



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 Virtual Zoom Meetings: Thursday, May 5th @ 7:00 pm
Thursday, June 2nd @ 7:00 pm

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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.



Thank you to all who donated both throughout the year and during the Amplify Austin Fundraiser. This year, we received a total of \$3370 collected via donations and membership dues. This helps our non-profit pay for the website, email domain, newsletters, Zoom & in-person meetings, mailings, PO Box, phone bills, and UOAA national membership affiliation.

WE THANK YOU!

We had another successful virtual meeting in March and helped to connect people with specific needs with others who have walked the walk and can provide first hand support. We didn't meet in April.



<https://bcan.org/get-involved/walk-to-end-bladder-cancer/>



Join Dorothy and John De La Garza, two of our most loyal members, for the Walk to End Bladder Cancer! Their team is called ATX BAG LADY!

Participants will walk at 9 am Saturday, May 7 at the beautiful Waterloo Greenway Conservancy Park: east of the Capitol and across from Dell Medical Center.

Have you paid your dues?

11 Simple Health Habits Worth Adopting into Your Life Diet, Nutrition and Fitness Ideas for Busy People

Cleveland Clinic Dec 2020

We get it, it's hard to break bad habits. But when it comes to building healthy habits, small decisions add up over time.

Exercise physiologist Christopher Travers, MS, and dietitian Laura Jeffers, MEd, RD, LD, offers some diet, nutrition and fitness ideas that you can incorporate into your busy life to be healthier every day.

1. Use stairs and furniture as makeshift gym equipment

If you have stairs at your home or office, take them every chance you get. Don't stop there, though. For a strong cardio workout, walk up and down the stairs repeatedly. Start with a limited number of repetitions and then increase them as you feel stronger. Get even more creative by using wine bottles or a gallon of water as weights and your kitchen chairs for planks and tricep dip [exercises](#). Why buy expensive equipment when you can utilize your furniture instead?

2. Drink 1 extra glass of water a day

It's nothing new that there are health benefits to drinking more [water](#). It helps keep your temperature normal, lubricates and cushions joints, protects your spinal cord and other sensitive tissues and gets rid of wastes through urination, sweat and bowel movements. Since 50 to 75% of your weight is water, drinking some plain old H₂O is imperative in keeping your body working the best it can and staying hydrated. If plain water isn't your favorite, you can add flavor to your water to help up your intake.

3. Replace diet soda with carbonated water



Research suggests the brain reacts to [artificial sweeteners](#) much like it does to sugary sweets. "If you drink diet soda each day, use carbonated mineral water to help wean yourself off of it," says Jeffers. "Ingesting them frequently can increase your desire for high-calorie foods and put you at risk for weight gain." If you're not a fan of carbonated water, try drinking unflavored tea, coffee or fruit-infused plain water. Quitting cold turkey isn't realistic but if you start decreasing the amount of diet soda and artificial sweeteners you ingest, you'll be doing wonders for both your waistline and your health.

4. Take a 10-minute walk

"Even a 10-minute walk can help boost your cardiovascular health," says Travers. "Take a walk during your lunch hour or to a store that is a block away to buy a gallon of milk — it's all good for you." If you're at work, walk to the furthest bathroom and take the stairs. While running errands, try to find the farthest parking spot and walk from there. Remember, even the smallest amount of steps still add up. Sometimes the weather doesn't cooperate and the last thing you want to do is go outside when it's snowing or windy, but don't let cold weather deter you. You can often [walk](#) comfortably by dressing right: Start with a sweat-wicking layer next to your body, add insulating layers for warmth, and top them off with a waterproof shell.



5. Correct your posture

When you were a kid, have your parents ever yelled at you for having bad [posture](#)? Well, the bad news is that they were right. Having good posture can prevent aches and can also reduce stress on your ligaments. Not only that, but good posture prevents backache, fatigue and muscle pain. "You can try to leave yourself a note to sit up straight until it becomes an unconscious habit," says Travers. "Walking with your shoulders back and head held high can also make you feel good about yourself." While teaching yourself to have better posture isn't something that can be [fixed](#) right away, reminding yourself to sit up straight has a positive effect on your overall health.



Borders:

All Ostomy types

Colostomy-related

Ileostomy-related

Urostomy related

6. Go to bed ½ hour earlier

Do you sleep a solid seven or eight hours most nights? Many of us don't but experts say this is a marker of good heart health. [Solid sleep](#) doesn't just give you more energy, it can also help with healthy eating goals. When you're short on sleep, it reduces your body's production of hormones that suppress appetite, which can contribute to weight gain. You may have a higher risk of heart disease, obesity and high blood pressure if you [suffer](#) from untreated [insomnia](#) or [sleep apnea](#), too. Those seven to eight hours don't have to be consecutive. If you're feeling particularly tired, try to sneak in a short nap early in the day. Don't overdo it, though. Limit your naps to 30 minutes to avoid falling asleep later than you should. Try to head to bed ½ hour earlier than your usual time. Turn off your [phone](#) (we promise you won't miss anything!) and wind down with a book. You'll be falling asleep in no time.

7. Incorporate balance exercises into your routine

Balance on one leg for 10 seconds at a time, then switch to the other leg. Travers suggests incorporating this [balance](#) exercise into your routine, but it can also be done while brushing your teeth or standing in a line. It's a part of neuromotor training, which helps you [improve](#) your balance, agility and mobility — all things you need in everyday movement and in other forms of exercise.

8. Weigh yourself every week

To keep your weight from creeping up on you, set a weekly maintenance or loss goal for yourself, write it down and check yourself against that goal. Weigh yourself each week on the same day and at the same time – and wearing the same amount of clothing for consistency. It's important to be mindful of clothes fitting and scale measure. If you're at work, walk to the furthest bathroom and take the stairs. While running errands, try to find the farthest parking spot and walk from there. Remember, even the smallest amount of steps still add up. Sometimes the weather doesn't cooperate and the last thing you want to do is go outside when it's snowing or windy, but don't let cold weather deter you. You can often [walk](#) comfortably by dressing right: Start with a sweat-wicking layer next to your body, add insulating layers for warmth, and top them off with a waterproof shell.



9. Start off your day with a healthy breakfast

Eat something high in fiber that includes protein to keep you full and energized. If you start the day out right, you tend to eat better overall and it helps [lower](#) your risk of diabetes and improves heart health. Not only that, but eating breakfast helps reduce brain fog, so you'll be ready to go for those morning meetings. Tired of the same bowl of oatmeal? Add different toppings to make it more exciting. Omelets don't have to be boring, either. Throw your favorite salsa, cheese and eggs into a whole grain wrap for a quick and easy breakfast burrito. The options are endless.

10. Include greens and lettuce in your meals

Incorporate lettuce into your meals to add nutrients and water to your diet. The fiber in lettuce helps to fill you up and it does so at just 20 calories per serving. Lettuces that are dark green and reddish in color are the most nutritious and the most flavorful. But even the popular, pale iceberg lettuce provides water, fiber and folate.

11. Find creative substitutions for unhealthy foods

Work to [eliminate](#) foods and snacks that you buy regularly that are high in calories but low on their health benefit. Eat them less often as an occasional treat. Try using low-fat dairy, whole grains, healthy oils like avocado and olive oil and natural sweeteners like fruit instead of high fat or sugary alternatives.

“Remember that building new healthy habits can take some time and it's OK to treat yourself to avoid feeling deprived,” says Jeffers. “Stay focused on your goal, and if you slip along the way, just start again.”



How to Have a Thriving Social Life While Living with an Ostomy

Coloplast Article

Getting to a place where you feel confident in yourself and your new routine might take some time. There are many factors to consider following your ostomy surgery, but there are also many [resources](#) available to you while you are adjusting to normal life. Having a thriving social life is not out of the question, and with some time and patience with your body, you will be living your best life.

Beginning Stages

In the beginning, it will be important to keep some sort of a journal or diary as you experiment with new foods and beverages. Figuring out how different foods and beverages affect your body will influence your social life with regards to dining out. It might be helpful to eat smaller meals more often throughout your day as you record what foods tend to cause more gas or which foods are harder for your body to break down. Remember to drink lots of water and chew your food well.

As you move from blander and softer foods to a more regular and high-fiber foods, you will notice more regularity in your bowel movements. Understanding your body's schedule will be key in planning outings, dates, and events. As you begin to venture out of the house more, remember to bring extra supplies with you and locate the restrooms should you need one with short notice.

Getting Out There

As your confidence builds, and your ostomy becomes routine and normal to you, saying 'yes' to more things will become easier and easier. If you were an active person before your surgery, you will be able to resume your [active lifestyle](#). Whether going to the gym, running along the beach, hiking through a forest, or playing a pick-up game of basketball, exercise is key to keeping you mentally, emotionally and physically fit. While you will need to be cautious in the beginning so you can fully heal, there are few limitations on what your body can do with ostomy. If you are having a hard time figuring out what clothing or specific products will help to keep things in place during your activities, Coloplast has put together [solutions](#) for a variety of different sports and activities.

Making friends aware of your new ostomy can be intimidating at first. Preparing an informative, concise story to tell people may help ease your mind. Connecting with your friends and family can help you to stay positive and hopeful and will make the transition back to regular life much more manageable. Share as little or as much as you feel comfortable about your ostomy, but keep in mind that talking about it can be beneficial to both parties.

If you are in a romantic relationship, it is likely that your partner is already aware of your surgery and new ostomy. Good communication and honesty about your feelings and your partner's feelings will be vital to the future of your relationship. It may take time for you to feel ready to be sexually active following your surgery, but exploring this as a couple and in the timing that works best for you will go a long way in helping your relationship succeed.

Meet Others Like You

You are not alone in this new change to your body. There are many people living with an ostomy already out there who are interested in connecting and sharing their stories. It can be helpful to talk to someone who is in a similar situation and who will understand the ups and downs of this new routine. Getting connected to a group or network that shares your story can be radically healing and help with your confidence and self-esteem, not to mention broaden your social network. If you aren't ready to venture out to a group just yet, you may want to begin by watching and hearing [stories](#) from others living with an ostomy to see how they were able to travel, date, go back to work, stay active, and enjoy a healthy sex life.

Whatever stage you are at in your recovery and healing process; if you are adapting to a new routine with your pouching system or working your way to sexual confidence with a partner, know that it is possible. While it may feel daunting to say yes to a date or go out to dinner with a group of friends, with just a little extra planning and the support of others, you can have a thriving social life with an ostomy.

Urostomy Diet Tips

Coloplast Article

Do I need to follow a special diet? Is there something I can't eat?

In general, the food that was good and healthy for you before your surgery is still good for you. A well-balanced diet is recommended for most individuals.

Eating small portions is a good idea

Right after surgery your ostomy nurse probably gave you some instructions on portion size and to avoid eating large meals initially. You may feel better if you try to eat smaller portions.

Remember to stay hydrated

Because of the nature of your surgery, you will produce more urine than a person who has not had a urostomy. This means you need to drink relatively more to help your body to maintain the right fluid balance. People with a urostomy are usually advised to drink 6-8 glasses of fluid a day.

Alcohol and caffeinated drinks

Alcohol is fine in moderation as is tea and coffee, but water and juices are still better sources of liquid, so be careful not to use coffee or tea as a substitute for water.



Care for Your Teeth - Your Heart will Thank You!

Cleveland Clinic, 2016



Raise your hand if you received a reminder card from your dentist and tossed it in the recycling bin. Now use that hand to grab the phone and call for an appointment!

New research underscores the links between your oral health and your overall health, and calls attention to the importance of seeing your dental professional every six months. Multiple studies indicate a link between periodontal disease and heart disease — and, on the “good news” front, treating periodontal disease has been shown to lower your risk of heart attack. Now a new study sheds light on how the presence of *Streptococcus mutans*, a cavity-causing bacteria, may increase your risk of hemorrhagic stroke.

Professional cleanings can reduce not only bacteria but also harmful inflammation, which may also contribute to heart disease. Brush and floss daily, and see your dental pro twice a year for cleaning and evaluation. If you find yourself slacking, remind yourself that, when it comes your health, everything is connected, so that good health anywhere in the body improves the likelihood of good health everywhere.

Problem-Solving Clinic **CLOSED**

The Ostomy Problem Solving Clinic is closed for face to face meetings until further notice. In the meantime, if you have questions:

- Text Karen Hollis, RN, CWON, at **512-785-7448**
- Text your name, number, type of ostomy and problem.
- Karen will call you back as soon as possible.



Ostomy Anniversaries May & June 2022

Sadie Faight, 33 and Linda Schmeltekopf, 62

My wife said: Here's \$20, get the dog a jacket.
If there's any money left over, get yourself a beer!



Virtual Zoom Meetings: 7- 8 pm
First Thursday of the month

May 5

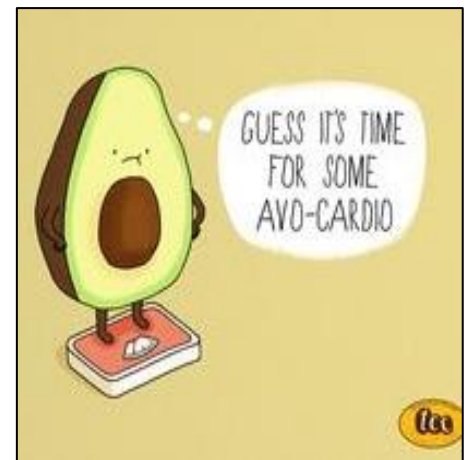
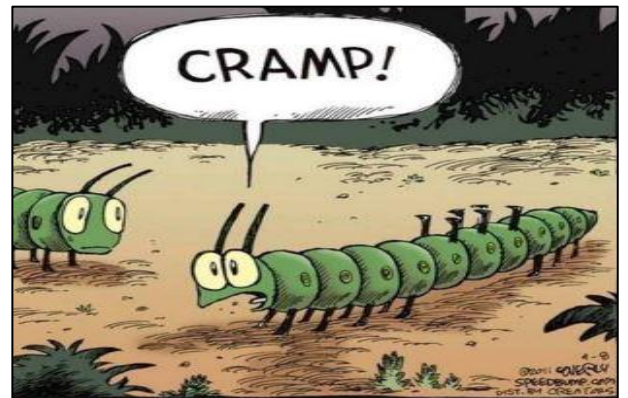
June 2

[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'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

Membership benefits include:

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

Newsletter Preference: Check one

_____ Printed version via US mail

_____ Email notification/download to your computer via website www.austinstomy.org



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<https://phoenixuoaa.org/>

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