

The Mailbag



SPRING IS IN THE AIR & SUMMER IS NEAR

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**JOIN USE FOR OUR
 CHAPTER MEETING**
July 20, 2008
3:00PM

Please take note of our new location:
 4836 Victor Street

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We had a terrific turnout for the April 20th meeting! We had the wonderful opportunity to talk to a gentleman that was preparing to have his surgery. This rarely happens! Everyone shared their surgery and post surgery experiences to help ease the fear of the “unknown”. Kathy Johnson (ostomy nurse) was also on hand to take questions and offer advice to him and other attendees that have been struggling with stomal issues.

The response was positive regarding the meeting place. If everyone is happy with coming to Medical Care Products rather than the Baptist Medical Center – we can continue. We will try this again for the July meeting.

Michael Doan of Convatec is the prospective speaker for July. We will keep you posted.

Thanks to all who came out for the meeting. We are looking forward to another good turnout for the next one.

Patti Langenbach

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<http://www.ostomymcp.com/chapter/Jaxchapter1.htm>

Traveling with an Ostomy

Having a stoma should not prevent you from traveling. However, pay attention to the following points to avoid any problems

- Take enough supplies with you! You might even spread it into two pieces of luggage. The most required material for the first few days should always be in your hand baggage.
- Notice that warm temperature and sports reduce the wearing time of your pouching system. So take more equipment with you as it may be necessary. This means double, triple or more the supplies you ordinarily use.
- Write down the precise product codes with their associated product number of the ostomy supplies you use. It may be necessary for you to make a purchase while away from home. Be prepared just in case you do not have access to resources where you will be traveling. Sometimes other markings are used in other countries for your habitual material.
- Obtain the address and phone number where your supplies are may be purchased if traveling in a foreign country.
- Be careful with unusual food; try small pieces first to see how you react to it.

You must purchase Barbara Kupfer's book, *Yes We Can!* It is one of the best current resources available for advice on traveling with an ostomy and tips for everyday living. The intent of this book is to serve as a useful and practical guide for the person who has as ostomy and wishes to travel.

Whether you have recently had ostomy surgery, or are a veteran; whether a seasoned traveler, or a new adventurer, whether traveling across the state, or out of the country, the pages of *Yes We Can!* are filled with valuable tips for traveling.

Barbara Kupfer is a world-traveled person who has never let her ostomy slow her down. Traveling has always been part of her life, and when surgery for colon cancer was performed, she was determined to continue to see the world. She had many questions about traveling with an ostomy, and although the ostomy associations and the medical community were helpful, she felt there was a need for a definitive resource. She realized that if she was asking questions, then other people were also looking for answers. Her book offers us the opportunity to read the stories of others who travel, as well as the best advice yet, when preparing for travel.

(Please Note: Barbara Kupfer's book, "**Yes We Can!**" may be purchase from Medical Care Products)

International Ostomy Association

Are you interested in Ostomy related news from around the world? If so please visit the IOA Website <http://www.ostomyinternational.org>. There you will be able view past issues of the **IOA TODAY** Newsletter containing Ostomy related reports from around the world.

The is also an up to date section called Publications. There you will find a number links to **Ostomy related publications** from around the world. You may visit this page via <http://www.ostomyinternational.org/publication.html>. Also found on this page you will find the IOA History. This History is now up to date as of



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The Best Ostomy Hints

The Green Bay News Review

Do not behave as if having an ostomy makes you less of a person or some freak of nature. There are many of us and most of us are glad to the surgery kept us alive.

Build a support system of people to answer questions when you have a problem. Consider your WOC nurse, or the ones' that support our ostomy association as well as our other members as people who will be there for you.

Do not play the dangerous game of making your pouching system last as long as possible by over taping or putting off a change. There are not any prizes given for the longest wear time . . . except accidentally.

Do not wait until you see the bottom of your supply box before ordering more. Always count on delays in shipping, holidays, etc. when calculating.

Zip-lock sandwich bags are useful and odor proof for disposal of used ostomy pouches.

Do not get hung up on odors. There are some great sprays and some internal deodorants. Remember, everybody creates some odors in the bathroom. Do not feel you are an exception.

Hydration and electrolyte balance is of vital importance. Be sure to drink enough fluids to maintain good hydration.

Read and learn all you can about ostomies. You never know when you may find an opportunity to educate someone about the life saving surgery that has extended so many lives. Learn to be matter of fact about this and never embarrassed. Few folks get out of this life without some medical problem.

After surgery, almost everyone experiences some depression. You are certainly not alone. However, it need not be a lasting condition. Seek help from other people. There is support out there for you.

The bottom line is that we are alive and have been given a new life. Not long ago, this would not have been the case—successful ostomy surgery techniques were only perfected after WWII. Before this, people died. Ostomy surgery in the 1930's was generally a horrible experience with few survivors.

Medicine and surgical techniques have given us an opportunity to experience this "second chance". It is certainly an opportunity worth accepting and exploring. The most important part of you as a human being has not changed. You are still the same you. Never forget to celebrate actively life and all it has to offer.



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The IOA Today Newsletter Second Quarter 2008 is now available. If you would like to keep up with Ostomy related information from around the world, then please sign up for the **FREE IOA TODAY Newsletter**.
<http://www.ostomyinternational.org/Today.htm>
You may also view past issue from the above URL.

Visit our chapter Website:

<http://www.ostomymcp.com/chapter/Jaxchapter1.htm>

Common Questions to WOCN's

Ostomy Insights—American Ostomy Supply

Q Do you think it is a good idea to rinse out my colostomy pouch when I empty it?

A I usually teach my patients the proper procedure for rinsing the pouch when emptying it, but leave it up to them if they want to continue to rinse or not. By proper procedure, I mean rinsing the pouch up to the level of the bottom of the stoma.

I find sometimes people rinse the pouch too vigorously and cause the adhesive seal around the stoma to loosen from the inside of the pouch and introduce water at the seal. Some people feel more comfortable using an opaque colored pouch and not worry about rinsing it at all.

Again, I think it is a personal preference with what you are most comfortable using. Many people get along just fine without ever rinsing the pouch.

Q I have a urostomy, and my urine always looks cloudy. Is this anything to be concerned?

A If you have in ileal conduit or a colon conduit, remember—our urine will have mucus from the piece of intestine used to create the stoma. Sometimes this causes the urine to look cloudy. This is perfectly normal.

As an aside, if your adhesive is breaking down faster than usual, or your urine has a strong odor not caused from any foods, which create their own special odors, you may have an infection. If you have a suspect an infection, you need to see your regular doctor—who may refer you to a urologist. A urine culture sample will be taken to verify if an infection is present.

Q What can you suggest for a deodorant to use inside the pouch?

A Usually, ileostomy or urostomy output does not have much odor. For a colostomy, one might want to use a deodorant. There are many commercial deodorants available for use in the pouch or taken internally. They are available in liquid or tablet form. Years ago, aspirin was recommended to use as a deodorant in the pouch. Aspirin is not recommended any longer. It was found that it causes pinpoint bleeding of the stoma if it washes up onto it. Moreover, it has not been shown to be effective in odor control. Probably, using a good room spray before opening the pouch could be partially effective. Remember, everyone with or without an ostomy has odor in his/her stools.

Enough Water?

You are advised that you drink enough water every day as a person with an ostomate to obtain the excellent results promised. What items should be included in the daily intake of water?

Beverages containing caffeine allow you to retain about 40% of the water in them. These include coffee, tea and soda. Milk, fruit and vegetable juices retain about 75% of the water. Alcoholic drinks even add some water. Beer retains about 25% of the water. All these do count toward your daily water intake. But beware; any drink adds other chemicals into your body. These chemicals may cause very harmful side effects that may lead to sickness; e.g., drinking too much beer or soda on a hot day. There is not enough water in these substances to wash away their toxic effect thereby leading to dehydration.

If you are thirsty, you are dehydrated. If your urine is cloudy or dark yellow, you need to drink more water. Urine that is clear or pale yellow in color indicates your body is getting the liquid it needs. An added benefit of drinking plenty of water is that your weight will normalize. This means that if you are fat, you will lose weight by drinking more water, always before a meal and never afterwards. Be sure to ask your doctor if there is any reason for you to limit your water intake, like people with certain kidney issues or diabetics.

Some Interesting Thoughts

Forwarded By Joe Rundle, Fox Valley Ostomy Assn.

There comes a time when one should stop expecting other people to make a big deal about our birthday. That time is age 11.

Your friends love and accept you just as you are.

Smile, it really feels good—no matter what the day brings us.

Men are like fine wine. They start out as grapes and it is up to women to stomp them until they turn into something acceptable to have dinner with.

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4836 Victor Street**

Ostomy Chat Room Weekly Meetings

Yahoo Peoples with Ostomy2* - Mondays, 8:00 pm US Central time

<http://clubs.yahoo.com/clubs/peopleswithostomy2>

Community Zero (Ostomy) Support* - Wednesdays, 9:00 pm US Eastern time

<http://groups.yahoo.com/group/ostomatessupport/>

Shaz & Jason's Chat* - Saturdays, 8:00 pm UK time / 3:00pm US Eastern Time

<http://www.ostomy.fsnet.co.uk/chat.html>

Yahoo UK Ostomy Support* - 1st & 3rd Sundays, 8:00 pm UK time / 3:00 pm US Eastern Time

<http://clubs.yahoo.com/clubs/ukostomysupport>

Use this form to join our chapter! **You do not have to be an ostomate to be a member and/or support the work of UOA. All information on this form will be kept confidential.**

Name _____

Address _____

City _____ State _____ Zip _____

Phone# Home _____ Work# _____

Email Address _____

Type of intestinal or urinary diversion: Colostomy __, Ileostomy __, Urostomy __, Ileoanal Pull-thru __
Continent Ileostomy __, Continent Urostomy __, None __, Other __

You may use my name in chapter Newsletter & Directory: Yes __ No __

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