



The Austi-Mate Journal

Ostomy Association of Austin Monthly Publication
P. O. Box 143383 Austin, Texas 78714

www.austinstomy.org

Gethsemane Lutheran Church
200 West Anderson Lane, Austin, Texas 78752

Next meetings: Thursday, January 4, 2018 @ 7:00 pm

Thursday, February 1, 2018 @ 7:00 pm

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This bi-monthly newsletter is
available on our OAA website

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The American Cancer Society

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.

Join
us

Happy New Year!

We had a wonderful and wintery holiday celebration as the **SNOW** fell from our Texas skies!! Many members attended and some we haven't seen in a long time. There was plenty of food, gift exchange fun and camaraderie, which provided everybody the opportunity to share experiences and gain affirmation on their personal ostomy journey. See party pictures on page 5.

In **November**, **Beth Peter** shared information about Safe-N-Simple Products, based in Michigan. www.SnS-Medical.com

Januray 4th Meeting

We begin the New Year with a presentation by **Linda Burks**, a Certified Wound Ostomy Nurse, sharing supply updates. Linda is a great resource and frequently attends our monthly meetings. **Refreshments:** Carol Laubach, JT, Laura & Bill Ludwig, Dorothy Mogoyne.

February 1st Meeting:

Dr. Thiru Lakshman, MD will be our guest speaker. He is a colon & rectal doctor/surgeon associated with the Central Texas Colon and Rectal Surgeons. Dr. Lakshman is a one of seven doctors serving the greater Central Texas region which specialize in the treatment of colon, rectal and anal disease, both common and rare. **Refreshments:** Dan Boswell, Board Members



January						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

A New Year...to Exercise?

UOAA Update January 2015

Was exercise at the top of your New Year's Resolution List only to be replaced with a set of excuses a week later? Well, let's see what those excuses may be:

- **I Don't Have Time:** One less cup of coffee in the morning and a few more minutes in your busy day taken from other less beneficial activities will add up. Say to yourself, "I am worth 30 minutes a day!"
- **Boring, Boring!:** There's lots of different kinds of exercise to choose from. Find something you enjoy and you just might stay with it.
- **I'm Too Tired:** Studies have proven that exercise revs up the bloodstream, which produces energy. A brisk walk in the cool of the evening will relax and revive you - it may even add to romance!
- **I'm Too Old:** Oh, PLEASE!! Have you seen Sophia Loren lately? She may have been born beautiful, but staying there is no gift. But don't have unrealistic expectations. Just go at your own pace. You just might inspire some youth in your life to want to find out how you do it.
- **Not Enough Space:** All you need is enough room to lie down - but avoid drafts, which may cause muscle cramps. Or better yet, go walking outdoors, or in bad weather indoors works well too. Outdoor walking will use all your muscles and you get fresh air to boot! Indoor walking can be enjoyed at a local mall. You can window shop and get your exercise in at the same time. It's
- **Too Expensive:** You don't need fashionable regalia, high-priced equipment, and/or an expensive fitness membership. If you plan on walking, a good, but not necessarily expensive, pair of shoes is all that is required.



How Does an Ostomate Lose Weight Safely?

Via Maryland Rambling Rosebud Newsletter, 2017

NO, NOT BY MAGIC but no one should be overweight, especially an ostomate. Besides the usual medical, surgical, psychological, social and economic problems, obesity presents prosthesis management problems for the ostomate. Whether a diet is unsafe depends upon each person's specific medical condition or body need. There is no guarantee of safety with individualized trial and error and evaluation, and then it is only 99% safe, and even this can change with time.

The safest course to follow is to consult with your physician for a metabolic study. Discover if your overweight problem is medical, psychological, or incorrect eating habits etc. Educate yourself regarding vitamins, minerals, proteins, carbohydrates, calories, nutrition, absorption, allergies, side effects etc. This data can be obtained from books, at health food stores, and from dieticians or nutritionists. Eat balanced meals. Seek quality, not quantity. Stay away from junk food.

Diet through natural means by forming healthy nutritional habits and not using medication as a crutch. Exercise actively.

Article Borders:

Yellow - All Ostomy types

Red - Colostomy-related;

Green - Ileostomy-related

Blue - Urostomy related

Ostomy Surgery and Depression

Edited By Bobby Brewer: UOAA Edits and Update March 2015



Sleeplessness, loss of appetite, feelings of guilt or worthlessness, and/or irritability are some of the symptoms of depression. It can be triggered by the inability to participate in normal daily pleasurable activities by a sense of helplessness and lack of control over your body. Medications, stress, malnutrition, anesthesia or metabolic imbalance can also cause depression.

Other patients who have a harder time dealing with their ostomy are those who: (i) base their self-esteem on their physical appearance, (ii) those with a take charge or "always in control" character (iii) the good Samaritan behavior (always the helper or solver). Their ostomy, or lack of control over their bodies, and their need to depend on others for help, even if only temporarily, can make coping difficult.

Constantly tired from efforts to cope with daily household or work routines, while learning to adapt to physical requirements to this unpredictable new addition to your body, leaves little energy for enjoyment of leisure activities or romantic involvement. It takes us some time to return to our normal lifestyle. So relax-do what you are capable of doing at this time and do not try to rush things. You have had enough pain and deserve a vacation.

Give yourself a year for a good recovery and if it should happen to take a lot less time, consider yourself a very lucky person. In the meantime, do what you have to do in whatever way you are capable of doing it. But do not give more than a passing thought to the things you cannot do right now. You might have to take some shortcuts, do some improvising, or indulge in some healthy neglect. Do not be bashful about asking for and accepting help. You would do the same for someone else if they needed help.

Some patients conceal their ostomy from their spouses, families or lovers because they fear rejection, feel shame or embarrassment, are modest or have noticed evidence of disgust. This results in feelings of isolation, depression and chronic anxiety. Most ostomates need a few months before they feel secure about being accepted. Join the crowd! You are not alone! We all go through this.

Signs of Depression:



- **Physical** - aches or pains, or other physical complaints that seem to have no physical basis. Marked change in appetite; change in sleep patterns, and fatigue.
- **Emotional** - pervasive sadness; anxiety; apathy; crying for no reason and indifference.
- **Changes in Behavior** - neglect of personal appearance; withdrawal from others; increased use of alcohol/drugs; increased irritability and restlessness.
- **Changes in Thoughts** - feelings of hopelessness/worthlessness; inappropriate or excess guilt; forgetfulness and inability to make decisions to take action.

NOTE: There are some cases of depression which can benefit most from professional help. Do not hesitate to ask your doctor.



Valentines

I gave a hundred Valentines. A hundred, did I say?
I gave a thousand Valentines one cold and wintry day.
I didn't put my name on them or any other words,
because my Valentines were seeds for February birds.

by Aileen Fisher



Improvising or Fixing a Leak in a Hurry

Via UOAA Update, September 2015



If you happen to spring a leak, especially when away from home, it can be a cause of panic. Being prepared can help you keep your cool. Wearing an appliance cover can provide extra protection. One person noted that when he had a leak near the seal, he was able to stuff several folded tissues between the pouch and the cover. This absorbed the leakage and kept him going for 90 minutes until he was able to get back home and change. Also, a pouch cover has the advantage of soaking up perspiration on a hot day. Perspiration can quickly undermine the best adhesives. A good ostomy powder can help soak up moisture too. Lacking this, cornstarch or baby powder is equally effective. Some people carry Band-Aids with them which can be used to mend a small tear in the pouch. Some say that it works so well, they forget about the makeshift repair until their regular time to change pouches! You may want to keep individually packaged alcohol wipes or towelettes. They are easily carried and are great helpers in cleaning up an emergency. Best of all though, take precautions to try to avoid having an emergency.



Successful Aging

By Grace Lynch: UOAA Update July 2015

Images of older people pumping iron, teaching kids to read, building homes for the homeless, surfing the net and tap dancing are about in the media today. Whether they're selling vitamins or vacations, today's images of older people are a welcome substitute for stereotypes of the past. The images have changed because the realities have changed.

Today's older people are, in fact, nothing like their parents and grandparents. For one thing, they are living a lot longer. The life expectancy for people age 65 and over is 17.4 years. Compare this with the beginning of the century when the average life span was only 47.

While policy experts once worried that this gift of time would be marred by illness and disability, recent research reveals a gradual decline in chronic disease and disability. The number of people with high blood pressure, arthritis and emphysema has shown an unexpected and steady decline since 1982 and overall, according to the national Long-Term Care Survey, there has been a 15% drop in disability. Never before in history have so many older people had the opportunity to live so long and so well.

On the Short Side

By Kathy Ward, Admin Asst, UOAA July 2015



A lot of questions come in to me at National Office about leakage and how to apply a bag. For everyone it's different. What works for me doesn't necessarily work for others. However, by the responses I received from callers, I can give you a few tips that seemed to help a lot of people.

How do I stop my ostomy from leaking during the night?

Answer: I can tell you how I solved this problem and hopefully, it will help you too. When I put my ostomy bag on, I usually have it at a diagonal. When I sleep, I sleep on my side in the direction I tilted my bag. Gravity will take its course and pull anything coming out of your stoma down into the bag. If you are in the habit of sleeping on your back, gravity will bring everything down, which can be the cause of some seepage.



Holiday Party 2017





Yearly Anniversaries - 2018

January

Joan Wertzberger	18
Sammie Buchanan	13
John Duncanson	13
James Chandler	14

February

Lou O'Hanlon	49
R.L. Jones	45
Bob Guidry	35
Joe Hobbs	27
Sam Twining	13
Rollie Sidla	12
Karalyn Heimlich -	7
Vernan Empkin	4

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



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 _____

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

\$25 _____ Ostomate

\$14 _____ Spouse/Relative/Partner/Friend/Other

\$25 _____ Professional

Mail Application to:

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P.O. Box 143383

Austin, TX 78714

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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