

Ostomy Outlook



NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume XXI, Issue VII, Nov/Dec 2009

Date:	Monday, Nov. 15, 2009
Time:	"6:30 PM"
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South
Program:	Mary Benhardus from Handi Medical will discuss Appliance issues



Date:	No program until Jan. 18, 2010
Time:	"6:30 PM"
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South
Program:	There will be no program in December. Happy thanksgiving! Happy Holidays! Happy New Year!



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

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Remember: Bring your Ostomy supplies you no longer use to the meeting, or call any board member to arrange pickup or ship those supplies to

**FOW-USA
1500 Arlington Avenue
Louisville, KY 40206-3177**

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.



The President's Corner

**Mike and his wife Tami,
Anne Marie,
And Marilyn at the
New Orleans
conference**

Beads flying through the air? Jazz music on the stereo? Grown adults wearing feathery masks? In Minnesota? At an Ostomy Meeting?

That is what happened at our opening meeting in September. We wanted everyone to get a taste of the experience of a national

conference in New Orleans. It was all in good fun and intended to break the ice for the many new members who joined us for our first meeting of the 2009-2010 season. We hope it made them feel welcome and included. And we know it was entertaining for the many returning members of our support group.

Conference attendees shared new knowledge that they had learned as well as just giving a flavor of what it is like to meet 655 ostomates from around the country – and even some from outside the USA. We also saw a slide show of the events and of New Orleans. And we tried out one of our newly learned skills from the conference, a class called “How to Make Meetings More Fun” taught by our own Brenda Elsagher and Carol Larson. We played Ostomy Bingo, which got everyone up off their seats, walking around, and learning something about as many people in the room as possible. From where we stood, it sure looked like people were having fun, especially when the prizes were awarded.

In October we had an even bigger crowd, probably because it was our much awaited Rap Session led by Julie Powell, our WOC nurse. The first part of the session dealt with insurance and Medicare issues relating to Ostomy supplies. Then lots of personal issues were discussed and questions asked with plenty of suggestions and answers from Julie, including getting down to basics with a primer on the entire digestive tract and its functions. Adding to Julie’s knowledge, many of our members shared their own tips.

Our meeting in November will feature Mary Benhardus from Handi Medical. Bring your questions and remember to come at 6:30 for some informal meeting and greeting time before our formal meeting starts at 7:00 p.m. Marilyn and Anne Marie

GETTING TO KNOW ME!

Amy Finley and Karen Bazany at National conference with Carol Larson in Louisiana



Hi friends, my name is Karen Bazany. I moved here 28 years ago from Chicago. I have been a teacher for Wayzata School District for 24 years most of that time in first grade. Currently I am a Literacy Specialist working with K -2 graders struggling with reading. I absolutely love children. I don't have any of my own unless you count "the girls" my two kittens; fluffy balls of fur Sadie and Emma that travel everywhere with Me.

Sadie even attended the Ostomy Conference in California when she was 6 months old. I always love spending time with my 13 nieces and nephews- the oldest is 20 years old and the youngest just 1 year. My ostomy journey began in January of 2002. It has been a long road with many hills to climb. Thankfully with skilled doctors, amazingly supportive family and friends I am now healthy and thankful for every day. I was diagnosed with cancer of the urethra in Dec. of 2001 after a year of hell. Doctors telling me I had bladder infections or it was in my head. I said, "How can the fact that I can't pee be in my head?" Finally thanks to Dr. Reddy, at Urology Associates I was diagnosed and had surgery 2 weeks later. My first surgery was 10 hours and I ended up with a Continent Urinary Diversion (an internal bladder created out of the colon which I use a catheter to empty) quite a few less internal organs- but cancer free. Since the cancer is extremely rare and had not spread to the lymph nodes doctors decided no chemo was needed. I went through the routine of tests over the next four years and was cancer free—almost to the 5 year mark. Then new symptoms appeared and the cancer was back-same vicinity-behind the pelvic bone. The tumor was inoperable but treatable. Chemotherapy 3 times a week, daily radiation at the same time for a month, then a number of sessions of internal radiation. While each treatment was extremely difficult I always knew it would be over ...eventually. Yes I begged to quit at one point. Prayer, visualization, many pain meds and support were my source of strength. Round 3 of cancer came in 2008. The cancer had spread including the rectum. Alas surgery, a colostomy and more chemo. As those of you who have had chemo know it's tougher on your body each time. After many weeks of chemo, countless blood transfusions and a couple more stays in the hospital I am now a double stoma girl. Thank goodness for the monthly Ostomy Association meetings. By attending the meetings I learned all about the different types of ostomies. When they told me I needed a colostomy I wasn't afraid. I had information and had met so many wonderful people who had ostomies.

Look for Amy Finley's story in a 2010 issue!

Patient Power contact Darlene Hafner and Anne Marie Kronick

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

EMERGENCY ROOM INFORMATION FOR OSTOMATES

Via: Metro MD Larry Trapp's newsletter

Ostomates have special information which is very important to their well-being, The following list of information may save your life if you are taken to a hospital emergency room. What kind of surgery did you have and how long ago? What is your doctor's name, phone number, and the name of the hospitals he/she works out of? What kind of medication and what dosage are you taking? Are you allergic to any medications? Is your skin sensitive to any of the preparations usually used by ostomates? What is your stoma size? Where can your next-of-kin be located? What type of medical insurance do you have? Tell someone that this information is available and where it can be found. Take a little time and write a brief medical history about your surgery and other important medical information about yourself. Make a few copies and be sure to take a copy along with you when you travel or have to go to the hospital. Since emergency rooms are not advised as well about ostomies as we would like them to be, this information could be very helpful and may even save your life.

PROTECTING PILL POTENCY

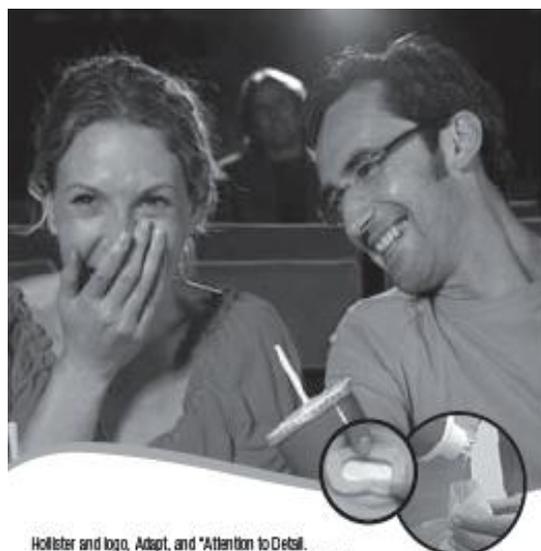
Via: University of California Berkeley Wellness Letter,

Toss away the cotton after you open a bottle of medicine or vitamin pills or tablets, advise the experts who publish the letter. Medications are stuffed with cotton to prevent pills from rattling around and breaking. But once you've broken the seal and handled the cotton, it can become contaminated with germs. In addition, the fluff may attract moisture, which can accelerate deterioration of the

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Don't forget to buy!

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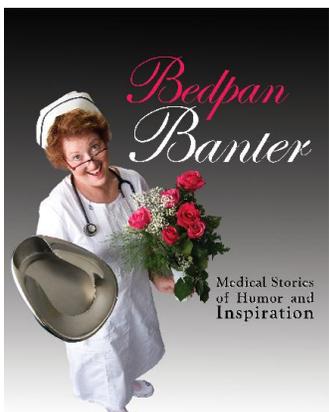


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Brenda Elsagher

Medical Stories of Humor and Inspiration

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HELPING FIGHT THE H1N1 FLU—WE ALL HAVE A PART TO PLAY

BOX 1: 2009 H1N1 Vaccine Target Groups

- Pregnant women
- Household contacts and caregivers for children younger than 6 months old
- Healthcare and emergency medical services personnel
- All people from 6 months through 24 years of age
- People aged 25 through 64 years with chronic health conditions (including asthma, heart disease, diabetes, HIV, and other disorders)

SHOULD WE WORRY?

No more than anyone else, as the H1N1 flu is a respiratory illness rather than a GI illness.

BUT WE ARE CONCERNED ABOUT OUR MEMBERS ANYWAY, SO...

HOW YOUR ASG CAN HELP:

- Include this information in your newsletter
- Remind members not to attend meetings if they have symptoms
- Include details about local immunization clinics, if available.
- Have tissues and hand-sanitizer available at meetings
- Invite a speaker to discuss the flu and precautions
- Read more from the US Dept of Health and Human Services at

<http://flu.gov/professional/community/cfbguidance.pdf>



BOX 2: Practice Healthy Habits During Flu Season

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is unavailable, cough or sneeze into your shoulder or elbow instead of your hands.
- Wash your hands often or use hand sanitizer.
- Avoid touching your eyes, nose, or mouth.
- Get the seasonal flu vaccine and/or the 2009 H1N1 flu vaccine, if recommended (see Section B for more information on vaccine recommendations).
- Try to avoid close contact with sick people.
- Keep sick children at home.
- If you have flu-like symptoms (fever with cough or sore throat), stay home for at least 24 hours after you are free of fever without the use of fever-reducing medications.

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.

Half of each subscription funds the nonprofit UOAA. Subscribe Today!

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OSTOMY ASSOCIATION of the MINNEAPOLIS AREA

Annual dues are \$15 and are due by January. 1st. 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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Bloomington, MN 55438-5453

Name: _____

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City: _____ **State:** _____ **Zip:** _____

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ADDRESS SERVICE REQUESTED

To:

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

Annual dues are \$15 and are due by January 1st 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

