



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: April 6, 2023
May 4, 2023**

Time: 7:00-8:00 pm

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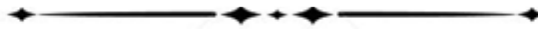
512-339-6388

oa_help@email.com

This Bi-monthly newsletter is available online at www.austinostomy.org

Have you paid your dues?

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.



Welcome Spring...

A lovely reminder of how beautiful change can truly be.

WELCOME TO TEXAS

Winter is at 6 am
Spring starts at 10 am
Summer is at 2 pm
And fall starts around 4:30ish
Dress accordingly



We had a virtual meeting only in March due to the Austin-area's weather forecast calling for a major thunderstorm and cancelled our February meeting due to the ice storm that damaged so many of the trees in this area.

The incredible Carol Marshall-Hanson, RN, CWON presented on **Healing Your Skin: What You Should Know about Pure Hypochlorous Acid**. You can see the PPT with some before and after photos on our website.



This April, Joga Ivatury, M.D., MHA, will be our **in-person** 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**. Come join us at the church or virtually.

Tips from Bladder Cancer Caregivers

Bladder Cancer Advocacy Network (BCAN)



Learning someone you care about has bladder cancer can feel overwhelming. Your partner, family member, or friend may need you as a caregiver. Caregiving can be a rewarding and sometimes difficult journey.

Cancer Caregivers Play Many Different Roles.

You can:

- support and advocate for your loved one during diagnosis, treatments, and follow-up care.
- provide emotional and sometimes physical support.
- give encouragement as your loved one makes treatment decisions

Bladder cancer caregivers face a long journey. The treatments and close monitoring of your loved one may continue for many years. Often, a caregiver is not paid. You may not have formal training for this important role. When becoming a caregiver, it helps to know what is involved.

Caregivers can:

- accompany a patient to appointments.
- help make medical decisions.
- coordinate medical and at-home care'
- manage everyday tasks such as medication schedule, meals, finances.
- provide transportation.
- become part of the patient care team as you report observations of the patient's response to medications and treatments.

Each year more than 80,000 people in the United States hear the words, "You have bladder cancer." You are not alone as a caregiver. As a caregiver, you are a vital part of the patient care team. What happens at home is just as important as what happens at the doctor's office. BCAN gathered information to support you as you care for someone with bladder cancer.

Here are some ways to prepare for your caregiver role:

- Find a support network
- Gather information about your loved one's diagnosis
- Plan for the future; accept help and take care of your own health
- Recognize and accept the "new normal"



"Never believe that a few caring people can't change the world. For indeed, that's all who ever have." Anthropologist Margaret Mead

"There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver." Rosalyn Carter

"It is not the load that breaks you down. It's the way you carry it."
Lena Horne

"We rise by lifting others." Robert Ingersoll

Stoma and Peristomal Investigation: What Should I Look For?

Jan Colwell, MS, RN, CWOCN, FAAN **USE ME**



For the person with a stoma, it is important to examine the stoma and the skin around the stoma (called peristomal skin) on a frequent basis. Why? Because finding subtle changes can allow you to determine if these changes need attention. Let's look at what should be included in your stoma and peristomal investigation.

Stoma: All stomas should be red. The color red can vary: the stoma is made of moist red tissue that lines our GI tract from top to bottom (mouth to anus). The mouth is lined with a red moist tissue that is very similar in appearance to our small and large intestine lining. (Remember your stoma is either the small or large intestine) If the stoma has any areas that appear to have a bump, an ulcer (scooped out) or a laceration (small linear line of white tissue) this could indicate a problem and a consultation with your ostomy nurse or physician is warranted.

Stomas can be harmed by a snug fitting hard pouching system, or by a belt and an evaluation by your health care provider can help you determine what activity might be causing your stoma harm. Stoma injury is not common, but it is smart to examine your stoma on a routine basis.

Peristomal Skin: The skin around the stoma should have no open areas, should not burn or feel itchy and should look like skin on other sections of your abdomen. Of course, when you first remove your pouching system the skin around your stoma can be pink from the pouch adhesive removal. This pink area should slowly fade. If there are any openings on your skin, you will see moisture in the area that is not intact. Remember our skin is dry and once you have moisture on your skin, it means the first layer of the skin has been injured. If you notice red, discolored, or moist skin, think about the cause of this injury to your skin. Did the skin get pulled as the pouch was removed? This is called an adhesive injury and can be prevented with a slow removal of the adhesive by gently pulling up with one hand and with the other hand pushing the skin downward to release the tape. You can also consider using an adhesive remover product, either a spray or a fabric wipe that can help to release the skin from the pouch adhesive.

Is the cause of the skin injury from stool or urine getting under the seal? You should always look at the back of the skin barrier (adhesive) to see if urine or stool is under the seal and on your skin at pouch change, this finding is called undermining and the treatment can be one of many interventions.

Things you can check for a cause of undermining include: is the opening in the skin barrier too large and stool or urine is contacting the skin and getting under the barrier? Is the skin next to the stoma uneven with creases (you can check this out in a sitting position with no pouch on)? If so, you might need a convex (rounded on the adhesive side) skin barrier. Or your wear time (the amount of time between application and removal) may be too long: average wear time is 3-4 days and extending beyond might mean that the skin barrier adhesive eroded (washed out) and allowed urine or stool to be on your skin.

It is advisable that you see your ostomy nurse on a routine basis and in between those visits you can be the investigator and check out your stoma and peristomal skin health.

"In between visits with your healthcare provider, take a look at your stoma and peristomal skin"



Article Borders:

All Ostomy Types

Colonoscopy & Ileostomy related

Urostomy related

Why Ginger Offers Health Benefits

Cleveland Clinic Health Essentials, January 31, 2023 (edited version)



Spices aren't just a way to add zest and flavor to your favorite dishes. Many also provide hefty doses of antioxidants, nutrients, minerals and vitamins. Ginger, which comes from a flowering root plant, especially provides a variety of great health benefits. Found first in Southeast Asia, the spice has been used in Eastern medicine practices since the 9th century, and is also a staple of Asian, Indian and Caribbean cuisines.

By appearances alone, ginger doesn't look like a body booster. When you're eating ginger, you're eating the root (called the rhizome), which resembles a smaller sweet potato or even a gnarled tree. But ginger is both delicious and highly nutritious. Dietitian Candace O'Neill, RD, LDN, shares the multiple health benefits of ginger and explains why it packs a powerful punch.

Pain Relief: Fresh ginger boasts a potent compound called gingerol, which includes antioxidant properties and reduces inflammatory enzymes. As a result, ginger is "beneficial for inflammatory-related conditions and pain relief, specifically menstrual cramps and also arthritis-based conditions," O'Neill says. For example, in a clinical trial, ginger showed promise for improving knee pain associated with osteoarthritis.

Dried ginger also contains anti-inflammatory compounds, but gingerol changes form when heated into a different compound that's not as effective. Interestingly, O'Neill says ginger's been linked more to long-term pain relief rather than immediate pain relief. "When you take over-the-counter pain medication, it helps in an instant. Researchers studying the effects of ginger found the spice has a delayed effect. In a few days, people may anecdotally say, 'You know what, I feel like I'm in less pain.'"

Improves Blood Sugar Regulation: Gingerol could also explain ginger's role in keeping blood sugar levels steady. This is key to controlling the long-term health effects of Type 2 diabetes. "The ginger reduces enzymes that break down carbohydrates and so it helps with glucose (sugar) metabolism," notes O'Neill. People with Type 2 diabetes often don't produce enough insulin, which is important to ensuring glucose circulates throughout your body and doesn't accumulate in your bloodstream. Studies have also found that ginger encourages your muscles to absorb glucose, without requiring you to take extra insulin. This could lead to additional positive side effects. "When you're insulin resistant, sometimes, it can make it harder to lose weight," O'Neill explains. "Improved blood sugar regulation may help with weight loss and potentially make your body more sensitive to insulin."

Reduces Nausea: As a kid, your parents might have given you ginger ale to treat an upset stomach. But it's likely not the ginger that settled your tummy. "Most ginger ales don't actually contain real ginger," says O'Neill. "It's probably more of the carbonation that helps settle someone's stomach." Eating fresh ginger can help with various forms of nausea, though, including morning sickness, motion sickness and the side effects of some chemotherapy regimens. "Ginger may be helpful because it helps increase the way food moves through your GI tract, called gastric motility, and block serotonin receptors in our gut lining," she adds. This can help silence nerves that trigger your vomiting reflex.

Side Effects of Ginger: There's no magic amount of ginger that makes a difference for inflammatory-related conditions and pain relief. But don't start taking a ginger supplement before consulting a doctor. "High-dose supplements can actually cause nausea and gastric reflux," O'Neill warns. "High doses of ginger can also interact with blood-thinning medication. It's always important to speak to a practitioner before you start taking any dietary supplement."

According to the National Center for Complementary and Alternative Medicine, other potential side effects of ginger include: Abdominal upset, Heartburn, Diarrhea, and Irritation in your mouth and throat.

How to Add Ginger to Your Diet: Ginger is easy to add to your diet, in no small part because a little goes a long way. "People sometimes describe fresh ginger as tasting spicy-sweet, while dry ginger has more of a pungent taste," O'Neill shares. You can buy ginger in fresh, dried or powdered form — or take ginger root and grate or grind it yourself at home to your desired consistency. "Ginger can be found in a few options at the grocery store," she adds. "You can purchase just the root itself. You can buy it dried, or you can consume pickled ginger or ginger tea. There are also ginger shots that might be beneficial."

Ginger tea also offers health benefits, especially if you're looking for relief from inflammatory conditions or nausea. But O'Neill notes another common liquid, ginger beer, may not be the best choice for relief. "Sometimes, ginger beer has a lot of added sugar, which is not healthy, especially if you're concerned about an inflammatory condition like arthritis," she continues. "Drinking ginger tea would be probably more advantageous since it does not contain added sugar."

"You can keep fresh ginger root in the freezer and grate it to add to recipes as needed," O'Neill suggests. "The options are endless. The benefits are long term." Get in the habit of incorporating ginger-rich foods into your diet on an ongoing basis, so you experience the most health benefits. Luckily, because ginger tastes so good, we're more inclined to eat it. "Which is important, because eating it more often will cultivate a healthier dietary pattern. This can help with reducing the risk of chronic disease or help to manage chronic disease."

Fun Stuff ONLY the English Language Could Have Invented!

Author unknown

We'll begin with a box, and the plural is boxes, but the plural of ox becomes oxen, not oxes. One fowl is a goose, but two are called geese, yet the plural of moose should never be meese. You may find a lone mouse or a nest full of mice, yet the plural of house is houses, not hice.

If the plural of man is always called men, then shouldn't the plural of pan be called pen?
If I speak of my foot and show you my feet, and I give you a boot, would a pair be called beet?
If one is a tooth and a whole set are teeth, why shouldn't the plural of booth be called beeth?

Then one may be that, and three would be those, yet hat in the plural would never be hose, and the plural of cat is cats, not cose.

Speak of a brother and also of brethren, but though we say mother, we never say methren. Then the masculine pronouns are he, his and him, but imagine the feminine: she, shis and shim!

Let's face it - English is a crazy language. there is no egg in eggplant nor ham in hamburger; neither apple nor pine in pineapple.

English muffins weren't invented in England.

We take English for granted, but if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham?
Doesn't it seem crazy that you can make amends but not one amend.
If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught?
If a vegetarian eats vegetables, what does a humanitarian eat?
Sometimes I think all the folks who grew up speaking English should be committed to an asylum for the verbally insane.

In what other language do people recite at a play and play at a recital?
We ship by truck but send cargo by ship.
We have noses that run and feet that smell.
We park in a driveway and drive in a parkway.

And how can a slim chance and a fat chance be the same,
while a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out, and in which an alarm goes off by going on.

And, in closing, if Father is Pop, how come Mother's not Mop?





March/April 2023 Anniversaries:

Carol Laubach, 55; Beth Mosley, 47;

Allen Scott, 18, Kellie Zullig, 25; Dan Boswell, 8



Meetings
First Thursday of the month
7-8:00 pm
Meeting will be combined In-Person & Virtual

April 6

May 4

June 1

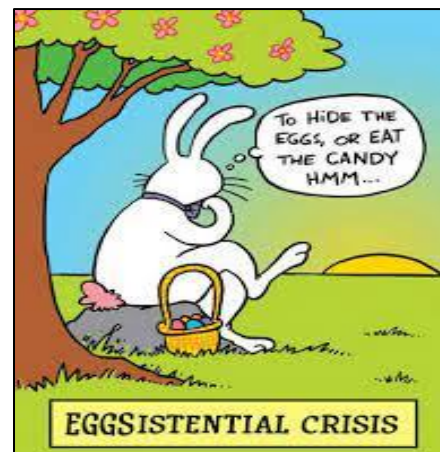
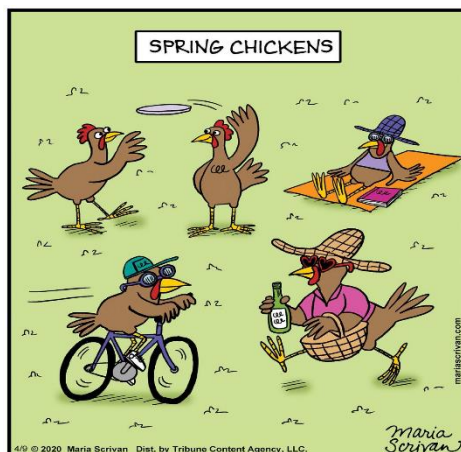
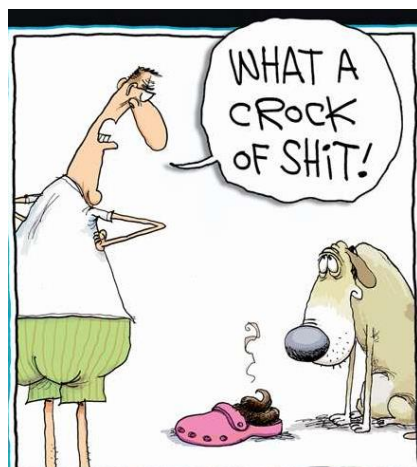
No July Meeting

Join Zoom Meeting (click on live link)

Meeting ID: 886 3266 6521

Passcode: Welcome!

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

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.

There's a Mio for every body



Find your fit today!

For free samples, call toll-free **1-855-430-9500** or visit www.sensuramio.us



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Heinrich Köberle, Germany



Jonathan Mendez, USA

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.austinostomy.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://phoenixuoaa.org/>

Toll-free 800-750-9311.

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