



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, January 5 @ 7:00 pm

Thursday, February 2 @ 7:00 pm

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This bi- monthly newsletter is located on our website:

www.austinostomy.org

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Ostomy surgery is a lifesaving surgery that enables a person to enjoy a full range of activities, including traveling, sports, family life and work.

You Matter ~ Come join us!

We hope you had a lovely holiday as we welcome in the New Year.
A few quotes as we begin 2017.

For last year's words belong to last year's language

And next year's words await another voice. T.S. Eliot

And now we welcome the New Year –

full of things that have never been. Rainer Maria Rilke



In November, Dr. Robert Wootton of Midtown Dental Associates, gave a very interesting and educational presentation titled "Dental Considerations for the Ostomy Patient". See his [Presentation](#) (click on link).



In December, we had another successful and enjoyable Holiday Dinner and Gift Exchange party. There is such a wonderful sense of community, comradery and friendships among our members. See page 5 for pictures.

January 5th Meeting @ 7:00 pm

Marbella Singleton, Pre-Planning Advisor & Veteran's Burial Benefits Specialist with Cook-Walden Funeral Homes, will be our guest presenter.

Refreshments: Jim Chandler, Mary Meshbane, Carol Laubach,

February 2nd Mtg @ 7:00 pm

We will have a Question & Answer session addressing body image and intimacy. We will also have the opportunity for general questions regarding your health and any concerns. This will be a good opportunity to ask our nurses and members anything that's on your mind.

Refreshments: Martha & Dan Boswell, Board Members

Turning a New Year's Resolution into Action with the Facts

Wendy Wood, University of Southern California; Article in the New York Times



DESPITE the best intentions for the New Year, the reality is that by next month, gym memberships will lapse, chocolate will replace carrots and Candy Crush will edge out Moby Dick. It's not (only) that we're undisciplined slugs. It's that much of what we know or think we know about habits is wrong. Here's a primer that might help keep you off the couch and on the treadmill.

MYTH 1: We fail to change our habits or start good new ones because we lack willpower.

Not really, said Wendy Wood, a professor of psychology and business at the University of Southern California. Willpower, she said, is more about looking at those yummy chocolate chip cookies and refusing them. A good habit ensures you're rarely around those chocolate chip cookies in the first place.

To create or change a habit, you have to think much more about altering your environment and patterns of living than work on steeling your mind, Professor Wood said, because "behavior is very much a product of environment." Habits, at least good ones, exist so we don't have to resist temptation all the time. Imagine if every morning you had a debate with yourself about eating cake or cereal for breakfast. Instead, most of us form the habit of eating something relatively healthy for breakfast, which bypasses the lure of the cake altogether.

That's why it's sometimes easiest to start or break a habit during a major transition. This may sound counterintuitive, but a new house, job or relationship breaks old patterns, said Gretchen Rubin, author of the forthcoming book, "Better Than Before: Mastering the Habits of Our Everyday Lives." "People say wait a few days to get settled, but don't," she said. "Start right away."

MYTH 2: We fall back on bad habits when stressed.

In fact, good habits persist even in times of high anxiety, Professor Wood said. A study of which Professor Wood was one of the co-authors found that students who already had unhealthy diets would eat junk food when stressed, but those who already had the habit of eating well or of reading a newspaper or of going to the gym, were just as likely to do that.

MYTH 3: It takes about 21 days to break or make a habit.

That number seems to have cropped up in the 1960s and somehow became "fact" with no real proof. But in 2009, researchers in Britain decided to take a deeper look by studying how long it took participants to learn new habits, such as eating fruit daily or going jogging. The average was 66 days.

But individuals' times varied greatly, from 18 days to 245 days, depending on temperament and, of course, the task involved. It will most likely take far less time to get into the habit of eating an apple every afternoon than of practicing the piano for an hour a day.

MYTH 4: You need positive thinking to break or make a habit.

"We find positive fantasy is not helpful and may even be hurtful when trying to reach a desired future or fulfill a wish," said Gabriele Oettingen, a professor of psychology at New York University and the University of Hamburg. Over years of research, she discovered that people need to pair optimistic daydreams about the future with identifying and imagining the obstacles that prevent them from reaching that goal - something she calls mental contrasting.

Say you want to stop being a procrastinator. The first step is easy. Imagine how it will feel if your work is completed with plenty of time to spare, if you can sleep instead of pulling an all-nighter, said Professor Oettingen, author of "Rethinking Positive Thinking."

But don't just resolve to stop procrastinating. The second step is to identify what holds you back from changing yourself. Is it fear that you won't succeed? Is it the adrenaline rush of frantically working at the last minute? Is it because of negative feelings toward a boss or teacher? The mental contrasting needs to be in the right order. It's important to "experience our dreams, then switch gears and mentally face reality," Professor Oettingen said. Doing it the opposite way - imagining the obstacles and then fantasizing about changing habits doesn't seem to work as well, research shows.

**MYTH 5: Doing things by rote, or habit, isn't good in most cases.
It's better to be mindful of everything we do.**

Research shows that most people repeat about 40 percent of their activities almost every day. "We only have so much room in our brain," said Ian Newby-Clark, an associate professor of psychology at the University of Guelph in Canada. "It would be incredibly taxing if we had to mindfully plan every step of our day." Habits free us up so we can think about other things. And while some habits are objectively bad — smoking, say, or being consistently late — most are subjective. "Habits are only good or bad to the extent they're consistent or inconsistent with your goals," Professor Wood of U.S.C. said. It's a bad habit when "it starts interfering with other goals you have."

For example, many people said their resolution this year was to cut down the time they spend online. But why? Because it's an inherently bad thing to do? Or is it an obstacle to spending more time reading books or riding a bike or learning to knit? After thinking about it, you may choose to spend less time on your computer or phone. Or you might decide it's not so terrible in limited doses and shed the habit of feeling guilty about it.

MYTH 6: Everything in moderation.

"There's a real difference among people about how easily they adapt to habits," Ms. Rubin said. Some see habits as liberating; some see them as a trap. Some prefer to make a huge change all at once; others proceed step by step. "I'm in the small minority that loves habits," Ms. Rubin said, adding that she tends to find it easier to abstain from certain things altogether. For example, she eats no carbohydrates.

"People said I was doomed to failure, but it's not true," she said. But, she noted, "it's a mistake to think the abstainer is more disciplined. For me it's easier to be an abstainer than have to deliberate each time whether I can eat something or not. Others would go nuts if they abstain." That's why you shouldn't listen to people who tell you you're doing it wrong if it works for you, she said. Also, people shouldn't fear that their habit will dissolve if they don't practice it daily. "If you lapse once or twice, you're not ruined," Professor Wood said. "That's a misconception." And that leads to ...

MYTH 7: Shame and guilt keep you on track.

No. People need to be kinder to themselves, showing self-compassion if they lapse, Ms. Rubin said. But it's a fine balance between treating yourself kindly and making endless rationalizations and excuses. "I might mindfully make an exception," she said, such as choosing to eat a traditional Christmas cake every year. "But I'm not making excuses in the moment: I'll hurt the hostesses' feelings. You only live once. It's the holidays.

"One last piece of advice: If you want to be in better shape, get a dog. Professor Wood said studies show dog owners have lower body mass indexes. But here's the catch: That's only true if you walk the animal.

Ode to a Filter

UOAA Update: Used with permission from Brenda Elsagher from: *I'd Like to buy a Bowel Please: Ostomy A to Z*, www.livingandlaughing.com

I like your style, you're so discreet.
With your job well done, I still smell sweet.
Bring on the onions, the sodas, the beans.
I'm no longer worried about causing a scene.

In planes, at games, home, and work,
Flatulence dissipates, oh, what a perk.
Thank you, filter makers, you've made my day,
I go through life in a much happier way.





Kidney Stones and the Ileostomate

By Jill Conwell, RNET, Corpus Christi, TX

Kidney stones are fairly common medical problems. They occur in about 5 percent of the population. They are more common in men with a sedentary lifestyle and in families with a history of kidney stones. The average age of first occurrence is about 40, but they can occur at any age. For ulcerative colitis patients, the incidence of developing kidney stones is about double that of the rest of the population. For ileostomates, the incidence is 20 times greater.

There are two basic types of kidney stones: uric acid and calcium. Both may occur in ileostomates since the underlying cause is dehydration. Uric acid stones are more frequent. One reason for this is the chronic loss of electrolytes, producing acid urine. The stones may vary in size and shape, some being as small as grains of sand, while others entirely fill the renal pelvis. They also vary in color, texture, and composition.

Symptoms during the passage of a kidney stone include bleeding due to irritation, cramping, abdominal pain, vomiting and frequent cessation of ileostomy flow. When ileostomy flow stops, distinguishing between an obstruction versus a kidney stone may be difficult since the symptoms are similar. Treatment of most kidney stones is symptomatic, and in most cases the stone passes spontaneously through the urinary tract. Medication for the spasms is usually administered. The urine should be strained in order to collect the stone for analysis. Once the composition of the stone is determined, steps should be taken to prevent recurrence of an attack. The physician will prescribe medication or dietary modifications depending on the type of stone. The best preventative measure is to drink plenty of fluids (8 glasses) every day. If the urine appears to be concentrated, increase fluids and use a sport drink that is rich in electrolytes to replace losses.

Reflections

From The Pacesetter Newsletter, November/December 2016 V. 21, Issue 2



- ✓ My goal for 2016 was to lose just 10 pounds. Only 15 to go!
- ✓ Ate salad for dinner! Mostly croutons & tomatoes. Really just one big, round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza.
- ✓ How to prepare Tofu: A—Throw it in the trash. B—Grill some Meat.
- ✓ I just did a week's worth of cardio after walking into a spider web.
- ✓ I don't mean to brag but.... I finished my 14-day diet in 3 hours and 20 minutes.
- ✓ A recent study has found that women who carry a little extra weight live longer than men who mention it.
- ✓ Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
- ✓ I may not be that funny or athletic or good looking or smart or talented.... I forgot where I was going with this.
- ✓ I love being over 50. I learn something new every day, and forget 5 others.
- ✓ I think I'll just put an "Out of Order" sticker on my forehead and call it a day.

Article Borders:

Yellow - All Ostomy types
Blue - Urostomy related

Red - Colostomy-related; Green - Ileostomy-related

Holiday Party 2016



Yearly Anniversaries - 2017



January

Joan Wertzberger, 17; Sammie Buchanan, 12;
John Duncanson, 12; James Chandler, 13

February

Lou O'Hanlon, 48 ; R.L. Jones ,44; Bob Guidry, 34
Joe Hobbs, 26; Sam Twining, 12; Rollie Sidla, 11
Karalyn Heimlich , 7; Vernan Emkin, 2+

Thursday Meetings @ 7:00 pm

January 5, 2017

February 2

March 2

April 6

May 4

June 1

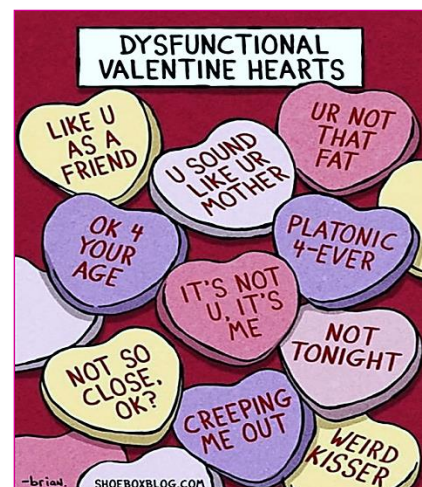
No Meeting

August 3

"This is a wonderful day; I have never seen this one before." Maya Angelou

When is your ostomy anniversary month and year? Please let us know!

Laughter is the best medicine...



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, 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_____

Check one: I do ____ I do not ____ give permission for my name to be included in our newsletter or membership directory.

Signature_____

Date_____

Annual dues: Checks payable to: Ostomy Association of Austin

\$20 _____ Ostomate

\$12 _____ Spouse/Relative/Partner/Friend/Other

\$20 _____ Professional

Mail Application to:

Ostomy Association of Austin

P.O. Box 143383

Austin, TX 78714

Prefer a paper copy be mailed, check here ☐

Bi- monthly newsletters are located on our website: www.austinosstomy.org

Membership benefits include:

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



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