



FOX VALLEY OSTOMY NEWS

Aurora Illinois Ostomy Support Group * P.O. Box 904 * Aurora, Illinois 60507

SUPPORT GROUP FOUNDED 1972

***** SPECIAL THANKS TO: *****

**RUSH-COPLEY MEDICAL CENTER FOR THE PRINTING OF THIS NEWSLETTER
PROVENA MERCY CENTER FOR FURNISHING
THE MEETING ROOM**

MEETINGS ARE HELD THE SECOND TUESDAY OF EACH MONTH.

VOLUME: 33
NR: 9

NEXT MEETING: TUESDAY MARCH 14, 2006 7:00 PM

Provena Mercy Center, 1325 N. Highland Ave. Aurora. We meet in **THE MCAULEY ROOM**, which is on the lower level of the hospital past the cafeteria - follow the signs. If you wish to use the east doors to the hospital, there is a set of stairs just to the left of the second set of sliding doors.

For further information call any officer listed below.

PROGRAM: A roundtable discussions of hints, questions and "problems". Maybe you have discovered something new or something you may have a question on. What ever it is, come to the meeting and let us hear from you. You may be "just the one" someone is looking for to solve his/her problem.

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***** REFRESHMENTS BY ED AND PATTY *****

INFORMATION AND/OR HELPFUL HINTS PRINTED IN THIS NEWSLETTER ARE NOT NECESSARILY RECOMMENDED NOR ENDORSED BY THE AURORA, IL OSTOMY SUPPORT GROUP, THEY ARE OF GENERAL INFORMATION ONLY. IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT YOUR ET OR PHYSICIAN BEFORE USING ANY OF THE INFORMATION CONTAINED HEREIN.

From your President;

Please forgive the mistakes I made in the February newsletter; you mean you didn't find any? Then you didn't read the newsletter too well. Go back and re-read it carefully to realize that I am not perfect and February's newsletter was a good example. Sometimes I throw things in there just to see if you are really reading the newsletter but this time it was purely "senior moments"!

Ed can now put our newsletter on line so if you wish to get the newsletter via e-mail, please give us your e-mail address. If you do not want your e-mail address shown, you will be copied as "blind-copy (BC)".

For those members, who seldom or never attend our meetings, if you are experiencing any problems with your ostomy, come to our March meeting and discuss it with our members. There is a good chance that someone in our group has experienced about the same problem and they could just possibly help you solve your problem. They've done it for many before.

I am in the process of getting speakers but if you have any ideas of a program (it doesn't have to be a speaker), please let me know. In April our ET, also known as a WOCN, Helena DeMoss will be presenting a program on "proper foot care". All members are encouraged to come and bring a friend to hear Helena.

Of late I have been doing some deep thinking as to where our group has come from and where our group will be going in the future. Each month we have the "faithful" at our meetings, and for that I am very thankful. I am determined to keep our group together, no matter what, but I am only one person; I guess what I am trying to say is that somehow we must get the "inactive members" fired up so we can keep the group going for now and into the future. We must also look to the younger members/ostomates and encourage them to get involved too. I do not anticipate any sweeping changes at present, but somehow we must get the message out that we need all of you out there who have been "thinking about" getting active, to do so. I assure you that if we start overflowing our present location, I can convince the hospital to give us another room or open up between the two rooms to accommodate everyone.

Wouldn't that be just great!

For those of you who were at the February meeting, I am sure you were very aware of my predicament and I thank you for putting up with me. Once the meeting got started (and on time for once) it seemed that the black cloud hanging over my head was swept away with the outgoing response I received from the group. We had a new (to us) ostomate present; he became a member before leaving too! When he introduced himself to the group, with no shyness I must add, we found out that he has a "system" very different from the rest of us. Helena gave us a **very** detailed explanation of what his system was (a "J" pouch no less) and the complications he endured at birth that caused the doctors to perform an ostomy at that young age! We thank our new member for his openness, we really got a great lesson in medical history, thanks to Helena, who jumped to the board and diagrammed the condition and explained, in great detail, the procedure/cause. Thank you both for making the evening so rewarding. For all of you who don't come to the meetings because you think all we talk about is "Medicare and hernias, you are missing the chance to get the lessons of a lifetime!!!

See you all at the March meeting and don't forget this is the time for "helps and hints" and please bring all your knowledge/questions to share with others.

Joe Rundle,

President

HINTS AND HELPS FROM HERE AND THERE

Compiled by: Aurora, IL Ostomy Support Group

This, being our “what-ever-the-weather-brings” meeting, we usually allocate this meeting to discussion of hints and “problems”, so put on your thinking caps and let’s get started! Some of the following hints may be old news to some of you, but remember, we have new readers (and members) who would like to learn about these things too.

- >>>Steam or microwave vegetables until just tender. This will reduce the loss of nutrients.
- >>>Medications dissolve and absorb faster when taken with lots of water.
- >>>Keep grape juice in the refrigerator. If you eat something that causes a blockage (YUCK), drink a glass of the juice; it could work wonders.
- >>>Oatmeal added to your bath water can relieve all kinds of itchy skin problems. Pour some oatmeal into a cloth bag or a piece of cheesecloth; tie it shut, then dangle it from the spigot. You can also use the saturated oatmeal pouch like a sponge.
- >>>Electrolytes are potassium, bicarbonate, salt, iron and sodium.
- >>>Foods high in potassium are: apricots, grapes, grape juice, bananas, fresh sea fish, molasses, and bouillon.
- >>>Foods rich in iron are: green vegetables and liver. Milk has no iron. The most severe cases of anemia are from those on a milk diet.
- >>>*Scotch Guard* sprayed on your elastic belt will keep it clean longer and also make it hold its shape better.
- >>>*Cepacol* Mouthwash has proven to be one of the most effective “odor eaters” we ever used for all fecal output. One teaspoon in the pouch will do the job.
- >>>Use a measuring spoon to measure liquid medications. The common teaspoon holds anywhere from a half to twice the proper amount.
- >>>The following foods may cause loose stools and you may wish to avoid them when diarrhea occurs: green beans, broccoli, prune juice, spinach, raw fruits, rhubarb, beer, and spicy foods.
- >>>Store medicines in a cool dry place, not the bathroom medicine cabinet. Bathrooms are often warm and humid and may change the chemicals in drugs.
- >>>For the pizza lovers – two or three tablespoons of applesauce is helpful in firming up a liquid stool which might result from eating pizza or other spicy foods.
- >>>The tea bag is the ostomates’ best friend. Tea is antispasmodic and is soothing to an upset stomach. It contains potassium.
- >>>For irritated skin, put plain baking soda (about 2 – 3 tablespoons) in the water you use to wash the skin around the stoma. It is not only helpful in healing of the skin, but it also helps preventing itching.
- >>>Ileostomates experience hunger more often than other people. When this happens, they should drink fruit juice or water and eat soda crackers, followed by a meal as soon as possible. An ileostomy keeps working whether you have eaten or not, so don’t skip meals to lose weight, but eat regular ones.
- >>>Colostomates: If you feel that the last of the discharge hasn’t been disposed of, blow your nose ten or fifteen minutes after you think you are through and before putting on your pad or pouch and you will usually get rid of the last troublesome matter.
- >>>For a relief of leg cramps: Apple cider vinegar is high in potassium and low potassium levels may cause some cramping. For best results, drink a mixture of two teaspoons of apple cider vinegar and one teaspoon of honey in a glass of warm water.
- >>>Don’t concern yourself with people in restrooms who are waiting for your stall. Take the time you need. **“Hurry now - be sorry later”!**
- >>>If your potassium levels are low, symptoms are: sore muscles, tiredness, and weakness. When ill with a virus and diarrhea, eat pretzels; they are a food which can be kept down and salt is good for your liquid balance.
- >>>One cause of obstructions that we don’t usually think about is from too much “soft drinks”. The gas from carbonated drinks can distend the bowel to the point that “kinking” can occur.
- >>>High pectin foods, such as applesauce, cranberries, and plums help thicken loose stools.

WHICH POUCHING SYSTEM IS RIGHT FOR YOU?

Compiled by: Aurora, IL Ostomy Support Group

With so many ostomy products available, it's hard to know which one is right for you. Regardless of the brand of product or type of surgery you have, there are a few basic features an ostomy pouching system must have to give you a sense of security and confidence.

- >>> it must contain urine or stool, gas and odor without leaking.
- >>> it must help protect the skin around the stoma from the damaging effects of stool and/or urine.
- >>> the system should remain in place for a sustained and predictable wear time.

WEAR TIME:

This means you should be fairly certain your pouching system will remain intact without leakage for a definite period of time. That time period varies among individuals and ranges from 24 hour or, with good luck, 7 to 10 days. Wear time has a lot to do with the amount and character of your output, the climate in which you live, your daily activities, and the type of skin barrier you use.

OUTPUT:

High-volume liquid output will melt standard pectin-based barriers faster than the more modern synthetic extended-wear barriers. Using a skin barrier paste as "caulking" around the stoma or in a "bead" on the back of the skin barrier, can help increase wear time and skin protection.

VISIBILITY/INTIMACY/COST:

Once these criteria have been met, look at other pouching system features that might impact the way you feel about yourself. For example, is the pouch visible under your clothing, and does that determine your feelings about yourself during periods of intimacy? Does the cost of ostomy supplies, and/or your concern about them, overwhelm you?

YOUR ADJUSTMENT:

Researchers believe that such concerns can affect your adjustment to, and satisfaction with, your life after ostomy surgery. That's why it's important to look at the fine distinctions about ostomy pouching systems. Consider a system's wear time as it relates to its costs. Calculate your ostomy supply costs on a yearly total-cost basis rather than a cost per change basis. You may find that an inexpensive pouch that must be changed daily costs more in the long run than the more expensive pouch you can wear for three days.

CONCLUSION:

Investigate the size, shape, color, contour, profile and ease of application and emptying of a variety of pouching systems. Which one will be the right one? The one YOU FEEL is right for you.

Via ***C-M-E OSTOMY NEWS LETTER***

Charleston/Mattoon/Effingham Area Ostomy Chapter

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.....I'VE LEARNED THAT;

- ... being kind is more important than being right.
- ... under everyone's hard shell is someone who wants to be appreciated and loved.
- ... life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
- ... when you plan to get even with someone, you are only letting that person continue to hurt you.
- ... the Lord didn't do it all in one day. What makes you think you can.

SPECIAL INVITATION: THE AURORA ILLINOIS OSTOMY SUPPORT GROUP WELCOMES ALL PERSONS WHO HAVE A COLOSTOMY, ILEOSTOMY, OR A URINARY DIVERSION AND ALL OTHER INTERESTED PERSONS WHO DESIRE TO PARTICIPATE IN THE ORGANIZATION. OUR OBJECTIVES ARE TO HELP IN THE PHYSICAL, EMOTIONAL AND SOCIAL REHABILITATION OF THE OSTOMY PATIENT, THROUGH MUTUAL AID, INFORMATION AND UNDERSTANDING.

DOCTORS: AT YOUR REQUEST, WE SHALL BE HAPPY TO MAKE BOTH PRE AND POSTOPERATIVE VISITS.

PLEASE CONTACT THE VISITATION CHAIRMAN.

MEDICAL ADVISORY BOARD

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PLEASE CONSULT YOUR PHYSICIAN BEFORE USING ANY HINTS OR SUGGESTIONS IN THIS NEWSLETTER.

ARE YOU MOVING? IF SO, PLEASE NOTIFY US AS SOON AS POSSIBLE OF YOUR NEW ADDRESS.

DO YOU KNOW ANYONE WHO COULD BENEFIT FROM OUR NEWSLETTER? IF SO, PLEASE CONTACT ANY OFFICER.

THREE (3) COMPLIMENTARY COPIES OF THE NEWSLETTER WILL BE FURNISHED TO ALL NEW OSTOMATES.

PLEASE CONSIDER BECOMING A MEMBER BY COMPLETING THIS APPLICATION

MEMBERSHIP APPLICATION

NAME: _____ SPOUSE'S NAME: _____
ADDRESS: _____ BIRTH DATE: _____
CITY: _____ STATE: _____ ZIP CODE: _____
TELEPHONE: (____) ____ - _____ E-MAIL: _____

DATE OF SURGERY: _____ PHYSICIAN: _____

COLOSTOMY: _____ ILEOSTOMY _____ URINARY: _____ OTHER: _____

_____ GIFT/DONATION HONORING _____

_____ \$6.00 ANNUAL DUES – MONTHLY NEWSLETTER

_____ I WOULD LIKE TO BE A MEMBER, BUT CANNOT AFFORD TO PAY DUES AT THIS TIME.
(THIS INFORMATION WILL BE KEPT STRICTLY CONFIDENTIAL)

MAKE DUES CHECK PAYABLE TO: AURORA, IL OSTOMY SUPPORT GROUP
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