



FOX VALLEY OSTOMY NEWS

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

CHAPTER 157, AFFILIATE OF UOAA

MY.VOYAGER.NET/EHAERING/FVON

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: 12

HAPPY BIRTHDAY
Aurora IL Ostomy Support Group

NEXT MEETING: TUESDAY JUNE 13, 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

SUPPORT GROUP OFFICERS AND COMMITTEES

PRESIDENT	JOE RUNDLE	(630) 879-5295
VICE PRESIDENT		
SECRETARY (INTERIM)	ED HAERING	(847) 742-4659
TREASURER	LEO AHASIC, SR.	(630) 466-7128
PAST PRESIDENT	DON ROLFE	(630) 892-9854
HISTORIAN	ART WENDLAND	(630) 879-7833
VISITATION CHAIRMAN	ED HAERING	(847) 742-4659
VISITATION CHAIRMAN	E-MAIL ADDRESS	EDHAERING@HOTMAIL.COM
NEWSLETTER EDITOR	JOE RUNDLE	(630) 879-5295
NEWSLETTER EDITOR	E-MAIL ADDRESS	JOEARUNDLE@AOL.COM

***** REFRESHMENTS BY JOE AND JEAN *****

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,

I have started this letter a number of times today trying to put my thoughts in order so that I present them well. Sometimes it is very hard to put my thoughts in line and get them down so they come over as I have planned and this is one of them. This is a very emotional period for me as your President and friend.

First, the loss of our Vice President, John Pawloski, was a very personal tragedy to me as I tried to cope with his death at the same time as I was having to deal with some personal and physical problems of my own. Words can not express the loss. I learned a lot about John after his death that I wish I could have asked him while he was still with us. It seems John had a very diverse life, and being the quiet type, never really let us know what was going on. It is so sad that we learn about a person only after they are no longer with us. There are so many questions I would like to have asked John had I known him better. He lived his life as a quiet man, always trying to help wherever he could. Up to his final days it was very important to him to know that he was still our Vice President despite his inability to be with us, physically, those last few months. John's wife, Thelma, asked me if I minded if he wore his Vice President nametag as a final tribute to his service to our group. I thought it most appropriate that he did, and he did! Knowing John, he is probably trying to organize a Support Group for all ostomates in Heaven – that would be John and he will be their Vice President! See 'ya later John, and thanks for your friendship, support, and especially for just being you.

Have you ever watched the geese flying over in their familiar "V" formation and wonder why they fly in that pattern? The lead goose is the strongest member of that formation, his job is to break the wind for the rest that follow him. He may be the strongest at that point, but at some point his strength will diminish and find it necessary to fall back into the flock and let another goose take over the lead to help the rest of the formation keep going. So it is with a Support Group.

With the loss of our Vice President, as traumatic as it was, we must go on as a group and to do so we must have a complete compliment of Officers. We must find a new Vice President for the group and I am trying to find someone who will come forward. The job of Vice President is not too demanding other than filling in for the President as necessary. I have made a number of calls hoping to find a replacement but so far I have not had any success! Be assured, the "lead goose" is not stepping down but he does need someone to come forward to help with the burden. I have even offered to have a Vice President and a Co-Vice President so not one person would have to be present all the time; it would be a joint effort of the two. Please give it some thought and let's talk about it at the June meeting.

Our May meeting was well attended and Helena gave a very enlightening program about proper foot care. One point she touched on really hit close to home for some of us. She explained that it is very important to frequently look at the bottoms of your feet to be sure there are not sores or broken skin down there. The question was asked "but I can't see the bottom of my feet, what do I do?". Simple answer, according to Helena, put a hand mirror on the floor and, supporting yourself very well, lift you foot, one at a time, and see if there is anything there that looks out of ordinary. My comment to the solution was, "some of us can't even see our toes, little alone the bottoms of our feet"! If any of us have wound problems, Helena is the one to contact. Helena is such a font of knowledge and is always so helpful when asked to speak to our group. If you weren't there, you sure missed a good lesson in hygiene.

Our June meeting will be our Birthday Celebration so please try to be there and share in the fun. I will try to keep the business meeting short so we can have more time to just "hang-out".

Your President,

Joe Rundle

YOU DID WHAT?

For those of you who might be going overseas this year, here are a couple things to keep in mind! For the rest of us, this is amusing, but true!

Follow these overseas—edtiquette tips to avoid international incidents:

DON'T BLOW IT:

In Japan, it is deemed disgusting to blow your nose in public. Also, cloth handkerchiefs are used only to dry hands and mop brow!

GIVE 'EM THE THUMB:

The A-OK sign, a circle formed with thumb and forefinger, may get you KO'd in Brazil and other parts of South America, where it is the equivalent of "giving the finger" in the states. Instead, you should us a "thumbs-up".

WIPE YOUR MOUTH...BUT NOT WITH "THAT" HAND:

Always eat with your right hand in the primarily Muslim countries of Africa, Asia, and the Middle East. The left hand is used to "toilet yourself" and is considered unclean.

DITCH THE DOGGY BAG:

When dining in European restaurants, It is considered gauche to take leftovers home. (It's also polite to keep both hands in sight).

KEEP YOUR HANDS TO YOURSELF:

In Thailand, don't pat children on the head; it is believed the spirit resides there.

Via Aurora, IL Ostomy Support Group
From: AARP Magazine Sept/Oct 2005

* * * * *

HOW DOES AN OSTOMATE LOSE WEIGHT SAFELY?

No one should be overweight, especially an ostomate. Besides the usual medical, surgical, psychological, social and economical problems, obesity presents a pouch management problems of the ostomate.

Whether a diet is unsafe depends upon each person's specific medical condition or body need. There is no guarantee of safeness 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:

- Consult your physician for metabolic study., Discover if your overweight problem is medical, psychological, incorrect eating habits, etc.
- Educate yourself regarding vitamins, minerals, proteins, carbohydrates, calories, nutrition, absorption's, allergies, side effects, etc. This data can be obtained though books, at health stores, etc.
- Diet through natural means by forming healthy nutritional habits and not using medication as a crutch. Eat balanced meals, seek quality, not quantity.
- Exercise actively.
- Routinely visit your physician for evaluation of your health and diet.
- Recognize and correct prosthesis management problems.

Through a combination of the above items, you can achieve your goal.

Via **THE NEWSLEAK**
Ostomy Support Group of
DuPage County (IL)

GOODBYE GoLYTELY!!!!

BY Barb Barrickmann, RN BSN CWOCN

Are you planning on having a colonoscopy soon? We all know that this is an important screening examination to detect any abnormalities in the colon which can lead to cancer. It is highly recommended that anyone age 50 and over have a colonoscopy, with follow-up colonoscopies on a schedule date determined by the results of the first exam and the person's medical history. The procedure itself isn't usually a problem. We usually don't remember that part. It is the preparation for the procedure that really sticks in our minds!

The usual preparation includes a clear liquid diet for at least 24 to 48 hours prior to the procedure as well as taking a preparation to clean the bowel thoroughly. Often this is **GoLYTELY**. This preparation produces diarrhea, which rapidly cleans the bowel, usually within four hours. It has proven to be very effective in cleaning the bowel. The problem with it is the amount that needs to be consumed and the taste. Although it is available in flavors now, it still involves drinking eight-ounce glasses every ten minutes until you get the whole four liters of **GoLyelyl** down. Approximately 50% of people taking the preparation will experience some common side effects including nausea, abdominal fullness, bloating, and cramping.

One alternative to **GoLYTELY** is magnesium citrate liquid. This is usually in a ginger-lemon preparation that is mixed with a small amount of water. It is taken in two doses. Although it is a much smaller amount of liquid, it does not taste good and is difficult for some people to drink at all.

Finally, there is a new product that (is) in pharmacies now. It is called **Visicol**. This medication is in pill form. No more drinking endless gallons of fluid! It does mean taking 40 pills, however. The usual routine starts the day before the procedure. That day, you take 20 pills within an hour and a half. The pills must be taken with eight ounces of any clear liquid (water, clear carbonated beverage, or clear juice). Then the remaining pills are taken three to five hours before the exam. These are taken in the same manner as before. The directions conclude with this reminder: "**remain close to toilet facilities**"! (well, da...!)

Via **THE NEWSLEAK**

Ostomy Support Group of
DuPage County (IL)

ATTITUDE

(Author unknown)

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company... a church... a home... (and I would like to add) a support group.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you... we are in charge of our attitudes."

Via **THE NEWSPOUCH**

Heart of Iowa Ostomy Support Group

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 POST-OPERATIVE VISITS. PLEASE CONTACT THE VISITATION CHAIRMAN.

MEDICAL ADVISORY BOARD

DOCTORS

NANCY E. WHEREATT, MD
DAVID SIEGFRIED, MD
GUSTAVO M. BANTI, MD

CWOCN NURSE

HELENA DEMOSS, RN, BS, CWOCN
E-MAIL – HELDEM@AMERITECH.NET
OFFICE – 630-264-4427

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 – MEMBERSHIP AND 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
POST OFFICE BOX 904
AURORA, I LLINOIS 60507