



The Austi-Mate Journal

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



www.austinostomy.org

Gethsemane Lutheran Church
200 West Anderson Lane, Austin, Texas 78752

No July Meeting

Next Meeting: Thursday, August 1, 2019 @ 7:00 pm

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This Bi-monthly newsletter is available online at www.austinostomy.org

Printing Courtesy:
The American Cancer Society

The Ostomy Association of Austin is a volunteer based Non-Profit Health Support group dedicated to providing mutual aid and education, information and advocacy for persons and their families who have had or will have ostomy surgery. It is our vision to educate, empower and inspire through information and mutual support in all phases of life.

Our May meeting featured Dr Jon Bayer, world traveler and one of our members with a Urostomy, shared his experiences and knowledge about traveling with an Ostomy and how best to be prepared. Jon discussed challenges, solutions, shared guidance, lessons learned, and provided various resources to consider while traveling. Thanks, Jon!



Jon Bayer, Karen Hollis, Vernon Emken

In June, we celebrated two of our members who are recognized for their service: **Karen Hollis**, RN, CWON, was voted Austin's Best in Class Surgery Nurse for the Austin American Statesman's Third Annual Recognizing Nurses awards. **Vernon Emken** shared his recent experiences with Honor Flight Austin, a nonprofit providing Central Texas Veterans the trip of a lifetime to Washington, D.C to see the memorials that they fought for. See more on page 3.

August 1st Meeting

Dr. Carly Allred, general surgeon with the Surgical Associates of Austin, is our August speaker. She does more than a dozen types of surgery, including gastrointestinal surgery, laparoscopic, robotic, and minimally invasive surgery, hernia repair, and ostomies. **Refreshments:** Nancy Carufel, Susan Tabbert, Gail Ladabaum, Carol Laubach

Have you paid your dues?

Top Five Ostomy Concerns

UOAA



I'm having leakage under my pouching system.

To help solve the issue, we would ask several questions including the current pouching system being used, and the frequency of it being changed. Other questions that would assist us in problem solving might be—*How are you preparing your skin before putting on your pouch?* If the products are not being properly applied, it could cause adherence issues. *Are you cleaning out your pouch or do you put anything in it? Most important, where is the leakage occurring?* If it's always in the same area, evaluate the area for any creases or uneven surfaces such as scar tissue, incisions, or your belly button that may cause an uneven surface under the barrier. If this is the cause, you might try a barrier ring as a filler to even out the surface area. However, make sure that the stoma size is correct in the barrier. You'll know it's a correct fit when the barrier fits where the skin and the stoma meet. There should be no skin exposed between the stoma and the opening of

My skin is irritated and weepy.

This can be a problem for many people with an ostomy. A person should not have skin breakdown, open wounds, or a rash under the barrier. *Where exactly is the skin breaking down? How long has it been going on? Is there a situation that may have led to this irritation, such as leakage or was your barrier removed too quickly? What product are you using to prepare your skin for the barrier?* Try using stoma powder to absorb moisture from broken skin around the stoma, which may help allow the skin barrier to get better adherence. The cause of the skin irritation needs to be addressed in order to find solutions.

I am noticing an odor and I'm concerned others will too.

There can be an odor associated with emptying your pouch versus odor caused by leakage and we need to determine which one you are experiencing. A lubricating deodorant is a great choice for neutralizing the odor of the stool when the pouch is emptied. You might also consider a pouch that has a filter, which neutralizes odor caused by gas in the pouch. Make sure that no stool drainage gets on the outside of your closure system. If neither of these situations is the issue your barrier might be starting to lift off the skin, which can allow odor to escape and can be the beginning of a leakage.

My pouching system is not staying on. What can I do?

It may be a problem with your barrier seal. Make sure you have one that you can. Everybody is different when it comes to wear time. A good rule of thumb is to determine how many days you can rely on the product to provide a secure seal without experiencing leakage. Monitor the back of the barrier when you change the pouching system. If you see stool or urine from the stoma that has leaked under the barrier, it's a sign that the barrier seal is compromised and the barrier can begin to lose adherence to the skin. If this occurs then the barrier should be changed. It's important to change your product on a routine basis, which can be determined by the lack of stoma drainage under the barrier as well as the condition of your skin.

It's important that my pouching system is discreet. What can you recommend?

When a pouch fills with gas or drainage it will start to balloon out and might show under clothing. A pouch with a filter can help release the gas. Also consider emptying your pouch when it's a third to a half full. When a pouch is full it could cause weightiness on the barrier, which might lead to leakage. When it comes to discretion, it's important that you find the right pouching system for your body. Hollister offers both one- and two-piece systems. For a person with a colostomy or ileostomy, there are drainable and closed-end pouches in various lengths and options of transparent, ultra-clear and beige pouch films. Those with a urostomy can also choose from pouches with transparent, ultra-clear or beige film depending on the product they are using.

As always, it's important to follow up with your healthcare professional or Wound, Ostomy, and Continence Nurse for clinical or medical advice.

Austin American Statesman's Third Annual Recognizing Nurses: Best in Class 2019 ~ Karen Hollis, RN, CWON for Surgery Nurse

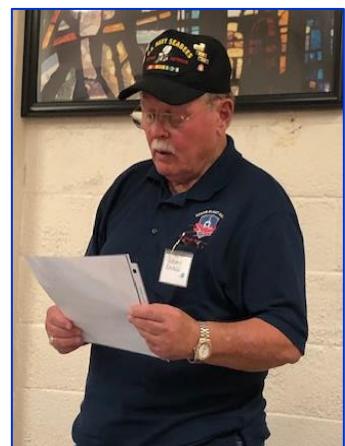


After her upcoming retirement March 29 as a Wound, Ostomy, Continence Nurse at Seton-Ascension, Karen Hollis has no plans to quit healing patients coping with body-altering surgery. Instead she hopes to open a pro bono walk-in clinic at a local church. No surprise. For 40+ years, she's been revered as a medical 'Wonder Woman' who's healed wounds and worries of countless patients during hospitalization and out-patient recovery. A volunteer for the Austin Ostomy Association, she ministers to those who've survived surgeries for cancer, ulcerative colitis, birth defects or accidents. As a bladder cancer survivor ('bag lady'), I've been blessed by Karen's counsel and comfort to those wearing pouches for urine or bowel waste. Ironically, Karen's good-natured 'bathroom humor' helps ostomates laugh, not weep, at life. She even responds to SOS text messages, dispensing up-to-date expertise and old-fashioned wisdom. Karen lives Florence Nightingale's words: 'Let us never consider ourselves finished nurses'.



Vernon Emken participated in Honor Flight Austin, which gives Central Texas Veterans the trip of a lifetime to Washington, DC. The non-profit works to take veterans to see the memorials that they fought for on behalf of our country. Thank you for sharing your emotional journey and experiences with us!

We Salute you and ALL veterans.





5 Things No One Tells You About Having an Ostomy

Coloplast Educational article



Having a surgery that results in an ostomy is a huge, life-changing event. It can feel scary and there are so many ‘unknowns’. Asking questions, and gathering as much information as possible before your surgery will help to prepare you for your new life and routine.

Based on others who have had surgery before you, we have put together a list of ‘five things no one tells you before your ostomy’. These are 5 things many ostomates wish they had known before adapting to life as an ostomate. We hope this list helps to prepare you even more, and encourages you with moving forward into your new lifestyle and routine.

1. You are Not Alone

You may feel like your ostomy alienates you from your world, but you are not alone in this. There are many people who have had surgery before you and there is an extensive and supportive ostomy community available to you. Your adjustment process may take time, and if you are experiencing discouragement, talking about it with someone who understands can be helpful. There are also numerous ostomy blogs and websites dedicated to sharing stories and experiences, as well as tips on living with your ostomy and how to avoid common mishaps. Once you have settled into the routine that works best for you, consider adding to these resources or reaching out to someone you may know who is struggling with their new ostomy.

2. Your Quality of Life May Improve

Most ostomates are happy to find out that they are able to do everything they were already able to do before their surgery, and often, even more. There's a chance that your illness leading up to your surgery was debilitating and left you with little to no control over your own life. If this was the case, having an ostomy will be a profoundly new experience in which you have more control and less limits. You will be able to check items off of your bucket list that seemed impossible before.

3. There are Amazing Products Available to You

In the first few months to a year after your ostomy, you may take some time getting used to your appliance and how to change it out and clean the skin around your stoma. In addition to helpful information and tips online, you can also find an array of different products to help you manage your ostomy on a daily basis. It's amazing how far science and technology have come, and companies such as Coloplast, are continuing to develop new products with you in mind.

4. It Takes Time to Adjust - and That's Ok

While your ostomy should not hold you back from seeing and doing new things, it also is a big adjustment and there is no timetable on how and when you do this. Be patient with yourself and take the time you need to feel confident with caring for your new stoma. Use the information that is available to you, but do so without comparing your progress with that of others. Everybody is different, so don't rush your recovery with unrealistic expectations and goals. Be kind to yourself.

5. Diet - Most of the Same Rules Still Apply

As far as diet and exercise, they are just as important after your ostomy as they were before. If you were a healthy person before your ostomy, continue to treat your body well with what you put in it and how you use it. Keep in mind that the foods that were good and healthy for your body before your operation are still good for you. Hydration is key. It is important to drink lots of liquids with an ostomy.

When you are in the hospital, chances are you will be given a list of what foods to avoid. Eating simple and bland soft foods directly after your surgery will be easier to digest, and will help your recovery. As you heal, it's okay to incorporate other foods into your regular diet, but it is recommended that you try them slowly and possibly even one at a time. Again, every body is different, and what affects someone else may not affect you in the same way. Keeping a journal or diary of how your body responds to different foods can be helpful.

For more information, visit www.coloplast.us

Want to Slow Down Aging? Keep Moving!

Cleveland Clinic Wellness April 12, 2019



To find the fountain of youth, lace up your walking shoes! Or get your biking, dancing, hiking, or tennis gear - and get moving. Whatever activity you choose, keep at it. You know how good you feel right after a workout (hello, endorphins!). And you probably know that regular exercise can help you manage your weight and lower your risk of chronic illnesses. But it also can slow down the process of aging itself, according to new research.

When researchers compared a group of older men and women who had exercised for most of their adult lives with a group who hadn't, they found some startling differences. Unlike the group who were not active, the life-long exercisers retained their muscle mass and strength, didn't experience increases in body fat or cholesterol, and had the same immune-system functioning as much younger adults. In other words, the regular exercisers avoided some of the "normal" declines of aging. But here's another way of thinking about it: Being sedentary speeds up the aging process, whereas being active is our body's natural, normal, healthy state! You don't have to get rid of your couch, car, and all the other trappings of modern (read: sedentary) life. But you do have to make an effort to avoid getting stuck in all those "sitters." Start wherever you are, whether that means getting more consistent about a routine or starting from scratch. Work up to 10,000 steps a day that includes a half-hour of moderate-intensity cardio most days of the week, and work in a couple of strength-training sessions. If you start to feel an extra spring in your step, that may be exercise, turning back the clock!



Mind Your Minerals!

You Need Magnesium to Absorb Vitamin D

Cleveland Clinic Wellness March 29, 2019

You got the ABCs down decades ago, but you may want to brush up on D. Vitamin D, that is. If you've had your level tested and your doctor has recommended a vitamin D3 supplement (in addition to getting 15 minutes of sunshine on exposed skin per day), you're in good company. Many Americans don't get enough of the "sunshine vitamin," potentially increasing their risk for health conditions ranging from depression to diabetes. But be sure you're getting enough of the mineral magnesium, too.

According to a new review of research, magnesium helps your body use vitamin D, and having adequate levels of the mineral may even mean that you need less supplemental D. If your magnesium level is low, on the other hand, supplemental vitamin D can remain stored and inactive in the body, which can be harmful. To ensure you're getting the recommended daily allowance of magnesium (310–320 mg for women, 400–420 mg for men), eat plenty of delicious, mineral-rich whole foods such as pumpkin and sunflower seeds, spinach, black beans, nuts, bananas, whole grains, and potatoes with skin. We're sure we won't have to twist your arm to persuade you to eat a little dark chocolate, another good source of magnesium, on a regular basis. And in case you need yet another reason to avoid processed foods, keep in mind that they're often stripped of magnesium (among other nutrients). Make sure you have normal kidney function, and stick with whole foods rather than a magnesium supplement unless your physician recommends one, as too much of the mineral can be harmful.

Article Borders:

Yellow - All Ostomy types **Red** - Colostomy-related;

Green - Ileostomy-related **Blue** - Urostomy related



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Yearly Anniversaries - 2019

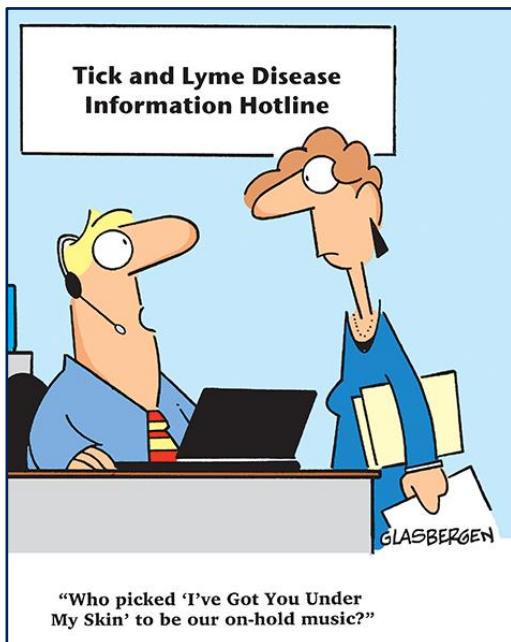
July & August

Dick Hartford, 20
Christina Luna, 17
Trudy Faloon, 40
Dorothy Mogoyne, 3



Thursday Meetings

No July Mtg
August 1 ~ Dr. Carly Allred
September 5
October 3 ~ Vendor Fair
November 7
December 5 ~ Holiday Party



A truck loaded with Vicks vapor rub overturned on the highway.
Amazingly, there was no congestion for eight hours.



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 are a health support group, a non-profit, tax-exempt 501(c)(3), organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and their families. Membership fees and donations are tax deductible.



The information contained within our newsletters is for informational purposes only and may not be applicable to everyone. **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 _____

I do I do not give permission for my name to be included in our newsletter or membership directory.

Signature _____

Date _____

Annual Dues:

\$25 Ostomate

\$15 Spouse/Relative/Partner/Friend/Other

\$25 Professional

Mail Application to:
Ostomy Association of Austin
P.O. Box 143383
Austin, TX 78714

Membership benefits include:

- Monthly support & informational meetings
- Social events
- The Austi-Mate Bi-Monthly Newsletters

Newsletter Preference: Check one

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