gum may have some benefits.

For example, gum chewing triggers the production of saliva, which improves oral health by clearing out lingering bits of food and neutralizing the acids produced by the bacteria in your mouth.

But Dr. Kahn warns against chewing gum as a replacement for regular brushing after meals or for other [oral health habits](#). "The best way to keep your teeth healthy is to brush after each meal and floss daily," she says.

Gum can help with dry mouth (but may not be the best way)

Dry mouth, or [xerostomia](#), is a common condition that happens when your mouth doesn't produce enough saliva. It can cause bad breath and, eventually, tooth decay.

"Gum does increase saliva production, but frequent gum chewing is probably not the best way to treat dry mouth," Dr. Kahn notes. Frequent sips of water can be equally effective. And there are medications you can take to increase your natural saliva production.

Your healthcare provider can help you find the underlying cause of your dry mouth and either prevent it or develop a plan to reduce your symptoms.

There's no evidence that chewing gum relieves stress

Many people swear by gum to help them feel calmer, focus during a test or resist a tempting snack. But the scientific evidence is mixed. There's no concrete proof that gum has any significant effect on your mental health, grades or weight.

If you feel that chewing gum helps you in some aspect of your life, Dr. Kahn suggests that you consider weighing those benefits against the potential negative side effects of gum chewing. Look into other ways to [relieve stress](#) and [improve focus](#).

Nicotine gum can help you quit smoking

Quitting smoking is one of the most important things you can do to improve your health. The Centers for Disease Control and Prevention (CDC) [estimates](#) that in 2020, about 12% of U.S. adults still smoked. Many people who smoke try to quit but aren't successful.

Nicotine gum is one strategy people use to help [quit smoking](#). It's not a gum you chew continuously. You chew a little to release nicotine, then tuck it between your cheek and gum, repeating this process for about 30 minutes. Some of the oral side effects include:

- Excess saliva.
- Jaw pain.
- Mouth irritation.



Though nicotine gum is intended for temporary use, Dr. Kahn advises caution, suggesting that you combine or substitute nicotine gum with other [smoking cessation strategies](#) like coaching, nicotine patches, non-nicotine medications and so on.

Is gum bad for you? The bottom line

Contrary to what the old joke says, most people can walk and chew gum at the same time. But that doesn't mean you should. Chewing gum can cause serious problems with your jaw and teeth.

Dr. Kahn shares these important tips to reduce your risk of gum-related problems.

1. **Avoid gum if you have jaw problems.** If you have known [TMJ dysfunction](#) or start to experience any clicking, popping or pain in your jaw, you shouldn't chew gum. If these issues are new, see your dentist.
2. **Limit your gum chewing.** No jaw problems? Let's keep it that way. Dr. Kahn says you shouldn't chew gum for more than about 15 minutes per day.
3. **Sugar-free only!** If you must chew gum, stick to the sugar-free variety. Sugary gum should be a no-go.
4. **Maintain good oral hygiene.** Dr. Kahn warns against chewing gum as a replacement for regular brushing after meals or for other [oral health habits](#). "If you are going to chew gum after meals, it should be in addition to — not instead of — brushing and flossing," she says.



"And now we welcome the new year, full of things that have never been"
- Rainier Maria Rilke



Did You Know...

The American Cancer Society

*According to the 2022 American Cancer Society statistics, it now estimates that **bladder cancer** is the fourth most common of all cancers; it is less common in women than men. Nine out of 10 people with bladder cancer are over the age of 55 with the average age of 73 at diagnosis. The occurrence is one in 27 men will develop bladder cancer and for women, one in 89 women will develop bladder cancer.

According to the 2021 American Cancer Society statistics, the four major cancers are:

1. Colon & Rectum
2. Lung and Bronchus
3. Breast
4. *Prostate



A Note from Nurse Karen Hollis, RN, CWON

I attended the WOC Nurse conference in Fort Worth last summer and attended a wonderful presentation on exercises for people with an ostomy. The lecturer was Sarah Russell, who had emergency surgery for ruptured diverticulum in 2010. As an exercise specialist in the United Kingdom, Sarah was frustrated with the lack of published information on exercising following ostomy surgery. She realized she would have to develop her own guidelines. With her Master's Degree in Exercise and Sport to draw on, Sarah has developed a safe exercise program for people with stomas.

You can enjoy her YouTube program for free, follow her pre-recorded classes for \$5 a class or attend a live video class for \$10 per class.

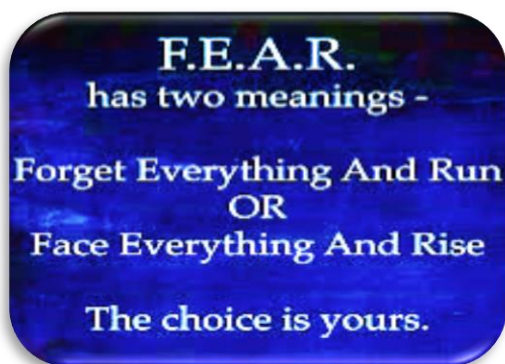
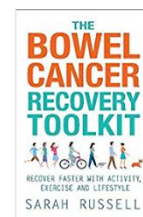
You can Google/search: Sarah Russell the Ostomy Studio UK to find more details. Sarah wrote a book, [The Bowel Cancer Recovery Toolkit](#). It provides useful information for anyone with a stoma not just those with bowel cancer.



Valentines

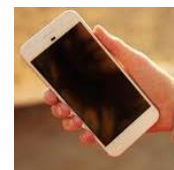
I gave a hundred Valentines. A hundred, did I say?
I gave a thousand Valentines one cold and wintry day.
I didn't put my name on them or any other words,
because my Valentines were seeds for February birds.

by Aileen Fisher



Ostomy Problem-Solving Clinic is Open

When: First Thursday of the month
Time: 1 - 4 pm
Where: Gethsemane Lutheran Church
Next Steps:



- Text/ call Karen Hollis, RN, CWON: 512-785-7448
- Text/leave your name, number, type of ostomy, and concern
- Karen will contact you



*Yearly Anniversaries:
January & February 2023*

Sammie Buchanan, John Duncanson,
Lou O'Hanlon, Vernon Emken,



Meetings:
First Thursday of the Month, 7- 8 pm

**Meetings will be combined:
In-Person & Virtual**

No January Mtg

February 2

March 2

April 6

May 4

June 1

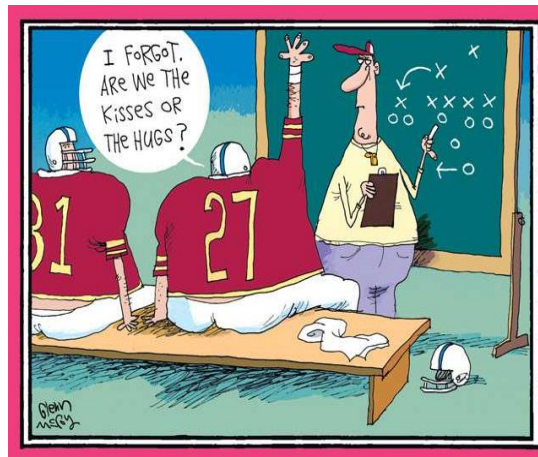
No July Meeting

Join Zoom Meeting (click on live link)

Meeting ID: 886 3266 6521

Passcode: Welcome!

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



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 appliance. 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.austinostomy.org

Membership benefits include:

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

Article Border Designations:

All Ostomy Types

Urostomy related

Colostomy & Ileostomy related



The Phoenix magazine is the official publication of the United Ostomy Associations of America. The Phoenix magazine is published quarterly - Annual subscriptions are \$19.95. <https://phoenixuoaa.org/>

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