



# The Austi-Mate Journal

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

[www.austinostomy.org](http://www.austinostomy.org)

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

**Upcoming In-Person & Virtual Meetings ~ 7- 8:00 pm**

**Thursday, November 2nd**

**Thursday, December 7th**



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This Bi-monthly newsletter is available online at

[www.austinostomy.org](http://www.austinostomy.org)

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.



Bladder Health Month is observed every year in November to highlight the importance of the Bladder. This Newsletter is dedicated to Bladder awareness.

*As we begin the Holiday Season...*

*"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough"*  
~Oprah Winfrey



Our November Mtg will focus on Mental Health. Member Marina Chavez will present another UOAA conference session. In December, we will have open Question and Answer along with some holiday fun!

Have you paid your dues?

## Bladder Health Month - November 2023

National Today Online Article



Bladder Health Month is observed every year in November to highlight the importance of the Bladder - also known as Urinary Bladder, various disorders that affect the bladder, how to prevent diseases that affect the bladder, and how to treat them. The bladder joins the kidneys, ureter, urethra, and some other minor organs to form the urinary system. They collectively eliminate waste from the body, regulate blood volume and blood pressure, control levels of electrolytes and metabolites, and regulate blood pH. They form one of the most important systems in the body as without them functioning well, toxic substances stay in the body. An infection to any part of the system is called a Urinary Tract Infection (U.T.I.).

### History of Bladder Health Month:

The study of how well the bladder, sphincters, and urethra hold and release urine is called the “Urodynamic” study. Urodynamic studies show how well the bladder works and why there could be blockages or leaks. Over the years, the study of the entire urinary system has been known as Urology.

Although Urology was only officially considered a separate surgical specialty in the early 20th century, its roots can be traced as far back as the Renaissance. Genitourinary diseases have been present since the beginning of the human race, but the first treatise was written solely by a Spanish physician named Francisco Diaz in 1588. “The Treatise on all the Diseases of the Kidneys, Bladder, Urine, and Growths on the Penis” was a major milestone in urology and medical history in general, as it was one of the first works in medical literature to be written in a common language. This improved the lives of countless patients with urologic conditions as it allowed the wide dissemination of his collected urologic knowledge to practitioners.

Another person in history that made great strides in urology was Maximilian Nitze, a German urologist. He specialized in research of kidney disorders and other urological problems and he is credited with the invention of the modern cystoscope; a device used in diagnostics of the bladder alongside Viennese instrument maker Joseph Leiter. The Nitze–Leiter cystoscope was demonstrated publicly for the first time in 1879. In 1897, Hugh Hampton Young, who is now known as the father of modern American urology began practicing at the clever recommendation of his praised mentor, William Halsted, and with indirect support from the well-accomplished pathologist William Welch. The field was not organized and few well-defined treatments were available for Urological diseases. He made great strides to support how we treat urological diseases today.

### Bladder Health Questions:

#### **What is Enuresis?**

Enuresis is a repeated inability to control urination and most occur in the elderly.

#### **Is it possible for your bladder to heal itself?**

The bladder is an expert at repairing itself. When the organ is injured by infection or injury, it can swiftly heal by utilizing specialized cells in its lining to rebuild tissue and restore a barrier against hazardous elements contained in urine.

#### **What vitamins are good for bladder health?**

Vitamin C from fruits and veggies is associated with decreased urinary urgency.

### 5 Surprising Facts about the Urinary System:

1. The kidneys generate urine every 10 to 15 seconds.
2. A healthy adult bladder can store up to 16 ounces of urine for two to five hours.
3. The color of healthy urine is light yellow or the color of straw.
4. When urine becomes pink, it indicates the presence of blood and a much-needed visit to the Dr.
5. Dark or honey-colored urine shows signs of not drinking enough water.

Continued next page

## Why Bladder Health Month is Important:

### **It reminds us to take care of our health.**

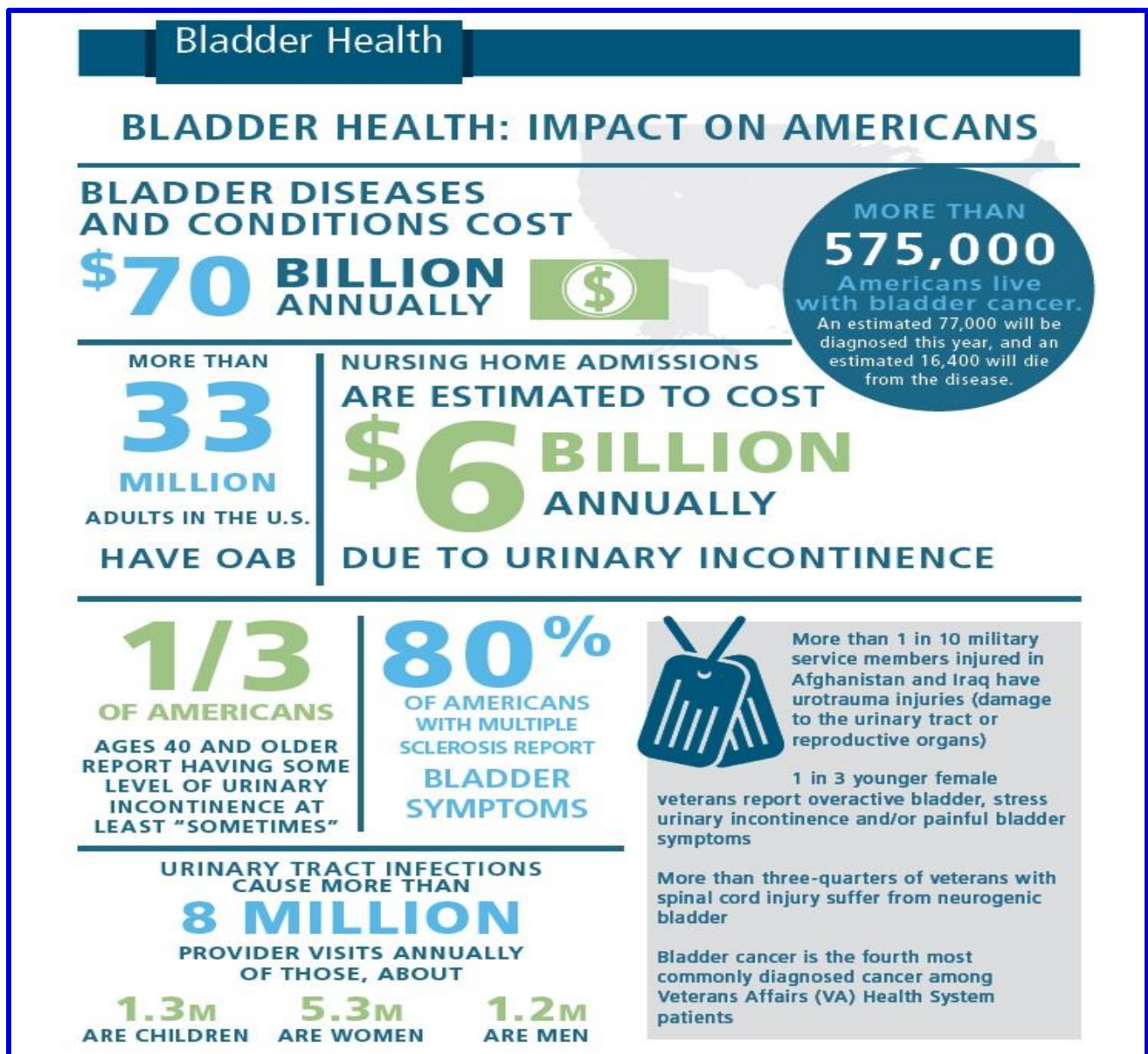
We are reminded to take care of one of the most important parts of our body, the bladder. It does so much more than just storing and passing out urine. Go for a checkup. This ensures that you keep your bladder healthy and can quickly detect any anomaly.

### **It reminds us to drink water.**

We are reminded to drink lots of water. Drinking lots of water doesn't just help the bladder but makes other systems function optimally as well. Water regulates your pH level and so is very good for the Bladder.

### **It helps the economy**

When more people take care of their Bladder, there will be fewer visits to the hospital due to Urinary Tract Infections or illnesses. This helps to build the economy as resources are not used up. Spread awareness. With social media, others can see what the month is about and do well to take care of their Bladder as well.





**6.5**  
YEARS



On average, women wait **6.5 years** from the first time they experience symptoms until they obtain a diagnosis for their bladder control problems.

Urinary Incontinence (UI) affects **25 million** people in the US.



# BLADDER HEALTH AWARENESS MONTH



Nearly 40% of women between the ages of 20 and 45 have Overactive Bladder (OAB)



20% of women will undergo surgery for Pelvic Organ Prolapse (POP) in their lifetime.

**Nearly two-thirds** of women with Urinary Incontinence have not discussed their symptoms with a health care provider.



50% of men report leakage due to Stress Urinary Incontinence following prostate surgery



Overactive Bladder (OAB) affects an estimated **33 million** adults in the US.



It is estimated that the incidence of women with at least one pelvic floor disorder will nearly double by the year 2050 from 28.1 million to 43.8 million.



NATIONAL ASSOCIATION FOR CONTINENCE  
[www.NAFC.org](http://www.NAFC.org)

## Bladder Cancer



### Common Symptoms

- blood in the urine
- irritation while urinating
- blocked urine flow

### Symptoms of Advanced Disease



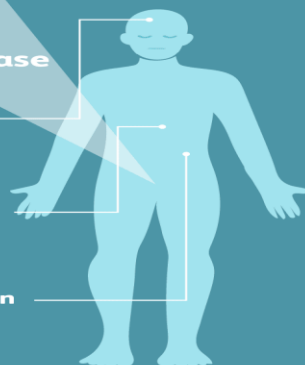
fatigue



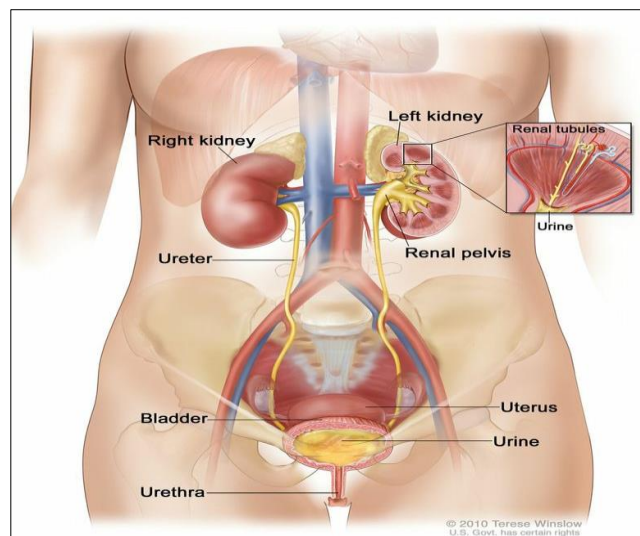
loss of appetite



flank pain



verywell



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## Reasons It's Awesome to have an Ostomy During the Holidays

By Robin Glover posted on the UOAA website



The holiday season is here! Yay! It's a wonderful time to build lasting memories and celebrate shared traditions. The holidays always bring people together. But is that always a good thing? In spirit, yes. But in practice...maybe not. There are crowds at the mall, long lines at the store, endless Amazon deliveries, presents to wrap, meals and small talk to make, and on top of it all, they want us to look nice and show up to parties, too. All this bringing people together can be a bit much. But what if you could find peace and serenity almost anytime you want? What if you could enjoy a few moments of quiet solitude among the festive chaos?

Well, if you're lucky enough to have a colostomy or ileostomy, you have that power. And it's just one of the ways having an ostomy during the holidays is pretty awesome.

**Instant Peace and Serenity!** So Uncle Bob had a little bit too much eggnog. And now he's passed out on the couch ripping off farts that would put a skunk to shame. Nobody wants to be near him. But deep down, everyone's a little jealous. He's over there in his own little cloud getting some much-needed peace and quiet. The problem is that Uncle Bob can't control when he lets out a little gas. But, we ostomates with an ileostomy or colostomy can! We can have our own little cloud of solitude at the ready for when we need a little time alone. Simply "burp" your pouch and suddenly the room empties and you're surrounded by nothing but instant peace and serenity. Ahh...the joys of being an ostomate.

**Get in the Holiday Spirit!** Those beige pouches can be a little drab. But there's nothing a little holiday decorating can't fix. No matter your type of ostomy or what holidays you celebrate, a few battery-powered lights and some glittery garland can turn you into a walking celebration of the medical miracle you are. Of course, premade holiday-themed pouch covers such as those pictured from C&S Pouch Covers, or several Etsy shops, could do the trick as well. People will be totally jealous. They'll wish they had an ostomy pouch to decorate. But they'll just have to stick to ugly sweaters they got off Amazon like everyone else...boring.

**Last-Minute Stockings!** Oh no! The dog ate Bailey's stocking! Where are you going to put Those awesome stocking stuffers you got them? You search around the house and can't find a sock or a bag worth using. You hear a commotion. Are the kids up already? You gotta hurry. Then, you remember that order of ostomy supplies that just came in. A pouch will be perfect! So you run to your supply stash and grab one. Throw some candy in it, add the yo-yo and animal erasers, and you're saved! Thank goodness for ostomies!



**Let It Go! Let It Go!** It's last-minute gift buying time. You've been waiting in line for twenty minutes and then those dozen latkes or half-gallon of cider suddenly kick in and you need to go to the bathroom. Now, most people would either have to hold it not knowing when they'll finally get to go, or get out of line and rush to the restroom. But not you. Luckily, you can just go while you're in line! Of course, this only works 50% of the time depending on whether you have a urostomy or colostomy/ileostomy. Unless you're lucky enough to have both!

**Let It Signify Your Resilience!** Your ostomy is a symbol of all you've been through and the faith, fortitude, and resilience it took to get through the toughest times. So when you do actually get a quiet moment to reflect during the holidays, remember how far you've come and that you're an inspiration to those around you. Even if you didn't welcome it or are having a difficult time right now, look at your ostomy as the reason you get to experience everything, good or bad, that the holiday season has to offer. Because an ostomy truly is a gift and, as an ostomate, your life is the greatest gift of all to those who love you. You are a miracle.



## Happy Holidays!

Happy Holidays Dear Ostomates,  
 We wish you good cheer,  
 May your health-cares lessen,  
 In the coming New Year.  
 We carry extra baggage,  
 But we do it with Grace,  
 Even embarrassing accidents,  
 Won't make us lose face.  
 With the support of our friends,  
 Whose similar problems we share,  
 We're there for each other,  
 We know that you care.  
 We're tough, we're survivors and  
 we're resilient!  
 Never give up!  
 Keep a prayer in your heart,  
 and the New Year's a fresh start!

**Meetings: 7- 8 pm**  
**First Thursday of the month**  
**Meetings will be combined in Person & Virtual**

**November 2**  
**December 7**  
**No January Mtg**  
**February 1**  
**March 7**  
**April 4**  
**May 2**  
**June 6**

[Join Zoom Meeting](#) (click on live link)

Meeting ID: 886 3266 6521

Passcode: Welcome!



Are you in need of donated supplies?

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.austinstomy.org](http://www.austinstomy.org)

Membership benefits include:

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

### The Ostomy Problem Solving Clinic

**Open first Thursday of the month at the Gethsemane Lutheran Church**

- 1-4:00 pm.
- Text or call Karen Hollis at 512-785-7448
- Text/leave your name, number, type of ostomy and problem
- Karen will contact you



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<https://phoenixuoa.org/>

Toll-free 800-750-9311.

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Rachel\*, SenSura<sup>®</sup> Mio Convex Flip user

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