



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: Thursday, March 5, 2020 @ 7:00 pm

Thursday, April 2, 2020 @ 7:00

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This Bi-monthly newsletter is
available online at

www.austinostomy.org

Printing Courtesy:
The American Cancer Society

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.



We had a successful Visitor Training program in January with eleven members completing the class. Congratulations! Read more on page 3.



In February, Karen Hollis, RN, CWON, presented an inspiring interactive presentation called "The Hero Within". Some of the many take-aways are to say "Thank you" to someone who inspired us and that a hero needs to have HEART and possess many qualities.



A Hero has HEART!

H Helpful

E Empathy

A Assertive

R Respectful

T Timin



Have you paid your dues?

March 5 Meeting: Hollister Rep, James DeYoung, will share the latest Hollister ostomy product lines. **Refreshments:** Marina Chavez, Carol Laubach, Mary Meshbane.

April 2 Meeting: Question & Answer Session with our Nurses. Refreshments: Linda Broadbent, Dorothy de la Garza, Carol Laubach.



Ostomy Belts

Phoenix Ostomy Magazine July 2019



Question: What are the advantages and disadvantages of using a belt for my pouching system? I had colostomy surgery two months ago and I am searching for best solutions for comfort and security/leak prevention.

Answer: An ostomy belt can help achieve and maintain a seal of the wafer around the stoma to prevent leakage, adding some extra security when you are active. Also, if you are using a convex wafer, a belt can improve its efficacy. Each belt is designed to fit the tabs of a specific system. Be sure to select the belt that was designed for your pouching system. Some have “hooks” that face in while others have hooks that face away from the abdomen. This varies according to the manufacturer. The belt should be worn parallel to the floor and not hiked up or down, so that it provides even pressure on the skin around the stoma.

You want it to be snug but not uncomfortable or causing undue pressure on the skin around the stoma. Some belts are wider than others for comfort. You should be able to obtain a sample belt from most suppliers

Abdominal Adhesions: Questions & Answers

UOAA

What are abdominal adhesions?

Abdominal adhesions are fibrous bands of scar tissue that sometimes can form and cause the intestines or other organs to stick to the inside of the abdominal wall or different organs. This scar tissue does not allow the intestines or other organs to move around freely like they are usually can.

What are the symptoms of abdominal adhesions?

The main symptom of adhesions is abdominal and pelvic pain. Sometimes a distended abdomen or a [bowel obstruction](#), also known as an intestinal blockage, may occur.

What causes abdominal adhesions?

The two major causes of adhesions are abdominal surgery and inflammation.

How do you treat abdominal adhesions?

Abdominal adhesions are treated by physical therapy and pain management. They are chronic unless you have surgery, called Lyses, to cut the scar tissue. Lyses may be necessary if the adhesions are causing obstructions or immense amounts of pain. Sometimes lyses can in fact, create more scar tissue, but is generally only used if adhesions are too severe to leave them alone.

How can I cope with the pain of abdominal adhesions if my surgeon says I do not need surgery?

If your physicians have decided that surgery is not a good option for you, there are steps you can take to decrease the abdominal adhesion pain you may experience. First, lie down, breathe deeply and evenly and massage abdomen gently. If you feel up to it, stretch or do gentle yoga to change positions. If instructed by a physician, you can take a mild pain killer, like Tylenol, to assist with pain relief.

If the pain does not resolve within 30-45 minutes, call your doctor immediately.



Borders:

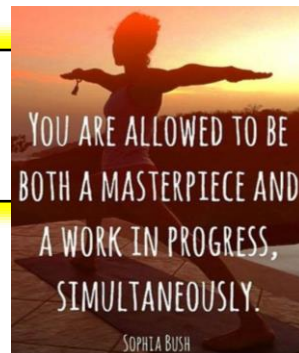
All Ostomy types

Colostomy-related

Ileostomy-related

Urostomy related

Self-Acceptance - A Must for Restoring Intimacy via The Right Connection



Body Image/Self-Esteem Concerns:

Permanent and significant changes in the body's appearance and functional ability may change the way the person internalizes their body image and self-concept.

Frequently, among the first things to enter a recovering patient's mind after major surgery is, "Will I be a whole person in the eyes of my spouse?" Accepting oneself is the first step toward a happier marriage and sex life (at any time for that matter!) By accepting one's self, one appears as an emotionally well-balanced and relaxed person, appealing to his or her spouse. When one has fear of rejection, fear of being unable to perform, fear of being loved, the fears can be self-fulfilling. A healthy mutual, emotional caring for and about each other's well-being always plays the most important role in a loving relationship. Another most important ingredient is openness, a comfortable attitude that accompanies self-acceptance and invites acceptance by the spouse. If you are concerned about how your spouse will react to change in your body, that is normal. The hardest part is accepting what you cannot change, but you must for a healthy outlook. One you manage to banish fear of rejection and the anger of "Why me?" You can work toward building emotional health and toward becoming comfortable with your new image. Your spouse may have greater emotional hang-ups than you, that may be magnified by concerns for your emotional health. Your own positive attitude goes far in rebuilding the relationship, rekindling the "said spark."

Congratulations!

Hospital Visiting Program Training~ SUCCESS!

Imagine if everyone dealing with the emotions and physical changes of ostomy surgery could see a friendly face before them in their hospital room. Someone who knows what they are going through from their own experience and can tell them things will be alright – that they too can thrive in life with an ostomy. Someone who can listen to their feelings and make them feel less alone in those vulnerable first days.

Ostomy Patient Visiting Program is one of our most important services we provide through our Affiliated Support Groups (ASG). This program offers person-to-person support, reassurance and practical information to those who have or will have ostomy related surgery and their caregivers. Ostomy visitors who have completed UOAA's Certified Visitors Training Course through their ASG will have a clear understanding of their role and responsibilities.

On Saturday, January 15th, 2020, 11 Members successfully completed the required training and can now visit new ostomates in the hospital, at home, or by phone to answer questions about ostomy-related issues.



The 6 Types of Urinary Incontinence

Hollister Online Article

There are different types of urinary incontinence, each with distinct symptoms and causes. Explore six types of urinary incontinence, including those related to neurogenic bladder.

Learn about different types of urinary incontinence:

As you learn more about your neurogenic bladder dysfunction or bladder disorder, you probably know that one of the symptoms is incontinence. What you may not know is that there are different types of incontinence, each having different causes.

What is incontinence?

If bladder control is lost and urine leakage occurs, it is called incontinence. Urinary incontinence can occur in people of all ages, and for a variety of reasons. Some, but not all, people with neurogenic bladder experience incontinence.

Types of incontinence:

The main types of urinary incontinence are stress, urge, mixed, overflow, and functional. Reflex incontinence is another type caused by an injury to the spinal cord.

Your type of incontinence:

Incontinence Type	Common Symptoms	Common Causes
Stress	Urine loss during activities such as coughing, sneezing, laughing, jumping, or lifting	Pregnancy, childbirth, menopause, pelvic radiation, surgical trauma
Urge	An occasional sudden need to urinate with large volume urine loss; can also exist without incontinence	May be associated with pregnancy, childbirth, menopause, pelvic trauma, and neurologic diseases such as Parkinson's disease and multiple sclerosis
Mixed	Combination of stress and urge incontinence	A combination of any of the stress or urge incontinence common causes listed above
Overflow	A frequent dribble of urine due to inefficient bladder emptying; symptoms are similar to stress incontinence	Many causes, such as spinal cord injury, diabetes, neurological damage, Parkinson's disease, multiple sclerosis, or an enlarged prostate
Functional	Urine loss not associated with any pathology or problem in the urinary system	Associated with physical or cognitive impairment such as immobility, Alzheimer's disease, or head injury
Reflex	Reflex (spastic bladder) incontinence happens when the bladder fills with urine and an involuntary reflex causes it to contract in an effort to empty	Usually occurs when the spinal cord is injured above the area medically labeled as the "T12" level

If you're experiencing incontinence, see your doctor. He or she can perform tests to diagnose your bladder condition and determine whether you may have neurogenic bladder dysfunction.

Exercise, Diet, and Hydration: Do's and Don'ts

Hollister Online Article



Getting fit after ostomy surgery can feel invigorating. But don't forget that your nutrition and fluid needs have changed. Explore these fitness and diet guidance for people with ostomies.

Once you recover from ostomy surgery and settle into a routine, you'll learn what kind of diet works best for you. What we eat is part of what makes us who we are, and having a stoma should not change that. When you exercise, there's an added layer of nutrition that you need to think about.

Here are a few do's and don'ts to keep you healthy and active:

DO take precautions to avoid common issues. Nothing can put a crimp in your fitness plans more than diarrhea, constipation, and other common problems. If you have a colostomy or ileostomy, you can try whatever foods you like, but be cautious at first and chew thoroughly to avoid possible digestive problems. Pay attention to your body to learn which foods to eat and which to avoid.

DON'T assume your nutritional needs haven't changed. All foods contain energy in the form of calories. Your physical activity and metabolic rate dictate how many calories you need. Early in your healing stages, you may require more calories in the form of proteins for good cell and muscle repair. A dietician can offer helpful recommendations as well.

DO keep an eye on your weight. A varied and nutritious diet, with appropriate portion sizes will help keep you healthy. Vitamin supplements also may help ensure optimum nutrition. Remember, fitness results from an ideal balance of diet and exercise.

DON'T ignore your increased fluid needs. If you have a stoma, particularly an ileostomy, you are more vulnerable to dehydration. Drink plenty of water, unless you have a fluid restriction. Exercising in hot climates can be particularly hazardous.

DO act quickly if you become dehydrated. If you need to re-hydrate your body, drinking water is always the best option. Sports drinks can help, as can special rehydrating solutions that are available from most pharmacies. Use these fluids until you are passing clear or straw-colored urine through the day.

Problem-Solving Clinic

Our free Problem-Solving Clinic is available for Ostomates thanks to Karen Hollis, RN, CWON.

Where: Gethsemane Lutheran Church

When: First Thursday of the month (same day as meeting),

Hours: 1 to 5 pm

How: Call **512-785-7448** and leave a message with following information:

- Ostomy type, approximate age of your ostomy, problem you're experiencing, and current supplies.
- Be sure to leave a name & phone number, with area code.
- Our WOC Nurse will contact you and schedule an appointment.
- ***You must have an appointment to be seen ~ no walk-ins**

This is a free clinic; donations to the Ostomy Association of Austin are accepted.



Yearly Anniversaries - 2020

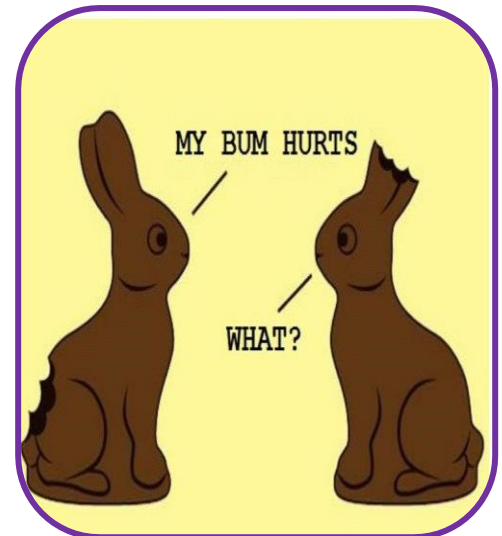
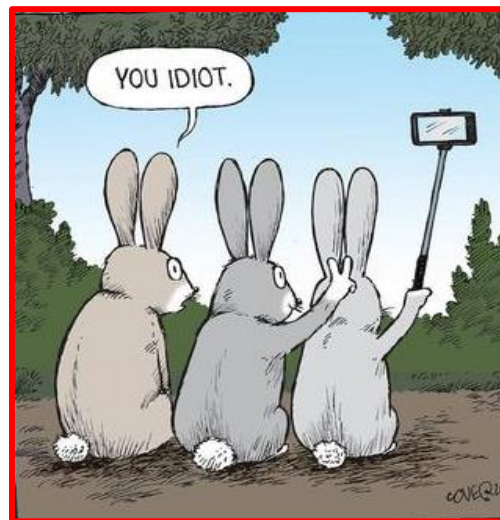
March & April

Carol Laubach, 52
Beth Mosley, 44
Allen Scott, 15
Kellie Zullig, 22
Dan Boswell, 5



Thursday Meetings

March 5
April 2
May 7
June 4
No July Mtg
August 6



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.austinosstomy.org

Membership benefits include:

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



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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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