



The AUSTI-MATE Journal

Ostomy Association of Austin Monthly Publication

P. O. Box 143383 Austin, Texas 78714

www.austinostomy.org

www.facebook.com/uoaainc

Gethsemane Lutheran Church

200 West Anderson Lane, Austin, Texas 78752

Next meetings: Thursday, January 7, 2016 @ 7:00 pm

Thursday, February 4, 2016 @ 7:00 pm



**Vice President,
Newsletter Editor &
Website Designer**

Amy Nichols
512-869-6638

Secretary

Bonnie Hartford
512-966-6040

Treasurer

Carol Laubach
512-339-6388

Webmaster

John Duncanson
512-837-0358

Medical Advisors

April Fox, M.D.

Certificated Wound

Ostomy Nurses

Karen Hollis, R.N.
512-324-1053

Carol Marshall R.N.
512-324-1053

**Ostomy Association
of Austin**

512-339-6388

ostomyaustin@gmail.com

Printed Courtesy of The
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 New Year is about starting afresh. Let's toast to a Happy and Healthy New Year with even happier beginnings.

“And now we welcome the New Year, full of things that have never been” Rainer Maria Rilke, poet

January Meeting

Karen Hollis & Carol Laubach attended the National UOAA Conference in St. Louis, Missouri. They will share conference highlights & their new learning at our next meeting.

Refreshments: Board Members

February Meeting

Topic: Intimacy, Body Image, Q & A

Refreshments: Board Members

Hospital Visitor Training, Saturday Feb 20th, 10:00am -1:00pm.

Want to become an Ostomy Visitor? The Ostomy Association of Austin Support Group will offer a formal training to members who can offer psychological support to individuals and their families both before and following surgery. Visiting new and recent ostomates is one of the most important services our group provides. You are proof that life after ostomy surgery can be normal.

If you're interested, call Carol Laubach (512-339-6388).

Breakfast and lunch provided - same location as our meetings.

See our new website: www.austinostomy.org

Holiday Party Pictures
page 5



Urostomy Care - Topic Overview

<http://www.webmd.com/cancer/bladder>



A urostomy is an opening in the abdomen created by a surgical procedure (radical cystectomy) to allow urine to flow to the outside of the body. This may be needed when a diseased or damaged bladder has to be removed. The urostomy (or ostomy) creates an opening that is called a stoma.

Wound, ostomy, and continence nurses (WOCNs) are available in some medical centers to help you learn how to care for your ostomy. Talk with your surgeon about meeting with an ostomy nurse after your surgery.

It takes time to adjust to having a urostomy. But with time after surgery, you will be able to work, participate in sports and physical activities, be intimate with your partner, and resume your social life.

Immediately after your surgery, activities such as driving and lifting will be restricted to allow the stoma to heal. After 2 to 3 weeks, you should be able to resume normal activities. With your pouch in place, you can still swim, hike, camp, and play tennis. Contact sports may cause injury to the stoma or may cause the pouch to slip. But check with your doctor about how to be safe while being active, whether it is playing sports or doing your exercise routine.

As your strength returns, you will likely be able to return to work. The only types of work that you may not be able to perform are those that require heavy lifting or physical contact. Talk with your doctor to learn about any occupational limitations you may need to know about.

Usually you will have no dietary restrictions and foods can be enjoyed as before. Be sure to drink plenty of fluids each day to help reduce the chance of kidney infection.

A urostomy can affect a man's ability to have sex (usually just for a short time). Usually a woman's sexual ability isn't affected. If you are concerned about sex, your body image, and what others think, talk to your doctor, counselor, or a therapist. He or she can help you cope with problems concerning intimacy or your self-image.

You will probably be able to wear much of your same clothing. You'll want to avoid tight clothing that might cause problems with the drainage tube. And wearing looser pants can make it easier to conceal the pouch. Cotton knit or stretch underpants can provide support and keep the pouch secure. Your ostomy nurse will be able to help you with more clothing ideas.

You can continue to travel. Empty or change your ostomy pouch before beginning your trip. When traveling by plane, bring extra ostomy supplies in your carry-on baggage, not checked baggage. If traveling by car, store your supplies in a cool place.

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

What You Need to Know About Fitness & Sports with a Stoma

Ostomy Support Group of North San Diego County Vol 6, 1, January 2015

Adapting to life with an ostomy can be a challenging time, and the thought of exercise may well be the last thing on your mind as you recover from surgery. But getting fit and being active could actually be the key to a faster recovery and a better quality of life in the long run. With time, there is every chance that you can expect to return to a good level of fitness and strength. Provided you have agreement from your doctor, there is no medical reason why you can't participate in exercise, or even competitive sport, when you have an ostomy.

Our research found people with stomas enjoying activities ranging from walking to rock climbing and yoga to martial arts, so there is something out there for everyone! The physical benefits of exercise are important for everyone, but for someone with an ostomy, maintaining a healthy weight and keeping your muscles strong are important for helping prevent parastomal hernias from developing.

One of the greatest benefits of exercise, is the psychological and 'feel good' aspect. Being able to participate in sport or fitness is incredibly empowering and will boost your confidence, ability to cope with your stoma and your quality of life. Even if you were fit before your illness and surgery, it is important to start slowly and build up gradually. You have been through a major operation and your body will take time to recover, so don't rush and don't expect too much of yourself initially.

If you're new to exercise altogether, it can be harder to get motivated, so build up slowly and get advice from a fitness trainer or physiotherapist if you have any queries. It is possible your confidence may have taken a knock, and you might have genuine worries about your appliance leaking, being embarrassed and feel anxious about the practicalities of physical activity, so here are some ideas and tips to get you started!

Walking: Walking is the ideal choice for everyone, and can be as gentle or brisk as you wish. After your surgery walking will get your system moving and help recovery. Go easy to begin with and build up slowly, perhaps aiming to go a little further each day. When you're fully recovered however, walking longer distances and more briskly is a great way to stay fit. Why not try joining a rambling group or a Nordic walking class?

Running and Jogging: If you were a runner prior to surgery, there's no reason why you can't continue to run after your operation, you will just need to build back up slowly. If you are new to running, you can follow a 'beginners' program just like anyone else. Be aware however that you will need to work hard on your core stability – more so than someone who hasn't gone through abdominal surgery - to stay injury free so ask a personal trainer or physiotherapist for advice.

Yoga and Pilates: Your posture, strength and flexibility will have all been affected during surgery, periods of bed rest and recovery, so a pilates or yoga class is ideal. It can also be a great way to relax your mind and rebuild confidence in your body. You may need to adapt positions where you lie on your stomach, so ask your instructor for advice, and always listen to your body.



Swimming: Swimming is a fantastic activity for people with an ostomy as it is great for cardiovascular fitness and toning. It is natural to have concerns about swimming and some people worry about their appliance leaking and feel self-conscious in a swimsuit. The adhesive on stoma bags remains effective in water, so why not test it in the bath first? Flange extenders can increase security and there is a wide range of swimwear available that provide support and discretion.

Gym Work and Fitness Classes: Once you are fully recovered from surgery, you can start to use light weights in the gym and take part in fitness classes such as Zumba and aerobics. Start very gently, and if you experience any discomfort or pain in your incisions or around the stoma then stop immediately. If at all possible, get a trainer or physiotherapist to put a program together for you and show you how to execute the exercises properly.

Contact Sports: If you did contact sports like rugby or martial arts prior to surgery and wish to continue, there is no reason why you can't, but just be cautious and try to avoid injuring your stoma. Damage to the stoma is unlikely, but it is possible, so it is advisable to wear a 'stoma protector' over your appliance whenever you practice or play. The same applies to sports like cricket where you might be in danger of being hit in the abdomen.

Managing Your Stoma: Some people find it helpful to time meals so that their stoma is not active during exercise; a filling bag can become uncomfortable and may be more prone to leakage. The best way to ascertain the right time to eat is through trial and error and knowing your own body. Using flange extenders around your bag can increase security and give you extra confidence, especially if perspiration is a problem. You might like to take some spare supplies with you in case of emergency.

It is always important to stay fueled and hydrated during physical activity. High energy food such as bananas, raisins and protein bars are easy to digest and carry with you. Try to maintain a varied fluid intake to stay hydrated. People with ileostomies are missing out on the water and salt absorbing capacities of the colon which can mean they become dehydrated more quickly, so attention to rehydrating is especially important. If you are finding it hard to get motivated to exercise, try to focus on the positives of physical activity and ask friends and family to support and encourage you.

Hernia Prevention: When a stoma is formed a potential site of weakness is created within the abdominal muscle. This weakness can lead to a bulge around the stoma, under the skin, where the contents of the abdomen push through the muscle layer. When this happens it is called a hernia and it is thought that as many as 50% of all the people who have a stoma also have a hernia.

The risk factors for developing this kind of hernia (a parastomal hernia) include being overweight and having poor abdominal muscles. Studies have shown that appropriate abdominal exercises and the use of support belts when engaged in physical activity can reduce your risk significantly. However, if you already have a hernia you should speak to your doctor before undertaking any new exercise program. Heavy lifting should be avoided in the early days after surgery (first three months) but after this time you can build up gradually.

Try to maintain a good posture to encourage your muscles to develop correctly. Abdominal support garments can be worn during exercise and strenuous activity to give the muscle wall additional support and reduce the risk of a hernia developing. A full list of the sources used to produce this document may be obtained by contacting Ostomy Lifestyle.

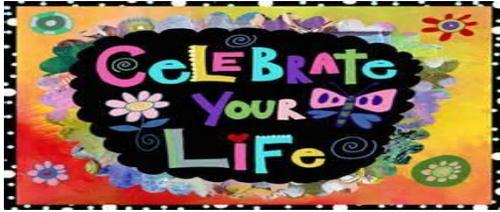




Holiday Party Fun
2015



Janua



Thursday Meetings @ 7:00 pm

Yearly Anniversaries

January 2016

Joan Wertzberger	16
Thelma Price	13
Sammie Buchanan	11
John Duncanson	11
James Chandler	12

February 2016

Lou O'Hanlon	47
R.L. Jones	43
Bob Guidry	33
Joe Hobbs	25
Sam Twining	11
Rollie Sidla	10
Karalyn Heimlich -	6
Vernan Emkin	2



- January 7, 2016
- February 4
- March 3
- April 7
- May 5
- June 2
- No July Meeting
- August 4

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

**Hospital Visitor Training, Saturday February 20, 2016, 10:00am -1:00pm
(Information on page 1)**

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.



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.**

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



2350 AIRPORT FREEWAY, SUITE
230BEDFORD, TX 76022-4010

(888) 768-2805

We accept Medicare and all other Insurances like Blue Cross Blue Shield, Sterling Insurance, Pacificare, United, and Texas Medicaid, Secure Horizon and all other Private Insurances. If you have any insurance question contact us at

1-800-866-3002

Free. Fast. Discrete Delivery

<http://www.usostomy.com>

OSTOMY ANSWERS!

- Diet and Nutrition
- New Products
- Skin Care
- Intimacy
- Exercise
- Odor



*Click here to
find your answer*

The Phoenix magazine is the official publication of the United Ostomy Associations of America. . The Phoenix magazine is published quarterly - Annual subscriptions are \$29.95.

Toll-free 800-750-9311.

<https://phoenixuoa.worldsecuresystems.com>

January/February 2016 Volume 42, No. 1

Experience the Hollister Ostomy Difference



Details. Details. That's where you'll find the signature of Hollister Ostomy. From the first pouch we developed nearly 50 years ago, to today's ongoing innovations in function and design, Hollister Ostomy remains committed to quality products and quality of life. We're dedicated to providing reliable, high-performing solutions for individuals with ostomies — and helping them to enjoy peace of mind and fulfilling lives.

Hollister Ostomy. **Details Matter.**

To learn more about Hollister Ostomy products and services or to request a sample, call 1.888.740.8999 or visit www.hollister.com.



Hollister and logo is a trademark of Hollister Incorporated. "Hollister Ostomy. Details Matter." is a service mark of Hollister Incorporated. ©2013 Hollister Incorporated. 922198-213 PROMOCODE147HOLL213

SenSura[®]Mio



Fits Right. Feels Right.

Now you can get a better fit to your body shape.

The new SenSura[®]Mio product line helps people with an ostomy to feel secure throughout their day.

For free samples call 1-877-858-2656 or visit us online at www.sensuramio.us

New features:

Elastic barrier to fit real body shapes.



Full-circle filter to reduce ballooning.



Neutral gray textile for discretion.



New
SenSura[®]Mio
For all
ostomy types

Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0454
www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S. © 2014 Coloplast Corp. All rights reserved.

MB119N 06.14