

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**

May – June 2015



Dear Ostomy Newsletter Readers:

It is with great difficulty that the decision has been made to discontinue the Berrien County Cancer Service Ostomy newsletter. We have received very few new additions to our mailing subscriptions for the past several years and have had a very difficult time maintaining an adequate number of subscribers for nonprofit postal rates. In discussing this with the ostomy nurses at Lakeland Health, I have learned that there are several websites that they recommend to their patients for obtaining accurate and up-to-date information. These websites are listed below.

Websites:

United Ostomy Association of America (UOAA) <http://www.ostomy.org/Home.html>

Hollister Customer Support Line:

1-888-740-8999

www.hollister.com/us/ostomy/consumer/default.asp?ugid=3

Convatec Customer Support Line:

1-800-422-8811

www.convatec.com/ostomy/for-consumers-patients-and-caivers

Coloplast Customer Support Line:

1-800-533-0464

www.coloplast.us/Ostomy/People-with-an-ostomy/

Hollister, Convatec, and Coloplast Customer Support Lines are staffed by knowledgeable product specialists and ostomy nurses. They are available to help with your questions. You can also order free samples through the support line or through their websites.

In addition to the websites, there is a monthly support group that meets at Lakeland Health.

Southwest Michigan Ostomy Support Group:

Southwest Michigan Ostomy Association: Is a monthly support group to improve the quality of life for people who have an ostomy or who may be candidates for an ostomy. The support group is also for families and caregivers. **We meet on the second Thursday of each month from 6:00 p.m. to 7:30 p.m. in the Community Room. Lakeland Medical Center-St. Joseph 1234 Napier Ave, St. Joseph, MI 49085**

In order to continue to meet your needs, I will ensure that our regular BCCS newsletter will include information regarding ostomies on a quarterly basis. Please know that our BCCS nurses are available for your assistance if you have questions or are experiencing difficulties with your ostomy....just call 269-429-3281 and we will connect you with a BCCS nurse.

Nancy Church, RN, OCN
Executive Director

Call us if you have any questions or concerns... we're only a phone call away

269-429-3281

HELPFUL HINTS AICM-Montreal Nov-Dec, 2014 Newsletter UOAA Update January 2015

Posture Matters: When you return from the hospital, you will be feeling sore and uncomfortable. You may be anxious about the front of your body getting bumped, or self-conscious about the stoma which can lead to a habit of hunching over to "guard" that area. Try to focus on keeping your head up and your back straight.

Walking Works: Don't lie or sit about all day. Walking helps restore lost muscle tone, gets your circulation going and just generally perks you up. Get up and walk several times a day.

Stomahesive Paste: If your stomahesive paste becomes hard and will not push through the end of the tube, heat a glass of water filled half way in the microwave for 45 seconds. Remove from microwave and place the tube cap down in the water. Let stand for a few minutes and dry. You should now be able to push the paste out easily.

Vitamins: Vitamins should be taken on a full stomach. Otherwise, they irritate the lining of the stomach and produce the sensation of feeling hungry. **Diuretics:** Try strong-brewed tea before the purchase of a "diuretic". Hot tea twice a day will wake up your sluggish kidneys.

Juice vs. Gatorade: Tomato juice provides as much sodium and 5 times more potassium and is a low cost alternative to Gatorade. Orange juice is another alternative providing the same amount of sodium and 15 times the amount of potassium to Gatorade.

For Colostomies: If you use just a pad instead of an appliance, use a little K-Y Jelly over the stoma to keep things soft and lubricated. If you irrigate, allowing too much water to enter the stoma too quickly may cause a sudden evacuation of waste, leaving much of the feces still in the colon, along with most of the water. Periodic evacuation may follow. This is not diarrhea, but is simply a delayed emptying of the colon.

For Ileostomies: Usually ileostomates experience hunger more often than other people. When this

happens, they should drink fruit juice or water, eat soda crackers followed by a meal as soon as possible. If you do need to eat a snack at bedtime or during the day in order to ward off nausea, try to cut down on calories somewhere else in the daytime or you will gain weight. Never skip meals in order to lose weight. An ileostomy keeps working whether the ostomate has eaten or not.

Ostomy Procedures that Can Backfire UOAA Update November 2014

There are times when we think we're doing the right thing, but get ourselves into trouble. Here are some instances to think about:

Alcohol: Alcohol is a powerful drying agent. Prolonged contact with the skin can have serious consequences.

Clamp Usage: Wrapping the drainable pouch tail around and around the clamp before closing it. This will not make the clamp work any better. All it will do is spring the clamp out of shape, which will ensure that the clamp won't work for future application and it will make releasing excess gas more difficult.

Releasing Gas: Snapping the pouch off the face plate to expel gas. This doesn't do much for odor control! It's much better to hold the tail of the pouch beyond the clamp with a tissue, open the clamp and allow the gas out through the tissue with deodorant. Then use the tissue to clean out the end of the pouch and replace the clamp.

Normal Wear Time: You shouldn't wear the appliance until it leaks. The object is to change the appliance before leakage occurs. This way, the skin gets the best protection and care. Three to five days is normal wear time. Some people report seven days, but manufacturers feel that this may be pushing their products to their limits.

Washing Pouches: Washing pouches and using the same pouch for months will eventually saturate the plastic of the pouch with odor of the chemicals and no amount of washing will get rid of it. It is recommended that you throw the pouches away when you throw the face plate away.

Experimenting With Appliances: Although it's fine to experiment with new appliances, especially if you're unhappy with your usual equipment, you'll generally get the best service from the equipment you have the most experience with.

Ignoring Skin Problems: All skin problems are easier to manage if they are treated early.

A Full Pouch: Letting your pouch get full before emptying it can separate a two-piece system. Try to empty your pouch when it's one-third to one-half full.

Seat Belts: A well-placed and adjusted seat belt shouldn't interfere with stoma function or damage your stoma. True, in an accident your stoma may be damaged, but it's a lot easier to repair a stoma than a crushed skull.

Ostomy Nurse: It's not a good idea to try to live with a condition you can't correct yourself. When in doubt, see your friendly wound ostomy continence nurse (WOCN) or your doctor.

Do It Yourself Therapy

Forwarded by the Solano Ostomy News

For most people, the mental affliction may handicap causes can be much harder to overcome than the physical disability itself. Some strong-willed people adjust readily. However, even they had to exercise self-control and positive thinking to achieve their good attitude. If you meet some one who is apparently carefree, you can be sure it is not because his problem is lesser. Chances are she has won. She will continue to win her mental battles with depression and pessimism.

The world often sees us as we see ourselves. If someone with a problem feels embarrassed, the

problem may not show, but the embarrassment will show. Others will feel embarrassed for him. If you are happy, cheerful and respect yourself, the people you meet will respond to your moods. But of course, you knew this after your first three weeks in first grade.

Your stoma does not define who you are; it does not make you; nobody sees your stoma, it does not show. An attitude of withdrawal turns people off.

The solution is forgetting about oneself. Be completely interested in other people. You may find a person has greater problems than you do, virtually everyone else. You will be so intent on the feelings of the other person that you will forget your own problems. Dale Carnegie wrote a book entitled, *How to Stop Worrying, and How to Make Friends and Influence People*. These were written in the early 20th century but have enormous applications today with us. We were manufactured to serve other people. We can only fulfill our true destiny when we do.



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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