



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



Upcoming 7-8 pm Meetings:

***September 5th - In Person ONLY; no Virtual Mtg**

October 3rd - In-Person & Virtual

Executive Committee

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Wound Ostomy Nurses

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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.



Travis Hudson presented Hollister products in August to a full house. In September, there will be an In-Person Meeting **ONLY**. We will divide into smaller groups of like Ostomates and talk freely and openly about challenges, suggestions, & personal experiences.



Have you paid your dues?

Living Well with Bladder Cancer

BCAN Online Article (edited)



Many patients and their families want to know what they can do to help prevent bladder cancer from recurring and to live well after a diagnosis. There are many different ways that people can live well after a diagnosis. Good nutrition is one way to live well, and is important for everyone, but balanced, healthy diets are strongly recommended for those living with a bladder cancer diagnosis.

Another essential part of living well is surrounding yourself with a support system and knowing when to ask for help. People want to know what they can do to help, and it is important to let them. You can ask them to come visit with you, or take up an activity with you.

There are many other people living with a bladder cancer diagnosis and there are support groups around the country. There is also an [online BCAN Support](#) Forum with nearly 60,000 members who know exactly what you are going through.

Stay as Active as You Can

Staying active is important, but it is even more important when facing bladder cancer. Staying or becoming active during bladder cancer helps the body stay strong and helps patients everywhere have a better quality of life. Generally, bladder cancer patients and survivors can resume the activities they enjoyed before their diagnosis, and some even patients have learned new activities.

If you aren't currently active, it is recommended to get 30 minutes a day of moderate intensity activity. Moderate intensity means that the activity is somewhat hard, and that you can carry on a conversation, but you probably couldn't sing. Walking is a great activity and can help your body stay strong. There are many activities that you might enjoy, such as swimming, sports, gardening, or yoga.

Talk to your doctor before starting a new exercise plan or physical activity.

For more tips on living well with bladder cancer visit, our ["Eating Healthy with Bladder Cancer"](#).



The Best Foods to Eat for Better Memory and Brain Health

Cleveland Clinic Health Essentials 5-18-2022 (edited)

They say, "You are what you eat." And the food we incorporate into our diets does have a profound impact on our bodies. But can certain foods also boost the health of our minds? Turns out, certain foods can indeed help with brain functions such as memory and concentration. "Different diets have been suggested over the years for optimal brain health and we have strong evidence for some," says memory and brain health specialist Babak Tousi, MD.

Especially as we age, our brains go through certain changes. One thing that happens, Dr. Tousi notes, is the white matter changes in our brains, which can affect the way our brains communicate information to the rest of our bodies. Additionally, there's a decrease in gray matter in our brains - the part of your brain that controls processing and thinking. Fortunately, various diets and foods have been found to help slow down degeneration of the brain and decrease the risk of diseases like Alzheimer's.



Can certain diets help with brain health?

Some diets have been shown to provide a variety of health benefits. The Mediterranean Diet, which focuses on foods like vegetables, whole grains and olive oil, is known for being heart-healthy. But it can also be good for your brain, by minimizing white and gray matter changes. "It has been found that the Mediterranean diet also decreases white matter changes," says Dr. Tousi. "It increased thickness in gray parts of the brain, we call it the cortex of the brain where the thinking process is."

All Ostomy Types

Colonoscopy & Ileostomy related

Urostomy related

Another frequently recommended diet, the [MIND diet](#) is a mix of the Mediterranean diet and the [DASH diet](#), which was developed to lower blood pressure. The MIND diet focuses on brain-boosting foods like fish and berries, while nixing foods like red meat, fried foods, sweets and fast food.

Cutting out pro-inflammatory and high-sugar foods can boost your brain and also may help prevent conditions such as Alzheimer's and dementia. "Similar to the Mediterranean Diet, the MIND diet can increase your brain's total volume," says Dr. Tousi. If you're not ready to commit to a whole new diet, incorporating certain foods into your meals can still have a lot of benefits.

Here are some foods that will make your brain smile:

Fish: Turns out, the "chicken of the sea" is more than a healthy meat alternative — it also serves as good brain fuel. Fish contains omega-3 fatty acids, which are beneficial for learning and memory. "There is strong evidence that fish can help decrease degeneration of the brain," says Dr. Tousi. "It may also help with memory decline in the elderly." As you age, your brain's gray matter, which helps with memory processing, naturally decreases. The good news? Omega-3 fatty acids in fish can help increase your brain's gray matter volume. Some examples of fish and seafood products to add to your diet include: Salmon, Tuna, Herring, and Sardines.

Berries: "Add color to your plate," recommends Dr. Tousi. Making sure your meals have a mix of different fruits and vegetables is a good way to get a balance of nutrition for your body and brain. Berries are on the list of recommended fruits to add to your diet under the MIND diet due to their source of vitamins, minerals, and fiber. Various studies have shown that berry fruits can have a positive impact on neurodegenerative diseases due to aging. While more research still needs to be done, eating berries can improve memory. A bowl of strawberries never sounded sweeter! Some delicious berries to add to your diet include Blueberries, Strawberries, and Blackberries.

Whole Grains: Another food swap that could have a positive impact on brain health is switching out refined carbohydrates with whole grains. Along with other health benefits, whole grains can have a positive impact on brain health because of the way they are processed in your body. Unlike the refined carbs in white bread, whole grains are complex carbohydrates that break down more slowly in your body and their sugars are released gradually, which is a good thing.

"As soon as you eat white bread, it breaks down quickly into sugar," explains Dr. Tousi. "Whole-grain bread does not. Try to avoid foods that release sugar very quickly into your body. Complex carbohydrates like whole grains are broken down more slowly, so sugar is released gradually, allowing your body to function more efficiently." Dr. Tousi points out that a high sugar intake is also linked with an accelerating decline in brain function. Even something as healthy sounding as pre-packaged instant oatmeal isn't as beneficial to your health as the steel-cut oat version. Try swapping out your simple carbs with whole-grain substitutions such as brown rice, quinoa, oatmeal, buckwheat, whole-grain breads and pastas.

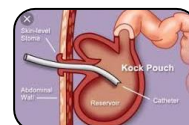
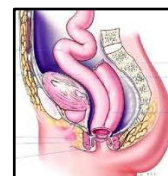
Overall, being mindful of what you eat can have many health benefits for your whole body, including your brain and memory. Even small changes can make a big difference. Explore new diets or switch out certain foods in your daily meals to deliver some brain-boosting goodness.



Continent Bowel Diversions (UOAA edited online information)

Ileoanal Reservoir (J-Pouch) A procedure in which the colon and most of the rectum are surgically removed and an internal pouch is formed out of the terminal portion of the small intestine (ileum). An opening at the bottom of this pouch is attached to the anus in a way that the existing anal sphincter muscles can be used for continence. This procedure most often is performed on patients with ulcerative colitis or familial polyposis who have not previously lost their anal sphincters. In addition to the "J" pouch, there are "S" and "W" pouch geometric variants. It is also called ileoanal anastomosis, endorectal pull-through, pelvic pouch and, ileal pouch anal anastomosis.

Continent Ileostomy (Kock Pouch) An ileostomy that drains into a surgically created pouch or reservoir located in the abdomen that is created from loops of the small intestine (ileum). Involuntary discharge of intestinal contents is prevented by a nipple valve created from the ileum. This method eliminates the need for the patient to wear an external pouch over the stoma. The stoma is catheterized throughout the day to empty the reservoir.



Barrier Consideration to Obtain Your Fit

UOAA Online Article from Coloplast



What is more important: fit, flexibility, stretch capability, or adhesion?

If you cannot decide, or there are two or more that are just as important, you are not wrong. Why not have all in one for your barrier selection? You can have fit, flexibility, stretch capability, and adhesion in one pouching system!

Fit

When selecting a barrier, many considerations can come into play. When considering fit, proper application and sizing is important to help reduce leakage and create a seal around the stoma. Utilizing a stoma measuring guide or template with each pouch change is beneficial to help obtain the proper fit. Stoma size can change after surgery, so measuring is key. Deciding between a precut or a cut-to-fit barrier is also important to consider, as it depends on which option provides the best fit to your body.

Flexibility

A flexible barrier will move, bend, and stretch with your body allowing you to be comfortable as you go about your daily activities. Flexibility with stability helps achieve a seal around the stoma along with the proper fit. In day-to-day movements like, getting in and out of your car, vacuuming, getting a spice off the top shelf, or even a sport you enjoy playing, flexibility is important to move with your body.

Stretch capability

Can you have flexibility without stretch capability and vice versa? What if these two worked hand in hand to create the best seal and optimal comfort to help you with your daily activities? Think back to reaching to get a spice off the top shelf in the kitchen. You need to have flexibility in the barrier to obtain the stretch, but then when back in a normal standing position the ability for the barrier to go back to the original shape after completing the stretch—how is that obtained? Teamwork!



Adhesion

Lastly the ability for the barrier to have adhesion to the skin. This can be a challenge outside of the barrier itself. For example, what if there is a small area of irritation, moisture, or the landscape is not perfectly flat (which is very common)? The adhesion is important to provide the tact to the skin so that the barrier has all the capabilities: fit, flexibility and stretch! Good adhesive security is obtained by gentle warmth using the body heat of your hands, and a nice gentle pressure with application from the inside (near the stoma) all the way to the edges of the barrier. This helps activate the adhesive into those small nooks and crannies that our skin has even if we can't see them with the naked eye.

Essentially, there are many questions that may come up when deciding on the best barrier fit for you. Let's go back to the original question that was posed: What is more important: fit, flexibility, stretch capability, or adhesion? The answer can be any of the above, and it all depends on your own lifestyle and personal needs. Things to keep in mind when you are considering your barrier options are, "Does this barrier have a good fit to my body?", "Does the barrier allow me to stretch without compromising the seal?", and lastly, "Does this barrier give me the security to enjoy my activities?". There are options available for many body types and challenges. Reach out to your WOC nurse so they can help you answer the questions that are important to you!

Note: The materials and resources presented are intended to be an educational resource and presented for general information purposes only. They are not intended to constitute medical or business advice or in any way replace the independent medical judgment of a trained and licensed physician with respect to any patient needs or circumstances. The information presented or discussed may not be representative of all patient outcomes. Each person's situation is unique, and risks, outcomes, experiences, and results may vary. Please see complete product instructions for use, including all product indications, contraindications, precautions, warnings, and adverse events.

EMOTIONAL SUPPORT:

A Crucial Component of Quality Care for Ostomy and Continent Diversion Patients

United Ostomy Associations of America, Inc. (UOAA) is committed to providing resources to those who are in need of emotional support as well as promoting recommended standards of care across the nation that is supportive of both the physical and emotional well-being of people living with an ostomy or continent diversion.



Important research findings¹ show evidence that a high percentage of patients **did not** receive these recommended standards of care as outlined within the Ostomy and Continent Diversion Patient Bill of Rights?

When asked what patients struggled with most following discharge from their ostomy or continent diversion surgery, a survey of 412 respondents revealed "lack of emotional support/depression" to be in the **top 3** most commonly reported answers.

60% Did not receive resources to organizations who support and advocate for patients living with an ostomy or continent diversion

68% Did not receive information about support groups

70% Were not provided the opportunity to talk with someone who has been through ostomy or continent diversion surgery

78% Were not provided the opportunity to discuss the emotional impact of surgery

"It would have been great to speak to someone who had the surgery and was living with the ostomy."



"We had to search out an ostomy nurse, our hospital only had one at the time of surgery. They hold classes for knee replacements, diabetes, etc. but nothing for a urostomy."



"I'm still shocked at how we felt so alone and abandoned after we left the hospital."

"It really is crucial to join a support group and see a psychologist."



These quotes were taken directly from survey respondents*

DO YOU OR SOMEONE YOU KNOW NEED EMOTIONAL SUPPORT?

UOAA has 300 Affiliated Support Groups (some with visitor programs), a mental health provider finder, ostomy nurse finder, and an online discussion board.

FOR MORE INFORMATION PLEASE VISIT WWW.OSTOMY.ORG OR CALL 800-826-0826



412 respondents were surveyed in 2019 in a national survey performed by the United Ostomy Associations of America, Inc. for a research project under the auspice of the University of Oklahoma with research team members Leslie Riggle Miller, PhD, B. Mitchell Peck, PhD, Joanna Burgess-Stocks, BSN, RN, CWOCN, Jeanine Gleba, MEd

*To view all of the best in practice standards of care recommended in UOAA's Ostomy and Continent Diversion Patient Bill of Rights and the White Paper validating the standards of care, please visit <https://www.ostomy.org/bill-of-rights/>



Ostomy Anniversaries: September & October 2024

Dorothy Ruhl, 30; Dwight Vance, 28

The adult version of
"head, shoulders,
knees and toes" is
"wallet, glasses,
keys and phone."

My hobbies include
eating and complaining
that I'm getting fat



Meetings

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

***September 5 (No Virtual Mtg)**

October 3

November 7

December 5

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 Karen Hollis (512-785-7448) 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. You can also email us at info@austinosstomy.org.

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



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://phoenixuoa.org/>

Toll-free 800-750-9311.

Free Problem -Solving Clinic

This free clinic is open on the first Thursday of the month at the Gethsemane Lutheran Church from 1-4:00 pm

- Text or call Karen Hollis, Retired RN, CWON at 512-785-7448
- Text/leave your name, number, type of ostomy, and problem
- Karen will contact you

SenSura[®]Mio



Find a better fit with SenSura[®] Mio!

"It just fits around the stoma. I don't have to worry that I'm going to have an accident. I can be free and just enjoy life."

Rachel*, SenSura[®] Mio Convex Flip user

Every body is different – so your pouching system should be, too! From flat, to convex, to the **NEW** convex flip – there are options to fit every body.

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There's a Mio for every body



Stoma Care / External Care / Wound & Skin Care / Transcatheter Closure

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Coloplast

PM-0630C 03.19



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people

program

products

services



Heinrich Köberle, Germany



Jonathan Mendez, USA