

Ostomy Outlook

NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume XXV, Issue XII, Jan/Feb 2011

Date:	NO MEETING IN DECEMBER	<p>HAPPY HOLIDAYS!!</p> <p>Happy New Year!</p> <p>2011!!</p> 
Date:	Monday, Jan 17th, 2011	
Time:	6:30 PM	
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069	
Program:	Bob Peters: A Dive Too Deep... Bob Peters candidly talks about his life-altering moment in time, his disability, his re-entry into the workforce, and the subsequent 43 years working and living with a disability. He shares his experiences and lessons learned... lessons that have served and continue to serve him in everyday life.	
Date:	Monday, Feb 21, 2011	 <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Remember: 2011 Dues are Due.</p> </div>
Time:	6:30 PM	
Place:	United Methodist Church of Peace	
Program:	Coloplast?	

Mailing Address:

**Ostomy Association of the Minneapolis Area
PO Box 38543, Bloomington, MN 55438-5453**

The Ostomy Outlook is printed and circulated for people with colostomies, ileostomies, urostomies & alternative procedures, their families and other interested persons.

*Consult your **MEDICAL PROFESSIONAL** before using any product or procedure published in this newsletter.*

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Ostomy Association of the Minneapolis Area Web Site: www.mplsuoaa.org

United Ostomy Association of America Web Site: www.uoaa.org or www.ostomy.org

Marlee Kivens and Amy Finley Co-President's Message/s



As the holiday season is quickly approaching I am reflecting on years gone by. The days and the seasons seem to go by way too fast. Some days I wish I could make time stand still, yet others need to be over now! Changes for me this year have been great and small. One major change that seems to impact me every day is that I was diagnosed with celiac sprue at the beginning of the year. Last fall I noticed changes in my ileostomy output and after several trips to the doctor and many lab tests later, I saw a gastroenterologist who finally suggested an upper endoscopy and ileoscopy. The results from the upper endoscopy were that of celiac sprue. What that means is my body is unable to digest gluten, which is found in wheat, rye, barley and oats. It causes damage to the lining of the intestine, "the celia" which aids in the digestion and absorption of the nutrients derived by what we eat. In other words, I wasn't getting anything out of what I was eating. As my body slowly starts to heal itself now that I've removed the gluten from my diet, I am starting to feel better. It's amazing how many things can be related to the problem. Just for example, blood sugar, blood pressure, depression, fatigue, and the lists go on. Change is good, but it certainly can be trying at best. Thanksgiving was trying this year as I tried to figure out what items I can and can't eat. No pie for me - I'll have to bring my own dessert. I'm gonna try the pumpkin bars by Grandma Ferdon's. Her lemon bars are delicious. The turkey needed to be checked. Was it fresh? Or was it injected with something? It's amazing where that darn gluten can be found. Of course the stuffing is out, as is the green bean casserole. Not a problem for me - never really liked either of them anyway. Now to find a good recipe for spritz cookies and lefse and I'll be all set. ~ *Amy*

As the holidays draw near, I am in a reflective mood. A lot has changed for me this year. I had emergency surgery for the 2nd time due to a blockage in my colon where a takedown of my colostomy was needed and replaced on a different part of my abdomen. I applied for Social Security Disability in April due to the emergency surgery. The SSDI application is now in the appeal process, I was turned down due to insufficient doctor's notes. I went down to the University of Minnesota Fairview Hospital in August and asked for a copy of my complete medical record since I was born. I faxed 370 pages of my medical record to the SSDI offices. I lost my job in July and I am still looking for a part time position. I have started to volunteer at Courage Center in Golden Valley again after a 10 year absence. Life has thrown me some curve balls this past year, but I am feeling good and staying positive. - *Marlee*

****Please remember to send in your Membership Renewal for 2011!
See Page 8 For Details.**



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.

GETTING TO KNOW ME!



We would like to introduce you to Nancy Hagfors. She has stepped up to help with our newsletter the Ostomy Outlook. Let's all give her a great big thank you and if you have any suggestions for our publication please let us know. I temporarily have filled in and am glad to have the help going forward. ~Amy

I was diagnosed with ulcerative colitis in 2002. In 2009, I had my colon removed and was left with an ileostomy. Carol Larson visited me in the hospital before my surgery and it was nice to get information from her and know that I wasn't alone. I came to the support group and have been a member for just over a year now. It's been a great source of information and support. In January of this year, I had a reversal of my ileostomy and so far, so good! I've kept coming to the group, still learning and thinking that maybe I could help someone else in a similar situation.

In my spare time, I play in pit orchestras for various community theatres. In fact, three weeks after my colectomy, I was back to rehearsing for a show. My surgeon said he didn't think I could do it that soon, but I told him it wasn't an option not to – it's my stress reliever! I also enjoy making jewelry and traveling.

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*.

Quote of the Month:

Be the change you wish to see in the world - Gandhi

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



Blocking Blockages for Ileostomies by Carol Larson

1. First Line of defense: Make sure your appliance fits you properly, as the intestine may become swollen with blockages. This may seem obvious, but if the pouch opening is too small, you are not allowing enough flexibility for your stoma to function properly. If in doubt. Check with your WOCN.
(Enterostomal nurses.)
2. Choose a wise game plan: For instance, avoid highly fibrous foods such as uncooked celery, broccoli, cauliflower, asparagus, or skins of tomato or potatoes. Avoid popcorn and nuts, foods with peelings such as baloney or sausage if you suspect a blockage.
Even though our bodies do need vegetables and fruit, they should be well-cooked or cut into small pieces. Take advantage of pureed soup, or juices to get the nutrients your body needs. Do not eat large amounts of food at one sitting or drink large amounts of fluids with meals.
3. For a good pass: Drink hot tea or grape juice as these can act like a "laxative" for persons with Ileostomies. Food that is hard to digest, like steak or ham has to be chewed carefully. Chewing is the key to all good digestion. Take time to eat and relax. Try taking a relaxing bath or shower or lie down in a knee to chest position to take the strain off your abdomen.
4. If you have to run interference: First, take time-out. Go to a restroom and remove your pouch completely. Allow time for food to pass through your stoma freely. Just doing this one thing may prevent a more serious blockage from occurring. ***Be sure you have an extra pouch before you do this, however!
5. If all else fails, contact your coach... (Your doctor, and/or enterostomal nurses.)



What Puts You at Risk for the Flu? (from WebMD)

<http://www.webmd.com/cold-and-flu/flu-guide/flu-what-puts-you-risk>

Are you at risk for catching flu this flu season? What about your family members or colleagues? Are they at risk for getting flu?

What Increases my Chances of Getting the Flu?

With all the media warnings out about flu season, you may be wondering what sorts of things increase your risk of catching the flu. First, if you don't get immunized against flu, you may have a higher chance of catching it. According to the CDC, the number one way to prevent flu is to get an annual flu vaccine (flu shot or FluMist).

Because the strain of flu virus changes over time, the influenza vaccine changes annually. That's why it's important to stay current and get a flu shot each year -- preferably during the months of October or November or before flu season begins.

Where Can I Get a Flu Shot?

The American Lung Association offers an online flu vaccine clinic locator. Visit www.flucliniclocator.org, enter your zip code and a date (or dates), and receive information about clinics scheduled in your area.

Can Certain Lifestyle Habits Increase my Chance of Flu?

If you have poor lifestyle habits, your body's immunity may be compromised. That can result in a greater chance of catching the flu. In addition, the chance of getting flu may increase if you have family members or coworkers with flu and touch germ-laden surfaces (doorknobs, phone receiver, computer mouse, countertops) that they have touched.

Taking better care of your health by eating a balanced diet, getting regular exercise and plenty of sleep, and managing your stress may help boost immune function and, thus, reduce your chance of flu.

What About Hand Washing and the Risk of Flu?

Frequent and thorough hand washing is crucial to reducing the risk of flu. Be vigilant about washing your hands throughout the day. Teach your family members to do the

same. Keep hand sanitizers with you at all times in case you are unable to get to a sink to use warm water and soap to wash your hands.

Remember, flu is spread by people who are already infected. The most common flu "hot spots" are surfaces that an infected person has touched and rooms where he or she has been recently, especially areas where the person has sneezed.

Do Older Adults Have an Increased Risk of Getting Flu?

Older people have a high risk for getting flu-related complications. Because older adults have reduced cough and gag reflexes, they also have an increased risk of catching pneumonia along with the flu virus. In addition, with age, the immune system is unable to prevent many illnesses such as flu, and it is sometimes more difficult to get over a viral or bacterial infection.

When older adults get the flu, they must use caution in taking medications because their liver and kidneys cannot process drugs as efficiently as the kidneys of younger adults. This may result in a toxic drug reaction and even drug overdose.

If you or a loved one is over age 65, talk to a doctor about a flu shot and a pneumonia vaccine. The pneumonia vaccine can provide immunity against 20 to 30 subtypes of bacteria that commonly cause pneumonia. Some doctors recommend the pneumonia vaccine for younger adults, particularly those who are at increased risk for infection because of liver or heart disease, COPD, kidney failure, diabetes, cancer, and other chronic illnesses.

WebMD Medical Reference

SOURCES:

Asthma and Allergy Foundation of America: "Flu (Influenza)."
FDA: "Influenza: Vaccination Still the Best Protection."
Mayo Clinic: "Influenza (Flu)."
FDA: "The Flu."
CDC: "Key Facts About Seasonal Flu Vaccine."
American Lung Association: "Find a Flu Clinic."
American Heart Association: "Influenza and Heart Disease."
American Diabetes Association: "Flu & Pneumonia Shots."

*****PLEASE TAKE A MOMENT OR 2 TO RESPOND TO THE FOLLOWING*****

OAMA – Ostomy Association of the Minneapolis Area

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

May Need a Ride: _____ Able to Offer a Ride _____

Email Address: _____

Please send me **Email Blasts** of the Newsletters & **Monthly Reminders** of Meetings ___ Yes ___ No

Please continue to Mail Reminders/Newsletters as I don't have computer access. ___Yes ___No

Ostomate: __Colostomy __ Ileostomy
 __Urostomy
 __ Other Please Specify _____

Female: _____ Male: _____

Age Range: __18-25 __26-35 __36-45
 __46-55 __56-65 __66+

Would Like to Become a Visitor on the Local Level:
 Yes _____ No _____

****Would like to help with the ASG Data Base Program:
 Yes _____ No _____ (please share my info)**

PLEASE NOTE THAT THE ABOVE INFORMATION IS FOR HELPING OTHERS WHO HAVE OR ARE GOING TO HAVE AN OSTOMY. ALL INFORMATION IS KEPT CONFIDENTIAL AND NOT SOLD.

Please return to our PO Box or to my email address amynmandi@yahoo.com

Thank you for your response, Amy and Marlee Co-President's of OAMA

Membership Memos:

- Have any stories to give to Brenda for her next book? "It's In the Bag and Under the Covers." Contact Brenda at: brenda@livingandlaughing.com
- We need help with Membership and Newsletter. Please consider joining us.



Don't' Forget!

Membership Dues are due for 2011, if you haven't paid them already!

Meetings are the third Monday of every month except for July, August, and December.

Could you bring treats to a meeting? Contact one of our board members.

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

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



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.

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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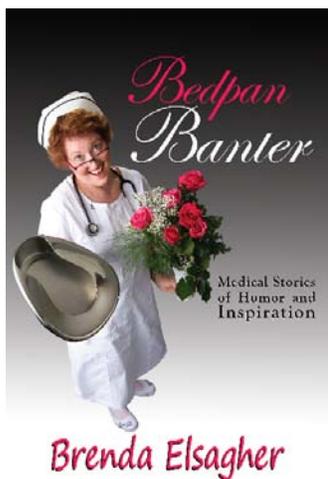
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ADDRESS SERVICE REQUESTED

To:

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

Or ** Renew My Membership**

If you haven't enrolled, 2011 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 Nonostomate

Name: _____ Email Address: _____

Street: _____

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

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 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