

BERRIEN COUNTY CANCER SERVICE

7301 RED ARROW HWY.

STEVENSVILLE, MI 49127



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BCCS Bulletin Board

ENJOY FINE DINING AND BENEFIT BCCS!

The Berrien County Cancer Service, Inc. has been selected as a beneficiary for a **Bentwood Tavern Give-Back Dinner on Tuesday, March 24, 2015, from 5-10 pm!** On that evening, 50% of all food and beverage revenue will be generously donated to BCCS. All donated funds will go toward our Patient Needs Fund, which ensures our services will remain available to patients as long as needed. Bentwood Tavern features “artisan comfort cuisine” with a modern spin on pub fare. It is located inside the Marina Grand Resort at **600 West Water Street in New Buffalo, Michigan.** **For reservations, please call 269.469.1699 or visit www.bentwoodtavern.com.** You can also check them out on Facebook. **No registration or coupons are necessary.** Invite your friends and family to join use for a fun evening of great food and fellowship in support of our patients!



PENNIES FOR PATIENTS – THE POWER OF A PENNY!

Would you believe what the power of a penny is? Since it started, Pennies for Patients Day has raised \$422,866.04! Fortunately, this has not all come as “pennies”. The year of the most pennies was 2002 when 13,000 pennies arrived. When bringing your pennies in, remember, we love silver and green paper pennies also! This year we will have 2 multi-coin counters after receiving a donation from Advia Credit Union of Port Huron. As we celebrate our **26th Annual PENNIES FOR PATIENTS™ DAY**, let’s pass up last year’s total of \$18,388.63. **Come join us on Thursday, May 14, 2015** any time between 6:00 a.m. and 6:00 p.m. so if you are an early bird or not, we have a time for you! Come and see the excitement of thousands of pennies along with refreshments and fun. There will also be a Niles location on Main and 3rd Street from 12:00 – 2:00 p.m. with cookies and punch. All the proceeds stay local to help those with cancer in our community. Bring your pennies, silver, and dollars and join us for our **26th Annual PENNIES FOR PATIENTS DAY!**



Calling all BCCS Volunteers!

National Volunteer Week is a time to celebrate people doing extraordinary things through service. This year it will be celebrated April 12-18, 2014. **Our 3rd annual Volunteer Appreciation Reception will be held Thursday, April 16, 2015 from 11 a.m. to 4 p.m. Come and join us for food and fun – and take a break, we will supply the food!**



The Phantom Phemomemon

Edited by B. Brewer, UOAA Update 11/2-11

The phantom rectum is similar to the phantom limb of amputees. A person may feel their limb is still there. For Ileostomates, it is normal to feel the need to evacuate.

This can occur years after surgery. Explanation of this sensation helps the ostomate understand it is a normal mechanism related to spinal nerve control.

Simply stated, the nerves have innervated the rectum. This nerve is responsible for rectal continence and continues to respond even after the rectum is removed.

If the rectum has not been removed, one may also have this feeling and may pass mucus when sitting on the toilet. Some who have had their rectums removed say the feeling is relieved somewhat by sitting on the toilet and acting as if an evacuation is taking place.

Blue Jeans with an Ostomy

Adapted from the editorial staff of *The New Outlook*

Most people with ostomies can wear blue jeans just as normal people do. We do have some concerns about wearing tight fitting clothes around the stoma and this is legitimate. If your jeans are tight around your waist, you will be more uncomfortable with pants squeezing your waist than your stoma.

We have members coming to our meetings wearing jeans all the time. They usually do not wear the waistband across the stoma, although some do. The waist band across the stoma might restrict its normal operation, although peristalsis continues whether or not the stoma is smashed down. The stoma can be injured by hitting it hard but seldom hurt by placing tight clothing over it. If the clothing rubs the stoma back and forth, this action may injure it but not simply smashing it down under a pair of pants, like blue jeans.

There are many brands of blue jeans that are comfortable for a person with a stoma. Most jeans do not have a very high rise, and the belt line hits right across the stoma. This may be a challenge. It is usually better not to wear any type of clothing that has a tight band across the stoma. Khaki cut pants and most pants appropriate for business purposes--- suit pants---have enough of a high-rise that this not a concern for people who wear their pants at the waist.

Some people, particularly the very young and the very old, wear their pants at their hips. The stoma will sit above the waistband of these pants. You will notice that these people wear a shirt outside of their pants, as is the style. Wearing low-rise pants and tucking the shirt may be the fashion for men with big beer bellies, but looks quite ridiculous to the rest of us. Sweaters are also excellent fashion devices to wear with low-rise pants.

Some pants are pleated, which will allow room for expansion of the pouch as it fills, which is not the case with some jeans. Regardless, you should not walk around with a full pouch. When is full enough for you to notice it, take a minute to empty it. The following is some information on brands that some of our members wear.

Ladies may want to wear stretch jeans. If you cannot find anything you like, then experiment with the good old maternity ones without that cotton panel. I bet if you try a variety of different brands along with the different styles within each brand, you will find a pair of jeans that you like.

Most of us have little concern once we have obtained some experience with our ostomies. We wear whatever we like. Be sure to talk to your ostomy nurse about clothing issues. He/she has seen patients with many of the same concerns as yours or at least similar to yours. An ostomy nurse is your resource to all your ostomy issues.

TAKING CARE OF YOUR SKIN

Via: Metro MD & Hemet -San Jacinto, CA

Many people with ostomies experience some degree of skin irritation from time to time. The most common causes are leakage of effluent (active digestive enzymes or urine) onto the skin, allergic reactions to the adhesive material in a skin barrier, or improper hygiene. A few simple, preventive measures will help to keep your skin free from irritation. Cleanse, rinse, and pat your skin dry between pouch changes. Avoid using an oily soap, which can leave a film that interferes with proper adhesion of the skin

barrier. Choose a skin barrier that is unlikely to cause skin irritation or cause an allergic reaction. Make sure that your skin barrier is correctly applied to prevent leakage. If your skin is uneven due to scarring, etc. such depressions may be filled with a paste. Despite your best efforts, however, skin irritation may occur. If there is redness around the stoma—if your skin is not blistered, broken or bleeding, the redness is usually due to pressure from the skin barrier. No treatment is needed. If there is a redness, blistering or weepy skin—this is usually caused by leakage. Leakage may also cause burning, itching, or discomfort around the stoma. Remove the skin barrier, wash the area well, and put on a clean pouch, paying particular attention to the seal between skin and skin barrier. Stomahesive Paste or Powder may be used to fill the crevices around the stoma to give added protection. If there is reddened skin with a pinpointed rash—this usually indicates Monilia, or yeast infection. Contact your physician for the proper medication. Following these tips will help; do not “air the skin.” Discharge from the stoma may further damage the skin, so keep your pouch on. Avoid skin creams and ointments—they can interfere with proper adhesion of the skin barrier. Do not use a heat lamp to “dry” a rash—this may burn the stoma. If your pouch is not comfortable, free from leakage, skin-friendly, odor-free, secure, longwearing, and inconspicuous—Keep looking and consult your ET nurse.

Disclaimer: All information in this newsletter is shared information based on personal reflections only and is not evidenced based.

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 E.T. nurse.

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

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7301 Red Arrow Highway
Stevensville, MI 49127

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