



## 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 325-670-4312 or [vgilbert@hendrickhealth.org](mailto:vgilbert@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.

– Vina Gilbert, MSN, RN, CWOCN



### LAST MEETING

Due to a scheduling conflict with the Hendrick Diabetes Center, last month's meeting was canceled. I apologize for the short notice that was given. If you still made the trip, hopefully you were welcomed at the Diabetes evening class!

### NEXT MEETING

The next meeting will be February 11. As a group, we will discuss future plans for the support group, including adjusting meeting times and frequency. We will also be exploring the UOAA's website ([Ostomy.org](http://Ostomy.org)) to introduce a comprehensive resource available at your fingertips!

**We meet at Hendrick 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 670-4312.**

### Newsletter Editor & Professional Advisor:

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## Sex and Stomas: Myths and Truths

UOAA, 2019

**MYTH:** And they lived happily ever after.

**TRUTH:** This is a fairy tale. Relationships are like tides; sometimes they're up and sometimes they're down. Adjustments can be made to keep the joy of sex alive, but sex alone doesn't make a relationship secure.

**MYTH:** Intercourse is the only way to be intimate with a person.

**TRUTH:** Regardless of your sexual orientation or gender identity, giving and receiving pleasure can be expressed in many ways - hugging, kissing, cuddling, holding hands, masturbation, oral sex, stimulation with the hands and even sleeping in the same bed.

**MYTH:** My partner should know what pleases me. I shouldn't have to explain it.

**TRUTH:** Unless your partner has extrasensory perception (ESP), they can't read your mind. Tell your partner what you like, what you don't like.

**MYTH:** You can't get pregnant with a stoma.

**TRUTH:** People with stomas can, and do get pregnant and have healthy babies. It is important, however, to be followed by healthcare professionals throughout the pregnancy.

**MYTH:** No one will ever love me because I have a stoma.

**TRUTH:** It's reasonable to feel this way. People who've lost a breast to cancer or lost a limb feel this way, too. Your attitude and how you treat yourself sets the tone on how others treat you. If you feel comfortable and accepting of your new body, your partner is likely to do the same.

**MYTH:** Having sex will spread my cancer to my partner.

**TRUTH:** Cancer isn't spread through sexual contact. However, 'safe sex' should be used to prevent sexually transmitted infections.

**MYTH:** The odor from my stoma will be a turn-off for my partner.

**TRUTH:** Deodorizers especially designed for use with an ostomy are available to help reduce odors from stool and urine. Some are used in the pouch and some are taken by mouth. Modern pouches are made of odor-free materials. To remain fresh, keep your body and pouching system clean.

**MYTH:** Body movements and pressure of our bodies during sex will hurt my stoma.

**TRUTH:** Close body contact and movement during sex won't hurt your stoma. However, nothing (fingers, objects) should be put into the stoma. A stoma is not a sexual organ.

**MYTH:** Older people don't have sex.

**TRUTH:** Ha! Many seniors, including ones with an ostomy, are sexually active.

## Ostomy Supplies

### Where can I purchase ostomy supplies?\*

Ostomy supplies may be ordered by calling a distributor or requesting a supplier's mail-order catalog online.

*Note: Most manufacturers of products do not directly fill supply orders but many have customer services designed to help you find the best products for your unique needs, and may offer sample products.*

### Does insurance cover the cost of ostomy supplies?

**Medicare** - allows a predetermined maximum quantity each month.

**Medicare Part B** - covers ostomy equipment.

**Medicaid** - is the federal/state insurance of last resort for low-income persons. Check with the state Medicaid office for specifics.

**Individual Health Insurance** - most plans typically will pay a high percentage of the "reasonable and customary" costs after the deductible is met.

## IMPORTANT OSTOMY PRODUCT UPDATE

Beginning March 1, Hendrick Medical Supply will no longer be supplying ostomy products.


Alternate medical suppliers include:

Liberator Medical 1-844-830-7739

Edgepark Medical Supplies 1-800-321-0591

180 Medical 1-877-688-2729

Express Medical Supply 1-800-633-2139



**PRESIDENTS  
DAY**

FEBRUARY 18

### Thank you, Charlotte Allen, for your many years of service!

As some of you are already aware, Charlotte Allen announced her retirement last month. Words cannot express the impact Charlotte has had on the community, our ostomates and myself! Charlotte has been an employee of Hendrick Medical Center since 1987. She became certified in Enterostomal Therapy Nursing in 1996, earned her bachelor of science in nursing that same year and completed a masters of science in nursing in October 2014. Most of, if not all of, you have been positively impacted by her time at Hendrick Medical Center. We wish her the very best in this new chapter of her life!

## Donate Your Ostomy Supplies

UOAA, 2019

UOAA appreciates the fact that you would like to donate your ostomy supplies. Please be aware UOAA cannot accept supplies at our national office. The following are suggestions of organizations you could contact in your area, including:

- [UOAA's Affiliated Support Group\(s\)](#)
- Home Health Agencies
- Wound Clinic
- Ostomy Outpatient Clinic
- Goodwill Industries
- Nursing Schools
- [Homeless Shelter](#)

If you prefer to mail them, please contact:

### [Friends of Ostomates Worldwide-USA](#)

4018 Bishop Lane  
Louisville, KY 40218-4539

### [Osto Group](#)

3500 45th Street, Suite #16A  
West Palm Beach, FL 33407

### [Ostomy 2-1-1](#)

c/o Olivet Baptist Church  
1201 NW 10 St  
Oklahoma City, OK 73106

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HAPPY  
**Valentine's**  
DAY