



THE Ostomy Association of Dallas OSTOMATIC NEWS



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The Ostomy Support Group is a volunteer-based health organization dedicated to assisting people who have had or will have intestinal or urinary diversions.

Regular meetings are held on the 3rd Tuesday of each month (except December) at 7:00 P.M. in the Meadows Classroom C in the Margot Perot Building at Texas Health Presbyterian Hospital, 8200 Walnut Hill Lane, Dallas, Texas.

Directions to the meeting room: Park in parking lot 11 (behind the Perot building) on the lower level (second level down), come into the building and turn right down the first hall and the classroom is on the left. If you come into the building from the front of the building or from a different level of parking lot 11, take the South elevators to the lower level. Turn left out of the elevator and take the first hall on the left to the Meadows Classroom C.

**NEXT MEETING
PLANO
SEPTEMBER 12, 2017
MEETING START TIME
12:00 NOON**

**DALLAS
SEPTEMBER 19, 2017
MEETING START TIME
7:00 P.M.**

**RANDALL BOORD
OF HOLLISTER WILL SPEAK
AT BOTH MEETINGS**

IDENTIFICATION STATEMENT

The Ostomatic News Ostomy Support Group
Published Monthly

P.O. Box 262202
Plano, TX 75026

Contacting Enterostomal Therapy Nurses

If you have a need to contact an ET Nurse, we suggest that you call the American Cancer Society, the Visiting Nurse Association, or one of the major hospitals of Dallas.

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LAST MEETING

Both the Dallas and Plano meetings were general meetings for the month of August. Thanks to all who attended.

We had some new ostomates at both meetings and we were able to give them some hints, tips, and encouragement.

Thanks to Ostomy nurses Diana Anderson, Shirley Dunbar, Valerie Pemberton, and Rita Whitney for attending and helping to lead discussions.

Randall Boord of Hollister will be the speaker at both the Dallas and Plano meetings for the month of September. Please try to attend.

As always...thanks for your support,

Dave

WHAT ARE SOME WAYS TO KEEP MY SKIN FROM GETTING IRRITATED?

The best skin protection is a well-fitted and comfortable pouching system. Your WOC nurse or health care provider will help you choose the system that works best for you. • The opening of your skin barrier should be no more than 1/8 inch away from the edge of your stoma unless otherwise instructed by your WOC nurse or health care provider.

Measure your stoma once a week for the first 6 to 8 weeks after your ostomy surgery. Your stoma shrinks while it is healing and you need to keep measuring so you can make sure that the opening in the skin barrier is the right size for your stoma. Re-measure your stoma if any irritation develops between the stoma and skin barrier wafer.

It is helpful to hold your skin smooth as you put your pouching system on to avoid wrinkles that may lead to leakage.

Check your skin and the back of your skin barrier each time you change your pouching system. You can use a mirror to check your skin under the stoma. Look for any places where stool or urine may have leaked under the skin barrier and onto your skin. When you apply your next pouching system these areas may need some extra reinforcement with skin barrier strips, rings or paste. There are a variety of "paste" products available. Your WOC nurse or health care provider will advise you when this is recommended.

When you have a stoma that drains urine or loose stool you may want to consider using an extended wear skin barrier because it will give your skin added protection. Ask your WOC nurse or health care provider for help with selecting an extended wear skin barrier. *Via the Wound, Ostomy, and Continence Nurses Society.*

EXERCISE: THE FINAL INGREDIENT IN OSTOMY MANAGEMENT

Exercise has become fashionable and that has probably done more to put people off it than anything else. If the thought of strobe lights, rowing machines and leotards gives you the shivers, then take heart. There are many easy, enjoyable ways to make you a little stronger, and a little fitter. You just need to find the ones that are right for you.

Most of all, don't overdo it. Even light exercise is good exercise—for you heart, your joints, your muscles, and your lungs and for your general sense of well being. Gently does it.

To begin with, don't confuse exercise with sports. There is more to getting healthier than chasing a ball around on a football field. Walking is a great place to start.

Post-operatively, just walking to the next-door neighbors or to the end of the garden is fine. Then when you begin to regain your strength, try to walk more—both for pleasure and as an alternative means of transport. And when you do, walk briskly—so you get slightly out of breath.

Gardening is great too. Digging, weeding, hoeing and mowing can constitute a superb day's workout. And of course you will have a showpiece garden to show for it.

Wait for about 3 months after surgery before beginning gardening. You will be surprised at how quickly you feel the benefits. After a few aches in the early days, you will begin to feel more supple, and be able to do more without getting out of breath.

Doctor's orders—All doctors agree on the benefits of exercise—but it's a good idea to talk to your doctor before starting an exercise program, especially if you are very out of practice or if you have other conditions, like asthma or a heart problem. Your doctor will advise you to take it easy to begin with and to enjoy yourself. And you can't get better advice than that.

Via the Ostomy News Okla. City. (Adapted from the Coloplast Web site)

HEALTH BENEFITS OF WATER

Get slim with water – Water speeds up metabolism especially if your glass is icy cold. Your body should work to warm the water up, burning a few additional calories in the process. Switch out calorie-loaded drinks with water, and drink a glass before foods to help you feel fuller.

Water raises your energy level – If you are feeling strained and exhausted, get a pick-me-up with water. Dehydration makes you feel worn down. Water aids the blood transportation of oxygen and other vital vitamins and minerals to your cells. If you are drinking enough water, then your heart does not need to work hard to pump blood all over your body.

Water lowers anxiety – Seventy to eighty per-cent of your brain tissue is water. If you are dried out, your body and your mind will be strained. If you are feeling anxiety, you are actually a little dehydrated. Keep a glass of water at your work desk or carry a sports bottle and drink regularly.

Water helps to build muscle tone – Drinking water assists in preventing muscle cramping and it lubes the joints in the body. When you are well hydrated, you can work out longer and stronger without “hitting the wall.”

Water feeds your skin – Fine lines and wrinkles are greater when you are dried out. Water is nature’s own beauty cream. Drinking water moistens skin cells and plumps them up, making your face look younger. It also clears the impurities and boosts circulation and blood flow, leaving your face clean and pure.

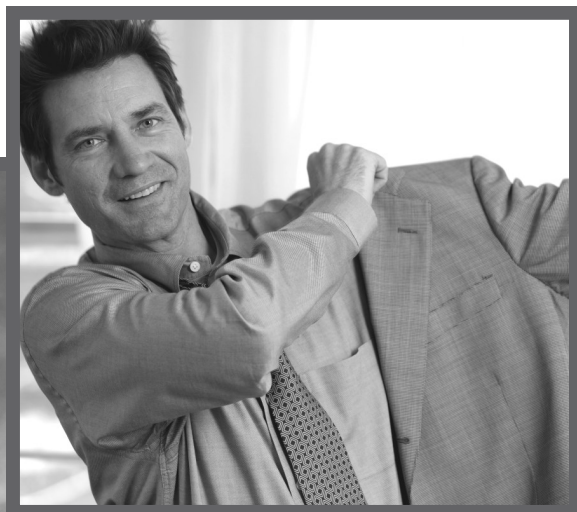
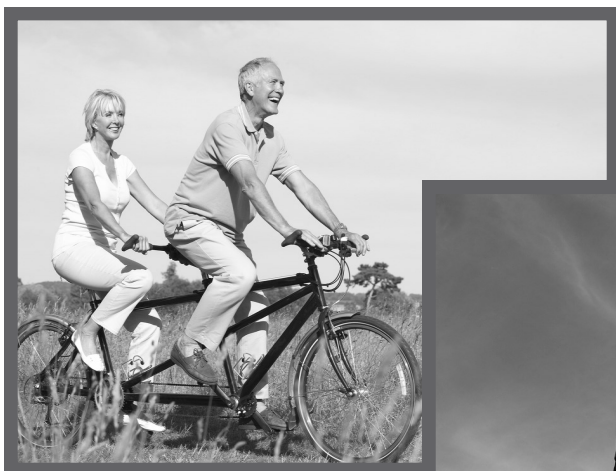
Water cuts down on Kidney Stones – The rate of distressing kidney stones is soaring because people-including children- aren’t consuming enough water. Water reduces the salts and minerals in your urine that form the solid crystals called kidney stones. Kidney stones cannot form in diluted urine, so reduce your risk with plenty of water.

Adapted from an article at yahoo.com

SYMPTOMS OF DEHYDRATION

These symptoms can include thirst, dry tenting skin, abdominal cramps, rapid heart rate, confusion and low blood pressure.

Preventing dehydration will become an every day battle but is possibly the most important thing to consider when living with an ileostomy. The best way to prevent and avoid dehydration is to drink two to three quarts of fluids every day, especially fluids that are high in sodium and potassium. If any symptom of dehydration presents itself, it is very important to get to the hospital immediately. Dehydration can lead to many very serious problems including renal failure, cardiac arrest, and even death.



It's our goal to ensure that our patients resume normal life habits, be independent with their stoma care, and have a positive self image.

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Keri Grimmett, RN, WCC, OMS

Keri earned her Associates Degree in nursing from El Centro College. She has been a nurse for eighteen years and has greater than eight years of wound, ostomy, and continence care nursing experience. During that time she developed an interest in ostomy care due to a lack of help and resources for ostomy patients in the community. Keri completed her certification for Wound Care and Ostomy Management and has been a Wound and Ostomy Consultant for several home health agencies and over five hospitals in the Dallas/Fort Worth area over the last four years. Keri is caring, compassionate, and has a unique ability to connect with individuals. She enjoys helping and educating her patients. The goal of ostomy services is to help the patient heal, return to normal daily activities faster, and enjoy the best possible quality of life. When she is not at the clinic she enjoys boating, traveling, and cooking.



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Ostomy Awareness Day™ October 07, 2017

Navigate the Journey Together

Having an ostomy presents its own set of challenges especially when you don't know anyone else that has one. There are many resources available to help you through your ostomy journey. These include local support groups and multiple online communities. Please reach out to someone if you are struggling, you are not alone. Go to www.ostomy.org to find out more about Ostomy Awareness Day.

Support from Medical Supply and Product Companies

Byram Healthcare* 877-902-9726, x43312 or clinical@byramhealthcare.com Ostomy CareLine is staffed by a WOC nurse.

Coloplast Care <http://www.coloplast.us/Care/> Care Advisor: Nissa Mattson 1-877-858-2656 usnmat@coloplast.com

Convatec 1-800-422-8811 Monday - Friday, 8:30am -7:00pm ET. www.convatec.com/
They have several WOC nurses available to offer support during the listed times. You can also e-mail CIC@ConvaTec.com

**You may have to be a customer to be eligible for this support*

Online Support

C3Life <https://www.inspire.com/groups/ostomy>

Meet an Ostomate www.meetanostomate.org

Ostomy Connection <http://ostomyconnection.com>

Ostomyland <http://www.ostomyland.com/ostomyland/>

OstomyLife/Ask Laura www.shieldhealthcare.com/community/ostomylife/

Quality Life Association <http://www.qla-ostomy.org/>

Shaz's Ostomy Pages www.ostomates.org

The Stolen Colon <http://stolencolon.com/>

VeganOstomy <http://www.veganostomy.ca/>

United Ostomy Association <https://www.uoaa.org/forum/index.php>

There are many forms of ostomy support and education on the internet and social media including support groups, blogs and discussion boards. Some of these may also be specific to your disease such as IBD or cancer. Please keep in mind that these sites have helpful tips but may be written from a personal and not professional point of view. Everybody's experience is not the same.

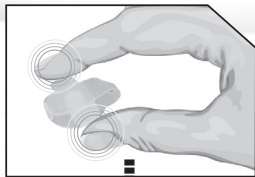
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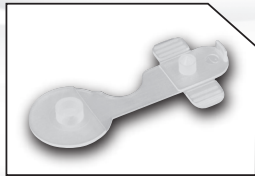
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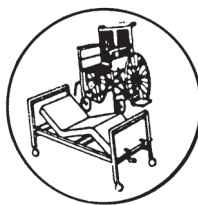
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SKIN BARRIERS

Skin barriers, also called wafers, are formulated with varying amounts of ingredients, including pectin, carboxy-methylcellulose, gelatin, tackifiers and polymers. The amount of each ingredient varies by manufacturer and by its designated purpose. It is important to choose a skin barrier that is appropriate for your type of stoma output. An extended wear barrier generally has more rigid polymers which allows it not to absorb as much liquid.

The extended barrier, therefore, holds up better to liquid stool and urine without “melting away.” If you have an ileostomy or urostomy, an extended wear barrier would be a better choice and can increase your wear time. Extended wear wafers also would be recommended with a stoma in the ascending or transverse colon or any other conditions that result in a more liquid stool (such as diarrhea).

The cost of an extended wear barrier is generally higher, but the wear time may be longer than that of a standard barrier. A regular wear or standard barrier would melt away more quickly in a liquid environment and would therefore be better suited to an ostomy with formed stool, such as is found with descending and sigmoid colostomies.

Unfortunately, you cannot always determine if a barrier is extended wear or standard just by looking at it. You should be able to identify the type of barrier by the package labeling or comparing the number on the product with the catalog.

Adapted from an answer by Nurse Nancy Brown in the Phoenix, Summer 2017.

KEEPING THE WAFER ON DURING WORKOUTS

There are many choices today for products that can help secure a pouching system during exercise. Many of the ostomy manufacturers now carry barrier strips that can be placed around the skin barrier to provide more support of the pouching system. Waterproof tape can be applied to the edges of the wafer to provide support during excessive perspiration. The addition of an ostomy belt can also provide added support and security during extreme workouts.

Some ostomates choose to wear a compression garment to stabilize the pouch while they exercise.

There are also wraps and stoma guards made with a pocket that can contain the pouch to decrease movement. A stoma guard or shield can provide added protection during a strenuous exercise or if you are participating in a contact sport. Adapted from an answer by Nurse Nancy Brown in the Phoenix, Summer 2017

OSTOMY SUPPORT GROUPS IN THE DFW AREA

Dallas –Ostomy Association of Dallas Meets the 3rd Tuesday of each month (except December) 7:00 – 8:00 pm

Contact: Dave Darnell 972-931-9651 pdanddave@earthlink.net

**Texas Health Presbyterian Hospital
8200 Walnut Hill Lane, Dallas, TX
Margot Perot Building
Meadows Classroom C on the lower level
Park in parking lot 11 on the lower level**

Plano – Meets the 2nd Tuesday of each month 12:00- 1:00 pm lunch is provided.

**Medical Center of Plano
Professional Building 3 Community Classroom 170
4001 W. 15th Street (NW Corner of 15th and Coit)
Contact Dave Darnell 972-931-9651 pdanddave@earthlink.net**

Carrollton –Meets the first Tuesday of each month 6:30 – 7:30 pm at Baylor, Scott and White Hospital. Dinner is provided.

**4343 North Josey Lane
Carrollton, TX 75010
Conference Room 1**

**Contact Stazny Duckworth, BSN, RN, CWOCN
ostomysupport@bswhealth.org 972-394-2336**

Lewisville—Meets every third Thursday of each month at 12:00 noon at the Medical Center of Lewisville. Light lunch is provided.

**Medical Arts Building, 1st Floor, Classroom 3
475 Elm Street, Lewisville, TX 75057**

**Contact Rita Whitney, MSN, APRN, FNP-BC, CWOCN
972-420-1523 rita.whitney@hcahealthcare.com**

Ft. Worth - The Ostomy Support Group of Ft. Worth meets the 3rd Sunday at 2:00 pm (unless on a holiday and then it may be changed) no meetings in July or December. 817-561-1961 uoafwt@yahoo.com

**UNT Health Science Center 3500 Camp Bowie, Carl Everett Administration Bldg
(NE corner of Camp Bowie and Montgomery Sts. Park in Lot 6)**

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**The *Ostomy Outpatient Resource Book* for the Dallas-Ft. Worth area is posted on North Texas Wound and Ostomy Nurses web page.
<https://ntxwon.nursingnetwork.com/page/45471-ostomy-outpatient-resource-book>**

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Coloplast	1-800-533-0464	Cymed	1-800-582-0707
Dansac	1-800-699-4232	KEM Enterprises	1-888-562-8802

Board Meeting

The Board of Director's meeting is on the 3rd Tuesday of the
month prior to the general meeting. The time is 6:30 p.m.
The location is our regular meeting room.

All members are welcome to attend.

Please send any surplus supplies that you may have on hand to:

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info@fowusa.org

The Plano - North Dallas Ostomy Support

Group meets the 2nd Tuesday of each month at 12 noon in
The Medical Center of Plano Professional Building 3, room 170
Professional Bldg 3 is located at the NW corner of
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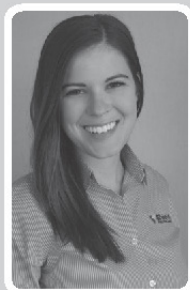
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Our monthly meetings are open to all interested persons.

OSTOMY ASSOCIATION OF DALLAS NEW MEMBERSHIP APPLICATION

Membership includes:

The OSTOMATIC NEWS, our chapter's monthly newsletter, containing helpful hints on living with an ostomy.
Monthly meetings to exchange ideas, answer questions and enjoy programs.
The right to take visitor training and become a part of the association's Visitation Program.

Tax deductible membership dues are **\$20.00** collected annually in January. Please use the following to calculate your dues for the first year. **Jan-March \$20.00** **April-June \$15.00** **July-Sept. \$10.00** **Oct.-Dec. \$5.00**

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