



FOX VALLEY OSTOMY NEWS

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

CHAPTER 1`57, AFFILIATE OF UOAA, INC.

WEB SITE – <http://home.comcast.net/~edhaering/ostomy>
CHAPTER E-MAIL ADDRESS - ostomy-aurora@hotmail.com

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: 35
NR: 1

NEXT MEETING: TUESDAY JULY 10, 2007 7:00 PM

Provena Mercy Center, 1325 N. Highland Ave. Aurora. We meet in **THE MOORE 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: The program will be presented by Officer Todd Range, Aurora Community Oriented Police Officer. Officer Range will speak on present scams and how to protect ourselves against them as well as how to keep ourselves safe in general.

SUPPORT GROUP OFFICERS AND COMMITTEES

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***** REFRESHMENTS BY *****

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PRESIDENT'S MESSAGE:

I was reminded that this was actually our 35th Anniversary (not Birthday) but, regardless, it was quite a celebration, I am informed. The comments I have received convinced me that we should, as a support group, do this type of meeting more often. I regret that I was not able to attend due to another "R&R", but intend to be back at the helm in July. The trivia/prize program sounded like a real "hoot"; I would not be surprised to see some of the "gifts" return for our White Elephant Auction in December. It has been suggested that we have a picnic next year as our June meeting. If we can pull this off, I will be asking for help. This could be a lot of fun but one person can not make it happen. Be prepared to say "YES, COUNT ME IN".

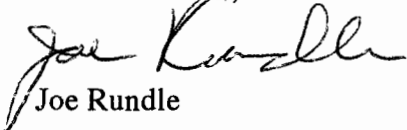
We had three visitors, and luckily, one of the visitors was the grand winner of the door prize. We look forward to seeing these new visitors at the July meeting and many thereafter. Be sure to always welcome any new face that comes through that door as that is the first impression we make of how we feel about visitors. As I have said before, never let a visitor stand alone because history tells us that if a visitor is not properly welcomed, they may not return, thinking they were at the wrong place or that we are too close of a group to not want visitors.

We had a very special guest at the meeting. Mary Kazak-Streit, one of the founding members of the original Aurora Ostomy Chapter (#0325), was with us. At one time or another, Mary has held almost all of the offices over these many years. At present, Mary is "sort of retired", but tries to get to as many meetings as her obligations will permit. Mary is a very active member of her church. Mary was instrumental in my becoming active in the Chapter and eventually taking over the newsletter (good or bad, I'm not sure). Mary at one time was the sole newsletter editor plus her very demanding job as a transcriber here at Mercy Medical Center. Can you imagine reading, little less listening, to a doctor and trying to figure out what he/she is trying to say – and get it right the first time. It was so nice to have you with us, Mary, and look forward to your coming back as much as you can.

As noted on the cover, our speaker for July will be Officer Todd Range, C.O.P. for Aurora Police Department. It should be a great presentation and I encourage everyone to come with their questions and be sure to invite any guests you feel may benefit from the presentation. In August, Corie Rectenwald, Patient Services Representative for the Fox Valley Region, Illinois Division, of The American Cancer Society. Corie will speak on their program of "each one reach another", a program that links up cancer patients with a visitor with, or in like, situations. This does not replace the Visitor Training Program of our parent organization, UOAA, Inc..

I'm looking forward to seeing everyone at the July 10th meeting and until then, I remain,

Your President,



Joe Rundle

YOU DESERVE A LITTLE LIFT!

The heart of each day is a promise.
The gift of each day
is
YOU

LIVING WITH YOUR OSTOMY

By Lawrence Davis, M.D.

“This will be on what a physician expects of an ostomate* patient. Being an ileostomate myself, I have jotted down things I experienced and what I expect of you, as an ostomate, to cope with”.

Immediate post-op care. The most important thing the doctor expects is the patient’s acceptance of the change in body Image; they must accept the fact that they have changed for the better. One of the biggest hurdles with a patient who will not even look at the stoma, is to let him take care of it. This is the beginning of the road to recovery and complete recuperation. The patient should, and must, be independent by the time they leave the hospital.

Get the patient to look at the positive side of their operation. They are free of the disease, cancer, diarrhea, and pain. Most ostomates say they are so happy to be rid of 20 trips to the bathroom and sometimes getting there too late. Make them aware that they have not been mutilated, but have been changed for the better.

The next big obstacle is “bagging the stoma” or finding the right appliances for the patient. The patient needs to know that his stoma is going to change. With weight change, the need will change.

It is very important to understand the problems a surgeon faces. Keep in mind that the individual’s problems dictate different stomas and locations. Go to your ostomy meetings and learn all you can about ostomy care. The caring and sharing will help you more than anything else.

ED. Note. *The original article was written based on an ileostomy patient, but I have taken the liberty to change some parts of the original article so that it relates to an “ostomate” in general.

Via C.M.E Ostomy Support Group

BE CAREFUL WHEN YOU FLUSH THAT TOILET

As if we don’t have enough to worry about, a researcher from NYU’s Medical Center has come up with a study that will make you afraid to touch that flush lever on your toilet. According to Dr. Philip Tierno, “Water aerosolizes 20 feet from the center of the flush,”. In other words, droplets of germy bacteria are released into the air and can land anywhere, including your toothbrush! Dr. Tierno advocates shutting the toilet lid before you flush, and rinsing our toothbrush with mouthwash or peroxide every day.

And if THAT isn’t enough, Dr. Tierno goes on to warn us that the kitchen actually is the dirtiest room in the house. He states that your kitchen sponge or dishcloth is filled with “far more bacteria than the toilet bowl or garbage can”! Almost half the people he interviewed admitted they used the same sponge to wipe cutting boards, counters, and dishes. Dr Tierno advocates changing the sponge every day or two, and disinfecting it every day in a solution of one ounce of bleach in a quart of water. Or stick it in the dishwasher.

Ready to surrender? Watch out for that vacuum cleaner. Our good doctor recommends emptying the vacuum cleaner bag once a month, so the motor “doesn’t spew out icky debris”.

Via South Brevard FL Ostomy Support Group

“They say marriages are made in Heaven.
But so are thunder and lightning”

ODE TO THE STOMA

I think that I shall never see
a stoma well behaved like me.

A stoma that will understand,
when restrooms aren't
near at hand.

A stoma that will be quiet
when the room is full of company.

A stoma that will rest
when

I

think best.

But let's not dream and let's not pray,
and work it does, both night
and day

A stoma has a head, but not
a mind

It sometimes can be so unkind,
yet thankful we must always be,
that surgeons work so skillfully.

Sure, GOD can make
an anus

perk,

but only man

can make a stoma

work

* * * * *

QUESTIONS TO ASK YOUR PHARMACIST

1. What are the names of the medications and what are they supposed to do?
2. When and how do I take it?
3. How long should I take it?
4. Does this medication contain anything that can cause an allergic reaction?
5. Should I avoid alcohol, any other medications, foods and/or activities?
6. Should I expect any side effects?
7. Is there a generic version of the medication my doctor has prescribed?
8. What if I forget to take my medication?
9. Is it safe to become pregnant or to breast feed while taking this medication?
10. How should I store this medicine?

In all cases, you should ask for a "fact-sheet" each time you get a new prescription. This fact-sheet should answer any of your questions as listed above. If you have **any** questions about a medication, be sure to check with your doctor right away to make sure the prescription was written correctly and, secondly, if the proper medication was dispensed by the pharmacist; you have every right to question anything that you may think is out of the ordinary.

Via The *NEWSPOUCH*
Heart of Iowa Ostomy Support Group
FOX VALLEY OSTOMY NEWS
Aurora, IL. 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

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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: _____ SPOUSES' NAME: _____

ADDRESS: _____ BIRTH DATE: _____

CITY: _____ STATE: _____ ZIP CODE: _____

TELEPHONE: (____) ____ - _____ E-MAIL: _____

DATE OF SURGERY: _____ PHYSICIAN: _____

COLOSTOMY: ____ ILEOSTOMY ____ URINARY: _____ OTHER: _____

____ GIFT/DONATION HONORING _____

____ \$10.00 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
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