



The AUSTI-MATE Journal

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

www.austinostomy.org
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Gethsemane Lutheran Church
200 West Anderson Lane, Austin, Texas 78752



Next meetings: Thursday, November 5, 2015 @ 7:00 pm
*** Thursday, December 3, 2015 @ 6:30 pm**
***HOLIDAY DINNER & ORNAMENT EXCHANGE**

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American Cancer Society

Ostomy surgery is a lifesaving surgery that enables a person to enjoy a full range of activities, including traveling, sports, family life and work. **YOU** matter ~ Come join us!

The fall weather has been beautiful ~ hope you're out enjoying it! We had two information-filled, interactive meetings in September & October. See page 3 for highlights. This is our November-December bi-monthly Newsletter issue. We have color-coded the article headings to align with specific Ostomy type topics. See page 3.

November 5th Meeting @ 7:00 pm

Our next meeting will be a Question & Answer session with our nurses and group members so come with your queries.

Refreshments: Brenda Olds, Peggy Thweatt, Martha Boswell

December 3rd Holiday Dinner & Ornament Exchange @ 6:30 pm

Thursday, December 3rd is our annual Holiday Dinner. We begin at 6:30 pm and celebrate in the upstairs gym; plan to park on the upper level. We'll provide hot turkey, brisket & beverages.

Members bring:

- ✓ a guest,
- ✓ a dish to share,
- ✓ canned good donations for the Church food pantry, and
- ✓ a **wrapped holiday ornament** **NEW***

Spend no more than \$10. Each person attending brings one wrapped holiday ornament and then the fun begins!

Check out our new website: www.austinostomy.org



Enjoying the Holidays When You Have an Ostomy

By epAdmin, November 24, 2014; located on Edgepark Solutions website

If this is your first holiday season with an ostomy, there are some things you may want to consider when traveling to visit family and navigating your way through the seemingly endless stream of holiday treats. Here are some tips to keep your holidays happy.

Diet

One of the biggest challenges is eating during the holidays. You don't know how your digestive system, and stoma, will react to new foods you might not regularly eat. You may be eating more frequently, or eating off your regular schedule. Take some precautions to stay on track, and especially to avoid food blockages*.

- Chew food thoroughly. Many foods can pose a potential blockage risk if you don't chew them well enough. Take your time eating and chewing your food to ensure that it's in small pieces. You might come up with some sort of plan to remind yourself to keep chewing – like counting to a certain number in your head or putting your fork down between bites.
- Try new foods one at a time. At holiday gatherings you may encounter a whole buffet of food to fill your plate. When possible, try to stick with familiar items so you know how your body will react to them. Introduce one new food at each meal so you have time to gauge how it affects your digestive system. Remember, just because a certain food gives someone else an issue doesn't mean it will affect you.
- Limit eating certain foods. ASPEN (The American Society for Parenteral & Enteral Nutrition) lists the following foods as more likely to cause blockage: celery, dried fruit, popcorn, raw carrots, coconut, grapefruit, salads, oranges, coleslaw, corn and nuts.
- Stick to your eating schedule. It can be hard to stay on your regular eating schedule over the holidays. Your stoma, however, produces less gas and passes waste more predictably if you have regular meals. One strategy is to maintain your normal eating routine as much as possible then take small samples of foods offered at celebrations that are not on your regular schedule.
- Drink plenty of water. Staying hydrated will also aid in digestion. Aim for 6 to 8 cups of water each day. Keep in mind that water is the best choice compared to other drinks that are often full of extra calories.
- Holiday drinks in can cause gas buildup. It's probably best to pass on sparkling wines, beer and carbonated drinks, especially soda.

*Keep in mind that blockages usually only affect those with ileostomies, but these ideas can be helpful for those with colostomies, too.

Travel

You may be travelling to visit friends and family this holiday season. With a little pre-planning, you can sail through the holidays without a hitch.

- Prepare for your trip. Plan on packing twice as many ostomy supplies as you normally do for the time you'll be gone. Over the holidays you're likely to be more active, which means you may need more supplies than usual. It also may be more difficult to get supplies, should you need them. Think about finding the contact information of a WOCN at your destination by visiting http://www.wocn.org/?page=Nurse_Referral. Also, if you are traveling in the United States keep the address of your destination handy because if needed we can ship your supplies to an alternate address.

- If you are driving, you may want to research where there are bathroom facilities. If you are driving and have a smart phone, you can download an app called [Sit or Squat](#). It was created by Charmin, and it will help you find the nearest bathroom. There are map functions and even a rating system. It also may be handy to keep the following items on hand in the car just in case you need to change your pouch in the car:
 - ✓ Bag to dispose of ostomy bag
 - ✓ Towel/disposable cloth to lay underneath stoma while changing appliance
 - ✓ Adhesive remover wipes
 - ✓ Gentle cleansing wipes
 - ✓ Skin prep wipes

Airport Screening

If you are flying this holiday season, there are several things you can do to help ease your mind. First, the TSA (Transportation Security Administration) has detailed information available [online](#) geared specifically for people with ostomies. Also, although it is not required, you can obtain a travel card by requesting an ostomy only catalog from Edgepark –one is included inside the catalog, or visit www.tsa.gov to print your own card. Once you arrive at the security checkpoint present your card to the TSA officers. This allows you to discreetly explain your condition and reviews your rights.

Before you leave home, pre-cut your ostomy appliance and leave your scissors either in your checked bags or at home. Although ostomy scissors have been approved to take through airport security, it might save you the hassle of explanation.

One last tip, some people find it's easier to empty their bag before boarding the plane. Emptying your ostomy bag on the airplane is entirely up to your preference and comfort level. If you do use the airport bathroom, you can empty your bag into the toilet or use an ostomy pouch disposal bag. When making your seat reservation, you may want to consider booking an aisle seat so that it's easier to make it to the bathroom.

Article Borders with **Red** - Colostomy-related; **Green** - Ileostomy-related
Blue - Urostomy-related; **Yellow** - all Ostomy types

September 2015:

Dr. Jim Meyer, Pharmacist at People's Pharmacy, presented to a full house in September. He shared a wealth of information about general nutrition, absorption challenges for people with ostomies, the importance and benefits of probiotics, mineral and enzyme supplements and natural alternatives for people with all types of Ostomies. He is a popular guest and has presented to our group in the past.



October 2015:

Dr. April Fox, Colon/Rectal Surgeon with Central Texas Colon & Rectal Surgeons, shared her expertise in a comprehensive presentation. She shared pictures and described aspects of inflammatory bowel diseases, cancers, risk factors, complications, and various surgical approaches from traditional to non-invasive methods. This was Dr. Fox's first visit with our group. She has agreed to be one of our medical advisors as well.



Urostomy Fact Sheet

http://www.ostomy.org/Urostomy_Facts_English.html



Urostomy (Urinary Diversion): A surgically created opening in the abdominal wall through which urine passes. A urostomy may be performed when the bladder is either not functioning or has to be removed. There are several different types of surgeries, but the most common are ileal conduit and colonic conduit.

Reasons for Surgery: Bladder cancer, spinal cord injuries, malfunction of the bladder and birth defects such as spina bifida.

Care of Urostomy: A pouching system is worn. Pouches are odor free and different manufacturers have disposable or reusable varieties to fit your lifestyle. Ostomy supplies are available at drug stores, medical supply stores and through the mail.

Living with a Urostomy:

- **Work:** With the possible exception of jobs requiring very heavy lifting, a urostomy should not interfere with work. People with urostomies are successful business people, teachers, carpenters, welders, etc.
- **Sex and social life:** Sexual function is influenced by the reasons for which the urostomy is performed. The urostomy itself should not interfere with normal sexual activity or pregnancy. It does not prevent one from dating, marriage or having children.
- **Clothing:** Usually one is able to wear the same clothing as before surgery including swimwear.
- **Sports and activities:** With a securely attached pouch one can swim, camp out, play baseball and participate in practically all types of sports. Caution is advised in heavy body contact sports. Travel is not restricted in any way.
- **Diet:** Usually there are no dietary restrictions and foods can be enjoyed as before. It is suggested that 8-10 glasses of fluid per day be consumed to help decrease the chance of kidney infection.

Resources available:

The physician and medical professionals are the first source of help. Specially trained nurses called Wound, Ostomy Continence Nurses (WOCN) are available for consultation in most major medical centers. The United Ostomy Associations of America (UOAA) is a group comprised of [many local support groups](#) throughout the United States. These local groups hold meetings and provide support to prospective and existing ostomates. They sponsor educational events and have qualified visitors to make personal or telephone visits. Contact the UOAA at 1-800-826-0826 to locate the support group nearest you.

Visit the UOAA web site at www.ostomy.org. It contains a great deal of information, discussion boards and many links to other sites, suppliers and resources.

Note: More detailed information can be found in the [Urostomy Guidebook](#) (Adobe PDF, 162 kB) which can be downloaded from this website.

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. This will help to get you the best fitting supplies possible.



How to Tell Someone You Have an Ostomy

Edited by B. Brewer UOAA Update, October 2014



In this world of technological advances, there are all kinds of people clamoring for information about you. Here are some questions you should ask yourself when giving out personal information.

"How will I benefit from certain persons having certain information?" and "How will the person asking the questions benefit from my answers?"

Thinking back to those critical days of adjustment just after your ostomy surgery, you may only have wanted people around you that you trusted and loved. At that time, you may have needed the support of a spouse, friend, or children. In order for those people to support you, they needed to know about your ostomy surgery. By sharing this information you were helped through what for some was a very difficult time. Once you were home, friends and neighbors started to call, and then visit, when you felt up to it. The question arose as to "When do I tell them about my surgery?" Probably you thought about each person, the closeness you felt, and his or her relationship with you-and maybe the sincerity of that person's concern for you.

After considering these factors, you may have made a decision to tell the person about your ostomy. Based upon the reaction to your story, you made another decision-to either tell or not tell about your ostomy to those who inquired about your health. As your health progresses and you return to work, the questions arise.

- "Should I tell my employer about my ostomy?"
- "Do I need support from my employer because of my ostomy?" and/or
- "How does my employer knowing about my situation help me?"

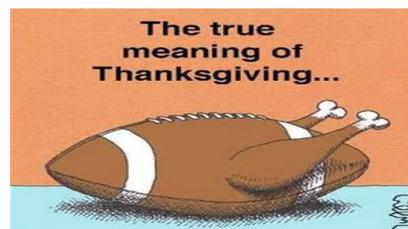
This becomes situational. For example, if I work an assembly line and must take prescheduled breaks, and I'm still adjusting to emptying my pouch, I may or may not need a different schedule for breaks than those enforced. My employer needs to know that I'm not just breaking the rules, but have a real need.

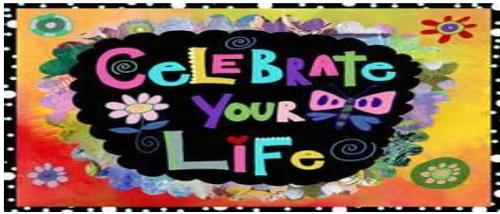
How do you tell someone you have an ostomy? It becomes a matter of who has a right to know and how you will benefit from their knowing. To tell someone you have an ostomy becomes clearer when the benefits are weighed. Simply explain that you had some surgery for whatever reason you had your surgery, and it necessitated having an alternate route made for emptying either your bowels or bladder. By having had this surgery, you were given the chance to increase the length and quality of your life. Share with the person whom you have decided has a right to know about your surgery using pamphlets and brochures available from UOAA and other sources. Educate those persons you believe have a vested interest in your well-being.

Autumn Trivia:

Did you know that these were made in 1902?

- First pair of socks
- Pepsi Cola
- Crayola Crayons
- Animal Crackers





Yearly Anniversaries

November 2015

Carolyn Marshall	48
Charles Wright	33
Amy Nichols	25
Jim Walker	14
Pablo del Rio	5
Diana Hall	4

December 2015

Max Melton	34
Charles Wright	33
Annette Perrone	10
Sam Twining	9



Thursday Meetings @ 7:00 pm

November	5
*December	3 ~ Holiday Party @ 6:30
January	7, 2016
February	4
March	3
April	7
May	5
June	2
No July Meeting	
August	4



*Happy Holidays
from your
Ostomy Board*



(left-right): Carol, Laubach, Carol Marshal-Hanson, Amy Nichols, Bonnie Hartford, Kellie Zullig, Karen Hollis, John Duncanson & Dick Hartford

We now have our monthly newsletter sent via email in addition to regular mail. If you would like to receive your newsletter by email, send your current email address to ostomyaustin@gmail.com or call 512-339-6388.

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

****Please do not follow any medical advice in our Newsletter without first checking with your physician or Wound Ostomy Continence Nurse.**

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

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

\$20 _____ Ostomate

\$12 _____ Spouse/Relative/Partner/Friend/Other

\$20 _____ Professional

Mail to: Ostomy Association of Austin

P.O. Box 143383

Austin, TX 78714

Membership benefits include:

- Monthly support / information meetings
- Social events
- The Austi-Mate Journal
- Monthly Austin Newsletter

Newsletter Preference: Email Electronic copy Postal Mail Paper copy



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New
SenSura® Mio
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ostomy types