



## LETTER FROM THE EDITOR

If errors are noted in your name or address, please bring these to my attention. If you know of someone to add or delete from our mailing list, please notify me. I can be reached at 325-670-4302, or [callen@hendrickhealth.org](mailto:callen@hendrickhealth.org). We are now sending our newsletter electronically to those who request it be sent that way. Please send me your e-mail address if you would like a link to the newsletter.

If you know of someone who would be a good speaker at one of our meetings, please contact us.

– Charlotte Allen, MSN, RN-BC, CWOCN



### LAST MEETING

For our September meeting, the ConvaTec vender was not able to come, so Charlotte Allen gave a talk on miscellaneous ostomy hints with a focus on diet for the ostomates.

### NEXT MEETING

Instead of wearing costumes at our October meeting, we will have an ostomy pouch decorating contest. Sharpen your artistic skills and bring a decorated pouch to the meeting (no need to wear it). If you do not want to use one of your own, please contact Charlotte Allen and she will give you one to decorate. A prize will be awarded for the coolest pouch!

**We meet in the Diabetes Center at 1742 Hickory (corner of Hickory and N. 18th) at 6:30 p.m. Hope to see you there!**

## CONTACT US

**For more information, please contact us at 670-4302.**

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## I am a STOMA!

*via Northern Virginia The Pouch; and North Central OK Ostomy Outlook [Editor's note: This is a classic article that we printed originally in our February 2001 newsletter.]*

Hi, I'm a stoma! I am great when you think about it. I must admit I have upset many people. Some people even consider me crude, rude and socially unacceptable. Well, EXCUSE ME!!

Just about everyone gets bent out of shape when their doctor says, "It may be necessary to create a stoma." Me!! They make it sound like a dirty word.

Listen, it isn't the greatest for me either. I'm usually created from a piece of your intestines. I guess you know all about that. And then, just maybe you don't. So I will tell you.

Becoming a stoma wasn't my original function. No sirreee! I used to just lie there in your abdomen, minding my own business. Then boom! Some surgeon decided - let's make a stoma. He had a nerve! Why? How could he consider such a thing? Well, I guess it was because you hurt so much, because you were very sick from a disease such as ulcerative colitis or cancer, from a trauma such as an automobile accident or from a birth defect. Your surgeon knew that by putting me to work, you could be free of discomfort and problems. In truth, so you could get on with living. If that is why I was created, then why do so many people complain about me? Did you know that I am not given to just anyone? You see, there is a lot of planning and reviewing of each human being before I am created. So I know you can say only a "chosen" million or so are lucky enough to have me. You see, my people are special. My people are not like the normal run-of-the-mill people. I must say it takes them a while to recognize that fact. And, sad to say, there are a few who never do.

It isn't easy being a stoma! Some of you just don't understand what a miracle I am! Listen, before creation, I just lay quietly (sometimes not so quietly) and usually content in your abdomen. Now I work! It's rather easy when fecal waste comes through because that's what I am used to. But some dude decided, why not water waste as well? Come to think of it, that dude was very wise because that works well also. You think YOU have problems adjusting? Phooey! Did you realize that I am a delicate mucous membrane? Yet I am durable; but some people think I am asphalt tile.

Thank God I don't have feelings (at least, I don't sense pain). But my friend, skin, does. You want complaints? Give a listen to her sometimes. She really gets upset because of ulcers, fungus, irritants, barriers, etc. We are a team! And a darn good one. I'm moist, she is dry. I'm pink-red, she is natural. I'm smooth, she is a little bumpy. One of my biggest problems is my size. I am not always the same size from one human to the next. I am not always round. I don't always protrude nicely. Then why do some

## I am a STOMA! CONTINUED

of you insist that my pouch opening is always the same? You need to check my size once in a while and fit me appropriately. Your shoes fit, don't they?

Some of you complain because I am not pretty. Well, your anus wasn't exactly Miss America! I think I am attractive. I am red like a rose. I am always moist if I am healthy. And, I don't smell. My discharge can't help smelling from what you put in your mouth. If you care for me with thought and keep my equipment clean, that just about takes care of it.

In closing, let me say that you can have a good life, a productive life. It's up to you. Believe me, I do not deserve a pedestal life. I am just part of you trying to do my job. All I ask is that you be honest about me. The doctors, special nurses, other professionals and your ostomy association are always ready, willing and able to help you.

## The Traveling Ostomate

Planning air travel soon? Be prepared and have some piece of mind. Download the free travel communication card. For ostomy travel tips and information on the TSA, visit [www.ostomy.org](http://www.ostomy.org).



## Healthy Lifestyle Tips *Sweat It Out! The Health Benefits of Sweat*

Whether you're breaking a sweat at the gym or just walking down the road on a scorching day, you may be giving your health a huge boost. Here, experts describe the mental, physical, and emotional benefits of a little perspiration.

### Sweat Side Effect #1: Eases Pain

Working up a sweat just might soothe body soreness. "Exercise stimulates neurochemical pathways in the brain, resulting in the production of endorphins that act as natural painkillers," says Dr. James Ting, a sports medicine physician at Hoag Orthopedic Institute in Irvine, California.

### Sweat Side Effect #2: Rids the Body of Toxins

Hit the exercise mat for a super sweat session. Some experts believe that sweating can flush the body of system-clogging substances like alcohol, cholesterol, and salt. Get the most bang for your bod with indoor cycling or circuit training – two of the sweatiest workouts, according to Melissa Morin, an exercise physiologist.

### Sweat Side Effect #3: Controls Mood Swings

It seems natural that we associate feeling warm with a sense of well-being and relaxation, but there may in fact be a scientific explanation for this feeling, says Dr. James Ting. "Research has suggested that temperature-sensitive neural circuits to specific regions in the brain exist and may play a significant role in controlling mood."

### Sweat Side Effect #4: Lowers Kidney Stone Risk

Yes, really! Research from the University of Washington found that regular exercisers sweat out salt more readily and tend to better retain calcium in their bones, rather than having them – salt and calcium – go into their kidneys and urine where stones form. Frequent sweaters also tend to drink more water, which further helps reduce the risk of developing stones.

Since exercise raises your body temperature, sweating associated with exercise is a sign that you're exerting yourself and gaining the many benefits that exercise has to offer. Keep in mind that sweating, especially heavy sweating, will cause your body to lose valuable fluids and electrolytes. Be sure to stay well hydrated if you've been sweating heavily and replace your electrolytes naturally by drinking water.

Source: Ayren Jackson-Cannady, 2016, <http://www.fitnessmagazine.com/health/sweat-health-benefits/>

## Ostomy Awareness Day



National Ostomy Awareness Day began in 2010. It is held annually on the first Saturday of October. UOAA continues to celebrate this day by spreading awareness and increasing national visibility of those living with ostomies. We will carry on breaking the silence and shining a positive light on what has saved so many lives. We are excited to announce this year's theme is Resilience: Bouncing Back into Life, and is all about finding your inner strength to bounce back from this surgery and rise up stronger than ever before.

## Kidney Stones and the Ileostomate

By Jill Conwell, RNET, Corpus Christi, Texas

Edited by B. Brewer, 2/2011 UOAA UPDATE

Kidney stones are fairly common medical problems. They occur in about five percent of the population. They are more common in men with a sedentary lifestyle and in families with a history of kidney stones. The average age of first occurrence is about 40, but they can occur at any age. For ulcerative colitis patients, the incidence of developing kidney stones is about double that of the rest of the population. For ileostomates, the incidence is 20 times greater. There are two basic types of kidney stones; uric acid and calcium. Both may occur in ileostomates since the underlying cause is dehydration. Uric acid stones are more frequent.

One reason for this is the chronic loss of electrolytes, producing acid urine. The stones may vary in size and shape, some being as small as grains of sand, while others entirely fill the renal pelvis. They also vary in color, texture and composition. Symptoms during the passage of a kidney stone include bleeding due to irritation, cramping, abdominal pain, vomiting and frequent cessation of ileostomy flow. When ileostomy flow stops, distinguishing between an obstruction versus a kidney stone may be difficult since the symptoms are similar.

Treatment of most kidney stones is symptomatic and in most cases the stone passes spontaneously through the urinary tract. Medication for the spasms is usually administered. The urine should be strained in order to collect the stone for analysis. Once the composition of the stone is determined, steps should be taken to prevent recurrence of an attack. The physician will prescribe medication or dietary modifications depending on the type of stone. The best preventative measure is to drink plenty of fluids (eight glasses) every day. If the urine appears to be concentrated, increase fluids and use a sport drink that is rich in electrolytes to replaces losses.

Gil Lorenz of Fenton, Missouri, shared his version of the mile high club.

"We were on an airplane heading for Vancouver when all of a sudden, my pants were wet. I grabbed my good old pink tape and headed for the restroom to try to repair my appliance. We were having some turbulent weather. I simply could not fix it. I opened the door and told the flight attendant my problem. I asked, "Would you please ask my wife to come back here?"

What a time we had. The plane was bumping around, and we were both in the bathroom. You know how tiny those restrooms are on the plane and neither of us are small people.

Used with Permission from Brenda Elsagher from: *Id Like to Buy a Bowel Please: Ostomy A to Z*, [www.livingandlaughing.com](http://www.livingandlaughing.com)

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She sat on the toilet seat and I was hanging on to the washbasin. After about 20 minutes, we got the job done. My wife asked, "What should we say when we leave here?"

I said, "Nothing—just smile?"

Gil and Melba Lorenz have been married for 66 years, and they have a family of 30. They are retired and spend their time taking care of each other these days. Gil had a urostomy in 1999 due to cancer.