



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. As you have noticed, 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 have a meeting in July.

NEXT MEETING

Our next meeting will be August 8. We will have our annual ice cream social. Vanilla ice cream will be provided. If you wish another flavor, you may bring it. Also please bring your favorite ice cream topping and/or cookies or brownies to go with this. We will have some fun activity planned for this meeting. We will also allow time for any questions you might have about the management of your ostomy.

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.

Newsletter Editor &

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From the President of the UOAA

Summer is in full swing! For those living with an ostomy or continent diversion that can mean hydrating more and dealing with the sticky heat, but also the fun and relaxation of swimming. We want everyone to rediscover the joys of swimming without barriers or concern.

That's why our new advocacy manager Jeanine Gleba has jumped right in and led the effort to produce a self-advocacy Swimming with an Ostomy Toolkit: The Facts and Your Rights. This guide includes a FAQ sheet to give pool management if you have any issues accessing the pool of your choice because of misinformation about swimming with an ostomy. Our documents also hope to address some of the common questions about swimming from what to wear to how long to stay in the pool.

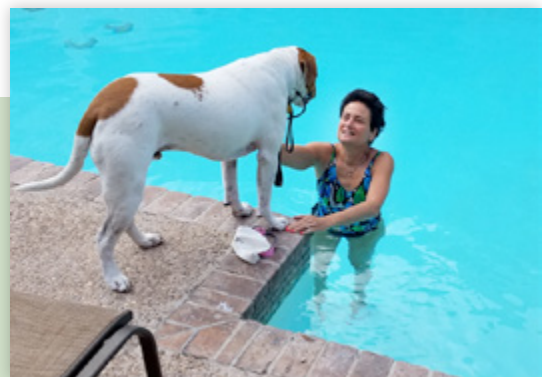
Also, in advocacy news last month we mentioned a proposal related to Medicare Competitive Bidding. We oppose this proposal because it could lead to more access issues for our community. That's why we are now collecting personal stories to share with lawmakers so that they can see the medical impact on patients when access to prescribed ostomy supplies is put in jeopardy. Please share your story or pass along this link along to friends or ASG members to have your voices heard in this UOAA national advocacy call for action.

<http://www.uoaa.org/MySuppliesMatter>

Thank you for your support.

Susan Burns

Susan Burns
UOAA President



Lynn Wolfson with her service dog Zev before swimming laps. Lynn is training for a triathlon with Ostomy United and is featured in a toolkit article.

Swimming with an Ostomy Toolkit: The Facts and Your Rights

Each year UOAA fields calls regarding people with an ostomy being turned away from public pools or unaware that they can swim and use a hot tub.

This Self-Advocacy Toolkit was created to:

1. Dispel the myth that ostomates present a water safety risk
2. Help individuals understand their rights
3. Offer guidance on swimming with an ostomy

Feel free to print and share the FAQ sheet and letter from UOAA's President should you need these tools. If you are still met with resistance, check the webpage for more information about steps you can take. Lastly take advantage of the swimming tips offered and take the plunge! The water's perfect!

To access this tool kit, go to <http://www.uoaa.org>.

Share your story of Ostomy Supply Access

As reported last month we have joined forces with a coalition of patient organizations, health care clinicians, and technology manufacturers to address our concerns over a proposal for the Medicare Competitive Bidding Program (read our official position statement) to include ostomy and urological supplies. Thus far, the coalition's efforts have been successful in having our position heard and understood. To personalize the importance of access to ostomy supplies we are calling for your voices and your image as a powerful tool in communicating the real-life consequences of one size fits all supply policies. Please submit your story below or share this call for action with others. On social media use #MyAccessMatters with any comments you may have on this issue. Thank You!



Half-Ironman Races

This June three ostomates representing the Ostomy United triathlon team took on and finished the challenging 70.3 Ironman races around the country.

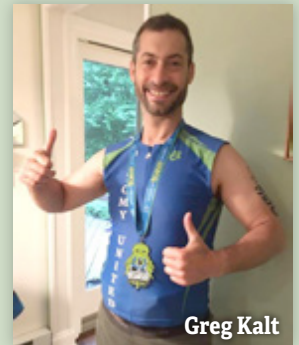


Ted Vosk in Victoria, Canada Lee-Ann Watanabe in Hawaii

Lee-Ann Watanabe of Hawaii continued an amazing comeback from her ostomy surgery competing in the Hawaii Ironman 70.3 just six months following surgery.

Ostomy United founder Ted Vosk competed in the IRONMAN 70.3 Victoria in British Columbia, Canada. Ted has been training tirelessly and improved his previous time by an hour and fifteen minutes. This marks the half-way point in Ted's training for the full Ironman in Wisconsin on September 11.

Greg Kalt of Connecticut battled rain and bad weather to finish the triathlon known as the "Beast of the East", the Rev3 Quassy Half. We are proud to support this inspiring trio.



Greg Kalt

Read more about these amazing amateur athletes at:
www.ostomyunited.org

New Electronic Newsletter

Yay! We have finally worked out the bugs with getting our newsletter sent electronically. Some of you are already on our mailing list to get the link delivered via e-mail. If you would like to have yours delivered this way, please send me your e-mail address. For those who do not have e-mail access, we will continue to send out a printed version. Thank you for all who have given positive feedback on our newsletter. I hope you find it beneficial.

Charlotte L. Allen, MSN, RN-BC, CWOCN
Newsletter Editor and Professional Advisor
Hendrick Ostomy Support Group

Urology Concerns

Via Honolulu Ostomy Association, Edited by B. Brewer UOAA Update 4/11

Germs are all over the world, but when they are in the urinary tract—either in the conduit, the ureters, or the kidneys—they are in an abnormal location, and that is what causes an infection. What causes infection? Mostly, the reasons are unexplainable. Why do some people get more colds than others?

Infections can be caused by obstructions, kidney stones, tumors, cysts, or scar tissue. Almost synonymous with obstruction is infection, and then too often comes stone formation. Once you have stone formation, it's hard to get rid of the infection. It's a kind of cycle that goes around and around.

Infection can be caused by urine being forced back to the kidneys through the conduit. This could happen if you fall asleep with the pouch full of urine and accidentally roll over on the pouch, causing urine to be forced back through the stoma and the urinary tract with tremendous pressure. Invariable the urine in the pouch is contaminated.

In general, to prevent and treat infection, you need a good flow of urine, much like a stream. That not only dilutes the bacteria or germs in the urine but also helps wash them out. Two and one-half quarts of liquids daily are required for the average adult. Also antibiotic therapy is used to fight infection.

Night drainage is recommended. Otherwise, you run the risk of urine backing up into the kidneys which can cause irritation or infection. This is especially important for urostomates with only one kidney. It's important to be aware of the symptoms of a kidney infection: elevated temperature, chills, low back pain, cloudy urine, or decreased urine output. People with an ileal conduit normally produce mucus threads in their urine, which give a cloudy appearance, but bloody urine is a danger sign. You must see your doctor if any of these symptoms occur.

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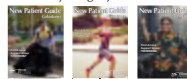
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Two Brooms

Two brooms were hanging in the closet and after a while they got to know each other so well, they decided to get married. One broom was, of course, the bride broom. The other was the groom broom. The bride broom looked very beautiful in her white dress. The groom broom was handsome and suave in his tuxedo.

The wedding was lovely. After the wedding, at the wedding dinner, the bride-broom leaned over and said to the groom-broom "I think I am going to have a little whisk broom!!!"

"IMPOSSIBLE!!" said the groom broom.

Are you ready for this!!?

"WE HAVEN'T EVEN SWEEPED TOGETHER!"