



THE Ostomy Association of Dallas OSTOMATIC NEWS



2018-2019 Officers

President

Dave Darnell 972/931-9651

Vice President

Larry Morton 214/827-7135

Treasurer

Wanda Crow 972/335-0822

Secretary

Board Members

Paige Atkinson 214/691-6285

Sandy Young 972/243-1932

Lee Stead 214/498-3159

Visitation Coordinator

Dave Darnell 972/931-9651

Sunshine

Sandy Young 972/243-1932

Professional Advisors

Randy Crim, MD

James S. Cochran, MD

R.D. Dignan, MD

Membership

Kay Smith 972/814-0233

Judy Nation 972/404-1456

Newsletter Editor

Dave Darnell 972/931-9651

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 MEETINGS

**PLANO
APRIL 10, 2018
12 NOON**

**THE TOPIC WILL BE
CORE STRENGTHENING
FOR OSTOMATES**

**DALLAS
APRIL 17, 2018
7 PM
GENERAL MEETING**

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.



Life Improved.

Complete Ostomy and Wound Care Solutions

Including:

- Full line of ostomy and wound care supplies
- Ostomy consulting • Medical equipment sales and rentals
 - Medicare filing on a non-assigned basis
 - Nation-wide shipping available

515 Preston Royal Village, Dallas, TX 75230
214.373.5300 • 800.734.1615

www.doughertys.com

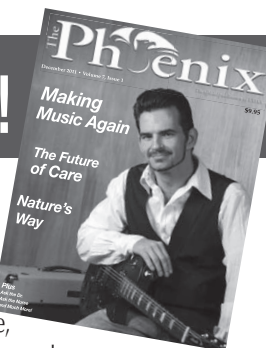
Monday - Friday 8:00 a.m. to 8:00 p.m.
Saturday 9:00 a.m. to 7:00 p.m.
Sunday 10:00 a.m. to 5:00 p.m.

Prescriptions • Immunizations • Home Delivery
Medical Equipment • Cosmetics & Gifts

Get Ostomy Answers!

The Leading Ostomy Publication.

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 – it's all here and more. Published each March, June, Sept. and December.



Funding the UOAA. Subscriptions directly fund the only national organization providing vital information, resources, support and advocacy for ostomates in America.

The Phoenix

One-year subscription \$29.95 Two-years: \$49.95

Money Back Guarantee!



Accepted at www.uoaa.org
or call 800-826-0826

Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

Name _____

Address _____

Apt/Suite _____

City _____ State _____ Zip _____

11/11 SG HLFAD



2350 AIRPORT FREEWAY #230 BEDFORD, TEXAS

CALL TOLL FREE **1(800)866-3002**

Local Call
(817)354-9882

U S Ostomy specializes in Colostomy, Urostomy, Ileostomy, and Wound care. Our mission is to make obtaining your stoma needs an easy and pleasant experience. With proper management, having a stoma will not greatly change your ability to continue all your same activities... Yes, you can swim, bathe, travel, and exercise. If properly fitted and maintained, your wafers and pouches will be adequate for all activities.

There is no need to drive all over town for supplies when you run out. U S Ostomy carries all the supplies you will need and can ship to your door. Brand names like ConvaTec, Hollister, Nu-Hope Laboratories, Coloplast, and Bard are ready for immediate shipment. Our knowledgeable customer service representatives can help you with insurance and Medicare coverage issues and with use of your supplies.

Contact us 1-800-866-3002 or email: info@usostomy.com

SHOP-AT-HOME SERVICE

MEDICARE FULLY ACCREDITED

Complete selection of Pediatric Systems

No complicated forms to fill out

Free, fast, discrete delivery

We carry all major brands



Hollister

Genairex • RUSH

ConvaTec



BARD

Nu-Hope

LABORATORIES, INC.®



Coloplast

We ship free, accept assignment and bill Medicare,
Medicaid and Private insurance

Member of Better Business Bureau

2350 AIRPORT FREEWAY #230 BEDFORD, TEXAS

CALL TOLL FREE **1(800)866-3002**

Local Call
(817)354-9882

LAST MEETING

Thanks to Jessica Jay and Grey Toombs of B.Braun for speaking at the support group meetings in March. They presented the product line and answered question for the group. Their product is called FLEXIMA. The products look interesting. For samples call 1-877-209-9626.

Also thanks to Ostomy Nurses Shirley Dunbar and Gwen Spector for attending the meetings and keeping us on track.

The speaker for the Plano meeting in April will be Jimmy Olores. He is a Physical Therapist at the Medical City of Plano Re-hab center. His topic will be core strengthening for ostomates. We all need that. Please try to attend.

The Dallas meeting will be a general meeting.

As always thanks for your support.

Dave

FIT STEPS FOR LIFE

Fit Steps for Life is an exercise and conditioning program created by Cancer Foundation for Life (CFFL) for cancer patients. Ask your physician to refer you. There are several locations around the Dallas area.

Moderate exercise is an important part of your treatment. Many participating physicians financially support this non-profit program so they offer their services **free of charge**.

Your individualized program may include treadmill walking, light weight lifting, stretch band training, stretching, and Swiss ball exercises. Exercises are tailored to each participant according to fitness level, needs, and goals. You will be exercising with cancer survivors who have experienced the same physical and psychological challenges that you have.

Exercise improves quality of life, improves Cancer survival, improves chronic fatigue, improves chronic diseases, reduces side effects of treatment and enhances independence.

For more information please call 972-664-0523

HELPFUL HINTS

To slow down stoma activity before changing your appliance, you may try eating a tablespoon of creamy peanut butter beforehand or eat four or five marshmallows 15 minutes before changing.

If your stoma gurgles a lot, try eating solid foods first and then take beverages. Carbonated beverages tend to cause gas.

Skipping meals will cause gas to be produced, so don't skip meals before going out. Empty stomachs tend to growl.

Eating bran muffins is a simple and delicious way for colostomates to solve constipation problems.

To keep urine acidic, with your doctor's permission, take two Vitamin C tablets daily.

Club soda is an effective cleaner of feces and urine spots.

If you find the scissors sticky when cutting a flange or faceplate, clean the blades with rubbing alcohol.

Scissors, which have curved blades with blunt ends, are best for cutting openings in the faceplates.

Hole cutters can be purchased from suppliers of durable medical equipment. They won't work if your stoma is an oval or irregular shape.

If you have abdominal cramps, try running a hot shower on your back. It will relax the muscles and help hurry the food through the digestive tract.

OAT BRAN CAUTION

As one member learned, to her regret, oat bran can have a very serious effect on ileostomates. After reading of its effect on cholesterol in a diet book, this member took to using it often, not only on her cereal, but baking oat bran muffins. Unfortunately, the stuff has a tendency to ball up in the distal end of the ileum, causing a blockage that can range from minor to extremely serious. The latter happened to this particular member with the result that she was taken to the hospital.

As with most good things, oat bran has its disadvantages. So, in conformance with that tried and true motto all ostomates learn at an early age, if you do use it, use it in moderation until it's demonstrated that your system can pass it on, and above all, drink more fluids than usual.

Adapted from the Ostomy Newsletter, Brevard, FL.

COLOSTOMY

Ascending Colostomy

A colostomy can be performed on any site along the colon depending on the colon segment affected. Anatomically, the colon is comprised of four segments; **ascending colon, transverse colon, descending colon and the sigmoid colon**. These four colon segments have been used to derive names for the different colostomies that are commonly performed on patients suffering from colon disorders. One of them is the ascending colostomy. As the name suggests, an ascending colostomy is performed on the ascending segment of the colon which is located on the right side of the abdomen. The stoma is placed on the wall of the right abdomen where a portion of the ascending colon is pulled through to allow for the discharge of stool. Since the ascending colon is the first segment of the colon which receives contents from the small intestines, most of its contents are liquid in nature because the water component of the stool has not been absorbed. The stool is also rich in digestive enzymes that are released in the duodenum. These enzymes cause irritation to the abdominal skin surrounding the stoma when stool is passing through the stoma. For these reasons, the ascending colostomy is the least performed of all the colostomies unless there is no other option to correct the colon disorder. To correct defects on the right side of the abdomen, another type of ostomy, called an ileostomy, is the most preferred.

Transverse Colostomy

Transverse colostomy is a type of colostomy that is performed and it is located on the upper abdomen, either towards the body's right side or in the middle. This type of surgical procedure allows the stool to exit the body before reaching the descending colon. It is usually done to treat different colon problems, diseases or injury. Through surgery the normal body function of expelling waste material becomes altered to permit stool to take a different route to exit the body. A colostomy made in the colon right half of the body implies that only a small portion of the colon on that side is active. The stool coming out from transverse colostomy changes from time to time and from person to person. Some transverse colostomies may eject firm stool at different irregular intervals, but a majority usually eject loose/soft stool at fairly regular intervals.

Descending and Sigmoid Colostomy

A descending and sigmoid colostomy is a procedure that takes place in the last third section of the colon. The resulting stoma is located on the lower left-hand side of the abdomen. There may be several reasons that a patient may need this type of procedure and depending on the severity of the condition or injury to the colon or rectum, the resulting colostomy may be either temporary or a permanent fixture. Since there is still a fair amount of healthy colon remaining to absorb much of the water from the fecal matter, the waste material of this type of colostomy tends to be more firm than that of other types of colostomies. Patients with a descending or sigmoid colostomy may be able to eventually develop a routine and be able to predict more accurately when to expect bowel movements during the day. This makes patients with a descending or sigmoid colon prime candidates for colostomy irrigation should they want to explore an alternative to traditional colostomy supplies for their waste management needs. Via colostomycare.org

DALLAS *Ostomy Clinic*

Under the Direction of Texas Colon & Rectal Specialists



Meet Keri Grimmett, RN, WCC, OMS

She is a proud Dallas, Texas native. Mrs. Grimmett 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. She completed her certification for Wound Care and Ostomy Management. She has been a Wound and Ostomy Consultant for several home health agencies and over 5 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.

*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.*



DALLAS

7777 Forest Lane, Suite A-321 | Dallas, Texas 75230

Phone: 972.661.3575

Jesus Flores, MD

Sharon G. Gregorcyk, MD

Don R. Read, MD

8315 Walnut Hill Lane, Suite 220 | Dallas, Texas 75231

Phone: 214.363.6123

J. Marcus Downs, MD

Matthew R. Hughes, MD

Jefferson B. Hurley, MD

IRVING

2001 N. MacArthur Blvd, Suite 750 | Irving, Texas 75061

Phone: 972.759.2040

Randy W. Crim, MD

Jefferson B. Hurley, MD

Ronney F. Stadler, MD

PLANO

4001. W 15th Street, Suite 280 | Plano, Texas 75093

Phone: 972.985.7988

Anthony Macaluso Jr., MD

Marian Fagbemi, PA-C



TCRS

Improve Your Outcome

Colorectal Specialists

www.TCRScolondoctors.com

GIFT OF TIME

What does your ostomy mean to you? Does it mean a constant nuisance and care, problems, embarrassment, leakage and resentment: or do you relegate it to a significant but minor part of your daily routine and now enjoy a new lease on life?

What would have happened to you if the surgery hadn't been done? Did you get to choose between a box six feet under or a pouch on/in your belly? That doesn't leave much room for negotiation, does it?

A surgical diversion to create an ostomy or an internal pouch is usually done as a life-saving procedure. Some are temporary solutions to an acute problem and some are permanent diversions. Some are done as cures for whatever ailed you in the first place and some alleviate a lot of worry, pain, misery and medical expense. **All of them buy you a Gift of precious, extra time!**

For those who have been given that **Gift of time**, what are you going to do with that **precious, extra time**? Are you going to waste it—now that you have it—or are you going to do something productive or memorable with it? Are you going to crawl into a psychological hole and remain there, feeling sorry for yourself until your time runs out, or are you going to make a difference in the world around you? Are you going to appreciate and give thanks for good health, family, friends, and live life to the fullest, making good use of the time you have left? **THE CHOICE IS YOURS!**

UOAA update

WASH YOUR HANDS

Before and after your hands are near your face. Before eating and cooking, and if you smoke, before lighting up.

After using the bathroom, changing diapers, blowing your nose or sneezing into a hand, handling any kind of meat or garbage, and touching animals or cleaning up after them.

The U.S. Centers for Disease Control recommends a vigorous 20 second scrub, once hands are lathered.

MAKE MINI MEALS

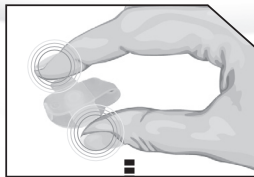
Don't worry about sitting down for large, daunting dinners. Instead, eat small meals every 2-3 hours.

Osto-EZ-Vent®

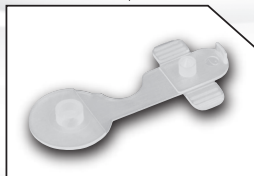
#1 preferred venting device for any Ostomy pouch



*The classic
Osto-EZ-Vent®
with a refreshed
design!*



Pinch the new
Osto-EZ-Vent® Glides for
easier opening. The Glides
push against the OEV™
base to help lift and open
the Osto-EZ-Vent®.



- Easy to Attach,
Open and Close.
- Convenient and Simple.
- Provides Comfort, Relief,
& Confidence.
- Attaches to Any Pouch.



www.kemOnline.com
Visit our website for additional
Osto-EZ-Vent®
information, where to buy and more.



Call 888-562-8802
Medicare Reimbursement
Code A4366
Manufactured by KEM in the U.S.A.

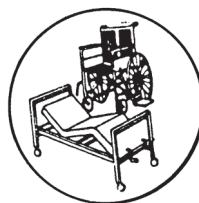
TAYLOR DRUG

(972) 578-8543

"For all Your Ostomy Needs"

SICKROOM SUPPLIES SALES AND RENTALS

Wheelchairs • Walkers • Canes



930 West Parker Rd., #520

(Southeast Corner of Alma @ Parker)

Plano, Texas 75075

Hours: Mon-Fri 9 a.m.-6:30 p.m. • Sat 10 a.m.-2 p.m.

PLEASE PATRONIZE OUR ADVERTISERS. THEIR AD FEES PAY FOR MOST OF OUR NEWSLETTER PRINTING COST.



Byram Healthcare



Ostomy Care Program

Byram Healthcare has been helping improve the quality of life of people with ostomies since 1968. Today we are a market leader, providing quality products and services to people living with ostomies across the nation. We remain committed to helping people manage their ostomy so they can enjoy a healthy and productive lifestyle.



Focused Care,
Trusted Service

We Deliver Quality Service:

- Broad Product Offering: We Carry All Major Brands
- Clinical Support: CWOC Nurses on Staff
- Custom Cutting Service at No Cost
- Home Delivery at No Cost
- Reimbursement & Coverage Expertise
- Educational Materials

To place an order,
please call: **1-877-902-9726**

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 6:00 pm at the Medical Center of Lewisville.

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

**Contact Rita Whitney, MSN, APRN, FNP-BC, CWOCN
972-519-1479 rita.whitney@medicalcityhealth.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)**

**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>**

BLOCKAGE

The best strategy is to prevent the food blockage, not to treat it yourself once it occurs.

Ileostomates have a small hole made in the abdominal wall at the time of surgery for the stoma to come through. This is a fixed-size opening that is not expandable. Food residue that is not well digested – from peels, nuts, and foods high in insoluble fiber – can accumulate and block the intestine near the fascia where the stoma comes out causing a small bowel obstruction.

If you have an obstruction, it is important for your surgeon to be able to distinguish between this and a blockage caused by scar tissue. This often means a trip to the hospital with special x-rays performed. These tests are often diagnostic and therapeutic.

Once blocked, it is easy to become dehydrated, so expect a hospital stay of at least a few days if this occurs. Remember, the best defense is a great offense when it comes to foods!

Adapted from an answer given by Dr. Rafferty in The Phoenix December 2012.

NUTRIENT LOSS FROM IRRIGATION

You do not need to worry about upsetting the balance of bacteria or losing nutrients by irrigating your colostomy. The colon is really just a conduit to transport stool.

Water, and a few electrolytes, are absorbed on the ascending or right side of the colon, but not on the left (descending and sigmoid colon).

You can certainly cause the lining of the colon to become inflamed by using certain soaps or detergents in your irrigant, so pay attention to the consistency of the effluent after you irrigate.

Adapted from an answer given by Dr. Rafferty in The Phoenix December 2012.

FOODS AND ARTHRITIS

If you have arthritis, eliminate all nightshade foods: tomatoes, eggplants, peppers, and white potatoes.

Many people have experienced good results by eliminating these foods.
www.thedoctorstv.com

Mail to: Ostomy Association of Dallas,
P.O. Box 262202 Plano, TX 75026

Member or Visitor Name: _____

My address and/or phone number has
changed to the following:

Street: _____

City: _____

State: _____

Zip: _____

Phone: _____

Email: _____

Please ☐ do ☐ do not publish my name in the newsletter.

☐ 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
contribute to the Chapter. *Please have someone call me.*

RIDESHARE: General Area (ie, Preston/Forest Lane) - _____

☐ I need a ride to the meeting.

☐ I can provide a ride to the meeting.

Helpful Toll Free Numbers

If your local supplier cannot solve your problem or if you want
a free sample of their product, call the manufacturer directly.
Ask for the customer service department.

Nu-Hope 1-818-899-7711

Convatec 1-800-422-8811

Parthenon 1-800-453-8898

Hollister 1-800-323-4060

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:

Project Share

C/O FOW-USA

4018 Bishop LN Louisville, KY 40218-4539

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.

PLEASE PATRONIZE OUR ADVERTISERS. THEIR AD FEES PAY FOR MOST OF OUR NEWSLETTER PRINTING COST.



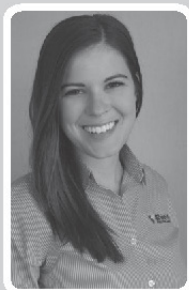
Medical Supplies For Care At Home Since 1957

Count on us for Ostomy Expertise & Resources

Ask Laura!

Shield HealthCare's
**Ostomy
Lifestyle Expert**

Laura offers you a fresh
and candid approach on
living with an ostomy
through her videos, articles
and "Ask Laura" feature on
shieldhealthcare.com



Ostomate
Since 2011

The ostomy supply experts at Shield HealthCare
are ready to support you with:

- 57 years of ostomy supply experience
- Direct billing to Medicare, Medicaid and most health plans
- Leading brand products for every unique size
- Easy supply ordering and reliable home delivery
- Online ostomy community with helpful articles & videos

We offer a full line of products from your favorite brands:



Hollister



Coloplast

ConvaTec



Connect With Us...



Learn something new today at
shieldhealthcare.com/asklaura

To order supplies, please call 800-407-8982

Dallas Area Chapter, UOA
THE OSTOMATIC NEWS
P.O. Box 262202
Plano, TX 75026

RETURN SERVICE REQUESTED

Nonprofit Organization
U.S. Postage
PAID
Dallas, Texas
Permit 1342

Products named and brands mentioned in this newsletter do not constitute an endorsement by this organization. Always consult your Doctor or your ET Nurse before using any new product.

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**

MEMBERSHIP DATA

Name _____ Phone (____) _____ Date _____

Address _____

City _____ State _____ Zip _____

Type of Ostomy _____ Date Performed _____ By Dr. _____

Email _____

Make checks payable to: Ostomy Association of Dallas

Mail to: P.O. Box 262202 Plano, TX 75026