



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, May 2, 2019 @ 7:00 pm
Thursday, June 6, 2019 @ 7:00 pm

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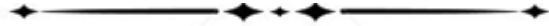
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This Bi-monthly newsletter is available
online at www.austinostomy.org

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.



Coloplast Representatives Kassidy Janicki and Tabatha Schroeder gave a great presentation and overview of the latest ostomy products. They provided free samples and a gift basket giveaway.

Below: L-R: Carol Laubach, Tabatha, Mary Meshbane, Karen Hollis, Kassidy, Carol Marshall-Hanson



For you planning: Vendor Fair will be October 3, 2019.

May 2nd

Have Ostomy...Will Travel. Jon Bayer, world traveler & one of our members, will lead the discussion about travel do's and don'ts. **Snacks:** Mary Meshbane, Karen Hollis, Dorothy De La Garza, Nancy Jones, Carol Laubach

June 6th

Q & A. Members will have an opportunity to ask questions and share concerns with our nurses and members. **Snacks:** Pablo Del Rio, Melissa Ruiz, Amy Nichols, John Duncanson, Linda Broadbent

Have you paid your dues?

Air Travel Tips from UOAA and the TSA (edited)



UOAA communicates directly with the Transportation Security Administration (TSA) in the interest of making travel easier for all those traveling with an ostomy. No person living with an ostomy should ever be discouraged from traveling, whether for work, to see family and friends, take a vacation, or on a journey around the world. With our tips and [latest guidance from the TSA](#), you'll be empowered with the knowledge to help make your next travel experience a positive one.

- 1. Be Prepared:** Pack ostomy supplies in at least two places – carry-on and checked luggage. Take extra supplies in case you are stranded where supplies may not be available. For domestic flights, scissors are allowed in your carry-on luggage as long as the cutting edge is no longer than 4 inches (2.4 inches within Canada, check other foreign nation rules). Consider having pre-cut pouches for convenience and international travel. And of course, empty your pouch before arriving for a trip.

Be aware that the [3-1-1 Liquids Rule](#) (also see [TSA Video](#)) requires that items classified as liquid, gel, aerosol, cream or paste must be carried in containers no larger than 100 mL (3.4 ounces). If your medical condition requires larger quantities and must be carried on board the plane they are [allowable](#), but must be declared at the security checkpoint and require additional screening.

- 2. Request Passenger Support:** Travelers with disabilities and those with medical conditions such as an ostomy who have concerns about airport screening should contact TSA Cares at least 72 hours before travel: toll-free at (855) 787-2227 or email TSA-ContactCenter@tsa.dhs.gov. TSA Cares agents provide callers with information about what to expect during screening so that travelers may better prepare. They can also provide a flight itinerary and will coordinate assistance available from a Passenger Support Specialist (PSS) and/or customer service manager at the airport. Airports differ on the level of assistance offered.
- 3. Get a Notification Card:** Download our [printable travel communication card](#). This is NOT a special security pass but it is a way to communicate discreetly to agents that you have an ostomy. You can also show a note from your physician explaining any of your medical conditions.
- 4. Consider TSA Pre-Check:** You may find shorter lines and wait times by enrolling (for a fee) in TSA Pre✓®. Passengers still undergo screening at the checkpoint, but they do not need to remove shoes, laptops, 3-1-1 liquids, belts, or light jackets during the screening process at participating airports. TSA Officers may still swab your hands for explosives or do a pat-down.
- 5. Arrive Early:** All travelers should arrive at least two hours early for domestic and three hours early for international flights. Allow plenty of time to empty your pouch if needed to help ease the security screening process.
- 6. Communicate at the Start:** At the beginning of the screening process inform the TSA officer that you have an ostomy pouch attached to your body and where it is located. You may provide the officer with the TSA notification card or other medical documentation to describe your condition.
- 7. Understand Protocol:** TSA agents are professionals tasked with keeping you and fellow passengers safe. Be cooperative and respectful and know that their requests and actions are usually standard procedures. You should expect to be screened without having to empty or expose the ostomy through the advanced imaging technology, metal detector, or a pat-down. If your ostomy pouch is subject to additional screening may be required to conduct a self pat-down of the ostomy pouch outside of your clothing, followed by a test of your hands for any trace of explosives.
- 8. Expect a Pat-Down:** Additional screenings are not uncommon as the TSA heightens security. TSA has recently consolidated pat-down procedures into one standardized procedure. You may also undergo a standard pat-down of areas that will not include the ostomy pouch.
- 9. Know Your Rights:** Remember that you can request a private screening (along with a travel companion) and a chair, at any point in the process. You can also always request to speak with a Supervisory TSA Officer about any concerns. You should not be asked to expose your ostomy or remove clothing in sensitive areas—this is not allowed. If an incident occurs, report it to the TSA and

follow up with UOAA to ensure proper action is taken to resolve the issue after TSA reviews the security footage.

10. **Spread the Word/Foreign Travel:** Encourage other people you know with an ostomy to follow these guidelines and not let fear of the unknown or a prior negative experience discourage them from enjoying travel. People with an ostomy frequently fly all over the world without incident. **If traveling to a foreign country** it is a good idea to have critical ostomy information written in their language. One of the 70 member associations of the [International Ostomy Association \(IOA\)](#) may be of help with this translation, local security procedures, as well as with locating supplies while visiting their country



Love, Marriage, and Diabetes Risk

Blanchard Valley Health Systems October 2018



Married couples share more than just a fight for the covers. One study shows that they also share a risk of developing type 2 diabetes. For the study, more than 7,000 people provided information about their own and their spouse's health. The researchers found they could predict someone's risk of having type 2 diabetes from his or her partner's body mass index - a number used to screen for weight categories, such as overweight and obese.

Wait, what? Your risk for diabetes is related not only to your own weight but also to your partner's weight? How can that be?

In sickness and in health: Spouses tend to pick up each other's habits over time. And it doesn't stop with wearing matching shirts and finishing each other's sentences. They also begin copying each other's eating and exercise habits, for better or for worse. If one partner binge-watches a whole season of *The Walking Dead*, the other is probably sitting there with the popcorn bowl. However, if one partner makes a habit of going for walks and bike rides, those good habits can rub off on the other as well.

Are either of you at risk? Things that increase the chance of developing type 2 diabetes include:

- ✓ Being age 45 or older
- ✓ Having a close relative with type 2 diabetes
- ✓ Being overweight
- ✓ Being physically inactive
- ✓ Having high blood pressure



If you have any of these risk factors, ask your doctor about getting your blood sugar tested. Make sure that your partner does the same.

Team up to get healthier: To lower your risk of getting type 2 diabetes:

- ✓ Cook more meals together. Cooking at home helps you eat healthier and save money—and cooking is a lot more enjoyable with company in the kitchen.
- ✓ Make fitness-oriented plans. Go hiking, biking, or dancing. Sign up for a shared personal trainer session or exercise class.

Celebrate successes as a couple. If one of you hits a weight-loss or fitness goal, both of you get a (nonfood) treat. Ta-da! You just doubled your motivation!

Article Borders: **Yellow** - All Ostomy types **Red** - Colostomy-related;
Green - Ileostomy-related **Blue** - Urostomy related

Living with a Urostomy

WebMD

When you find out you need a urostomy, it can take time to get your head around what it means for you. It changes how your body works, so you'll probably have questions about how it will affect your life. The short answer is that you'll still be able to do most, if not all, the things you do now -- including work, exercise, and social outings.

A urostomy, also called an ostomy, makes a new path for urine to flow through your body. Normally, pee goes from your kidneys to your bladder, then out of your body through a tube called the urethra. But if you have a bladder problem, like bladder cancer, that path may not work the way it should. To get a urostomy, you'll have surgery that takes part of your small intestine to create a new path. Your pee will flow from your kidneys, through that piece of intestine, and out a stoma -- an opening your doctor makes in your belly. A pouch will fit over the stoma to collect urine. You won't control or even feel when pee comes out. It'll take time to heal and get used to the new routine.

Basic Pouch Care

You'll need to empty and change your pouch regularly. There are different kinds of pouches. Before you leave the hospital, your nurse will teach you how to care for yours. Some helpful tips include:

- Empty the pouch when it's a third to a half full -- it may leak if you wait longer.
- Before you empty it, put some toilet paper in the toilet to keep pee from splashing up.
- Make sure to close the spout on the pouch after you empty and change it.
- Change your pouch in the morning before you eat or drink, so you're less likely to have problems with dripping.
- At least at first, use a mirror to make sure you place the pouch correctly.

Basic Skin Care

You'll need to pay attention to the skin around the stoma to keep it from getting sore. To avoid skin problems:

- Be gentle when you remove the pouch.
- Change your pouch as often as your nurse tells you to -- doing it too often or not enough can cause skin problems.
- Don't use more tape than you need.
- Make sure your pouch fits your body's shape.
- Measure your stoma carefully so you can cut your pouch's skin barrier to fit closely.

Signs of Infection

- Dark, cloudy urine
- More mucus in your pee than usual -- it's normal to have some white mucus threads from the stoma
- Your pee smells very strong.
- Back pain
- Fever
- Upset stomach and throwing up

When Should I Call My Doctor?

Let your doctor know if you think you may have an infection. Also tell him if:

- You have bleeding from the stoma that doesn't stop with a little pressure.
- You have pain, cramping, or swelling in your belly.
- Your pouch leaks regularly or doesn't stay in place.
- Your skin around the stoma keeps getting red or sore.
- The stoma turns dark purple, brown, or black.

Can I Shower, Bathe, and Swim?

The stoma is a one-way door, so water's not a problem. You can shower and bathe with or without the pouch. But it's best not to use bath oils or soaps with moisturizer. Swimming's not a problem, either. It helps to:

- Wear your pouch, but empty it before you get into the water.
- Use waterproof tape around the edges of the pouch.
- Wait a few hours after you put on a new pouch before you swim.



Should I Be Careful with What I Eat or Drink?

No, just drink plenty of fluids, like water. It's best to limit caffeine and alcohol, because they're less likely to keep you hydrated. That's important to lower your chance of infection.

Your pouch is odor-proof, so you won't smell anything until you empty it. If your pee has a very strong odor, it could be a sign of infection. But other things can affect the smell, too:

- Foods, like asparagus, coffee, fish, garlic, and onions
- Medicines, such as antibiotics
- Supplements, like vitamins

Do I Need New Clothes?

Loose-fitting clothes may be more comfortable at first, but you should be able to switch back to many of your regular clothes in time. You may need to give up belts that press on the stoma or clothes that are tight over it, though.

When Can I Go Back to Work?

It'll take some time to heal from the surgery, so your doctor will let you know when it's safe to go back. If you do heavy lifting at work, tell your doctor -- you may need to wear an ostomy support belt.

Can I Exercise?

Yes, but check with your doctor first. Contact sports may be an issue because you need to avoid getting hit in the stomach. You may be able to find special equipment. Ask your doctor what's safe for you.

When Can I Have Sex Again?

Your doctor will let you know when you can have sex and if you can expect any problems. Most women don't have issues, but some men do.

Sex may be a little awkward at first. Your partner may be afraid of hurting you, and you may feel unsure of yourself. Go easy and talk about your feelings -- that will help make it more comfortable.

Can I Travel?

Yes, it just takes a little planning. Make sure to take about double the supplies you think you'll need.

If you're traveling by car:

- Have a good idea of where you may stop for bathroom breaks.
- Don't leave your supplies in a hot car -- they could melt.
- If you're flying:
- Travel with a doctor's note saying you have a urostomy. This can clear up any questions as you go through security.
- Put your supplies in your carry-on bag.

Get Support

This change in a basic body function can bring on feelings of sadness, anger, or fear. Remember to tend to your emotional well-being, too. You might find it helpful to talk to a therapist or someone who's been through it. The United Ostomy Associations of America has an ostomy visitor program so you can talk to someone in your area who's also had one. Some people find ostomy support groups helpful, too.

A Nap a Day May Spell Good News for Blood Pressure

Cleveland Clinic Wellness April, 2019



Babies and toddlers haven't cornered the market on naps. Yes, a hearty snooze or two a day is sacrosanct for the under-4 set, but a growing body of research shows that strategic napping may be good for grownups, too. Short naps in the afternoon when energy is flagging can "reboot" the brain and improve performance, no caffeine required. Napping also may benefit heart health by lowering blood pressure. In a recent clinical study, participants who napped during the day had an average of 5 mm Hg lower systolic blood pressure than those who didn't nap—a reduction comparable to other lifestyle changes, like cutting down on salt or alcohol consumption. Of course, many people's work schedules don't allow for napping. But if yours does, give it a try. To avoid grogginess and negative effects on nighttime sleep, stick with 10- to 30-minute naps. Be sure to talk with your physician if you're frequently feeling tired during the day or taking long naps, as they may be a sign of an underlying health condition.



Yearly Anniversaries - 2019

May & June

Jim Ellisor, 59
Morine Bingles, 42
Linda Schmeltekopf, 59
Sadie Faught, 30

YOU place a special mark in our world. What is your ostomy anniversary month and year? Let us know!



Thursday Meetings

May 2 - Travel
June 6 - Q & A
No July Mtg
August 1
September 5
October 3 ~ Vendor Fair
November 7
December 5



Texas Slang

You good = Are you ok?
You good = You are ok.
You good = How have you been
You good = Did you get enough
You good = You're welcome
You good = Stop talking to me
You good = No need to say sorry
You good = You need some money?

😂😂😂 real

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.austinostomy.org

Membership benefits include:

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



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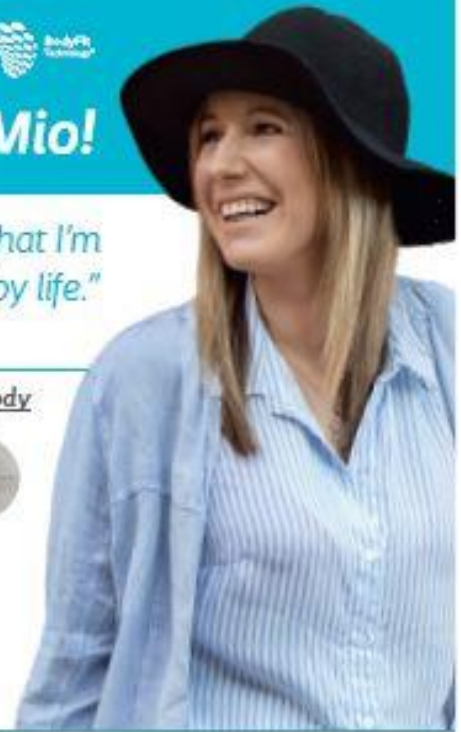
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