



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
OCTOBER 10, 2017
MEETING START TIME
12:00 NOON**

**DALLAS
OCTOBER 17, 2017
MEETING START TIME
7:00 P.M.**

**MELISSA HORNE
CHRONIC CARE SPECIALIST
OF
B. BRAUN
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

Thanks to Randall Boord of Hollister for speaking at both the Plano and Dallas meetings. Randall gave us an overview of Hollister's history and a look at the product line. He answered many questions.

Thanks to Ostomy Nurses Diana Anderson, Shirley Dunbar, Valerie Pemberton, Rita Whitney, and Gwen Spector for attending and answering question from the group. A special thanks to Valerie Pemberton and Shirley Dunbar for covering the Dallas meeting for me.

The speaker for both meetings in October will be Chronic Care Specialist, Melissa Horne of B. Braun. B. Braun has been in the Health industry for more than 175 years. It is a privately owned company employing more than 56,000 people. They have been manufacturing ostomy products for more than 40 years. They are now launching their Flexima 3S product line in the United States and Canada. Please try to attend.

We have had an ongoing problem with getting the newsletter printed and mailed. Kay Smith found us a better deal on printing cost, but now we seem to have a new problem.

In order to get the bulk mailing rate we need to mail at least 200 newsletters each month. Judy Nation mails around 210 newsletters each month to our members, to the advertisers and to Doctors and Nurses. **The problem is that of the 121 members who have been receiving the newsletter by mail, only 75 have renewed their membership this year. That makes the difference between being able to pay for the printing or going into the red.**

The newsletter is really a big help to new ostomates. It is something the WOCNs can give them in the hospital. Doctors can give it to patients that have just been told they might have to have an ostomy. It is a very useful tool.

I am sure we can have meetings and not publish a newsletter. It would save time for me, but I think it would be a shame.

We will call the 46 members that did not renew to see if they want to continue receiving the newsletter. If someone cannot pay...we can handle that.

As always, thanks for your support....

Dave

BLADDER CONTROL

The nerves for bladder and sexual function wrap around the rectum. Up to 40% of patients who have combined modality therapy for rectal cancer will notice a difference in bladder and/or sexual function. Certain medications can treat the symptoms of bladder dysfunction.

If you have a problem a visit to a urologist or urogynecologist would be a good idea. They can examine you fully and perform test, called urodynamics, to pinpoint the disorder causing your symptoms.

This will lead to more effective and comprehensive treatment be it medications, physical therapy, a bladder retraining regimen or a combination of all of the above.

By Dr. Janice Rafferty, The Phoenix

HERNIA REPAIR

Historically, the success rate for local repair of a peristomal hernia is disappointing – only about 30%. Better results are obtained if the stoma is moved to a different location on the abdominal wall, but still over 50% recur.

Ask your colorectal surgeon about emerging techniques for repairing peristomal hernias.

Adapted from an answer By Dr. Janice Rafferty , The Phoenix

FYI

Numerous prospective observational studies demonstrate that regular aspirin use is associated with a lower risk of colorectal adenoma (a benign tumor) or cancer.

New research shows that men and women who were diagnosed with colorectal cancer and began regular use of aspirin had a lower risk of overall and colorectal cancer death compared to patients not using aspirin.

The study was published in the *Journal of the American Medical Association*.

HINTS AND TIPS FROM HERE AND THERE

Fats of all kinds should be kept at a minimum by most ostomates. Fats induce an increased flow of bile into the intestines and make body waste more liquid and harder to control. They also tend to produce gas.

If you want medicines to work quickly, drown them. They dissolve and absorb faster with lots of water.

Use a hand mirror for a better view of the under side of your stoma.

Keep grape juice in the refrigerator. If you eat something that causes a blockage, try drinking a glassful. It really works.

Apply the pouch standing, lying or sitting down. But do not allow abdominal wrinkling or this will break the seal when you straighten up.

Urostomates, if your drainage tube is clogged, try soaking it in a solution of Tide for several hours. Then rub the tube between your fingers, insert a baby bottle brush as far as possible, pull out and rinse.

Write down the name of the ostomy supplier and the number and size of all your equipment. This information should be kept in a safe place for easy reference. When planning a trip, be sure to include a copy of this information in your ostomy emergency kit.

Bananas are frequently mentioned as a food that is high in potassium, but potatoes actually contain more potassium. A large banana has about 450 mg of potassium while a large baked potato has over 600 mg of potassium.

Antibiotics often cause diarrhea, even in people without an ostomy. Ostomates are no exception, and if the problem becomes severe notify your physician immediately. In the meantime, keep Gatorade or a like drink on hand to maintain adequate electrolyte balance.

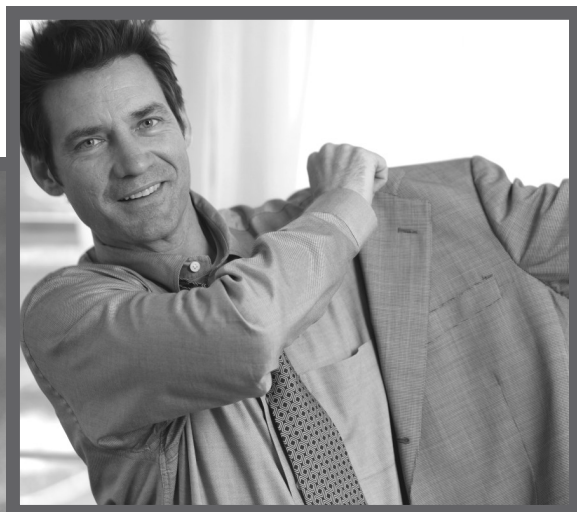
Baths and showers may be taken with the appliance on.

When vacationing, take double the amount of supplies that you think you might need since different foods, liquids and climate changes may make it necessary to change your appliance more frequently.

Wear your pouch inside your underwear for support.

The best time to change your pouch is the first thing in the morning.

Put toilet paper into the toilet bowl to prevent splashing when emptying your pouch.



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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ILEOSTOMY SIDE EFFECTS

After ileostomy surgery, it is important to observe for signs and symptoms of fluid or electrolyte imbalance. Because the colon is no longer absorbing fluid, a person with an ileostomy is losing more fluid than before surgery. When the colon is intact a person loses about 100 to 200 cc of fluid daily, compared to up to 750 cc through an ileostomy stoma. Also, increased electrolytes (sodium and potassium) may be lost in the output.

Signs and symptoms of fluid and electrolyte imbalance include: dry skin, dizziness, low blood pressure, unusual weakness, increased thirst, dry mucous membranes (mouth), tingling of the extremities, decreased or dark urine, palpitation of the heart, muscle cramps, nausea, vomiting or even a new onset of confusion can occur if fluids and electrolyte imbalance occurs.

If these symptoms occur, it is important to notify your physician. Fluid and/or electrolyte replacement may be indicated. This is especially true in the period after ileostomy surgery. Although the risk decreases with time, it is advisable to increase fluid intake up to 10-12 8-ounce glasses on a regular basis unless contraindicated by other medical conditions.

Discuss this with your ostomy nurse and physician. Also, any new onset of vomiting or diarrhea can put you at risk for dehydration or electrolyte imbalance.
By Nurse Marlene Muchoney from The Phoenix,.

UROSTOMY FOOD FOR THOUGHT

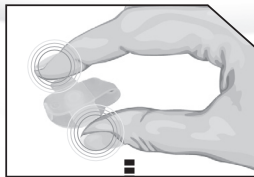
I went to the store and bought cucumbers and tomatoes. Loving to eat vegetables, I ate half the cucumber, a tomato, and had a few cans of soda pop, and another tomato on my hamburger. In addition to the other food I had consumed, I had a bottle of lemonade. About 3:00 A.M., I had a leak in my wafer. Six hours later, I had another leak. I took the appliance off and put on another wafer. After another 6 hours, another leak. By that time, I am getting a little unhappy and worried, because my supply of wafers was running out. I started thinking about all the acid I had ingested, so I slammed down a big glass of milk and lots of water. All that food and drink I had consumed was acid! My urine got so acidic it was cutting right through the glue on my wafer. It has been five days since I put my last wafer on—thank goodness! What a pain, and it was all my fault. My daughter, who is a doctor, said maybe if I took some Tums for the acid...I don't know if that would work. Fresh vegetables are great—but be careful...what and how much you eat.
By Gene Frankson, Green Bay, WI, via Evansville, Indiana newsletter

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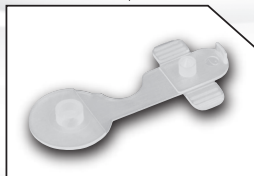
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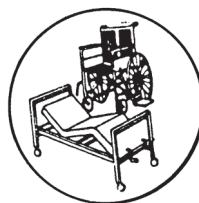
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Some Halloween foods can be
WICKED to an Ostomate.



Don't get *tricked*; read labels, ask questions.



Avoid foods that can cause a *frightful* blockage/obstruction:

- Candies with nuts, coconut and/or seeds
- Dried fruit like raisins
- Popcorn balls
- Candied apples
- Fresh fruit
- Corn (but candy corn is ok)



Be cautious of foods with dairy products; they can cause *dreadful* GI symptoms in some Ostomates.



Watch out for *creepy* colors in your pouch if you consume foods and beverages with dyes.

HAVE A HAPPY HALLOWEEN!

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 uoafw@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)

.....
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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☐ You may include me as a phone volunteer.

☐ I understand that you will call me as needed.

☐ I have some new Ostomy Supplies that I would like to
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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:

Project Share

C/O FOW-USA

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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
Coit and 15th streets in Plano.

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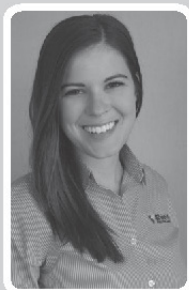
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Our monthly meetings are open to all interested persons.

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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Type of Ostomy _____ Date Performed _____ By Dr. _____

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