

BERRIEN COUNTY CANCER SERVICE

7301 RED ARROW HWY.

STEVENSVILLE, MI 49127



**OSTOMY
NEWSLETTER**

MARCH - APRIL 2013



HAPPINESS IS—A COMFORTABLE APPLIANCE

Via: L.A. Ostomy News & Cheers & Tears, Whittier, CA

There is nothing more irritating than having to change your appliance before you normally do, when the faceplate loosens or springs a leak. The first thing to do is look for the reason. Sounds easy doesn't it? We should be so lucky! About the first thing to look for is the change in texture of the skin. Several things can cause that, medication, vitamin pills or menopause. Excessively oily skin can affect adhesion. Wiping the skin around the stoma with alcohol is helpful, but be careful the alcohol does not contain glycerin, as this kind of alcohol will hinder adhesion. Also some soaps contain oil or hexachlorophene (soaps with baby oil to soften skin); these must be rinsed off if you hope to attain adhesion. With hot, humid climate, excessive perspiration will undermine the adhesive. A cotton appliance cover is great for soaking up perspiration. Also, loose clothing will help if you know you are going to be doing work that will cause excess perspiration. Be careful about using anti-perspirant, they cause skin irritation. A skin rash (contact dermatitis) is a common happening for many ostomates at one time or another. The rash may be caused by an allergy to the adhesives, the tape, skin barrier, or any other product used. A change to different products helps to determine if the problem is an allergic one. Be sure to dry the area. A blow dryer, set on cool, is very quick and a light bulb placed about a foot away is also useful in drying the area. If you can't get rid of the rash or any disturbed area within a reasonable length of time, contact your doctor. A change in weight (either gain or loss) can cause a change in the contour of the abdomen, which will affect adhesion. Try to stay at the same weight. Ideally, no more than ten pounds either way. Where the faceplate was once flat against the abdomen, it may now have creases or valleys under it. Stomahesive works well to fill in these valleys. There are also some pastes on the market. Karaya tends to break down when exposed to liquid over a period of time.

Redistribution of weight will often necessitate refitting. This may mean entirely different appliance will be necessary. A person with an ileostomy may notice that diet affects the length of time an appliance stays on. If the stool is of a watery consistency rather than paste-like, it may lessen the length of time the appliance stays secure. Change the appliance regularly before leaking; you may detect an itching or burning sensation beneath it. Ignoring these symptoms can lead to skin irritation. Illness, inactivity, and lying in bed can also lessen the seal security because the discharge pools around the stoma and seal longer than if you were up and around. If you have checked all these possibilities and still have a leaky faceplate, you had better see your ET at once.

ADHESIONS

Via: Health Central, Via: Memphis (TN) & S. Brevard (FL)

An adhesion is a scar tissue that binds together two anatomic surfaces that are normally separated from each other. They are most commonly found in the abdomen, where they form after abdominal surgery, inflammation, or injury. Lysis (destruction or dissolution) of adhesions is a surgery performed to free adhesions from tissues. Although sometimes present from birth, adhesions are usually scar tissue formed after inflammation. The most common site of adhesions is the abdomen, where they often form after peritonitis (inflammation of the abdominal lining) or following surgery, as part of the body's healing process. Abdominal adhesions infrequently bind together loops of intestine resulting in intestinal obstruction. The condition is characterized by abdominal pain, nausea and vomiting, distention, and an increase in pulse rate without a rise in temperature. Nasogastric Intubation and suction may relieve the blockage. If there is no relief, an operation is usually required to cut the fibrous tissue and free the intestinal loops. Although scar tissue within the abdomen can occur after any abdominal operation, they are more common after a ruptured appendix.

Most adhesions cause no problems, but they can obstruct the intestine in about two percent of all patients. These obstructions can occur several years later. The adhesions can also block the ends of the fallopian tubes, possibly causing infertility. Adhesions can occur elsewhere and can be the cause of other disorders—for instance, they can lead to glaucoma when located in the eyes, and when located around the heart can result in pericarditis.

Here are some questions to ask your doctor

How do you know the problem is the adhesions and not some other growth or condition?

Is surgery recommended to remove the adhesions?

What is the procedure?

Will the adhesions redevelop?

HINTS AND TIPS FROM EVERYWHERE

Wear protection between the pouch and your skin to prevent a rash from perspiration (especially in hot weather.) Leave a little bit of air in the pouch after emptying and before clipping it shut. The air provides space for the effluent to flow down into the pouch, rather than sideways or underneath the adhesive wafer.

Apply your pouch standing, lying or sitting; but, do not allow abdominal wrinkling or this will break the seal when you straighten up. Do not suppress a sneeze. If you seal your lips and pinch your nose while sneezing, you create enormous pressure in your nose and throat, which can force infections into your sinuses or ears through the Eustachian tubes. Don't put limitations on yourself just because you have a stoma. Enjoy Yourself!

HINTS FOR SUMMER

Via: Loraine County Chapter & Metro MD.

Do not expect to get the same wear time as you do in the fall, winter, or spring. If your wafer or ring skin barrier melts out faster, change the pouch more frequently. If wear time is very poor, have your ET nurse recommend a different skin barrier. If plastic against your skin is uncomfortable or causes a heat rash, purchase or sew a pouch cover. If you are wearing a two-piece system and are participating in very active sports, use a 10" strip of 2" or 3" tape to secure

the pouch and the barrier. Be sure to drink plenty of liquids, unless contraindicated because of other health problems so that you will not get dehydrated or constipated. For extra security during swimming and water sports, use waterproof or "pink" tape to fix your pouch. Monilia is a common summer problem. This raised, itchy red rash on the peristomal skin is uncomfortable and keeps the pouch from holding well. If you suspect a monilial rash, contact your physician as soon as possible for a prescription for anti-monilia powder. Osto-Tip! Skin barriers should be stored in a cool dry place. They have an expiration date of 4-5 yrs.

HINTS FROM HERE AND THERE

Via: Kankakee IL

To keep urine acid, take two Vitamin C tablets daily, if it is all right with your doctor. It also helps omit odor, be sure to drink lots of fluids. Bacteria can't live in acid urine. Eating bran muffins a simple and delicious way for colostomies to solve constipate problems. When the lock is broken on the restroom door, a wad of folded tissue will sometimes hold it shut. Carry an extra tail closure or rubber bank with you in case yours goes down the drain. it could prove critical to your entire program. Don't be afraid to take a shower without your appliance. Soap cannot hurt the stoma. Just rinse well. Ziploc sandwich bags are useful for disposing of used pouches and taking care of odor of used pouches. Three cups of tea contain the same amount of potassium as one quart of ileal effluent. Coke and orange juice are also good potassium replacements Gatorade is a good source of electrolyte replacement and is easily obtained. Does your stomach gurgle? Try eating solid food first at meals and then drink. But, be sure to get enough fluids too, so you don't become dehydrated. Please note that the proper appliance will confine odor! Don't call attention to yourself by using deodorants too generously. The less an ostomate eats, the more gas he has, so don't skip meals before going out. In fact we would be better off with six meals a day so we would never have an empty stomach. Empty stomachs growl. After bathing with the faceplate off, hold a cold compress over the peristomal area for a few seconds to close the pores before changing.

If your stoma bleeds during cleaning and appliance change, don't panic. A healthy blood supply is what gives your "rosebud" a bright red color. Tiny capillaries are easily damaged and just as easily repair themselves. If bleeding continues long after the appliance has been changed, check with your doctor. Use a hand mirror for a better view of the stoma. It is about the only way you can see under it.

FOR COLOSTOMATES

Via: Spacecoast Shuttle Blast

If you use a Stomahesive wafer and cut your own center hole, save the leftover pieces and use them to fill in any skin indentions around the stoma underneath the wafer.

Spray the inside of your pouch with PAM to help the contents keep sliding down instead of sticking on the sides and top of the pouch.

Apply the pouch standing, lying or sitting down, but do not allow abdominal wrinkling or this will break the seal when you straighten out.

Colostomy diet is fairly normal. You will discover which foods may not agree with you by trying everything, a little at a time. If it doesn't work the first time, wait a few weeks and try it again. If it doesn't work then, leave it alone for a few months...or forever, if necessary.

If you have difficulty with constipation, a glass of apple juice every morning and the night before irrigation may prove helpful. If you prefer, you might try taking your apple juice heated.

Colostomates who take antihistamines during the sneezing season may find that these drugs have a tendency to slow down intestinal action and the irrigation process becomes slower. Some report relief from the drug reaction by increasing the fluid intake the day they irrigate, or eating laxative foods (in moderation).

If you are irrigating and having problems with leakage between irrigations, try using less water. Too much water may contribute to leakage.

Buttermilk will soothe an irritated digestive tract and will not cause diarrhea or constipation.

Some people find that a large teaspoon of bulk gelatin dissolved in water or lemon juice once a day will firm up a loose stool.

If you are a colostomate who uses a convex insert in your face plate, and the insert becomes

gucky and sticky, try good ol' Uni-solve to remove the guck. It really works great!!!

Especially in hot weather, wear protection between the pouch and your skin to prevent rash from perspiration. You can make a pouch cover with an old handkerchief, a baby's bib, etc. Pouch covers can be purchased also.

If you are taking a bismuth preparation, try to stop taking it for one day before having an intestinal X-ray or tell the doctor, because it sometimes shows up opaque on an X-ray.

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What promise did Adam and Eve make after they were kicked out of the garden of eden?

They promised to turn over a new leaf

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If the red house is on the left and the blue house is on the right, then where is the location of the white house?

In Washington D.C.

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

OUR MISSION: To provide free skilled home nursing services, equipment, information and supplies at cost for cancer patients and their families in Berrien County.

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 partnered with the Berrien Community Foundation and the Michigan Gateway Community Foundation to enable donors to take full tax credit advantage from the Michigan Community Foundation Tax Credit.

To make this type of donation, please send payment directly to:

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

OSTOMY SUPPORT GROUP

3rd Tuesday of each month- 1:30 p.m.
Berrien County Cancer Service
7301 Red Arrow Highway
Stevensville, MI 49127
Phone: (269) 429-3281

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