

Ostomy Outlook

NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA	
Volume XXIII, Issue IX, March/April 2010	
Date:	Monday, March 15, 2010
Time:	"6:30 PM"
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South
Program:	Doctor Madoff from the U of M will be here to talk to us and answer our questions.
Date:	Monday, April 19, 2010
Time:	"6:30 PM"
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South
Program:	Another wonderful "rap" session with WOCN Julie Powell. All about ostomies.



Happy St. Patrick's day! Happy Spring!



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.

Consult your physician before using any product or procedure published in this newsletter



What is C3: Colorectal Cancer Coalition's Lobby Day March 17?

Each year, C3 brings together volunteers from across the country to learn about the latest legislative issues affecting cancer patients and their families, and encourage federal legislators to make colorectal cancer a number one priority. Let your voice be heard by attending C3's 2010 Lobby Day. Together we can bring change to Washington and make the fight against colorectal cancer a top legislative priority.

C3 Helps Secure \$15 Million for New Cancer Research Program

As a result of C3's advocacy efforts, \$15 million for a new peer reviewed cancer research program is included in the final Fiscal Year 2010 Defense Appropriations Bill.

Ostomy Association of the Minneapolis Area Membership Creed

As members of this group, it is important to be ever mindful of our many blessings: our understanding families and friends, our homes, and our way of life.

Most of all, as ostomates, we need to be ever mindful of the life which has been given back to us and to find the courage to face our daily challenges.

Let us continue to be concerned for people who need our help, our support, and the knowledge that we have gained. Let it be our task to reach out to others and to ourselves. May we do this in a spirit of fellowship and fond regard.



PRESIDENT'S CORNER

It does seem to be true that wintertime is a time for reflection. Maybe it has to do with more time indoors. Reflection is always easier if you're snuggled up next to the fire and wrapped up in your favorite sweater or bathrobe as the case may be. As for me, I've been reflecting on my time as OAMA's Co-President so far and serving alongside Marilyn Carlson.

When I was first asked if I'd consider taking on this job I thought it would be too overwhelming. I thought it would take a lot of time to find interesting and informative speakers for each of the meetings, take care of paperwork, write this letter for instance for the newsletter. Stand in front of the group. It seemed at first to be too big a job. Then it was explained that there would be two of us; we'd be co-presidents. What a blessing that has been. Not only have I come to know another person who cares a lot about our organization but I've found that Marilyn brings many and different talents to the job than those that I bring. I think the partnership of two co-presidents proves the saying that the whole is greater than the sum of its parts.

I'm hoping and wishing that there is one member out there reading this and thinking of what talents you have that you could bring to this job. You may feel tentative about it, as I'm sure most of us do. But I would urge to think about not just what you would have to give but what you would have to get. Personally, I have taken a great deal of pleasure in getting to know more individual members of our group, in hearing people talk about the information, support, and fellowship that they receive when they come to one of our meetings. I enjoy our sense of humor, our inquisitiveness in the way our Q & A sessions go, and most of all learning that although we all have something in common, our ostomies, we don't identify ourselves just as ostomates but as happy-to-be-alive human beings with full lives outside our medical issues.

Marlee Kivens is our President Elect and she will take over the helm of our group after her formal election in June. She has been taking part in all the board functions so that she can learn how things work, just as Marilyn and I did last year, and just as others have done before us. This system works well and provides a support structure for our leadership so no one needs to feel that they will be left hanging out on a

limb. However, our group will function much more fully if Marlee has a Co-President. Will someone step forward and be a partner to her and to our organization? Anne Marie Kronick

GETTING TO KNOW ME!

Frank Moriarty

Top O'the Mornin' to Ya!



I was born in Chicago, Illinois. I'm a graduate of DePaul University. My first visit to Minnesota was with the Illinois National Guard at Camp Ripley near Brainerd in 1959.

My wife Mary and I have been married 48 years and we have three children, 2 girls and a boy (our first child, a girl, was stillborn)...and 6 grandchildren.

I retired from J.C.Penney as a store manager after 36 years of service in 3 different states I always felt that I was lucky healthwise. I had a long period of good health and told everyone I had inherited my mother's good genes(she lived to be 96). Eventually my luck ran out.

Shortly after I retired, on December 8, 1998, I was diagnosed with rectal cancer. I had successful surgery and went thru chemo and radiation. Over the next 11 years I had five surgeries, a temporary Ileostomy, a permanent colostomy, and a urostomy. Having to adjust to and deal with the two ostomies has been difficult at times. I just refuse to feel sorry for myself...so many people in our support group have much heavier burdens to carry. Currently, I am the social committee chair and the guy who greets you when you come to our meetings.

I am glad I'm an 11 year survivor and able to continue to enjoy life. I enjoy my grandchildren. I love playing golf (not very well). Reading and Movies are two of my biggest hobbies. I am also a member of two discussion groups, and am active in politics. Life is good!



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.

Patient Power

If you have any ideas or issues you'd like us to address, please send them in to the newsletter editor or directly to us, Darlene Hafner and Anne Marie Kronick." You can reach us by emailing dmhafner@yahoo.com or amkronick@comcast.net

IT DOESN'T HURT TO ASK

Lately we seem to be hearing from all sides that we have to become our own advocates regarding our healthcare and that we have to take an active part in our 'healthcare team'. But what does that mean? In a nutshell it means asking questions.

We've all received a bill from the hospital with charges we don't understand or with charges for services or treatments we're pretty sure we didn't receive. It's important that we either pick up the phone or write a letter and ASK for an explanation. Sometimes it's the insurance company and sometimes it's our doctor or the hospital, but no matter which, we can't get satisfaction without first asking the question.

Recently, Dar got a \$50 reduction on a hospital bill for her mother because she told them her mom was charged for a full day of nursing care when she had checked out of the hospital at 9:00 a.m. Last year I had to argue with my insurance company to pay for emergency room services because I had a bowel obstruction while I was on vacation in California. They said I hadn't asked permission to use an 'out of network' provider. I explained strenuously that my obstruction occurred at 4 a.m. and I was too busy being sick to even think of calling for permission. Finally I did convince them to pay their portion. I have to admit that I found it very difficult to be forceful on the phone. I'm not very good with conflict. But I finally got my dander up enough to refuse to take no for an answer.

We've all gone in for a check up or a diagnosis of a particular problem. Often the doctors will give us information and it can be difficult to digest it all, particularly if it is very serious information. It can be extremely frightening to be told of a serious medical condition, an experience, which most of us as ostomates are very familiar. In this case it really helps to have someone with you to ask the questions. For the person receiving 'bad news' the doctor's words can go flying over your head while you try to absorb the implications. Pretty soon your intake is about 2 or 3 paragraphs behind the doctor. In cases like this, we need a trusted partner, a spouse, a friend with us. More and more doctors are very comfortable with another person in the room and welcome questions no matter how silly we might think they are.

We need to ask about our medications. Why are you prescribing this? What does it treat? What are the side effects? Is there a generic medication rather than a brand name? How long will I have to take it? And ask for further explanations if we really don't understand an answer.

We need to question nurses when they come into the hospital room to see us or treat us in any way. Once, I had a blood draw and asked the nurse, "Why are you taking only a hemoglobin test? I normally have

multiple tubes: electrolytes, magnesium, potassium and more.” His reply was “Because that’s all the orders say.”

I told him that I was sure there was something wrong with the orders. He insisted there wasn’t. A few hours later he was back to poke me again; this time with the orders I had expected. Turns out he hadn’t checked my wristband to see who I was. The order he was drawing blood for was a male, over 6 ft. tall, in hospital for knee replacement surgery. He was the patient who had been in the room before me. (I’m female, 5 ft. tall and weight about 112 soaking wet.) That time my question to him hadn’t produced the right result and I was lucky that nothing dangerous had been done to me. But I’ll bet you that nurse checks every wristband, every day now before he draws blood.

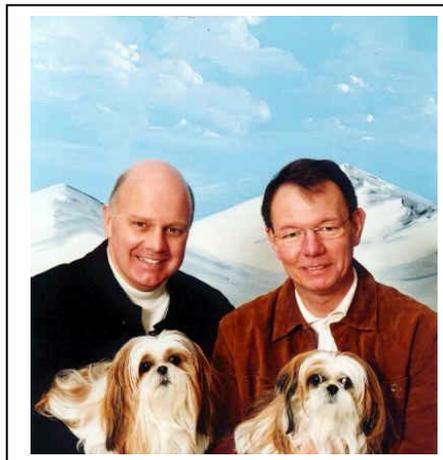
I must admit that once you’ve done it a few times, it becomes much easier to speak up for yourself and to ask the questions. And we also must try to realize that most doctors and nurses became doctors and nurses because they wanted to help people, to cure people, to assist people in living long and healthy lives, and they deserve the same respect that we ask of them. So we’ll continue to ask our questions, and we’ll continue to keep expecting the best healthcare we can have, and we’ll continue working as a team.

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Gary Brock was featured in this column last issue, and has volunteered to be this years’ membership chair. If any of you have an email address that we do not have already, please send it to him:

gab-tom@charter.net



ASSOCIATION of the MINNEAPOLIS AREA

2010 Annual dues are \$25 . This includes Membership in the *Ostomy Association of the Minneapolis Area* and a subscription to the *Ostomy Outlook Newsletter*

SEND TO: **Ostomy Association of the Minneapolis Area**
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Finding a Good Doctor

Excerpt from *When The Trip Changes*-updated and revised book
By Carol Larson-sponsored by "GetYourRearInGear" 5k run

Being diagnosed with colorectal cancer put me on a path that would involve many detours. A good doctor, like an experienced tour guide, can direct you to the right locations and help you form a superior itinerary. Most doctors try to perform these services but the constraints on their time may be prohibitive. When I entered into a new category of being a cancer patient, I discovered I was also given top level care. I happened to be lucky to be referred to professionals that suited me well. Other people I have talked to have not been so lucky, and years later are still lamenting they should have switched at the beginning. In working with doctors and nurses I came up with my own list of "C-Rations" that I needed in my health care providers:

- Competency
- Conscientiousness
- Communication
- Concern
- Compatibility

Note to Ostomy Group: My book, *When the Trip Changes* is going into a third publication. There is a new chapter on Support Groups, featuring our OAMA group, Brenda Elsagher, and Kristin Tabor's GetYourRearInGear.



Please join us for the 6th Annual Get Your Rear in Gear 5K Run/Walk at Southdale Center in Edina. Sign up early to guarantee your shirt and goodie bag. Food and refreshments will be available.

Date: May 16, 2010 **Registration:** 7:00 a.m.

Kids' Fun Run: 8:00 a.m. **5K Timed Run:** 8:30 a.m. **5K Walk:** 8:35 a.m.

MORE DETAILS AT APRIL MEETING

The Phoenix
The official publication of UOAA

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.

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Colon Cancer Coalition



**6th Annual
Get Your Rear in Gear
5K Walk, Run, Kids' Fun Run**

May 16, 2010
Southdale Center, Edina

GET YOUR REAR IN GEAR
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- Pay tribute to those we have lost. • Form a Team.

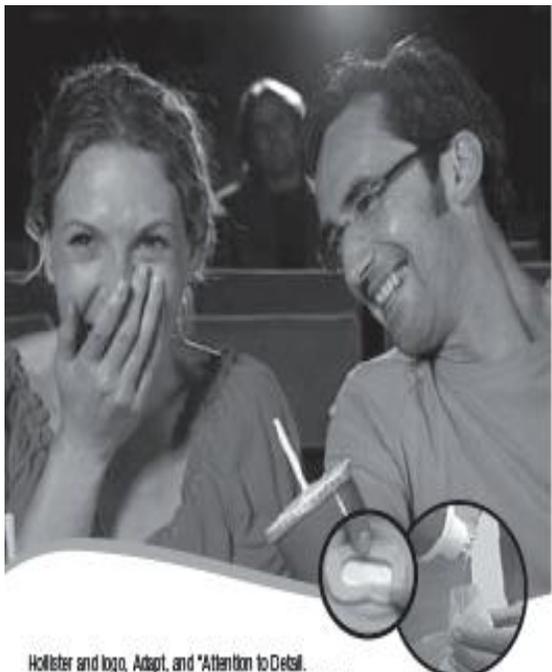
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If you haven't enrolled, 2010 Annual dues are \$25 and are due following your submittal of this form. Membership in the Ostomy Association of the Minneapolis Area includes 8 informative meetings, subscription to the "Ostomy Outlook" newsletter and 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: _____
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As a tax exempt Organization, all contributions and dues are tax deductible

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OSTOMY ANNIVERSARY

The Anniversary of my stoma is ____/____/____, and in order to celebrate my return to good health, I am

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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 \$ _____

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