



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

No July Meeting

Next meeting: Thursday, August 3, 2017 @ 7:00 pm

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This bi- monthly newsletter is located on our website:

www.austinostomy.org

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The American Cancer Society

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!

Our Texas summer is here! Remember to stay cool and hydrated, especially with an ostomy. Have a safe and relaxing summer ~ create some memories!



In May, U S Ostomy Supply representatives joined our meeting. They shared general product information and provided sample supplies to members. US Ostomy Supply, located in Bedford Texas, continues to be a loyal contributor to our OAA local Newsletter ~ see page 7. We have many satisfied members/ customers who shared their appreciation to the representatives during the meeting. Karen Hollis, RN, CWON, reviewed/explained how to use various products that were shared..



At our June meeting, Karen Hollis and Carol Marshall-Hanson, RN, CWON, presented an overview of the digestive organs related to ostomies. Our members had good questions for discussion.

August 3rd Mtg @ 7:00

Our Nurses will continue the educational series from June.

Refreshments: Board Members

Pain You Should Never Ignore

By Dr. Mallika Marshal



Pain is your body's way of telling you something is wrong, and failure to address it could lead to serious problems.

Chest/Shoulder Pain. It could mean that you're having heart problems. Sometimes it's a pain in the chest, sometimes in the left arm, shoulder, neck, or jaw. However, many people who've had heart problems say it's not really a pain, but a pressure or discomfort. Now there are other things that can cause pain in the chest such as acid reflux, inflammation of the chest wall muscles, or inflammation of the lining of the lungs. But the thing we really worry about and want to rule out is a heart attack. So if you develop these symptoms, especially if you have risk factors for heart disease or are over 40, you need to contact your doctor right away or call 911.

Pain in the Mid-back. If you experience pain in your back or between your shoulder blades, it's most likely caused by arthritis. But pain in this area, especially if it's severe or sudden can indicate an aortic dissection in which blood actually gets trapped in a tear of the main artery in the body, the aorta. This can be life-threatening. It more commonly occurs in people with high blood pressure or people with a history of heart disease, so if you're concerned, call your doctor right away.

Abdominal Pain. We all get the occasional bad stomach ache but what we are talking about here is sharp pain that hurts so much that it takes your breath away. This kind of pain could signal appendicitis or a ruptured appendix which is a very serious condition that needs to be treated right away. Severe abdominal pain could also signal problems with your gallbladder, pancreas, or even an ulcer.

Calf Pain. Whenever we hear someone complain of calf pain, we worry about a blood clot or deep venous thrombosis in the leg. These clots affect about 2 million Americans every year and can be life-threatening...if the clot breaks off and travels to the lungs. People most at risk are those with cancer, pregnant women, people who have had recent leg surgery, bed-ridden patients, and people who have been on long plane flights. So if you have pain in your calf, especially if there's redness and swelling and no recent injury or muscle strain, you need to call your doctor right away.

Feet or Leg Pain. Burning in the feet or legs could be a sign that you have peripheral neuropathy or nerve damage. One of the most common causes is diabetes which we all know is a very serious condition. And the sad fact about diabetes is that many people who have it don't even know they do. So a burning sensation in the feet could be the first indication. Other causes of nerve damage could be injury, inflammatory conditions such as Lupus, or vitamin deficiencies. So talk to your doctor.



Your Stoma and Chemotherapy

via The Ostomist, May/June 2014

Chemo and radiation can have some side effects that you should watch out for. Common concerns are nausea and vomiting or constipation or diarrhea. If you are experiencing diarrhea it may be necessary to take an anti-diarrhea medication after discussing with your family physician. If you are vomiting and struggling to keep fluids down, then seeking medical help is advised. Staying hydrated is extremely important and more so when on chemotherapy. Your stoma may increase in size; thus it is important to ensure that you re-size your appliance regularly. Your stoma may bleed a little more than usual. Although this is of course a little worrying, it really is no cause for concern. Be gentle when cleaning and wiping your stoma. If it starts to bleed, apply gentle pressure to the area. Ulcers might appear on the stoma, these look very much like mouth ulcers. In the majority of cases these will disappear on their own. Editor's note: Cancer is still the leading contributor for ostomies.

Summertime Tips for People with Ostomies

by Jan Colwell, RN, MS, CWOCN, FAAN; *Coping® with Cancer* magazine, July/August 2010



As summer sets in, the weather becomes warmer, the sun a bit hotter, and we may look forward to participation in sports, such as swimming, cycling, tennis, and traveling. However, people with ostomies may have some concerns about participating in summer activities. Some people may worry that the pouch seal may become compromised when they sweat or are physically active. You may need to make some minor changes to ensure that your pouch seal will remain intact, but having an ostomy should not prevent you from participating in the summer activities you enjoy.



Ostomy Products

The adhesive seal on the pouching system keeps the pouch in place, preventing skin damage and urine or stool leakage. The seal generally remains strong and intact for about four days. After four days, the seal may start to loosen. On average, most people change their pouch every four days to prevent accidental dislodgement of the seal.

If you are concerned about your ostomy seal during the summer, many options are available to help. Some adhesives, called *extended-wear adhesives*, are manufactured to provide a stronger seal in the presence of moisture. They are used when a person has a high volume of liquid stoma output, as they do not wear down quite as quickly as the standard-wear adhesives. Accessory products that can be used to enhance a seal are also available. Products such as skin barrier paste can be used to caulk the edges of the skin barrier. A liquid skin barrier can be used to keep the skin free from excessive moisture. Your ostomy nurse can help you decide which of these products might work for you.



Summer Activities

One concern of some people with an ostomy is water sports. Some express fears of swimming or engaging in other water activities, thinking that the adhesive seal of the pouch will be adversely affected. The majority of pouching systems have a water-resistant adhesive around the outside to prevent moisture from loosening the seal. If a pouch does not have a water-resistant seal, a frame of water-resistant tape can be placed around the edge of the pouch adhesive. This will seal all edges, allowing you to keep the seal intact during water activities.

Swimwear and concealment may be another concern. For women, swimwear with some stretch material in the abdominal area is recommended. This type of suit will keep the pouching system flat and supported during physical activity. A one-piece suit with a pattern and a tankini are both good choices. For men, swimwear with an inner support garment will keep the pouch supported against the abdomen and provide concealment. If the stoma is above the swimwear waistband, a swim shirt can provide concealment.

For some people, swimming may seem daunting. If this is the case for you, consider a “trial run.” Wearing a swimsuit, fill the bathtub with warm water that will cover the entire abdomen. Sit in the bathtub for at least 30 minutes to test the adhesive of the pouch under water. When out of the tub, look in the mirror to see if the pouch is obvious under the now-wet bathing suit. If in doubt, consult with a family member to help determine how the suit looks. This trial should help you see that the pouch adhesive will remain intact after being under water and that the pouch is not visible under most bathing suits.



Travel

It is important for a person with an ostomy to carry supplies when traveling for more than three days. Two to three complete changes of ostomy supplies should always be carried when traveling.

If possible, pack your ostomy supplies in your carry-on luggage, as checked baggage can be lost. There are airline restrictions relating to carry-on luggage that might affect ostomy products. While the Federal Aviation Administration now allows ostomy scissors to be carried onto an airplane, when

traveling out of the United States, pre-cut the pouching system prior to carrying ostomy products on the plane, leaving the scissors in the checked luggage. For prolonged travel with residence at one place, consider having your products shipped from a vendor with that service. Avoid storing ostomy products in a hot room, or hot car, as the adhesive may melt, leaving the product unusable.

Summer fun is definitely an option for a person with an ostomy. There is no reason you cannot participate in swimming, running, or other warm weather activities. With a few preparations, you can let the summer fun begin!

Continuing Your Social Life with an Ostomy

UOAA Update 6/2014



Your social life can be as active as it was before surgery. You can enjoy all activities: meeting people, attending concerts, sporting events, civic and social club meetings, parties, religious occasions or whatever you enjoyed before. The first time you go out of the house after surgery, you may feel as if everyone is staring at your pouch, even though it is not visible under your clothing. You can feel your pouch on your body, but no one can see it. Keep those concerns in mind. Did you know what an ostomy was or where a stoma was located or what it looked like before you had surgery? You may also worry about your pouch filling with gas and sticking out under your clothing. A quick trip to the restroom can take care of this problem. If you are worried about your pouch filling up immediately after eating at a social event, remember, people without ostomies often need to go to the restroom after eating and nobody will think it is unusual if you do the same! You will probably find that you need to empty your pouch less often than you need to urinate. Friendship and love—You may be wondering about your relationship with others. Now that you have an ostomy, you may feel that it will change your present relationships and decrease new opportunities for friendship and love. True friendships and deep relationships on any level are built on trust and mutual understanding. These qualities depend on you and other persons. You have the same qualities you had before surgery and your ability to develop friendships is unchanged. If you care about yourself, others will feel your strength and will not be deterred. If your ostomy does cause a break in friendship, or relationship or even marriage, this relationship was not built upon trust and mutual respect and probably would have crumbled sometime in the future anyway.



Planning for Summer with a Stoma

by Diane Kasner, RNET, from Baltimore (MD) Bulletin; adapted by Green Bay Area Ostomy Support Group

Don't expect to get the same wear time in the summer as you do in the fall, winter or spring. If your barrier melts out faster, change the pouch more frequently. If wear time is very poor, have your ostomy nurse recommend a different skin barrier or an alternative ostomy system. If the plastic from the pouch against your skin is uncomfortable or causes a heat rash, purchase or sew a pouch cover, sew a 'pocket' into your underwear to let the pouch rest in, or secure a cotton handkerchief underneath the pouch. If you are wearing a two-piece system and are participating in very active sports, use a 10" strip of 2" or 3" tape to secure the pouch and the barrier. Be sure to drink plenty of liquids (unless contraindicated because of other health problems) so that you will not become dehydrated or constipated. For extra security during swimming and water sports, use waterproof or 'pink' tape to picture-frame your flange. Monilia (fungus) is a common summer problem. This raised, itchy red rash on the peristomal skin is uncomfortable and keeps the pouch from holding well. If you suspect a monilial rash, contact your ostomy nurse, pharmacist or physician for a suitable micro-granulated anti-fungal powder as soon as possible. Skin barriers/flanges should be stored in a cool, dry place to obtain optimal results. Most have a shelf life from manufacture of four to five years.



My Emergency Ostomy Kit

By Christine Kim: ostomyconnection.com

Winging It...Is Not an Emergency Plan

A starter kit was given to me at the hospital from my ostomy nurse who suggested that I keep extra supplies with me at all times. It was a little black carrying case that has pockets for various supplies. I remember taking that starter kit with me everywhere I went, even on quick errands, because being a new ostomate I was always afraid the ostomy bag would fall off my body.

The First Year after Ostomy Surgery

I was just starting to learn what worked and what didn't, and I remember feeling very anxious. I was constantly making sure the pouch was secured and not leaking. I didn't trust that the ostomy system would hold up, especially when doing any physical activity.

At night, I'd slept on my back with my hand over the pouch, and had nightmares of embarrassing leaks in public. There was so much anxiety about leakage that I decided to use a larger emergency kit with enough supplies for a week, along with extra clothes.

During that first year there were only a couple instances where I had an unexpected leak in a public place, and even though it was embarrassing I kept my wits and handled it as calmly as possible. Knowing I had extra supplies with me gave me peace of mind.

Ostomy Living Now

These days I rarely check on my pouch. I've learned which foods cause higher output, how dehydration affects wafer adhesion and what type of clothing constricts the stoma area. I've traveled far away from home, experienced different climate conditions and stay very active. I am aware that it's there, but my ileostomy is certainly not at the forefront of my mind.

If you're new to ostomy surgery, you might be feeling the same anxiety that I did in the beginning. I hope this gives you hope that any fears you may have are completely normal, but as time passes you'll gain more confidence and those worries will recede.

Be on the Safe Side

It has been over 20 years since my ileostomy surgery and I still carry an emergency pack, the smaller one. I leave my house with confidence knowing I will be able to handle any situation. I don't expect an emergency, but if I have one I'm prepared.

What's Inside an Ostomy Emergency Pack?

Here are some ideas:

- ✓ Ostomy Pouches + Clips (if using non-velcro close)
- ✓ Ostomy Wafers (pre-cut)
- ✓ Moldable Rings or Stoma Paste Tube
- ✓ Bottle of ostomy deodorizer (sample size)
- ✓ Barrier Wipes (individual packets)
- ✓ Baby Wipes or Disinfecting Wipes
- ✓ Paper Towel (for clean up)
- ✓ Baggies
- ✓ Gauze Pads



Quick Tip: Always keep ostomy supplies in a cool, dry place.



Yearly Anniversaries - 2017

July

Richard Wright, 53
Dick Hartford, 18
Christina Luna, 15
Marius VenClauska, 10
William Zeiss, 10

August

Trudy Faloon, 38
JoAnne Wheelles, 24

Thursday Meetings

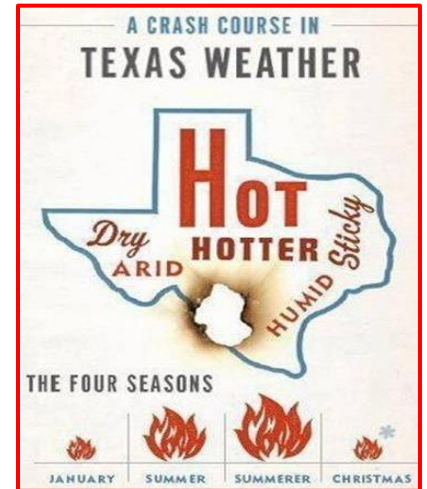
No July Meeting
August 3
September 7
October 5
November 2
December 7

"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!



"Don't worry about burning the calories
— that's already been done!"



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.**



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Address _____

City _____ State _____ Zip _____ Phone _____

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

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Mail Application to:

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P.O. Box 143383

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Prefer a paper copy be mailed, check here ☐

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

Membership benefits include:

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



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New QuietWear™ pouch material from Hollister virtually eliminates embarrassing pouch noise sometimes found in other ostomy pouches. It is also designed to be one of the closest things to the natural fabric found in your most comfortable clothing - you should hardly know you're wearing a pouch.

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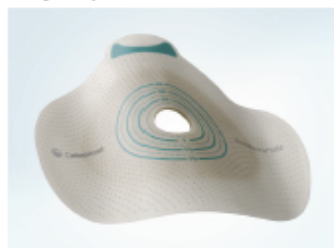
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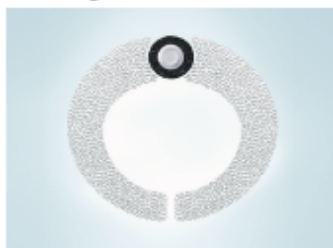
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