



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 work, 325-670-4302, or by e-mail, 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

We did not meet in October.

NEXT MEETING

Mark your calendars for the next meeting on November 12. Joel Mathew from ConvaTec will give a presentation. Even if you use another brand of pouches, show him support by attending. He's coming from Dallas just to speak to us. You can learn about accessories to use with your current pouching system. Hope to see you then.

DECEMBER MEETING

Start planning now for the December 10 meeting. We will have a potluck with finger foods. Please bring your favorite food and a \$5-10 gift for our gift exchange. This is always a fun time and we encourage you to bring your spouse, friend, family member, etc.

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.

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Medicare Open Enrollment, Oct. 15 – Dec. 7 Review Prescription Drug Coverage to Save \$\$\$

by Bob Baumel, North Central OK Ostomy Association

If you are a Medicare beneficiary and have a Part D Prescription Drug plan, you may be able to save hundreds of dollars a year by reviewing your Part D coverage during the Open Enrollment period and switching to a plan with better terms. This happens because Part D plans, which are offered by private insurance companies, change their terms every year (including premiums, deductibles, drug formularies, copays, etc.). So, a plan that may be a great deal one year is often a terrible deal the next year. If you are sufficiently computer savvy, you may be able to go through this process yourself using the Plan Finder at medicare.gov.

Too Much of a Good Thing

via Middle Georgia The Ostomy Rumble

Many accessory items have been developed to take care of specific needs. Ostomates should determine which items are best for their ostomy management, remembering there can be "too much of a good thing." Here are a few hints to help achieve a successful ostomy management system.

Keep it simple. Do not use extra cement, skincare products, etc., unless absolutely necessary. Sometimes, extra products actually interfere with pouch adhesion or create skin problems. Plain water is still the best cleaning agent for skin around the stoma.

Do not continue to use therapeutic products after the problem has been solved.

As examples, Kenalog spray and Mycostatin powder, should not be used routinely when changing the pouching system. These products are prescribed for particular skin problems. Kenalog is usually recommended for its anti-inflammatory effects and symptomatic relief of the discomfort associated with skin irritation. However, continued and prolonged use of Kenalog after the problem is resolved may lead to "thinning" of the outer layer of skin, thus making it more susceptible to irritations. Mycostatin powder is useful for yeast infections. However, using Mycostatin after the infection clears serves no purpose.

Seek advice. See your physician or WOC (ET) Nurse if you find yourself a victim of the syndrome. They can provide assistance in selecting the most appropriate and economical ostomy management system for your needs.

EDITOR'S NOTE: Another item that I see ostomates frequently use routinely is stoma powder. This is usually only needed if there is skin irritation around the stoma so should be discontinued once the irritation is gone. If you do use powder, be sure to seal it with a barrier spray in order to achieve a good seal with your skin barrier/wafer. A good spray is Nexcare Liquid Bandage Spray found by the Band-Aids in many drug stores.

Be Prepared

I was only a Girl Scout for a short time, but always remembered the mantra to “be prepared.” This holds true for all ostomates. You never know when you will need a list of your ostomy pouches, barriers and accessories. You may become incapacitated and be left in a situation where you or your family cannot provide this information, so it is a good idea to plan now by having a checklist like the one below with this information. In many cases medical facilities can provide an “emergency pouch,” but there is a reason why you chose YOUR system - so carry this information with you. It may also help when you are traveling and happen to run out of your stoma care items.



Donations

The WOC nurses have recently had donations of more ostomy supplies.

Supplies include remover wipes, M9, 2 ¼” ConvaTec skin barriers, 2 ¼” mini pouches and 2 ¼” regular drainable pouches

If you have an immediate need of any of the listed items and have no insurance, please contact Charlotte Allen at 325-670-4302 or Vina Gilbert 325-670-4312, between 8 a.m. - 4:30 p.m., Monday-Friday. Please call before you come as we may be out to the office seeing patients or teaching class.

Know Your Pouching System (Appliance) Checklist

Patient Name/Address: _____
 Patient Date of Birth: _____ Supplier Contact Information: _____
 Allergy Alert: _____ Supplier Order #: _____

| | | | | |
|--|---|---|--|---|
| Pouching System: <input type="checkbox"/> One-Piece <input type="checkbox"/> Two-Piece Stoma Information: Size: _____ Ostomy Type: <input type="checkbox"/> Colostomy <input type="checkbox"/> Ileostomy <input type="checkbox"/> Urostomy <input type="checkbox"/> Other: _____ | Brand Manufacturer: <input type="checkbox"/> Coloplast <input type="checkbox"/> Convatec <input type="checkbox"/> Cymed/Microskin <input type="checkbox"/> Hollister <input type="checkbox"/> Marlen <input type="checkbox"/> Nu-Hope <input type="checkbox"/> Other: _____ | Pouch: Product # _____ Size: _____ Quantity: _____ Pouch Features: Color: <input type="checkbox"/> Transparent <input type="checkbox"/> Opaque Closure/Outlet: <input type="checkbox"/> Drainable (velcro or clip) <input type="checkbox"/> Closed-end <input type="checkbox"/> Tap Bottom Gas Management: <input type="checkbox"/> Integrated Filter <input type="checkbox"/> No Filter | Wafer/Barrier/Flange: Product # _____ Quantity: _____ Size: _____ <input type="checkbox"/> Pre-cut <input type="checkbox"/> Cut-to-fit Size: _____ <input type="checkbox"/> Moldable Size: _____ <input type="checkbox"/> Flat <input type="checkbox"/> Convex: _____Soft/Flexible _____Light _____Deep Two-Piece: <input type="checkbox"/> Adhesive Coupling <input type="checkbox"/> Mechanical Coupling | Accessory Products: <input type="checkbox"/> Skin Barrier Seals/Rings <input type="checkbox"/> Adhesive Remover Wipes or Spray <input type="checkbox"/> Barrier Wipes or Spray <input type="checkbox"/> Barrier Strips <input type="checkbox"/> Deodorizer <input type="checkbox"/> Paste (Tube or Strip) <input type="checkbox"/> Tape <input type="checkbox"/> Powder <input type="checkbox"/> Support Belt <input type="checkbox"/> Overnight Drainage Bag <input type="checkbox"/> Overnight High Output Pouch <input type="checkbox"/> Irrigation Supplies <input type="checkbox"/> Other: _____ |
|--|---|---|--|---|

Advocates for a Positive Change

www.ostomy.org 1.800.826.0826



S: Scope

Used with permission from Brenda Elsagher from: *Id Like to Buy a Bowel Please: Ostomy A to Z*, www.livingandlaughing.com

My father recently had his first full colonoscopy, and I had given him a hard time. After I was diagnosed with colorectal cancer and ended up with a colostomy 10 years ago, I was surprised he hadn't gotten one earlier. I had lectured my family of 10 about the importance of being tested. Several of them had pre-cancerous polyps; I was

glad he was following through.

As he prepared for his exam the night before, he jokingly called to let me know “everything was coming out all right. The most difficult part of the preparation is going without solid food for two days.”

The doctor put the scope in explaining how his colon looked, and Dad thought the exam

was going smoothly until there was a slight snag. The doctor sheepishly admitted, “Your colon is longer than my scope.”

My father teasingly replied, “If I see you pulling that thing out and some toward the other end, I’m outta here!”

Ostomates Survive the Holiday Season

Editorial Team ostomyconnection.com

The holidays are fast approaching and that means parties galore! Office get-togethers, family gatherings and neighborhood celebrations are filling up the calendar now until New Year's Eve.

As much fun as the holidays can be, it can also be a time of stress for ostomates. It's important to recognize that this can be a crazy time, and with so much going on, it's sometimes easy to forget to take care of yourself and manage your ostomy.

Here are seven tips to help ostomates enjoy the holiday season, from what to wear - to what to talk about and more.

1. Plan ahead and prepare for ordering challenges.

Do you have enough ostomy supplies on hand? If not, now's probably the best time to place an order. Online medical suppliers and shipping companies are extra busy during the holidays, so you may experience delays due to staff shortages or bad winter weather.

2. Let family rituals change.

If you're attending a family event, it doesn't mean you need to eat food that you're not comfortable with just to please someone. Consider updating holiday meals with some new recipes to go along with the familiar dishes. It's a great opportunity for everyone to try something new. Most holiday celebrations are potluck style, so offering to bring something won't be too out of the ordinary. If you are the host, suggest that your guests bring a dish so that everyone can enjoy their favorite foods.

3. Know what to say.

Relatives and friends who know about your ostomy understand and won't insist you eat everything that's being served. If you encounter a situation where people do not know you're an ostomate, there's no need to go into any long explanations at the dinner table. Saying "no thank you" should work if you're passed a dish that you prefer not to eat.

4. Drink plenty of water.

I know this is probably something you hear every time someone talks to you about an ostomy (especially an ileostomy or urostomy), but it's true. Staying well hydrated can help. Water is essential for the proper circulation of nutrients in the body. Sometimes headaches can be caused by dehydration, so drinking water can prevent or alleviate the pain. Make a conscious effort to stay hydrated during the holidays!

5. Wear whatever feels right.

Loose clothing that is not too tight around your belly can help you feel more relaxed about your ostomy. Whether the party is casual or formal, don't stress over your outfit. Be comfortable and remember to pack extra ostomy supplies and clothes if you're taking a road trip somewhere far from home.

6. Slow down and eat for pleasure.

Eating slowly and chewing your food well is important to help prevent blockages when you have an ostomy. It may sound obvious, but enjoying the flavor of food makes it a pleasurable experience. When you savor your food, you're less likely to overindulge which can cause unwanted digestive issues.

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