



# 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

**Upcoming Meetings: 7:00-8:00 pm**

**May 4, 2023**

**June 1, 2023**

**No July Meeting**



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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.



Our May meeting topic will focus on hydration and nutrition as the spring weather in Texas begins to warm up! There will also be time for questions and answers. See you in person and/or on Zoom.

In June, Joga Ivatury, M.D., MHA, was our guest speaker. He is an associate professor of surgery, who opened The Texas Ostomy Services at Digestive Health Clinic as part of the University of Texas at Austin, Dell Medical School. His topic will be: **Developing an Ostomy Health Communication Guide.**



UOAA is hosting its 8<sup>th</sup> National Conference in Houston this summer, August 10-12. Look [here](#) for details.

**Have you paid your dues?**

## Get the Facts About Bladder Cancer

BCAN September 28, 2022



### What do they use to diagnose bladder cancer?

**What is a Cystoscopy?** Cystoscopy is a procedure used to look inside the bladder and urethra. It helps doctors diagnose bladder cancer. During a cystoscopy, a thin flexible or rigid, lighted instrument called a cystoscope is inserted into the urethra. Tissue samples can be removed with the rigid cystoscope. Some health care institutions offer enhanced cystoscopy. Using either a medication placed in the bladder to help tumors glow with a blue light cystoscope, or narrow band imaging helps your doctor to visualize the tumors better.

### What does a urine test do? Which urine tests are used to detect bladder cancer?

Urine tests can help diagnose bladder cancer in patients with hematuria. They can also help monitor for recurrence of bladder cancer following treatment. Urine cytology and urine tumor marker tests are often used in combination with imaging and cystoscopy to help detect or rule out bladder cancer

### What are the benefits of urine testing?

- Non-invasive and painless
- Ease of sampling, including the option of in-home sample collection in some cases
- Results can be obtained quickly
- Provides relevant, reliable information about patient health

### What is Urine Cytology?

Urine cytology is the microscopic examination of cells from a urine sample. It can detect cancerous cells in the urine of individuals with bladder cancer. Urine cytology to diagnose bladder cancer is based on the principle that rapidly multiplying cancer cells will be shed into the urine. The ability of urinary cytology to detect bladder cancer varies depending on tumor type. Uncertain results may require further investigation.

### What is a Tumor Marker?

Most tumor markers are proteins made by both normal cells and cancer cells, but they are made in higher amounts by cancer cells. Genetic changes in tumor tissue, such as gene mutations, patterns of gene expression, and other changes in tumor DNA, are also being used

### What are Urine Tumor Marker Tests?

A urine tumor marker is a biological molecule that indicates the presence of bladder cancer. If a patient has bladder cancer, cells from the tumor will release biomarkers into the urine. Urine tumor markers for bladder cancer include numerous proteins and metabolites, as well as genetic materials such as DNA and RNA. Tests that analyze this genetic material are known as genomic urine tests.

When combined with imaging and cystoscopy, urine tumor marker tests can:

- Improve detection accuracy (that is, less chance bladder cancer will be missed).
- Reduce the intensity of further testing and examination of hematuria patients who do not have cancer.
- A reduced frequency of cystoscopy in those being monitored for bladder cancer recurrence following treatment.
- The specific urine test selected depends on several factors, including a patient's symptoms and their risk of bladder cancer.

**\*The Bladder Cancer Advocacy Network's (BCAN) mission is to increase public awareness about bladder cancer, advance bladder cancer research, and provide educational and support services for the bladder cancer community.**

## Tips for Healthy Hydration with an Ostomy

Convatec Online Article



Drinking more is one of the simplest ways to improve your health and well-being. You probably need to drink much more than you think. These tips can help you stay one step ahead of dehydration.

**Drink little and often.** Set an hourly alarm on your phone or watch to remind you to grab a glass of water.

**Always take a drink when you go out.** Never assume you'll be able to buy a drink. Be prepared and take one with you.

**Don't wait until you're thirsty.** By then you'll already be dehydrated. Stay one step ahead and keep your body hydrated and healthy.

**The best indicator of your hydration status is your urine color.**

- Aim for light straw-colored urine –this means you're probably drinking enough.
- If your urine is darker in color you need to drink more fluid.
- If your urine is completely clear, you may be drinking too much and flushing electrolytes out of your body.
- If you feel severely dehydrated or if your urine is very dark in color, then seek medical advice immediately

**How much should you drink?** There are no hard and fast rules about how much you should drink. Everyone will have different needs from one day to the next. A normal healthy person is recommended to drink around 6-8 glasses of fluid per day<sup>1</sup>, but some people will need more and others less. Use your urine color as the best guide.

**What should you drink?** Contrary to popular belief, plain water is not a good hydrator. In order for fluid to be well absorbed by the body, a drink needs to have a small amount of glucose and some sodium. This is a concept known as osmolarity. Sports drinks are often recommended when you have an ileostomy, but they are high in sugar and can be unhealthy. Instead, choose to drink dilute squash or fruit juice with a pinch of salt or have an electrolyte drink which can be purchased over the counter at pharmacies or supermarkets.

**What are the symptoms?** Many people – both with and without an ileostomy – are chronically dehydrated every day. Symptoms such as headaches and tiredness can be attributed to other health conditions, but they are often due to dehydration.



### Ode to a Filter

UOAA Update: Used with permission from Brenda Elsagher  
from:

*I'd Like to buy a Bowel Please: Ostomy A to Z,*  
[www.livingandlaughing.com](http://www.livingandlaughing.com)

I like your style, you're so discreet.  
With your job well done, I still smell sweet.  
Bring on the onions, the sodas, the beans.  
I'm no longer worried about causing a scene.

In planes, at games, home, and work,  
Flatulence dissipates, oh, what a perk.  
Thank you, filter makers, you've made my day,  
I go through life in a much happier way.



### FEAR

It is said that before entering the sea a  
river trembles with fear.

She looks back at the path she has  
traveled,  
from the peaks of the mountains,  
the long winding road crossing forests  
and villages.

And in front of her,  
she sees an ocean so vast,  
that to enter  
there seems nothing more than to  
disappear forever.

But there is no other way.  
The river can not go back.

Nobody can go back.  
To go back is impossible in existence.

The river needs to take the risk  
of entering the ocean  
because only then will fear disappear,  
because that's where the river will know  
it's not about disappearing into ocean,  
but of becoming the ocean.

Khalil Gibran



## This Should Perk You Up: The Surprising Health Benefits of Coffee

Cleveland Clinic Health Essentials, November 27, 2020 (edited version)

A moderate amount of coffee can lower your risk for several chronic diseases.

Some days (most days, honestly) coffee can feel like the glue that's holding it all together. It turns you from zombie to human in the morning. It gives you a nice afternoon pick-me-up. And keeps you moving all those hours in between. But...deep breath - is coffee good for you?

**You can exhale. Coffee, it turns out, packs some surprising health benefits.**

"There aren't a lot of downsides to drinking moderate amounts of coffee and in fact, it can have positive effects on your health," says registered dietitian Devon Peart, MHSc, BASc, RD.



Is coffee good for you? Peart says that altogether, the various ingredients in coffee add up to a drink that's greater than the sum of its parts. And while how much coffee you drink and how you take it will make a difference in its health benefits, there are several ways your cup of joe can do your body good.

### Caffeine's Positive Side

Coffee gets its kick from caffeine, a natural stimulant that makes you feel more energetic. Caffeine can get a bad rap, but it turns out the caffeine in coffee does more than just wake you up. It acts on your brain to improve memory, mood, reaction times and mental function. One study even says caffeine can improve endurance and performance during exercise.

**Nutrients:** "Coffee contains about a thousand different botanical compounds," Peart says. Scientists haven't studied all of them well, but the news so far gets two thumbs up. Coffee comes from beans, after all. And as Peart points out, "dietitians love beans." Coffee is a source of nutrients, including B vitamins, potassium and riboflavin. Coffee beans are also rich in antioxidants, which are compounds that protect cells against damage.

But there's more to it than that, Peart says, "The latest research is showing that it's not the antioxidants per se that make coffee, in moderation, beneficial. It's actually the phenolic compounds." Phenolic compounds, or phenols, are substances found in plant foods that play a key role in your body's defense systems, protecting it from oxidative stress, as well as inflammation. "Coffee is made from beans, a plant food. Research is showing that the phenolic components in coffee provide health-promoting effects similar to those in vegetables or fruits" Peart adds.

**Lowered Risk for Diabetes:** Multiple studies have shown that regular coffee consumption lowers the odds of developing Type 2 diabetes. That's true for decaf, as well as the high-octane variety.

**Prevent Neurologic Disease:** Regular daily caffeine intake — like the kind you get from your daily cuppa — is linked to a lower risk of developing Alzheimer's disease, as well as Parkinson's disease.

**Liver Benefits:** Coffee has been shown to be a positive for your liver health. It can help protect against liver cirrhosis in people at risk of the disease, such as those with alcohol use disorder or fatty liver disease.

**Lower Cancer Risk:** Researchers have found that coffee drinkers have a lower risk of liver cancer and colorectal cancer — two of the leading causes of cancer deaths in the world.

**Ward off Depression:** That pick-me-up you get from a foamy cappuccino may not be a figment of your imagination. Several studies have found that the more coffee a person drinks, the lower their risk of depression.

**Are There Risks Associated with Coffee?** Coffee may be a healthy little bean, but it isn't an all-out magical one. To get more pros and fewer cons, Peart suggests following some guidelines.

**Don't Go Overboard:** Excessive caffeine can cause dehydration. But it's worth noting that a moderate amount of coffee isn't dehydrating, contrary to popular opinion. "At modest levels of intake, coffee is a net positive in terms of hydration, meaning it still contributes to your fluid needs," Peart states. Some people may find caffeine makes them jittery or anxious. And too much caffeine can also interfere with a good night's sleep, especially if you drink it late in the day.

Coffee can also impact blood pressure. Whether it will depend on the amount you drink and on your genetic makeup. Peart says people are genetically predisposed to be slow or fast metabolizers of caffeine, and slow metabolizers may experience negative effects, such as elevated blood pressure, even at low levels of intake. For the general population, experts recommend sticking to less than 400 milligrams of caffeine per day. An 8-ounce cup of coffee typically has 80 to 100 mg of caffeine. So, aim for about three to four cups a day, max.

**Cut Back if You're Expecting:** According to the American College of Obstetricians and Gynecologists, it's safe for pregnant people to take in up to 200 mg of caffeine per day, or about two small cups. The jury is still out on whether higher caffeine intake poses a risk.

**Skip Coffee Late in the Day:** Caffeine in coffee can stay in your system for several hours after your last sip. So a late-afternoon latte or post-dinner café au lait may leave you tossing and turning at night. And sleep deprivation is nothing to mess with. To play it safe, stick to decaf in the evening.

**Choose Wisely:** Coffee, particularly the concoctions you get at a coffee shop, can go hand-in-hand with additions that aren't so nutritious. (Think sweet flavored syrups, sugar, whipped cream and the like). Some coffee drinks are often notorious for empty calories. And some of them are really less like coffee and more akin to coffee-flavored milkshakes. If you enjoy coffee drinks, the safest way to go is to ask for sugar-free syrups and no whip with nonfat milk. "Coffee may be healthy, but what you add to it often isn't," Peart cautions. Keep an eye on the sugar and saturated fat, especially if you're drinking multiple mugs a day.

Peart offers these suggestions to get the most health benefits from your coffee, without the additions: Aim for natural sweeteners; There are big differences in the health implications for various sweeteners. If you prefer artificial sweeteners, like sucralose (Splenda®) saccharin (Sweet'N Low®) and aspartame (Equal®, NutraSweet®), Peart suggests slowly weaning yourself from them and opting for more natural sugars.

"Over time, research shows that artificial sweeteners can train your brain to want very sweet things," she continues. "So, it can be a tough transition to make, but it can be a major win for your health to let go of artificial sweeteners." If you take your coffee with regular sugar but want to avoid unnecessary calories, try switching to a small amount of honey, agave or even Stevia™. Stevia comes from a leaf and is a slightly more natural source than a typical artificial sweetener.

**Spice It Up:** Spices aren't just a great way to add flavor to coffee, but they can also provide surprising health benefits. Cinnamon stabilizes blood sugar, helps improve LDL (bad) cholesterol and is a good source of vitamin K and iron. Nutmeg is a very good source of manganese. Cardamom is a good source of vitamin C, calcium, magnesium, potassium and zinc. It's also a good source of dietary fiber, iron and manganese. Cocoa powder is a good source of protein, potassium and zinc, as well as a good source of dietary fiber, iron, magnesium, phosphorus, copper and manganese. But it's also high in saturated fat, so use it sparingly. And go for the unsweetened kind.

**Be Careful with Milk:** You might wonder if it's really a big deal to use whole milk in your coffee if it's only a few tablespoons? Yes, it undoubtedly matters, says Peart. "Those are empty, unnecessary calories that add up." Let's do some math. If you used two tablespoons of whole milk in four cups of coffee per day, that's the equivalent of a half a cup of whole milk, which is 75 calories. Over a year, that would mean you're taking in an extra 27,000 calories. (For perspective, that's about how many calories most people should consume over the course of two weeks.)

If you want a healthier alternative for whitening up your coffee, try 1% or nonfat cow's milk. You can also go with low-fat soy, almond or rice milk, which are all good alternatives, but are lower in protein than cow's milk.

So, yes, go on and enjoy that morning coffee with the confidence that you're doing a good thing for your body. Just don't go overboard.



Article Borders:

All Ostomy Types

Urostomy related

Colonoscopy & Ileostomy related



## Yearly Anniversaries:

May & June 2023

Linda Broadbent, 5, Steve McCourt, 5  
Sadie Faught, 34, Linda Schmeltekopf, 63



**Meetings**  
First Thursday of the month, 7-8 pm  
Meeting will be combined in Person & Virtual

**May 4**

**June 1**

**No July Meeting**

**August 3**

**September 7**

**October 5**

**November 2**

**December 7**

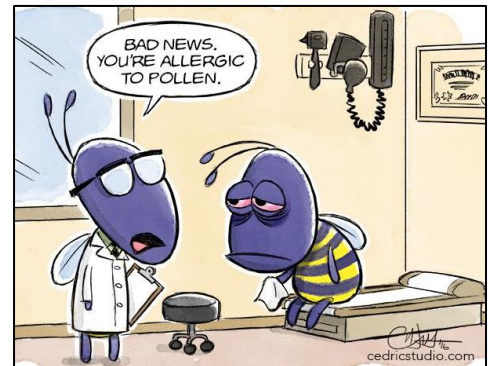
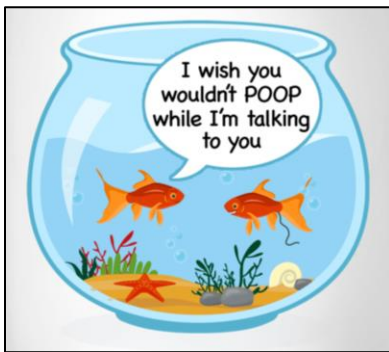
**No January Meeting**

[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 is 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](http://www.austinstomy.org)

Membership benefits include:

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

### 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

United Ostomy Associations of America

**8th NATIONAL CONFERENCE**

**2023**

**HOUSTON**  
**TEXAS**

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**August 10-12**

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



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PM-0626C 02.19



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Jonathan Mendez, USA