



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

MAY 8, 2018

12 NOON

THE SPEAKER WILL BE

**KRISTA DOCKERY
ACCOUNT MANAGER
FOR
BYRAM HEALTHCARE**

DALLAS

MAY 15, 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

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LAST MEETING

Thanks to Ostomy Nurses Gwen Spector and Valerie Pemberton for handling the Plano and Dallas meetings for me in April. My wife Pat had surgery, and I needed to be with her. The surgery was a success and she is now in the healing process.

Jimmy Olores, a Physical Therapist at the Medical City of Plano Re-hab center, spoke at the Plano meeting. His topic was Core Strengthening for Ostomates. Something we all need to practice.

Valerie led a general discussion of ostomy topics at the Dallas meeting. I am sure everyone learned something new. We always do.

Thanks to Ostomy Nurse Shirley Dunbar for attending both meetings.

The speaker for the Plano meeting will be Krista Dockery, Account Manager for Byram Healthcare.

The Dallas meeting will be a general meeting.

As always...Thanks for your support.

Dave

UNSAFE WATER

When traveling in an area where there is a high risk of water contamination, it is always a good idea to boil it first-even if it is only to rinse out a stoma appliance.

Remember this water will be in contact with the lining of your intestine, and this is the precise location where most of the water-borne organisms set up shop and cause infection and diarrhea, with subsequent dehydration.

Talk to your doctor before you leave; they may recommend you take a supply of antibiotics that are usually effective at fighting "traveler's diarrhea" just in case you develop symptoms of a problem.

From Ask Dr. Rafferty--The Phoenix

My Mama always said, "Life was like a box of chocolates; you never know what you're gonna get."

Forrest Gump

DIET AND NUTRITION

As a new ostomate, the first thing you should learn is what part of your bowel was removed. This can affect how nutrients and electrolytes are absorbed.

After surgery, it is very important to consume enough food and fluids, even if you don't have a big appetite. In order to heal properly, your body needs plenty of protein from meat, chicken, egg whites, fish, etc. You also need to eat "good energy": grains, fruits, vegetables and dairy and consume less sugars and animal fats.

You will start out with a low-fiber diet because your bowels need time to heal. Any type of whole grain, oat bran, or whole wheat contains a lot of fiber, as well as fresh fruits and raw vegetables. Therefore, choose white breads and cook or steam fruits and vegetables or use canned fruits and vegetables. Avoid simple sugars like juice, heavy syrup and sweets. Juice is OK if it is diluted with water.

Avoid skipping meals, as this may cause abdominal pain and bloating and is not an appropriate way to lose weight. An empty stomach can actually cause more problems than a full one.

If you are lactose intolerant and consume a limited amount of dairy products, talk to your doctor about a possible calcium supplement.

Keep yourself hydrated by drinking plenty of water. With ileostomies and colostomies, all or part of the large intestine which absorbs water has been removed. Therefore, a lot of fluid is lost in stoma output. So fluids are important!

V8 juice can help give your body the electrolytes that you may be losing in your stool. Electrolytes are minerals like sodium and potassium that can be lost when the body loses a lot of water. Other sodium sources are soup and vegetable juice. Some foods containing potassium are orange juice, bananas, tomato juice and potatoes.

Important Tips

- Everyone is different. Learn what foods you can tolerate!
- Chew food slowly to liquid.
- Keep a food journal and after six weeks of low fiber, add new food one at a time to determine your tolerances.
- Keep in mind foods that cause gas and odor.
- All foods are part of a balanced diet and should be added back slowly after surgery.

Adapted from an article by Michelle Salamy, RD, CDN.

FOOD AND MEDICINE

Many foods contain compounds that may affect how your medicines work. Grapefruit, for instance, is a notorious offender. It affects the absorption of a wide range of drugs, including those for cancer, diabetes, heart, and cholesterol-lowering medications. In most cases, it inhibits the breakdown of the drug and too much active ingredient may end up in your body.

Everyone knows it is good to eat your greens, but too many can be harmful if you are taking blood thinners. These vegetables contain significant amounts of vitamin K, which can block the actions of anticoagulants.

Some people should stay away from alcohol. Even one or two drinks can interact with a number of medications.

Always check with your Doctor or Pharmacist about food and drug interactions when starting a new medication.

A new study published in the *Journal of Nutritional Bio-chemistry* has outlined for the first time a biological mechanism by which zinc deficiency can develop with age, leading to a decline of the immune system and increased inflammation associated with many health problems, including cancer, heart disease, autoimmune disease and diabetes.

About 40 percent of elderly Americans and as many as two billion people around the world have diets that are deficient in this important, but often underappreciated micronutrient.

VITAMIN D ACTIVATES IMMUNE SYSTEM

Recent studies have found that vitamin D plays a crucial role in activating the immune system to fight infections. In the latest research along these lines, a team of American, German, and South Korean researchers discovered that vitamin D was necessary to prompt T cells (a type of immune cell) to release interferon-gamma.

Interferon-gamma facilitates communication between cells and prompts infected cells to fight bacteria. The immune response also activates macrophages (a type of white blood cell) to attack bacteria and to secrete a germ-fighting compound called cathelicidin.

Nutrition Reporter www.naturalgrocers.com

DALLAS *Ostomy Clinic*

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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.*



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GAS

Gas in the intestinal tract comes from two sources: the air we swallow and the food we eat. To decrease the amount you swallow, avoid chewing gum, drinking through a straw, and carbonated beverages.

Certain foods cause gas in the gut and these foods may be different for each person. Once you identify the foods that cause you trouble, try to eliminate them one by one.

Adapted from an answer given by Dr. Rafferty in the Phoenix.

IS IT OK TO GET THE POUCHING SYSTEM WET?

The answer is yes; you can shower, bathe, swim or even get in a hot tub with your pouching system. It is a good habit to empty the pouch before showering, bathing or other water activities.

On the day you plan to change your pouching system you may either leave it on or you can take the whole thing off and take your bath or shower.

Water won't hurt your stoma or go inside you. If the water pressure is strong do not let it hit your stoma directly. Only use a gentle spray of water on your stoma.

Check your pouching system before and after water activities. If you are in the water for a long time the pouching system may start to loosen up from your skin.

Pouching systems are waterproof; however, you may feel more secure if you wear an ostomy belt or put waterproof tape around the edges of your skin barrier when you are in the water. Some people use paper tape and wipe the paper tape with a skin sealant to make it more waterproof.

Some people wear tight "biking style" shorts to keep their pouch close to their body...that keeps the pouch from "floating".

Gas filters do not work after they get wet; therefore, it is best to protect the filter with waterproof tape before water activities.

After bathing or swimming, you may use a towel or a hairdryer on the coolest setting to dry the tape and cloth packing of the pouching system to prevent skin irritation from wetness.

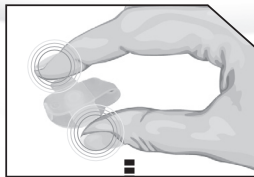
Adapted from an article in New Directions, Fort Worth, TX and the UOAA website:
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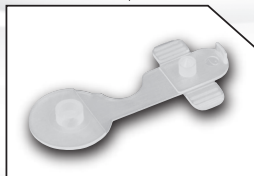
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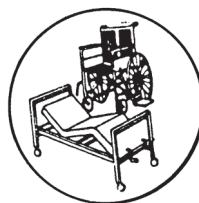
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OSTOMY SUPPORT GROUPS IN THE DFW AREA

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 A 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>**

HOW TO PREVENT A HERNIA

First be careful! The first three months following surgery are especially critical. You may be feeling great but you should aim to avoid lifting over 5 lbs. That will enable your body to heal and strengthen.

After that, be guided by your surgeon's advice. Many doctors advise not lifting anything over 30 lbs, but it is a very individual approach.

Always support your abdomen and stoma area when sneezing or coughing. A small travel pillow is ideal for this.

There are some precautions you can take. Wear a supportive garment over your stoma and abdomen when you exercise or lift. A sports brief works well for many people. Specialized ostomy support belts and hernia support belts are available too.

You need to be measured for these and ordering information is based on the location and size of our stoma and abdomen. Assistance from a WOC/ET nurse with ordering and fitting the belt is best.

Mild to moderate exercise to strengthen abdominal muscles can, oddly enough, help to prevent hernias. It is important to get your surgeon's advice and then begin slowly. The advice and support of an exercise physiologist specializing in people with physical challenges can be especially helpful. Most exercise physiologists will ask you to bring a note from your surgeon stating what you can and cannot do before developing a plan just for you.

Avoiding constipation (or in the case of ileostomies, a food bolus obstruction) can help regardless of your stoma type.

If you have a fecal stoma, large diameter stool can put strain on the opening in your muscle where the bowel is brought through to the surface of your abdomen.

People with a urinary stoma will want to avoid constipation since excessive bearing down (also called a valsalva maneuver) during bowel movement can contribute to the formation of a hernia.

Paula Erwin-Toth, MSN, RN, CWOCN, CNS; Deerfield, Ohio via the Ostomysecrets.

Mail to: Ostomy Association of Dallas,
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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:

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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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Meet Laura Cox, Shield HealthCare ostomy lifestyle specialist. An ostomate since 2011, Laura shares insights and advice on living with an ostomy.

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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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