



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

Since WOC Nurse Week was April 15-21, for the April 9 meeting, Charlotte Allen and Vina Gilbert, the two WOC nurses at Hendrick Medical Center, had participants be WOC nurses for the night. They were shown different wound/skin or ostomy challenges that a WOC nurse may face each day. Those in attendance did a great job and learned a lot.

NEXT MEETING

For the May 14 meeting, we will have a special guest from Abilene's very own Revolution Strings. Matheo Vergara, who also happens to be Vina's younger brother, will be joining us to share his talent as a local violinist and to share his experiences in Revolution. Come enjoy a little live music! Everyone is welcome. Feel free to invite friends and family!

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

Miscellaneous Tips

Via UOAA Update

Consistency of output

Chemotherapy can affect the consistency of your output. It can become too thick or it can become loose or watery (diarrhea).

Foods that can help with watery output to make it thicker:

Bananas, starchy foods, pretzels, crackers, white rice, white toast, oatmeal, smooth peanut butter or almond butter (not crunchy), marshmallows (I love the little mini ones. They are pure sugar so do not eat them if diabetic) and applesauce.

Foods that can dramatically change the output consistency:

Coffee, soda, sports drinks, fruit juices, artificial sweeteners, alcoholic beverages, fried foods and spicy foods. Drinking 1/2 - 1 cup of coconut water helps me when my output is really thick.

Mouth sores

A tip if you are experiencing mouth sores - I found that the only toothpaste that did not burn my mouth was Kid's Crest - Sparkle Fun. It tastes like bubble gum and made brushing my teeth a lot easier with mouth sores caused by the chemotherapy.

Be prepared

Always carry a bag with your ostomy supplies with you just in case you have a leak and need to change your pouch when you are away from your home. I found an organizer under \$14 that has little separate compartments.

You can either put this bag inside a tote bag to carry or you can put it in a backpack or briefcase. Whatever works for you! I have stocked it with everything I would need to change my pouch. I carry enough supplies for two complete pouch changes.

Never leave your supply bag in your car where the heat will damage your products. And never leave home without your supply bag!

The New Ostomy.org Website is Now Live!

from UOAA Newsletter, March 2018

Get the trusted ostomy and continent diversion resources of UOAA in a new way. Get Educated *Be an Advocate *Feel Supported

From Our President: After lots of hard work from our team, we are excited to announce the launch of our new ostomy.org website! Discover our extensive ostomy information and guides, peer-support group information, events, advocacy program, personal stories, blogs, product and supply information and much more – all in a new mobile and user-friendly website. Enjoy and share the news of this great resource. – Susan Burns

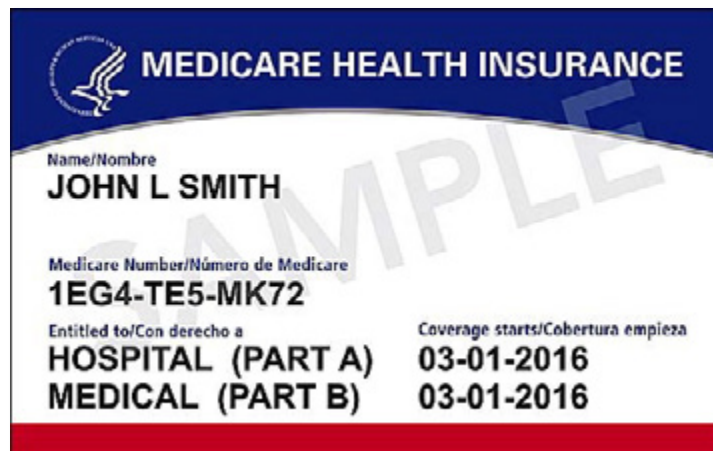
Visit our website at <https://www.ostomy.org>.

Mailing of New Medicare Cards began April 2018

by Bob Baumel, North Central OK Ostomy Association

Over the next year, everyone with Medicare will receive a new Medicare number which no longer includes their social security number, thereby reducing the chance of identity theft. The new numbers will be provided in new Medicare cards, which should all be mailed April 2018 - April 2019. The timing of mailing the new cards will vary by state. Some states may not see the new cards until June 2018.

Here's a sample of what the new cards look like:



See more at go.medicare.gov/newcard. The information below is taken from that page:

Ten things to know about your new Medicare card

1. Your new card will have a new Medicare number that's unique to you, instead of your social security number. This will help to protect your identity.
2. Your Medicare coverage and benefits will stay the same.
3. Your new card will automatically come to you. You don't need to do anything to get your new card.
4. Mailing takes time. Your card may arrive at a different time than your friend's or neighbor's.
5. Your new card is paper, which is easier for many providers to use and copy.
6. Once you get your new Medicare card, destroy your old Medicare card (the one with your social security number) and start using your new card right away.
7. If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare - you should still keep and use it whenever you need care. However, you may also be asked to show your new Medicare card, so you should carry this card too.
8. Doctors, other healthcare providers and facilities know it's coming and will ask for your new Medicare card when you need care, so carry it with you.
9. Only give your new Medicare number to doctors, pharmacists, other healthcare providers, your insurers, or people you trust to work with Medicare on your behalf.
10. If you forget your new card, you, your doctor or other healthcare provider may be able to look up your Medicare number online.

Watch out for scams

Medicare will never call you uninvited and ask you to give personal or private information to get your new Medicare number and card.

Scam artists may try to get personal information (like your current Medicare number) by contacting you about your new card. If someone asks you for your information, for money or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE(633-4227). Learn more about the limited situations in which Medicare can call you.

Trivia Time — Q-tips from Vancouver (BC) Ostomy HighLife

Q-tips, those hygienic products that you can use for everything from "gently applying ointments and creams," to "clean[ing] and dust [ing] even hard to reach places," are staples of doctors' offices and medicine cabinets the whole world over. It's no mystery that people often ignore the company's warnings and use them as implements of ear cleaning. But you know what is a mystery? (Really, you should never, ever use them to clean your ears.) What in the heck the Q means. The product name certainly rolls off the tongue better than the generic "cotton swab" name, that's for sure. That's because it's a quality name. A quality name that means "Quality tips." That's right, the Q stands for quality. Q-tips were first conceived by Leo Gerstenzang, who observed his wife stick bits of cotton to toothpicks. He decided that his wife had the right idea and decided to found the Leo Gerstenzang Infant Novelty Co. in 1923, which would manufacture ready to use cotton swabs. But the product wouldn't pick up its now famous name until 1926. For the first three years, the cotton swabs were called "Baby Gays," which the company would modify to become 'Q-tips® Baby Gays.' Eventually, they dropped "Baby Gays" altogether and were just left with Q-tips.

Can I Control My Ileostomy with a Strict Diet or Irrigation?

From The Roadrunner of Albuquerque

A definite "NO" to both questions. Occasionally, a doctor may irrigate an ileostomy with a lavage set for food obstruction. This procedure should be done only by your doctor to prevent perforation of the small bowel and further surgery. An ileostomy cannot be controlled by any diet.

It is vitally important that everyone with an ostomy eat at least three nutritionally balanced meals a day. If your doctor has given you a special diet, remember that when your stomach is void of food, it will fill up with gas. Excess gases result in a noisy ileostomy. Excess gas may also increase the activity of the small bowel, causing the ileostomy to discharge very liquid feces.

Diet is an individual matter. Some people can eat all varieties of food, including food with skins without affecting the consistency of the stool or the activity of the bowel. Others find that any violation of a strict low residue diet leads to frequent and watery movements. Each person must discover his own dietary pattern through trial and error.

Tips & Tricks *from Vancouver (BC) Ostomy HighLife*

The best time to change an ileostomy pouch without any output is when you first wake up. If you stop eating a few hours before bedtime and get a full night's sleep, output should slow down enough for you to get a change done. If you must eat upon waking but before a change, try a nutrient-packed food that will raise your blood sugar but not cause any immediate output, such as a spoon of peanut butter or a hard-boiled egg.

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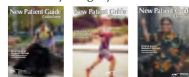
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ASG2014

Connection Opportunity

Dear Ostomy Group,

We got your contact information from the UOAA's website. You might already be familiar with MeetAnOstomMate.org—an online community for people with an ostomy, with close to 18,000 members.

MeetAnOstoMate is a vibrant, multi-topic community, where people have fun, discuss various things, laugh together, cry together, and give each other plenty of love and support. Our website has a lot to offer—forum, member blogs, chat room, private chat, private messaging, photo gallery, events section, classifieds, and more.

We would like to offer you to visit MeetAnOstoMate.org and let us know if you think we can work together. If you have any upcoming events, you can post them in the events section of our website. We recommend that you sign up in order to fully experience MeetAnOstoMate. A lot of the features and all profiles are only accessible to logged in users.

Sincerely,
 Customer Service
MeetAnOstoMate.org