

Ostomy Outlook



NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA	
Volume XXLXIII , Issue II	
May/June 2016	
Date:	Monday, May 16, 2016
Time:	6:30 PM-Social hour
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
Program:	7:00 P.M Our Speaker, Kari Cedergren “How to Train Your Elephants Kari has a unique perspective on mental illness, dementia, death and other “light hearted” subjects. Kari weaves in humor to accomplish her mission of giving you the permission and confidence you need to bring up those “elephant in the room” subjects in hopes you will plan for a bright future. She also uses her expertise with finance to discuss the secretive subject of money.
	
Date:	Monday, June 20, 2016
Time:	6:00 PM –Dinner &Social hour Early time
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
Program:	Free Dinner will be Fried Chicken, salad, rolls, and dessert from Byerlys. **Bring 2-3 of your favorite jokes to share! ***We will end the evening by having a “rap”- Sharing our concerns and questions.
	

- | | | | |
|------------------------|--------------------|--------------|--|
| Co-Presidents: | Frank Moriarty | 763-577-5712 | moriartyf@earthink.net |
| | Rich Trainer | 952-888-7315 | goldenstrainer@yahoo.com |
| Secretary: | Ruth Siefert | 952-402-0808 | rrsiefert@comcast.net |
| Temp. Treasurer: | Brenda | | |
| Newsletter Editor: | Nancy Hagfors | 952-237-6465 | pitplayer@q.com |
| Membership: | Anne-Marie Kronick | 612-236-4899 | amkronick@comcast.net |
| Hospitality: | Marilyn Carlson | 952-941-9148 | mcarlson@easween.co |
| Past President: | Frank Moriarty | 763-577-5712 | moriartyf@earthink.net |
| Patient Advocate: | Dar Hafner | 952-835-4599 | dmhafner@yahoo.com |
| ET Nurse CWOCA: | Julie Powell | 952-924-5086 | jpowell1@fairview.org |
| ASG Representative: | Carol Larson | 952-934-3804 | caroldavidlarson@aol.com |

Mailing Address: Ostomy Association of the Minneapolis Area P O Box 385453, Bloomington, MN 55438-5453

The Ostomy Outlook is printed and circulated for people with Colostomies, Ileostomies, Urostomies, and alternative procedures, their families and other interested Persons.

Our new website address is: ostomyminneapolis.org

GETTING TO KNOW ME!

JANIE JASIN CSP-NSA & LEGENDS AWARD WINNER



Monday night, April 18, we were privileged to hear motivational speaker, humorist, and best-selling author Janie Jasin inspire us with her humor and words of wisdom.

Millions of people have read her book, *The Littlest Christmas Tree*. (If you haven't picked up this book yet, it's a wonderful gift for any season, any age.)

Janie had us laughing at times with tears in our eyes from her stories of bravery, tradition, and the importance of carrying on in spite of adversity.

Just as in *The Littlest Christmas Tree* her basic message was we can find the joy of living each and every day and be the best we can be.”

Janie grew up in Milwaukee, Wisconsin in the 1940's. Her mom's parents were Irish farmers and musicians (which accounts for her exceptional singing voice), while her dad's parents were German immigrants from Russia.

Even as a child, she loved speaking and donating to good causes. Janie continued to follow her talents to become a nation-wide speaker, overcome a painful divorce, and pass on to others the power of our traditions to affirm us as human beings.

With the collaboration of another award-winning author, Chez Raginiak, a Polish immigrant who escaped from Communism in 1985, Janie and Chez wrote a book called *Tradition...Yeah, Yeah, Yeah! What's Your Polka?* As used in this book, they say that “polka” becomes “a metaphor for our traditions—customs, behaviors, and celebrations that reflect our values, express meaning in our lives, and contribute to an enduring legacy for our children, family, community, and our country.”

Throughout the book, there are other stories from authors (including our very own Brenda Elsagher) and ideas on how families, individuals, communities, and the nation can celebrate and pass on their traditions.

Near the end of the book, Janie tells us “To enjoy the journey is to leap into people's lives. To enjoy the journey is to give until the stretch is a sacrifice. The question is: what is it in life that will pull you out of your seat to be brave, risk, and serve?”

For more information, go to janie@janiespeaks.com 952-240-7167

Improvising or Fixing a Leak in a Hurry

Via UOAA Update, September 2015

If you happen to spring a leak, especially when away from home, it can be a cause of panic. Being pre-prepared can help you keep your cool. Wearing an appliance cover can provide extra protection. One person noted that when he had a leak near the seal, he was able to stuff several folded tissues between the pouch and the cover. This absorbed the leakage and kept him going for 90 minutes until he was able to get back home and change. Also, a pouch cover has the advantage of soaking up perspiration on a hot day. Perspiration can quickly undermine the best adhesives. A good ostomy powder can help soak up moisture too. Lacking this, cornstarch or baby powder is equally effective.

Some people carry Band-Aids, rubber bands, or clips with them which can be used to mend a small tear in the pouch. Some say that it works so well, they forget about the makeshift repair until their regular time to change pouches!

You may want to keep individually packaged alcohol wipes or towelettes. They are easily carried and are great helpers in cleaning up an emergency. Best of all though, take precautions to try to avoid having an emergency.

Source: Ostomy Association of the Houston Area—Dec. 2015



LIVE
with less limits

HANDI MEDICAL SUPPLY
Minnesota's resource for
medical equipment and supplies

24-HOUR EMERGENCY SERVICE | INSURANCE ACCEPTED

SHOP ONLINE:
www.handimedical.com
651-644-9770 • 800-514-9979
Visit our showroom at 2505 University Ave., St. Paul



FLUIDS and ELECTROLYTES with an OSTOMY

<http://www.stomabags.com/fluids-and-electrolytes-with-anostomy>.

Electrolytes are ionic mineral solutions that transmit electricity. Electrolyte balance refers to the combined levels of the different electrolytes found in the blood.

The balance of these ions in our body is key to regulate fluid amounts, blood acidity, muscle and nerve health, and all functions from oxygen distribution to fluid delivery to cells. Essentially, electrolytes are the chemicals needed to keep our bodies working.

Extraction of the large intestine impairs the body’s ability to assimilate electrolytes and nutrients. Therefore, people that have undergone ostomy diversion surgery including colostomy, ileostomy and urostomy are more inclined to suffer electrolyte deficiencies. Especially those with an ileostomy or a urostomy need to watch for persistent diarrhea, vomiting, sweating, nausea and high fever. Ostomy patients’ diets must ensure proper intake of fluids and foods containing potassium and sodium. The latter ingredient is important, but it does not require major efforts to acquire as it is present in most foods. As a note of caution, if dizziness or signs of dehydration appear, immediately drink a sports drink or an electrolyte beverage. Use sports drinks only as a boost. Electrolyte drinks may be made at home with water, salt, salt substitute for potassium, and baking soda.

Problems related to Electrolyte Imbalances.

DEHYDRATION: Symptoms: Extreme thirst, dry mouth, nausea, decreased urine, fatigue, shortness of breath, headaches, dry eyes and abdominal cramping.

Solution: Increase ingestion of fluids (water sports drink (Gatorade), electrolyte solution (Pedialyte). Drink throughout the day at least 8-10 glasses of 8 oz. each. All liquid counts: milk, juices, and water. Abstain from sugary drinks. They may result in osmotic diarrhea and weight gain.

SODIUM DEPLETION: Symptoms: Nausea and vomiting, headache, confusion, lethargy, fatigue, appetite loss, drowsiness, leg cramps, coldness of arms and legs, feeling of faintness.

Solution: Increase foods and beverages high in sodium, such as soups, bouillon, sports drink (Gatorade), electrolyte solution (Pedialyte). Examples of some foods high in sodium: Broth, buttermilk, canned soups, canned vegetables, cheese, soy sauce, table salt, tomato juice, pickles.

POTASSIUM DEPLETION: Symptoms: Muscle weakness, confusion, irritability, fatigue, gas, shortness of breath, chronic diarrhea.

Solution: Increase foods and beverages high in potassium such as oranges, orange juice, bananas, and sports drinks (Gatorade), electrolyte solution (Gastrolyte, Pedialyte). Examples of some foods high in Potassium: Black-eyed peas, bananas, bouillon, chicken, fish, oranges, pinto beans, raisins, tomato or vegetable soup, veal, watermelon, yogurt.

Source: It’s In the Bag, Niagara Ostomy Assoc. Feb. 2015 via Ostomy Halifax Gazette Feb. 2015



ConvaTec is proud of our nearly 30-year heritage and our many contributions towards advancing the fields of modern wound and ostomy care. Today, we are equally energized and excited about our future as part of Nordic Capital and Avista Capital Partners. As we move forward, what remains unchanged is our passion for making a difference in people's lives.

+



Ostomy Accessories designed to give you confidence. That matters.



Adapt Ostomy Accessories

Go ahead, surround yourself with confidence. With Adapt ostomy accessories, your ostomy system truly fits into your life.

Hollister Ostomy. **Details Matter.**

Hollister and logo and Adapt are trademarks of Hollister Incorporated. "Hollister Ostomy. Details Matter." is a service mark of Hollister Incorporated. © 2012 Hollister Incorporated.



Improvising or Fixing a Leak in a Hurry

Via UOAA Update, September 2015

If you happen to spring a leak, especially when away from home, it can be a cause of panic. Being pre-*pre*-pared can help you keep your cool. Wearing an appliance cover can provide extra protection. One person noted that when he had a leak near the seal, he was able to stuff several folded tissues between the pouch and the cover. This absorbed the leakage and kept him going for 90 minutes until he was able to get back home and change. Also, a pouch cover has the advantage of soaking up perspiration on a hot day. Perspiration can quickly undermine the best adhesives. A good ostomy powder can help soak up moisture too. Lacking this, cornstarch or baby powder is equally effective.

Some people carry Band-Aids, rubber bands, or clips with them which can be used to mend a small tear in the pouch. Some say that it works so well, they forget about the makeshift repair until their regular time to change pouches!

You may want to keep individually packaged alcohol wipes or towelettes. They are easily carried and are great helpers in cleaning up an emergency. Best of all though, take precautions to try to avoid having an emergency.

Source: Ostomy Association of the Houston Area—Dec. 2015



GET YOUR
REAR
IN GEAR

OUR VISION

- To establish a colon cancer event or align with an existing event in every state to help raise awareness and funds to adequately support colorectal cancer activities at both the local and national level.
- To recruit partners from local and national businesses, health organizations, media and those touched by colon and rectal cancer to help develop these events.
- To assist local organizers in identifying and directing funds raised to the best local organizations or programs that ensure our mission that all citizens have adequate information and access to screening for colorectal cancer.



Presidents' Message

Hi from Rich Trainer and Frank Moriarty!
We look forward to another good year for our group. If you did not attend the April meeting you missed a good time. Our guest speaker Janie Basin gave a humorous and inspiring talk.

Our next meeting is May 16th with another great speaker and then we have an ant-less picnic June 20.

Brenda has *Courageous Conversations*
on humor, health, and happiness

Book an
EVENT
today!

HINTS & TIPS

(Source: Hamilton Osto-Info, January 2011)

- One cause of obstruction you don't think about is from too many "soft drinks". The gas from carbonated drinks can distend the bowel to a point that kinking can occur.
- The tea bag is an ostomate's best friend. Tea is an anti-spasmodic and soothing to an upset stomach. It also provides fluids containing electrolytes and potassium so frequently lost from diarrhea.
- Gas problems can be relieved by eating several spoonfuls of yogurt or applesauce. Much air is swallowed at night while sleeping and this will result in gas. A few swallows of club soda will help to get rid of gas bubbles. You just burp them up. The manner of eating is also a factor in relieving gas problems. If you can avoid drinking while eating, the effluent will become thicker, and liquids can be ingested before and after the meal. If one can avoid greasy foods, this may serve to lessen gas problems. Also some roughage in the form of grain cereal will move food more rapidly through the digestive tract and lessen gas formation.
- Vitamin E and fatty soaps (Dove for example) may be great for the skin but they can cause the appliance to fall off.
- Eating bran muffins is a simple and delicious way for colostomates to solve a constipation problem.
- Don't be afraid to take a shower without your appliance. Soap cannot hurt the stoma. Just remember to rinse well.

Source: Ostomy Halifax Gazette—January 2016.



We're recognized leaders in colon and rectal surgery

Our Vision

Colon and Rectal Surgery Associates is an innovative leader in colon and rectal surgery grounded in our belief that continued research, training and technology keep us on the forefront of our specialty and best serving our patients. We strive to have a collaborative, cooperative culture where excellence and innovation are valued. We care for every patient as we would care for our family members and ourselves.

Our Mission

Colon and Rectal Surgery Associates is an independent practice committed to:

- Providing the best care for the individual
- Training residents and future leaders in colon and rectal surgery
- Improving outcomes through education, research and meaningful collaborations

<http://www.colonrectal.org>

Ostomy Association Of The
Minneapolis Area
P O Box 385453
Bloomington, MN 55438-5453

If you **DO NOT** wish to
receive this newsletter,
please check here ____ and
return to the ←address at
left

**Non-Profit Org
U.S. POSTAGE
PAID
Minneapolis, MN
Permit No. 29482**

ADDRESS SERVICE REQUESTED

To:

Please enroll me as a new member of the Ostomy Association of the Minneapolis Area

If you haven't enrolled, 2015 Annual dues are \$25 and are due following your submittal of this form. Membership in the Ostomy Association of the Minneapolis Area includes 8 informative meetings, subscription to the "Ostomy Outlook" newsletter and an "Antless picnic" in June.

OAMA
PO Box 385453
Bloomington, MN 55438-5453

I have a: Colostomy Ileostomy Urostomy (ileal diversion) Other Non-ostomate

Name: _____
Street: _____
City: _____ State: _____ ZIP: _____ Phone: () _____

As a tax exempt Organization, all contributions and dues are tax deductible

----- ✂ -----

OSTOMY ANNIVERSARY

The Anniversary of my stoma is ____/____/____, and in order to celebrate my return to good health, I am contributing the sum of _____ or \$_____ per year for my stoma.

I hereby grant permission to print my name in the Chapter Newsletter.

Name _____ Years _____ Amount \$ _____

Send this form with your check, Payable to OAMA

----- ✂ -----

