



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, August 2, 2018 @ 7:00 pm
Thursday, September 6, 2018 @ 7:00 pm
No July Meeting

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This bi-monthly newsletter is available on our OAA website

Printing Courtesy:
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.



The Texas Chapter of the Crohn's & Colitis Foundation hosted their **Take Steps Walk** in Austin on May 19th at the Long Center. Members of our OAA non-profit group participated in the Health & Wellness portion. (see page 3)



Left-Right:

Laura Ludwig,
Marina Chavez,
Mary Meshbane

August 2nd Meeting:

Dr. Carl Bischoff, Urologist & Chief of Robotic Surgery at Urology Austin will be our guest speaker.

Dr. Bischoff practices general urology with a focus on urologic oncology. He specializes in robotic and laparoscopic surgery for the treatment of urologic cancers and reconstructive surgery.

<http://urologyaustin.com/doctors/carl-bischoff-md/>

Refreshments: Board Members



Ostomy Tips for the Pool – Getting into the Swim of Things

Via Orange County (NY) Area Newsletter & Stillwater Ponca City (OK) Ostomy Outlook

Can I go swimming with an ostomy? The answer is a resounding **YES!**

Swimming is an excellent exercise – an opportunity for a good cardiovascular workout without overly stressing your joints (like knees and hips) or your spine. The water helps support you while you move. And water exercises can be done in the deep end or while sitting in the shallow end of the pool. Best of all, swimming is an activity you can enjoy with family and friends of all ages and abilities.

So why are so many of us afraid to get back into the water? Here are some of our issues solutions: I'm afraid that my appliance will leak or come off while I'm in the pool. This is by far everyone's number one concern. The thing to remember is that your pouching system is designed to be leak free and water-proof and your wafer adhesive actually gets stronger in water. As long as your seal is strong and intact, strap on your swim fins and jump in.

Tips:

- Don't go swimming right after you've put on a new wafer.
- Make sure your pouch is empty.
- Picture framing your wafer with water proof tape isn't necessary but may give you the extra confidence you need.
- Avoid wearing pouches with filters into the pool.



I'm concerned that people will be able to see my pouching system under my bathing suit. A dark colored suit with a busy pattern will camouflage your appliance better than light colors like white or yellow, which can become almost transparent when wet. NOTE: Your pouch will dry just as quickly as your suit will, so no need to worry about a tell-tale damp spot.

Tips:

- For women choose a suite with a small, well placed ruffle or skirt.
- For men, choose a suit with a higher cut waist or longer leg.
- You may wish to wear a smaller, non-drainable pouch (those designed for intimate moments work well here too).
- If you have a colostomy and irrigate, you may try wearing a stoma cap while you swim.

I'm embarrassed about changing into/out of my bathing suit I the locker room and other people noticing my ostomy appliance. Some of us don't care who sees what, while others are more modest when it comes to who knows what about our bodies, ostomies and pouching systems. If you're a little on the shy side, try to find a spot that's out of the way or less crowded. Don't let the possibility of problems arising when changing prevent you from an enjoyable afternoon swim with family/ friends.

Tips:

- You may wish to change and towel off in a convenient bathroom stall.
- Put on a dry, oversized T shirt as a cover-up while you change.
- A dry suit is easier to take off than a wet one. Relax by the side of the pool with a good book or a talkative friend before heading off for the locker room.
- Wear your bathing suit under a jogging suit or sweat pants and don't worry about changing at all.

What about using the hot tub or Jacuzzi? Go ahead. Again, as long as your appliance seal is good and your pouch is empty you should have no problems with your ostomy. (Continued)

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

General Tips:



Do some planning – you know your body better than anyone and how long after eating your ostomy starts to work. Try to arrange your swimming for a time when your output will be minimal. If you are still concerned about entering the pool with your appliance, try this: put on your bathing suit, fill your bathtub with water and sit in it for half an hour. You'll feel more confident when you see there's no leakage. You'll also get to see what your suit (and your covered pouching system) look like wet.

A support garment or bike shorts under your suit or a snug, Lycra bathing suit can help to keep your pouching system in place and prevent your pouch and clip from migrating to the groin area. Some ostomates sew pockets into the inside of their suits as a way of providing additional pouch support, if needed. If you wear an ostomy belt, you should know that cloth belts stretch in the water – wear a rubber one if you want to wear a belt in the pool. Again, remember to get your doctor's okay before you take to the water or begin any exercise.

Urostomy Bladder Surgeries

Excerpt from UOAA Diet and Nutrition Guide

The urinary system is a simple network with complex functions. It plays a role in fluid balance, electrolyte balance, acid-base balance and excretion of waste. To maintain healthy kidney function, drink sufficient fluids to keep the urine diluted.

If urine color is darker than usual, it is an indication of concentrated urine which requires an increase in fluid intake. Certain foods and drugs can discolor the urine or produce a strong odor.

Urine pH Balance Urine pH is defined as the fluid's degree of acidity or alkalinity. When the food you eat is burned in the body, it yields a mineral residue called "ash." This ash can be either acidic or basic (alkaline) depending on whether the food that is "burned" contains mostly acidic or basic ions. Most fruits and vegetables actually give an alkalinized ash and tend to alkaline the urine. Meats and cereals will usually produce an acidic ash.

Acid Ash Foods	Alkaline Ash Foods	Neutral Foods
Most meats	Milk	Butter
Breads & cereals	Bananas	Coffee
Cheese	Beans	Cream
Corn	Beets	Honey
Crackers	Greens	Salad oils
Cranberries	Spinach	Syrups
Eggs	Most fruits	Tapioca
Macaroni (including citrus fruits)	Tea	Nuts
Most vegetables	Pasta, Rice	Prunes, Plums
Fish	Poultry	Unless otherwise indicated, the urine should be maintained in an acid state.

To maintain an acid urine state, increase your daily fluid intake to eight to ten (8 oz.) glasses of water. Drink cranberry juice in place of orange juice or other citrus juices which tend to make the urine more alkaline, take vitamin C daily (if okayed by physician) and try to eat an acid ash diet.



The Crohn's & Colitis Foundation, Texas Chapter, hosted their **Take Steps Walk** here in Austin on May 19th at the Long Center. The Take Steps Walk is the nation's largest fundraising event for digestive diseases and is hosted in more than 100 cities across the country each year. Participants become part of the IBD community, who not only provide support to each other, but who, together, are actively raising money to support the Crohn's & Colitis Foundation fund research into better treatments and ultimately cures for IBD. Members from our Ostomy Association of Austin non-profit group participated in the Health & Wellness portion.

THANK YOU to Laura Ludwig, Marina Chavez, Mary Meshbane, and John Duncanson for volunteering their time to meet people, provide information about our local group, and being a positive presence at this event!!



10 Travel Tips for Ostomates

By Susie Leonard "Insider" Newsletter, Summer 2017 inlandnwostomy.org



Hope for the best, but prepare for the worst. The more prepared you are, the more confidence and peace of mind you will enjoy while traveling.

Before Leaving On Your Trip:

1. When making your reservation, ask for an aisle seat closest to the bathroom.
2. Call your healthcare provider's national & International Travel Nurse Consultant before leaving home. Know what to do in case of a medical emergency, who to contact for support and which services will be covered through your health insurance.
3. In case your luggage is lost or stolen, have extra ostomy supplies available in a clearly marked box at home so that family or friends can ship them to you by air freight. In an emergency, the staff at Bryam Healthcare can help by air-freighting ostomy supplies within the United States.
4. If you have additional concerns about getting through the screening, you can request passenger support through TSA Cares at least 72 hours before traveling. Call (855)787-2227.
5. Consider getting a TSA Pre-Check card. It's an \$85 fee that lasts for 5 years. The lines are shorter and faster. Although you will still go through screening, you typically don't need to remove your shoes, laptop, 3-1-1 liquids, belts or light jackets. TSA agents will still swab your hands for any trace of explosives and/or do a pat down.

Packing Tips:

6. Bring documentation from your doctor about your ostomy and your Ostomy Travel Card with you. You can download this special card at www.ostomy.org/Ostomy_Travel_tips.html TSA staff have received extra training from the UOAA. If needed, show your travel card when going through security. If you're getting "patted down" by a TSA agent, tell him/her you have an ostomy. Documentation from your doctor can give you permission to bring your ostomy scissors in your carryon luggage for USA domestic flights only. (Check with TSA—carryon restrictions can change.)
7. Bring your ostomy supplies in your carryon luggage. If traveling with a friend, split up other ostomy supplies into their carryon luggage, too. Bring almost double the amount of supplies that you think you'll need. Make sure you have a few pre-cut wafers in case of an accident while in route. Clothes and other travel equipment can be easily replaced; ostomy materials are more expensive and challenging to get - especially internationally.
8. Bring an article of clothing that you can tie around your waist in case of an accident to help disguise it. Always have a change of clothes with you. Women: consider bringing a pareo wrap as a light blanket for plane and bus rides travels with chilly air conditioning. And, in an emergency, a scarf can be used to hide an accident. Men: consider bringing an extra dark-colored, long-sleeved shirt with you. It could be tied around your waist in case of an accident.
9. Pack a few extra conveniences to make traveling with an ostomy easier.
 - Carry a small bottle of hand-sanitizer
 - Handi-wipes™ dry much faster than regular washcloths and are strong enough to clean up any accidents.
 - Consider using a dedicated travel toothbrush as a small toilet bowl scrubber.
 - Bring deodorizer
 - Carry small change for pay toilets (internationally) and pack extra toilet paper.
 - Bring a small, LED flashlight and a night-lite for the bathroom.
 - When enjoying sport activities, such as snorkeling or body surfing, wear a stoma protector guard to protect your stoma from abrasions.
10. Pack your smile and a good attitude. Although it takes preparation and it can be a hassle to bring all the necessary ostomy supplies, you CAN enjoy travelling nationally and internationally with an ostomy!

Planning for Summer with a Stoma

By Diane Kasner, RNET, from Baltimore (MD) Bulletin



As thoughts turn to warm swimming and summer fun, here are some hints for maintaining a trouble-free ostomy: Don't expect to get the same pouch wear time as you do in the fall, winter or spring. If your flange or ring skin barrier melts out faster, change the pouch (or faceplate) more frequently.

If wear times are very poor, have your ET nurse recommend a different skin barrier. If the plastic pouch against your skin is uncomfortable or causes a heat rash, sew or purchase a pouch cover.

(Continued)

If you are wearing a two-piece system and are participating in VERY ACTIVE sports, use a 10 inch strip of 2 or 3 inch tape to secure the pouch and the barrier to your abdomen to prevent the pouch from "popping" off the barrier.

Be sure to drink plenty of fluids (unless contraindicated because of other health problems) so that you don't get dehydrated or constipated. For extra security during swimming and water sports, use waterproof (i.e. "pink" tape) to secure your pouch. Monilia is a common summer problem. This raised itchy, red rash on the peristomal skin is uncomfortable and keeps pouches from holding well. If you suspect a monilia rash, contact your physician as soon as possible for a prescription or antimonilia powder.

Take Care of Your Pearly Whites! It May Reduce Your Risk of Stroke.

Cleveland Clinic Wellness, March 22, 2016

Raise your hand if you received a reminder card from your dentist and tossed it in the recycling bin. Now use that hand to grab the phone and call for an appointment! New research underscores the links between your oral health and your overall health, and calls attention to the importance of seeing your dental professional every six months. Multiple studies indicate a link between periodontal disease and heart disease — and, on the "good news" front, treating periodontal disease has been shown to lower your risk of heart attack. Now a new study sheds light on how the presence of *Streptococcus mutans*, a cavity-causing bacteria, may increase your risk of hemorrhagic stroke. Professional cleanings can reduce not only bacteria but also harmful inflammation, which may also contribute to heart disease. Brush and floss daily, and see your dental pro twice a year for cleaning and evaluation. If you find yourself slacking, remind yourself that, when it comes your health, everything is connected, so that good health anywhere in the body improves the likelihood of good health everywhere.



Front: Bill,
Joe, Vernon

Back: John,
James, Dan,
Eddy, Dick

Wishing you a very happy & safe holiday!

Recognizing & appreciating our Veteran members for their service.

LET'S CELEBRATE!



Yearly Anniversaries - 2018

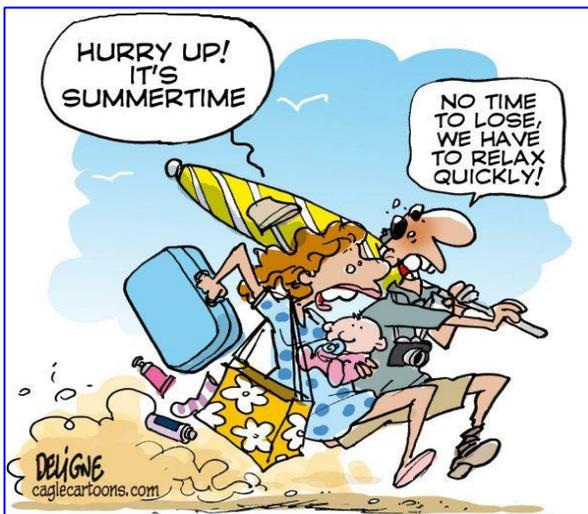
July & August

Dick Hartford, 19
Christina Luna, 16
Trudy Faloon, 39
JoAnne Wheelles, 25
Dorothy Mogoyne, 2

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

2018 Thursday Meetings

August 2 ~ Dr. Bischoff
September 6
October 4
November 1
December 6 ~ Holiday Party



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.



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

\$15 _____ Spouse/Relative/Partner/Friend/Other

\$25 _____ Professional

Mail Application to:

Ostomy Association of Austin

P.O. Box 143383

Austin, TX 78714



Membership benefits include:

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



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<https://phoenixuoaa.worldsecuresystems.com>

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MB119N 06.14



Help maintain healthy skin around your stoma with the CeraPlus skin barrier

Ceramide is a natural component of healthy skin. People who have tried the ceramide-infused **CeraPlus skin barrier** have reported visible improvement in the appearance of their skin.[†]

To learn more about how the CeraPlus skin barrier can help support healthy skin from the start, or request a FREE sample, contact us at **1.888.808.7456** or **www.hollister.com/tryCeraPlus**.

[†]Global User Evaluation. Data on file, Hollister Incorporated.
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