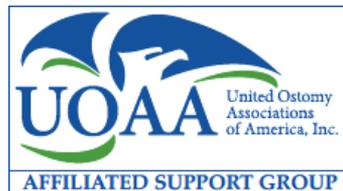


December 2019

PORTAGE COUNTY OSTOMY ASSOCIATION

www.pcostomy.org



Portage County Ostomy Association Mission Statement

We are a volunteer and non-profit organization:

1. To assist in the rehabilitation of persons who have or will have ileostomy, colostomy, urostomy or alternate procedures.
2. To be of mutual assistance to each other.
3. To provide trained ostomy visitors for both pre-operative and post-operative visits as requested by patients, physicians or ET nurses.
4. To provide emotional support and encouragement to the patient's family.
5. To promote better public understanding of ostomies and alternate procedures.
6. To cooperate with other organizations dedicated in whole or in part to similar objectives.

Meetings

The Portage County Ostomy Association meets the first (1st) Monday of the month at 7:00 p.m., in the Professional Building at University Hospital Portage Medical Center (formerly Robinson Memorial Hospital) in Ravenna.

Meetings will begin with dinner at 6:00 p.m. in June, September and December.

There are no meetings in January, July and August.

Since Labor Day is the first Monday in September, we will meet on the second Monday in September ONLY.



Medical Advisors

Howard Minott, M.D., John R. Gusz, M.D.

Please check with your physician or E.T. nurse before using any hints or tips printed in this newsletter!

OFFICERS

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President's Notes

I begin with the sad news of the November 7, 2019, passing of group member and friend, Madeline Dean. Her Kindness and humor will be greatly missed. Our deepest sympathy is with Jim, Matt and family.

Ms. Tylicki, the representative from BBraun Ostomy, scheduled to speak at our last meeting was unable to come. She sent her apologies for not informing the right people that she would not be present. The company is overhauling its' product line next year, and she needs to wait for the company to reveal these changes before she presents them to the public.

Our Holiday celebration will take place on DEcember 2nd at 6:00pm. Please bring heavy or light appetizers to share. Good food and good company, 'tis the season.

Please be reminded, there is no meeting in January.

Wishing you all every blessing of the season.

Ardrena

CALENDAR OF EVENTS

December 2nd at 6:00 p.m. – Christmas/Holiday Party!
Please bring an appetizer to share.

January – NO MEETING!

PCOA tidbits...

Donations of extra **ostomy supplies** can be brought to any meeting. I will be shipping additional boxes to FOW-USA as needed.

Annual dues were due in September! The cost is \$10.00 per member.
Please pay our treasurer, Jim Dean.

Refreshment host(ess) – Please sign up to host one of our monthly meetings. The host(ess) is responsible for set-up, paper goods (including silverware) and beverages. Members may bring an appetizer or dessert to share!

Meeting cancellations can be verified through the Medical Center's main operator at 330-297-0811. We will also make an attempt to call or email all members – please make sure we have your current contact information!

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This newsletter is also available online!

Go to www.pcostomy.org

and click on the newsletter button on the home page!
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Akron Children's Establishes Certified Ostomy Care Program



Nick Hurst, 20, who has suffered from Crohn's disease since he was 16, had an ostomy, where his colon and part of his small intestines were removed and his remaining intestines were then connected to his abdominal wall to eliminate waste. With the help of Shelly Begue, our pediatric certified ostomy care nurse, Nick learned

to care for his ostomy and regained his quality of life taken away by Crohn's disease.

"I had exhausted all my treatment options," said Nick, who was using the bathroom between 10-12 times a day pre-surgery. "My quality of life was suffering. I was in college and would have to take a ton of Imodium to get through my days."

Shelly says establishing a pediatric certified ostomy care nurse (COCN) within the hospital provides patients and nursing staff daily access for ostomy site concerns, pre-operative and post-operative education and ostomy supply needs.

"Being a member of the WOCN (Wound, Ostomy and Continence Nurses) society allows me to stay current on best practices, provide staff education and evidence based care, and assist with product evaluation," she said.

Read more about Nick's story at the link below:

<https://inside.akronchildrens.org/2019/11/15/hospital-establishes-certified-ostomy-care-program/>

Enjoying Christmas and the New Year!

It's that time of year again where we look forward to indulging in tasty festive treats and drinks, going out and about to visit friends and family or maybe attending the office Christmas party. For those with an ostomy, the festive season can be a bit daunting, whether it's deciding what you can safely eat or drink, through to feeling confident out in large groups. Consider these tips for seasonal success.



Food choices:

Christmas is usually a time that we associate with indulging in lots of rich food but certain foods can aggravate some bowel conditions. If you have a stoma some foods are known to cause excess wind or output or cause blockages within the bowel. Foods that are high in fiber such as green veggies can produce excess wind, whilst nuts, dried fruits and foods with a tough skin are more likely to cause a blockage within the bowel. Foods like chocolate and artificial sweeteners can have a more laxative effect.

<https://www.bladderandbowel.org/news/surviving-christmas-bladder-bowel-condition/>

Avoid drinking too much alcohol if it's a trigger:

We all like to enjoy a sparkling drink or two over the festive period, however too much alcohol can trigger symptoms of your bowel condition. Excessive alcohol can cause diarrhea, leave you feeling dehydrated and irritate the bladder, intensifying urgency and frequency symptoms. Caffeine also produces similar effects. It's important to remain suitably hydrated by drinking the recommended 6-8 glasses of water a day to keep your bladder clear and avoid constipation.

Make sure you have enough supplies:

Order any supplies that you may need in plenty of time before the Christmas shutdown period. Consider that you may need additional to your usual order to cover you in case of any upset bellies. Check with your delivery company what their final deadline is for delivery before the Christmas season.



Be prepared and feel confident out and about:

A little planning and preparation can help you enjoy and feel less daunted by being out and about during the festive season. Pack a small emergency change kit to keep on you at all times. There are discreet continence pads options now available that can help you feel more confident in your best Christmas outfit and high waisted underwear can help to smooth out the outline of an ostomy bag under your favourite dress or shirt.



Common Ostomy Myths

1. Everyone will know I have an ostomy

Today's ostomy systems are designed to be as discreet as possible under clothing, so most people will not have a clue unless you tell them.

2. I will not be able to exercise

Although the Cleveland Clinic recommends that you forgo the heavy lifting for the first couple of months, regular exercise is possible and encouraged.

You might even find exercise to be easier than before you had the procedure, especially if you were dealing with poor health prior to your surgery.

3. Physical intimacy will be an issue

It's perfectly normal to have some concern about this change in your life, but with some communication and a caring partner who understands the unique issues that come with having an ostomy, you can still enjoy sex.

You may want to take some precautions prior to intimacy, such as emptying your pouch or wearing a smaller specialty pouch designed to be less bulky.

There are also accessories available that can help hold your pouch or bags in place during intimate times.

4. All ostomies are permanent

Some ostomies are actually temporary, but this will depend on why you need the surgery in the first place.

5. I will never be able to eat the same foods again

This will depend on what you eat and the nature of your surgery, but there may be no need for huge overhauls. For instance, if you have a colostomy, you may want to avoid foods that produce excess gas such as beans or cabbage, or if you have an ileostomy, you might be advised to avoid tough, high-fiber foods. The best course of action is to consult with your treating physician for full information on how you should balance your diet.