



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. We are now sending our newsletter electronically to those who request it be sent that way. **Please send me your email 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

We celebrated Ostomy Awareness Day during our October meeting. We watched videos of Rolf Benirschke, former NFL player and ostomate who is now a motivational speaker. Members in attendance even got their own “pouch” treat.

NEXT MEETING

For the November meeting, the WOC nurses will make a presentation on being thankful that you do not have... certain ostomy complications. We will review managing peristomal irritation, and much more.

Everyone is welcome. Bring your spouse or a friend or come alone.

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

CONTACT US

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

Newsletter Editor & Professional Advisor:

Charlotte Allen, RN, CWOCN
670-4302
email: callen@hendrickhealth.org

Future Plans for the Hendrick Ostomy Support Group

The WOC nurses at Hendrick want to hear from YOU! We have had the same meeting day/time/program for many years, and it's time for a change. But just what kind of change should we make? We want to hear your thoughts on possibly moving the meeting time to 5p.m., noon or leaving it at the same time. Would you rather meet at a local eating establishment instead of the educational setting? This is YOUR group, so we value YOUR input. Please answer the questions below and bring it with you to the next meeting. Or, you can complete the survey online at the Survey Monkey link below. Your opinion counts!

What is your preferred meeting time?

- ☐ Noon - 1 p.m.
- ☐ 5 -6 p.m.
- ☐ 6:30 - 7:30 p.m.

Would you like to go to an eating establishment for one of the meetings?

- ☐ Yes
- ☐ No

Are you interested in helping to plan one of the monthly meetings or being a host/hostess?

- ☐ Yes
- ☐ No

What topics or activities are you interested in? Select all that apply.

- ☐ Public social outing (restaurant, movie, park, etc.)
- ☐ Human interest speaker (hobby, non-medical professional, etc.)
- ☐ Miscellaneous medical (dietician, social worker, physical therapist, diabetic educator, surgeon, etc.)
- ☐ WOC nurse (troubleshooting pouching, skin irritation, diet, etc.)
- ☐ Product rep (ConvaTec, Hollister, Coloplast, etc.)
- ☐ Social Activity (Stoma Bingo, Ostomy Jeopardy, pot luck, ice cream social, etc.)
- ☐ Miscellaneous comments or suggestions for meeting topics or speakers: _____

- ☐ Are you interested in helping assemble and label the newsletters?

Please clip this out and mail with your mailing list information update. You may complete the survey online using this link:
www.surveymonkey.com/r/HMCOstomy

Social Security Disability Benefits for Colon Cancer

By Disability Benefits Help and the UOAA Update

If you have been diagnosed with colon cancer and your condition makes it impossible for you to work, you might be eligible to receive Social Security Disability benefits. The Social Security Administration (SSA) oversees disability programs that provide benefits to those who are unable to work and who meet specific requirements.

Social Security Disability Insurance (SSDI) is available to those who meet the medical criteria that have been established to qualify as disabled and those who have met the work requirements. To qualify for SSDI, you must have worked enough to earn sufficient credits and pay enough taxes. Usually, that is the equivalent to five years full-time work out of the last 10 years.

The claims process is very complicated. In addition to applying for benefits, you must make sure the SSA gets your medical records, documentation of your symptoms, any physician notes, details of your treatments and how they impact your condition and proof that your condition is severe enough to impact your daily living and ability to work.

While advances have been made in cancer treatment and you might have a good prognosis, you might be unable to work while undergoing treatments such as chemotherapy or radiation because they can significantly impact your ability to function leaving you nauseated and fatigued.

Before completing an application for Social Security Disability, talk with your oncologist. Your oncologist should be familiar with the process and will be able to tell you whether or not he or she believes you would qualify for benefits. Your oncologist can even complete some additional paperwork in support of your claim.

When your oncologist is supportive of your disability application and provides additional documentation, as well as makes a written statement on your behalf and completes a residual functioning capacity (RFC) form, it can have a significant impact on your disability claim and help you get approved for monthly benefits.

Medical Qualifications and the Blue Book

There are strict guidelines involving the medical qualifications that must be met for an individual to be approved for disability benefits. The SSA uses a medical guide that is called a Blue Book. The Blue Book has different body systems listed with different conditions for each system. In order to meet the medical criteria, an individual must meet the systems listed with different conditions for each

system. In order to meet the medical criteria an individual must meet the condition requirements that apply to that condition.

If you are unable to meet those specific criteria, your condition's symptoms might meet the requirements for specific symptoms or for another condition that is caused by the dominant health problem. Some conditions are approved for benefits solely on the diagnosis of a condition, but others are more challenging to prove per the SSA Guidelines. Colon cancer applications for disability fall under Section 13.18 of the Blue Book, which is for cancer of the large intestines. To be approved based on the listing your colon cancer must:

- Be a form of Adenocarcinoma and
- Returned following treatment

OR

- Cannot be removed by surgery

OR

- Be Squamous cell carcinoma cancer AND affect the anus

AND

- Returned following surgical removal of tumors or cancer cells

OR

- Be a small-cell or oat cell carcinoma cancer

OR

- Is any colon cancer that spread past the lymph nodes in the area of the cancer's original development

If your colon cancer doesn't meet the medical criteria of the Blue Book, you might qualify by using the RFC. This form clearly defines your limitations and how your daily life is impacted. Your physician completes the form to show what you can and cannot do at this point. It clearly states limitations with lifting, reaching, carrying, fingering, standing, sitting and walking. This complete form will give the disability review team or administrative law judge a clear picture of how your life has been impacted and how you are no longer able to perform work duties.

W: Wrestling

I was wrestling with my niece and nephew, and we were tickling each other and one of them ended up behind me on the couch with his face at my behind. One of my family members made the familiar comment, "You better hope she doesn't let one go right now." I said, "That would be impossible from back there." It stopped conversation for a second before everyone burst out laughing with the realization there was no danger of that happening.

W: Wonderful

What could be wonderful about having your rectum removed? My brother would be able to tell you: he has an answer for almost everything. "No skid marks on your underwear!"

Used with Permission from Brenda Elsagher from: *I'd Like to Buy a Bowel Please: Ostomy A to Z*, www.livingandlaughing.com

Social Security Benefits for Colon Cancer (continued)

Applying for Benefits

If you are ready to apply for disability benefits, you can go online to SSA.gov and complete the application or call 1-800-772-1213 to schedule an appointment at your nearest Social Security Administration office to start the process in person. All forms must be completed in detail and you must have as many of your medical records as possible to support your claim. You can enlist the help of a disability attorney or advocate to help you with your claim and to improve its chances of being successful.

This article was written by the Outreach Team at Disability Benefits Help. They provide information about disability benefits and the application process. To learn more, please visit their website at <http://www.disability-benefits-help.org/> or by contacting them at helpAssd-help.org.



Mailing List Update

We are updating the Hendrick Ostomy Support Group mailing list and would like to send more of our newsletters via email. **Please complete the bottom portion, cut it off and return it in the enclosed envelope or respond by email to callen@hendrickhealth.org.**

Name: _____

Address: _____

Email Address: _____

Check the appropriate box:

- ☐ Please remove me from the mailing list.
- ☐ Please keep me on the mailing list. I do not have email.
- ☐ Please keep me on the mailing list. Send my newsletter to the above email address.

Get Ostomy Answers!

Save 38%*

The Leading Source for Information, Education and Inspiration!

Each *Phoenix Ostomy Magazine* answers the many questions about returning to a full and active life after surgery. Topics include diet, exercise, intimacy, skin care, odor control, new products and so much more. Medical doctors and nurses offer concrete advice and solutions while personal stories show that almost anything is possible with an ostomy. - **Subscribe Today!**

Privacy Guarantee: The *Phoenix* is mailed with discretion. Your contact information will never be given, rented or sold to a third party.

FREE New Patient Guide!

Get real-world answers to common questions after ostomy surgery. Yours free with a subscription.



Choose Your FREE New Patient Guide: ☐ Colostomy ☐ Ileostomy ☐ Urostomy

☐ Please send me FREE ostomy product samples, special offers and product information**

☐ One-year \$29.95 (Save 25%*) ☐ Two-years \$49.95 (Save 38%*)



Send Magazine To:

Name _____ Email (opt.) _____

Address _____ Apt/Suite _____ Phone (opt.) _____

City _____ State _____ Zip Code _____

Send Payment to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

Satisfaction Guarantee!

*Based on cover price of \$9.95. \$39.95 for Canadian one-year subscription. U.S. funds only. **Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund the unused portion of your subscription.

ASG0516