

BERRIEN COUNTY CANCER SERVICE

7301 RED ARROW HWY.

STEVENSVILLE, MI 49127



**O S T O M Y
N E W S L E T T E R**

January – February 2015



Commandments for New Ostomates

By Ron Bartlett

02/2014 UOAA UPDATE

Thou shalt not take out thy feelings of anger and frustration on thy spouse/significant other or family.

Thou shalt not demand special consideration. Thy ostomy doth not make thee an invalid or render thy disabled.

Thou shalt remember to use deodorizer in the bathroom after thou has emptied thy pouch.

Remember thy family needs thy love and affection just as thee needs theirs.

Honor thy WOCN---she/he is your friend in need.

Thou shalt not be ashamed of thy ostomy; it may have saved thy life.

Thou shalt be ready at all times to help others as others have helped thee.

Thou shalt not feel sorry for thy self, instead thou shalt give thanks for a new lease on life.

Thou shalt remember at all times that thy partner in life suffers with thee and thou shalt not add to his/her suffering.

The Most Powerful Prescription

02/2014 UOAA UPDATE

A positive attitude toward negative situations is one of the most powerful forces in the world. It not only affects how we respond to hardships and difficulties, it can actually help to change the outcome.

This can be seen first-hand in many ostomates and other people who have overcome potentially devastating diseases and gone on to lead full, productive, happy lives.

The physical aspect of life may be compromised greatly by illness or surgery, but with a positive mental attitude and a willingness to let go of self-pity and bitterness, life goes on and can even be enriched by a painful traumatic experience.

A Gift of Time

UOAA UPDATE April 2014

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.

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!

Exercise

UOAA UPDATE April 2014

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 is no end of easy, enjoyable ways to make yourself a little stronger, a little fitter. Just find the ones that are right for you.

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

To begin with, don't confuse exercise with sports. There's 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. 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, walk briskly so you get slightly out of breath.

Gardening is great too. Digging, weeding, hoeing and mowing can constitute a superb day's work out.

And of course you'll have a showpiece garden to show for it. Wait for about 3 months after surgery before beginning gardening. You'll be surprised at how quickly you feel the benefits. After a few aches in the early days, you'll 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're very out of practice or if you have other health considerations, like asthma or a heart condition. 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.

As patients go through treatment for cancer, they use coping strategies to adjust to the stress of treatment. Patients may have anxiety or fears about:

- Procedures that may be painful.
- Side effects such as hair loss, nausea and vomiting, fatigue, or pain.
- Changes to daily routines at work or home.

Patients usually adjust well when they can compare short-term discomfort to long-term benefit (for example living longer) and decide, "It's worth it". Questions that patients may ask during treatment include, "Will I survive this?"; "Will they be able to remove all the cancer?"; or "What side effects will I have?" Finding ways to cope with problems caused by cancer such as

feeling tired, getting to and from treatment, and changes in work schedule is helpful.

Incidentally...

By: Marjorie Kaufman
Los Ileos News, Los Angeles
via: Northern Virginia *The Pouch*

No one can tell me at a glance that I have an ostomy. Only those close to me know it for sure. Perhaps that is why it is difficult for me to recognize a curious fact; some people do not realize it's a BLESSING, not a DOOM!

One wonders whether this knowledge might have some value to the human race—at least that part of the human race that tends to look upon an ostomy as a disaster.

Acceptance is part of being happy. People need happiness as much as they need food; without it they're devoured by restlessness and discontent.

How many people who think they resent an ostomy would, if they were truthful, recognize it as the thing they most needed to enjoy life again? How many could, with a simple change in mental outlook, admit it's a BLESSING?

Many people never learn; they never achieve the peace of mind and contentment this knowledge brings. They spend their lives in a prison where an ostomy is the eternal punishment. An ostomy is not DOOM—that's a mental attitude.

Nothing is a joy or a burden; only thinking makes it so. How can we avoid that feeling of compulsion that makes an ostomy a burden? We don't disclaim it. There's no use kidding ourselves about that.

Nevertheless, there are things we can do to take the edge off the feeling of compulsion and make things more pleasant. We need to expend our mental and physical energies.

If these energies are not expended in a constructive fashion, they turn inward and poison our minds and bodies with resentment and dissatisfaction. We need that warm sense of accomplishment, to be needed, wanted and useful. We need it to give balance to our lives.

*The Staff at the
Berrien County Cancer
Service wish you a very
Happy and Healthy
New Year!*



BERRIEN COUNTY CANCER SERVICE
7301 Red Arrow Highway – Stevensville MI 49127
(269) 429-3281

OUR MISSION: To provide compassionate in home skilled nursing care and supportive resources for those affected by cancer or related illnesses in Southwest Michigan.

FOR YOUR INFORMATION: at BCCS, we accept donations of ostomy supplies. We would be happy to give these supplies to anyone who can use them. Please have your supply numbers ready and call our office to see if we have what you use!

WOULD YOU LIKE TO HELP . . . ?

Contributions to our non-profit 501(c) (3) corporation are tax deductible.

Donations to our General Fund help to balance our current budget.

Memorial contributions are made in memory of a friend or loved one who has passed away. For memorial contributions, we need to know the name of the person being memorialized as well as the name and address of their next-of-kin so that we may send them a tribute card.

Honorary contributions are made in honor of someone yet living. For honorary contributions, we need to know the name and address of the person being honored so that we may send them a letter of recognition.

Any contribution may be mailed or brought to our office.

ENDOWMENT FUND

The Berrien County Cancer Service has its own Endowment Fund to ensure that we will be available for as long as needed.

Donations to this fund may be mailed or brought to our office. We have endowments with both the Berrien Community Foundation and the Michigan Gateway Community Foundation. To make this type of donation, please send payment directly to the addresses below indicating our name on your check.

Berrien Community Foundation
2900 South State Street, Suite 2 East
St. Joseph, MI 49085

Michigan Gateway Community Foundation
111 Days Avenue
Buchanan, MI 49107

A letter to be used as a receipt and for tax purposes will be sent for all donations.

Before you follow any medical advice in this newsletter, or any other publication . . . check first with your doctor or ET.

OSTOMY SUPPORT GROUP

2nd Tuesday of each month- 6:00 p.m.

Lakeland Regional Medical Center

Community Room

1234 Napier Ave

St. Joseph, MI 49085

Phone: (269) 983-8804

BERRIEN COUNTY CANCER SERVICE, INC.

7301 Red Arrow Highway
Stevensville, MI 49127

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