

BERRIEN COUNTY CANCER SERVICE

7301 RED ARROW HWY.

STEVENSVILLE, MI 49127



OSTOMY

NEWSLETTER

November - December 2007



what matters.™

TEN (New) COMMANDMENTS FOR OSTOMATES

Via: Vancouver Ostomy Highlife & Regina Ostomy News

1. Thou shalt allow thyself to be sad, or angry, or depressed on occasion
Who said you always have to have a good attitude.
2. Thou shalt not let the above emotions become a way of life.
3. Thou shalt seek help, education, and support if thine unhappy emotion
overcome thee.
4. Thou shalt learn to care for thy ostomy. Letting others do it for you if
are physically able is a copout.
5. Thou shalt seek out thy ET nurse if thou art notified with thine product.
6. Thou shalt not hide thyself away. Get out and do the things you used
do. You can.
7. Thou shalt not be ashamed.
8. Thou shalt cultivate a sense of humor about thine ostomy. There are
worse things. Far worse.
9. Thou shalt set an example to the non-ostomy world. An example of
triumph over adversity, courage over pity, and pride over embarrassment.
10. Thou shalt help other ostomates, join you local UOA chapter, donate
money, volunteer your time.

Thanksgiving Day Prayer

Lord, we thank you for your blessings
In life and love and home.
And the privilege of knowing
That we are not alone
With reverence and gratitude
We lift up our hearts in prayer,
To thank you for the many gifts
With loved ones we can share
For our comfort and contentment
You manage to provide
For knowing you are always near
As we walk side by side.
While heads in prayer are bending low
What better time so say –
For shielding us from worldly harm,
We offer thanks today

Being The Mother of a Child Who Has an Ostomy

By: Dawn Steeves, Via: Regina Ostomy News

Kale was born in 1987 with medical problems that ended up with him wearing an ostomy pouch. He was born in Humbolt Hospital, then taken by ambulance to the Royal University Hospital in Saskatoon, Dr. Rossi talked to me about his surgery. I trusted him to do what he thought was best for Kale. Kale was only a few years old when he had surgery. When I saw him afterwards, I almost fainted. There was this little baby boy, great big eyes, long eyelashes and a "pouch". I said to the doctor, "What am I supposed to do with that?" Thank goodness for Teri and Phyliss (ET nurses) and Nordon Drugs as their help was greatly appreciated. Kale has had many, many surgeries in his short life. We moved to Alberta for about 6 years and then we moved back in 1996. Teri contacted us about the ostomy camp that Kale could attend. I was very leery about it. He really wanted to go, but I wasn't sure. Who would look after him? Well, I tried to phone him after he was there a day or so. They told me he was out wall climbing. I almost fainted. They asked me if it was an emergency. I said I just wanted to talk to him. They told me he was fine, he was having a great time, he was all right, to relax, and I would see him in a couple of days. I wasn't sure I liked that, but I didn't call again. I would like to thank the Ostomy Association for making it possible for Kale to attend camp, because without you, he simply could not go. My family cannot really afford to send him. I know he has gained a lot from camp.

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him.

"I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

Ever notice the older we get the more we're like computers?

We start out with loss of memory and drive.

Then we become outdated and eventually have to get our parts replaced.

What A Night Before Christmas!

By Marjorie Kaufman

Tw'as the night before Christmas,
And all through the house,
Not a creature was stirring,
Not even my spouse.
The children were all nestled
In childish alliance;
And I had decided
To change my appliance.
So donning my PJ's,
My slippers and robe,
I started my chore
With the patience of Job.
All of the equipment
I laid out with care;
Then checked it all over
To see what was there.
Here's Solvent, Adhesive,
Now Kleenex and Cotton,
There's Bensoin, Karaya,
What have I forgotten?
Eye dropper and swab stick,
Skin ointment, detergent;
Then brushes and cleanser,
The bag—that's most urgent
Then off with the old one,
I started forthright
To remove the cement
When out went the light.
I reached for the switch,
"Tho I don't know what for
When I heard something clatter
And bounce to the floor.
I muttered an oath, then
I called to my spouse,
Who told me "tw'as darkened"
All over the house.
Then what to my wondering
Eyes should appear.
But a flickering candlelight
Coming too near!

"Ye Gads!" I screamed loudly
Perhaps none too soon,
"Not that!" You might blow us
From here to the moon!
Then I view my dilemma
In utter confusion
And failed to come up
With a happy conclusion.
When all of a sudden,
There came on the wall
The beams of a flashlight
That danced down the hall
Its rays were not brilliant,
Its batteries weary,
But the light that it gave me
Was welcome and cheery.
I aimed at the floor,
And the light gently twinkled,
For there, in profusion,
Karaya was sprinkled.
Now time was the essence
On speed I was bent;
The cotton kept sticking
Upon the cement.
My face plate was drying,
My fingers were gummy,
The stoma was oozing
A trail down my tummy.
Then swabbing, cementing
And fanning with vigor;
I knew that I had to be
Quick on the trigger.
The light was receding,
My nerves were a jangle;
I slapped on the bag
At a quite rakish angle.
I fastened my belt,
Gave a shake of my head;
Then closed the door tightly,
And headed for bed.

But there's one thing I'll wish you
'Fore saying Good Night;
May your Christmas be Merry
And Let there be light!

I'VE HAD MY POUCH SURGERY....NOW CAN I EVER HAVE A BABY?

Reprint Permission By: Dr. Scott A Strong, M.D., Evansville Ostomy Newsletter

Ulcerative colitis and familial adenomatous polyposis are diseases that most commonly afflict young adults with 50,000 individuals requiring operative treatment of their disease annually. In recent years, the ileal pouch-anal anastomosis procedure (internal pouch) has emerged as the operation of choice for many of these individuals, even though some patients are understandably concerned whether the ileal pouch operation will affect intimacy with their partner or the ability to have a family. The majority of men and women report an improved sexual life following restorative proctocolectomy because of better overall health. However, approximately 2% of men will have difficulties with sexual dysfunction while nearly 25% of women complain of painful intercourse, although this discomfort is usually improved over the pain experienced preoperatively. We also understand that most women with an ileal pouch-anal anastomosis can successfully conceive, yet the infertility rate among these patients is nearly tripled. Women who do become pregnant will often complain of increased stool frequency and worsened control over bowel motions as the pregnancy progresses and the enlarging uterus compresses the ileal pouch. These symptoms are usually tolerable and bowel habits typically return to normal within three months after delivery. Lately, many surgeons and obstetricians share the patients' concern about which mode of delivery should be utilized. While vaginal delivery would possibly benefit the health of the infant or mother, cesarean section might avoid irreparable damage to the ileal pouch, the sphincter muscles, or the nerves that control these muscles. Fortunately, studies from three large centers, including the Cleveland Clinic Foundation, report that bowel function is not significantly altered by the mode of delivery. We are unsure, however, if these short-term similarities will continue to be comparable decades later when delayed effort of vaginal delivery combines with other detrimental factors to cause worsened bowel function. Therefore, we generally suggest delivery by cesarean section unless this approach introduces excessive risk to the infant or mother.

The Most Powerful Prescription

By C. Hagedorn, Evansville Ostomy Association

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 people with ostomies. In addition, many people who have overcome potentially devastating diseases have gone on to lead full, productive and happy lives. The physical aspect of life may be compromised greatly by illness or surgery. However, with a positive mental attitude and willingness to let go of self-pity and bitterness, life goes on and can even be enriched by a painful and traumatic experience.

Focusing on what we have going for us, instead of what we feel we have lost, can change our outlook for the better. Once we accept our situations, we have a starting point for moving forward. Helping someone else in need is a most healing and rewarding experience for both persons. Keeping a strong sense of humor can prevent bad days from snowballing into bad weeks.

Time is too precious to waste on "if only" and "what ifs". What makes me so smart? The caring people, who helped me through my difficult time, laid the groundwork for my positive attitude and changed my life forever.

Helpful Hints From Everywhere

Via: Evansville Ostomy Newsletter

If the stomahesive paste (Karaya paste) becomes hard and will not push through the end of the tube . . . take a mug/glass and fill half way with water. Then place the mug/glass in your microwave for 45 seconds heating the water. Remove from the microwave and place the tube, cap down, in the water, let it set for a few minutes, then remove and dry it off. Your paste is ready to be pushed out of the tube.

Vitamins should be taken on a full stomach. Otherwise, they irritate the lining of the stomach and produce the sensation of feeling hungry.

Try strong-brewed tea before the purchase of a “diuretic”. Hot tea twice a day will wake up your sluggish kidneys.

Tomato juice is lower in cost per cup while providing as much sodium and 5 times more potassium as a low cost alternative to Gatorade.

Orange juice is another alternative providing the same amount of sodium and 15 times the amount of potassium.

Tea, however, contains approximately the same amount of potassium as Gatorade, but only negligible amounts of sodium.

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

If you are taking calcium, medical experts advise taking calcium at night to obtain maximum benefits. During the night, the body depletes calcium in the bones to maintain normal blood levels.

Eating Rice Krispies can help slow down the amount of stool, and is a great breakfast choice with a small amount of milk or eaten dry.

Emotional pressures and over-all fatigue can cause bowel upsets, especially when traveling. Do not allow yourself to become over tired.

Don't be afraid to shower without your appliance. Soap cannot hurt the stoma. Just remember to rinse well.

BERRIEN COUNTY CANCER SERVICE
7301 Red Arrow Highway – Stevensville MI 49127
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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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The Ostomy Support Group will meet with the Cancer Support Group at BCCS on the 20th of November and the 18th of December.