

BERRIEN COUNTY CANCER SERVICE

7301 RED ARROW HWY.

STEVENSVILLE, MI 49127



OSTOMY
NEWSLETTER
MARCH - APRIL 2007



United Way
of Southwest Michigan
And
United Way
of Greater Niles

The Ostomy Support Group will meet with the Cancer Support Group at BCCS on the 20th of March and the 17th of April at 1:30 p.m.

***THE SECRETS OF PREVENTING
BLOCKAGES AND HERNIAS***

VIA: The Re-route, Evansville, IN, Chicago's
North Suburban Chapter & The Cleveland Ostomy
Association Newsletter

Certain steps can be taken to minimize the risk of *Blockages*. Here are some ideas:

1. When eating, always concentrate on chewing the food. Make sure it is chewed well before swallowing. For instance, if a piece of meat appears too tough and grisly, it might be better to leave it. Don't take the chance of swallowing it and having it cause a partial food blockage.
2. Try new foods in moderation. Do not eat a huge helping of something you have not tried before. This is a good rule to follow whenever you eat anything. As an ostomate, it is better to eat small quantities of food at more times during the day than to eat one big meal. Always follow this rule for better health.
3. If a particular food has given you problems in the past, try to avoid it until you feel you can do so without a problem. Most of us try very small amounts of problem foods from time to time, and if you chew it well and drink water with it, are able to tolerate most anything. [People with adhesions are exceptions.]
4. Drink plenty of water or other fluids throughout the day. We should drink at least 64 ounces, about two liters, of water a day. These include fruit juices and non-caffeine herbal teas. Caffeine drinks, alcohol in any form, soft drinks and beverages don't count. In fact, these items actually require you to drink additional water. These drinks are all dehydrating.

With regard to *Hernias*, prevention is not under our control all the time. But there are certain proactive steps that we should do routinely.

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1. Never lift anything heavy. For some people, even 10 pounds may be too much. Picking up children and tumbling around with them could cause a hernia.
2. Slow down your actions and be more deliberate.
3. Try to exercise three or four times a week. This [usually] means an hour each time. You should discuss a plan with your doctor. He/she will help advise you what is best for your exact health situation. But this warning stated, healthy people only benefit from exercise. You will build up your abdominal muscles which will prevent hernias. It is curious to note that every time a muscle is exercised, it tears a bit. When it repairs, it builds muscle. A big tear is a hernia.
4. Don't push boxes on the floor with your feet. This can definitely put a strain on your back and cause a hernia.

Above all, use common sense. "God gave it to you as a tool, not an ornament. Rather be safe than sorry!"

HINTS FROM EVERYWHERE FOR ALL OSTOMATES

Via The Mission Ostomy Chapter of Tucson (AZ) THE
COURIER (05/01)

- If you wear a two-piece snap-on ostomy system, make SURE the pouch is snapped to the flange SECURELY. Give a little tug on the pouch to test it's lock.
- Do you take better care of your car than you do your stoma? Once a year have your stoma and your management program checked by a CWOCN/ET nurse.
- Do not use antibiotics for colds or flu unless a doctor orders it. Antibiotics can change the proper balance of bacteria in the intestines and cause diarrhea.
- Fiber from fruits and vegetables do not have the same scouring results as fiber from grain and cereals.
- Don't shove the parsley aside. It's one of nature's best deodorants! Use parsley in cooking fish to reduce odors for colostomates and ileostomates.

- If you are having gas problems, don't take bismuth subcarbonate; it creates more gas when mixed with stomach acid.
- Store ostomy systems away from warm, humid places. "Melt-out" can render them ineffective.
- Make a note of the day you change your pouching system so that you know when it's time to change again.
- Don't keep a lifetime supply of ostomy supplies on hand. Shelf life may be limited. Let the stores stock up on your ostomy supplies.
- Fats of all kinds should be kept to a minimum by most ostomates. Fats induce an increased flow of bile into the intestines and make the body wastes more liquid and harder to control. They also tend to produce gas.
- A package of frozen vegetables can substitute for an ice bag in emergencies.
- Pouches can leak for a variety of reasons. Find out WHY you have a leak and correct the CAUSE.
- A hug is a very strong pain reliever and you don't need a prescription.
- When you fill a new prescription, ask the doctor or pharmacist to give you only a one or two day supply. If any adverse reactions occur and you have to stop taking the medication, you won't have wasted a lot of medicine or money.
- After bathing with your pouching system off, hold a cold compress over the peristomal area for a few seconds to close the pores before putting on a new system.
- Remember after surgery, when you were advised, "chew, chew, chew and drink, drink, drink?" It still applies. So chew food carefully and never pass a water fountain without drinking.
- Don't try to set a world record for the longest time between changes and/or emptying; therein lies the way to some of the most spectacular messes you have ever seen!
- Don't be so rigid about your stoma management program that the absence of one item throws you.
- Don't stay home; travel and don't put all your ostomy supplies in a suitcase that you check through the airline to your destination.
- Don't worry about "accidents" and "problems" that may never happen.

- Don't keep scissors you use to cut barrier wafer openings next to your supply of pouches.
- Don't concern yourself with people in restrooms who are waiting for your stall: take the time you need.
- Don't put limitations on yourself just because you have a stoma. ENJOY YOUR LIFE!

From UOA Ventura County Chapter Camarillo CA

URINE TEST FOR BLADDER CANCER

Via: The New Outlook, CNSC

By Word of Mouth Kankakee Ostomy Association, Inc.

Scientists at the National Cancer Institute (NCI) have developed a relatively simple urine test that shows promise of detecting bladder cancer at an early stage and therefore potentially curable stage. Currently, diagnosis and follow-up of this common cancer entails invasive and often painful procedures. Some cases are not discovered until after the disease has spread and the cancer can no longer be cured.

This new test could make it feasible to test patients when there is even a slight suspicion of bladder cancer and could make it much easier to monitor bladder cancer patients for recurrence following treatment. More than 46,000 people develop bladder cancer each year in the U.S., and many of these cases can recur despite treatment. The five-year survival rate for bladder cancer patients is 77 percent.

Clinicians praise both the simplicity and the specificity of the proposed urine test, which works by detecting a protein known as autocrine motility factor (AMF) in the urine samples of patients. AMF is secreted by cancer cells and then induces movement of these cells. The substance plays a key role in enabling cancers to spread locally and to metastasize to distant sites.

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Ultimately, the scientists hope to modify their assay so that it can be used to measure AMF in the blood, making it possible to detect cancers from all parts of the body.

Some Tips for Preventing Medical Errors
abstracted from
TWENTY TIPS TO PREVENT MEDICAL ERRORS
VIA: The Re-Route, Evansville, IN &
The Right Connection

1. Be an active member of your health care team. Patients who are more involved with their own care tend to get better results.
2. Make sure your doctors know everything you are taking. This includes prescription and over-the-counter medicines, and dietary supplements such as vitamins & herbs.
3. Make sure your doctor knows about any allergies and adverse reactions you have to medicines.
4. When your doctor writes you a prescription, make sure you can read it.
5. Ask for information about your medicines in terms you can understand.
6. "What is this medicine for? How am I supposed to take it and for how long? What are the side effects? What do I do if they occur?"
7. When you pick up your medicine from the pharmacy ask: "is this the medicine my doctor prescribed?" Make sure.
8. If you have any questions about the directions on your medicine labels, ask. Does "four doses daily" mean a dose every six hours around the clock or just during waking hours?
9. Ask your pharmacist for the best devices for measuring your liquid medicine.

18th ANNUAL PENNIES FOR PATIENTS™ DAY
THURSDAY, MAY 10, 2007
SAVE THOSE PENNIES, EVERY ONE COUNTS!

BERRIEN COUNTY CANCER SERVICE
7301 Red Arrow Highway – Stevensville MI 49127
Stevensville: (269) 429-3281 Niles: (269) 683-7460

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 Stevensville 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 Stevensville or Niles offices.

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 Stevensville or Niles offices. 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.

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