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THE OSTOMY RUMBLE

PUBLICATION OF THE OSTOMY SUPPORT GROUP OF MIDDLE GEORGIA

Next Meeting

Our next support group meeting is **Sunday, April 22 , 3:00pm.**, at the Coliseum Medical Center in Macon off of Coliseum Drive. The entrance is at 350 Hospital Drive which is up the hill from the entrance to the Macon Coliseum.

Inside this issue:

Theresa Johnson & Stomagienics	2
Tornado Preparedness	3& 4
Fiber	5
Flush Stomas	6& 7

THE OSTOMY RUMBLE

APRIL 2018

PROGRAM—Our speaker this Sunday will be Theresa Johnson from Columbia, SC. She is Vice President of Stomagienics, Inc. This should be very interesting. Don't miss this! More on page 2. Read all about it.

CONSTRUCTION—PARKING—Our friends in the Coliseum PR and Marketing section told me that our parking lot construction project is expected to be finished early this summer and should be nice. Hospital personnel are looking forward to it.

GET READY FOR MIDDLE GEORGIA TORNADO SEASON AND HOPE IT DOESN'T COME. Ostomates and natural disasters don't mix very well. More on pages 3 and 4.

You are unique, so be sure to consult your doctor or WOC nurse before trying products or methods that are mentioned in this newsletter.

OUR MEETINGS

All meetings of the Ostomy Support Group are open to everyone with an interest in ostomy care: ostomates, their spouses, families, and friends. We meet regularly on the fourth Sunday of the month, except November and December. On the first Saturday in December we have a Christmas Party. The meetings start at 3:00 p.m., except for special occasions when the time will be announced.

MORAL SUPPORT

SHARING

INFORMATION

FREE PARKING

FELLOWSHIP

MUTUAL AID

OUR MISSION

We are a volunteer charitable group affiliated with the UNITED OSTOMY ASSOCIATIONS OF AMERICA (UOAA), which is a national organization composed of numerous support groups similar to ours. We maintain a visitor program in which we visit

with persons and their families, at their request, to discuss life with an ostomy and address the many concerns they may have. All of our visitors have ostomies and have been through this change in lifestyle quite successfully with pleasant, hap-

py, and thankful attitudes. An ostomy can be a very good substitute for natural human plumbing and is certainly preferable to continued catastrophic illness.

Visit our web site at
osgmg.org.

Theresa Johnson, Stomagienics, and the Inventions

Theresa Johnson is the Vice President of Stomagienics, Inc., which develops, manufactures and markets products to assist Ostomates with the pouch changing process. They now have two basic products, the StomaGenie and SecurPress. I have not yet seen these products. Theresa directed me to a video presentation on the internet at the address: <https://vimeo.com/256202667>. You can see it, too.

The StomaGenie is a tube like device several inches long with an opening on one end with diameter and circumference matching that of the patient's stoma. One end fits over the stoma. The other end is closed. The patient puts the wafer on the tube, sort of inserting the tube through the hole in the middle of the wafer and slides the wafer down to the skin, presses the wafer to the skin, and then removes the StomaGenie tube. The tube is supposed to contain any stoma discharge during the pouch changing process.

My description does not come from my personal experience, but I am quite sure that Theresa will tell us all about it. She has presentations scheduled for June in Philadelphia at the International WOCN Conference. Our Meeting this Sunday can be sort of a warm up for the Ostomy Nurses.

The "back story" on the product is fascinating. A few years ago Theresa's Father had ostomy surgery and, like most of us, had difficulty with the pouch changing process. He contemplated the problems, thought of a possible better way to do things, went to the hardware store, bought some small pipe and invented the basic product. They have been improving it ever since.

I think we will all be in for an informative, entertaining and inspiring meeting Sunday afternoon. Hope to see you there.

OSTOMY SUPPORT GROUP OF MIDDLE GEORGIA

GET READY FOR TORNADO TIME AND HOPE IT DOES NOT COME

In Macon and Middle Georgia there have been at least three historic notorious weather events: the great snow of February 1973, the flood of '94(July), and the Mother's Day tornadoes (May, several years). Well, May, with its weather, is getting close. Everyone, especially Ostomates, needs to be ready just in case.

In a safe place in your home you should have at least a weeks supply of non-perishable food, water, ostomy equipment and medicines stashed away for you and your family, enough to last a week or more with no electricity. Don't forget to have some emergency cash on hand. ATMs, credit cards and even bank checks might not function. Similarly, have a suitcase or duffle bag available should you need to evacuate your home at some point.

For Ostomates, things get a little more complicated, partly because of the unavailability of ostomy equipment locally. There is no longer any place in Middle Georgia where a person can walk in and purchase ostomy supplies off the shelf. It is all mail order. In a disaster situation the Ostomate must already have possession of the equipment. As a back-up, he/she should write down the brand, size and model number of the wafers and pouches, the telephone number of the ostomy supplier, and the telephone numbers of other ostomates who might have extra supplies available.

Our group, OSGMG, accepts donations of ostomy supplies, and we keep an inventory to give away to people in temporary need. We do not have all shapes and sizes, only what people give us. Of course, our "stash house" might also be a disaster victim. Ostomates need to plan for themselves.



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Next Support Group meeting on 22
April 22, 3:00 P.M.

TORNADO TIME CONTINUED

(HOPEFULLY NOT)

Often when there are reports of various natural disasters on television news programs they show pictures of hundreds of people living in large public shelters designed for other purposes, such as athletic events. A person with an ostomy would naturally wonder, “How would I and my pouch function in such an environment ?” We most probably, hopefully, will never have to find out, but some enterprising people have invented some gadgets which might help, especially in the area of emptying the pouch. These things are mainly available on the internet if you are interested. The items were not designed specifically for use with ostomies, but it appears they can be readily adapted.

The Biffy Bag is described as a “portable disposable toilet”. It appears to have been designed for hikers, campers, and people who spend a lot of time in boats with no plumbing. It wraps around the waist and comes with a powder which deodorizes and solidifies the contents.

The TravelJohn (and TravelJane) is described as a “portable urinal”. When folded it measures 2x2x2.5 inches and unfolded measures 5x11. It is advertised as being lined with an absorbing material which solidifies the contents and turns the contents into “an odorless spill proof gel”.

There are similar products made by other manufacturers. The Internet is an amazing place!

As a disclaimer, I have never seen or used any of these products. I am passing this information along as a service to our members and other readers.

I hope you will never need the information in this article, but use it.

Preparation is the key to success.

Thanks to the Winnipeg Ostomy Association and The Greater Cincinnati Ostomy Association for some of the information contained in this article and for the inspiration to find the rest.

Sam Wilson

HOW FIBER AFFECTS AN ILEOSTOMY

Kay L. Peck, Dietitian, Napa Valley, CA. via The Pouch

Whether or not to include fiber, and to what extent, should be based on the person's tolerance of foods. The small intestine has a remarkable capacity to adapt. Digested food in the small intestine is quite watery, and after it moves into the large intestine, a good portion of the water is reabsorbed into the body. Most fiber is indigestible material from plants that acts like a sponge, soaking up water and increasing the bulk of the intestinal contents as they move through the system more quickly.



In a person with a colon, fiber is essential to preventing constipation and keeping the person “regular”. This is the main function of fiber. Another theory about fiber is that it promotes mucosal growth, thus keeping intestines healthier, promoting gut function. Usually a person without a colon, i.e., with an ileostomy, doesn't have a problem with constipation. It is virtually impossible. They may have mostly watery stools.

Again, over time a person may adapt, especially if the last section of the small bowel—the ileum—is still intact. Consuming too much fiber or insoluble fiber may aggravate a person's diarrhea or watery stools. If this is the case for you, LIMITING insoluble fiber such as bran, popcorn hulls, seeds, nuts, skin, stringy membrane parts of fruits and vegetables may be helpful. However, another type of fiber—soluble—may be beneficial to someone with an ileostomy.

The function of soluble fiber is to make the intestinal contents thicker and can actually prevent diarrhea. This fiber is found in oatmeal, barley, dried beans, peas, Metamucil and in the pulp of some fruits and vegetables.

Just a side note—I worked with a woman years ago who had short bowel syndrome. All of her colon and a significant part of her small bowel had been removed. She found that adding pectin—Certo, which is used to make jam and jelly—to her daily diet helped her minimize diarrhea. She also added a little applesauce every day.

Visit our
web site at
osgmg.org

HOW CAN I HELP? *There are many opportunities for you to make a difference in the lives of individuals who have or will have ostomy or related surgery. Stay involved.*

FOUR STEPS IN DEALING WITH A FLUSH STOMA

By Wendy Lueder, Broward County, FL, The Broward Beacon

One of the more difficult challenges an Ostomate may face is dealing with a stoma that either protrudes just a little bit or not at all. Some are even what I like to call “below the water line” or lie below skin level. After some unsuccessful surgery I have been dealing with this condition for a few years. When your stoma is flush the output has difficulty being directed into your pouch; thus, leaks and pouch changes are more frequent and annoying.

For ileostomates or colostomates with a liquid output, changing your skin barrier wafer is not an option to be delayed, as the output contains digestive enzymes and bile salts which damage and irritate your skin. If you do have a flush stoma, here are four suggestions that might help make your life easier.

First, try using a skin barrier that has built in convexity. This means that the wafer doesn't lay flat on your skin but has a gentle curve toward your body that pushes the skin around your stoma down and away. But for some, this solution is insufficient to take care of the problem, and greater convexity is needed.

Second, you might try the ostomy products on the market that are the shape of flexible washers called barrier rings. You may know them as Eakin Cohesive Seals (distributed in North America by ConvaTec), or Adapt Barrier Rings by Hollister. There are also other generics on the market. Be careful. Quality does vary among these rings. If placed around the skin of your stoma underneath the barrier wafer, the rings add an extra depth of convexity thus helping to push the skin down around your stoma even farther. Remember, no other skin creams, preparations of any kind or stoma pastes should be used along with the barrier rings, as this will adversely affect the adhesion of the seal. Also make sure your skin is clean and dry before applying and use soap with no oils or creams. I use a hair dryer set on very low to make sure my skin is dry in humid South Florida.

CONTINUED ON THE NEXT PAGE

FLUSH STOMAS CONTINUED



Third hint is that you actually might need to use an ostomy appliance belt (not a hernia belt). ConvaTec makes a white one and Holister a fleshtone one. Both can be used interchangeably and snap on to the sides of your pouch. I put a little pressure on with the belt, forcing my skin barrier closer to my body and thus pushing my stoma up. **DO NOT** use a belt without first consulting your Doctor or Ostomy Nurse as some conditions such as a hernia make wearing one a prohibited option.

As all of these options used together still didn't completely solve my problem, I've had to go to DEFCON level 4. I have to lose weight. Some extra pounds I really didn't need have given my tummy a little pooch which made my convexity options less effective. As I have been losing weight my tummy's gotten flatter and the convexity options one through three are more effective. When out to dinner with my honey husband, I hate this option as desserts are always calling me off the menu, but a functional ostomy system just happens to be more important.

Visit our web site
at osgmg.org.

2018 Dues

Have you mailed your annual dues for 2018? Please mail to OSGMG, P.O. Box 945, Macon, GA 31202, include the form on page 8. Dues are \$12 per year (\$1.00 per month). We also accept voluntary additional contributions. Visitors and people seeking our help are not required to pay anything. Please fill in the form and mail it to us. We need your continued financial support.

Next Support
Group meeting on
22 April , 3:00 P.M.

Membership Application
Ostomy Support Group of Middle Georgia (OSGMG)

OSGMG Contact 478-477-8337

Membership in the Ostomy Support Group of Middle Georgia includes receiving the monthly newsletter, visitor training, regular chapter meetings on the fourth Sunday of each month excluding November and December, and other activities of the group. Dues and donations are tax deductible. (Please print legibly)

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____ E-Mail Address _____

___ Permanent Colostomy ___ Temporary Colostomy ___ Ileostomy ___ Urostomy

___ Continent Pouch or J Pouch ___ Medical ___ Spouse ___ Other

___ I would like to be a member and enclose \$12.00 dues.

___ I would like to receive the newsletter but cannot afford dues at this time.

___ I do ___ do not give permission to use my name in the newsletter.

___ I am enclosing a donation for the chapter in the amount of \$ _____ .

Make checks payable to OSGMG and mail to OSGMG PO Box 945 Macon, GA 31202

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