

PRESIDENT - Sam Wilson
478-477-8337
PROGRAMS - Mary Leonard
478-745-3866

Next Meeting

Our next support group meeting is **Sunday, July 22, 2:00 p.m.**, 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.

In This Issue

DIETARY GUIDELINES 2

COLOSTOMY & CONSTIPATION 3

FOOD FACTS FOR OSTOMATES 4

SUMMERTIME AND THE LIVING IS EASY 5

THE OSTOMY RUMBLE

PUBLICATION OF THE OSTOMY SUPPORT GROUP OF MIDDLE GEORGIA

THE OSTOMY RUMBLE

JULY 2018

SUMMER PICNIC SUMMER PICNIC SUMMER PICNIC
ANNUAL INDOOR PICNIC will be held in our usual meeting place at Coliseum Medical Center on 22 July. We meet in the ell of the cafeteria. Our picnic is at **2:00 p.m.**, rather than the usual 3:00. **Don't be late! Fried chicken and rotisserie chicken will be furnished by the chapter. You are to bring a dish or two to share. We will need salads, vegetables, fruits and desserts. Bring whatever you like and enjoy an excellent meal.** These are always pleasant occasions. No heat, no rain, no ants. Just good food and good company.

REMEMBER—2:00—INSTEAD OF— 3:00

SUMMER PICNIC SUMMER PICNIC SUMMER PICNIC

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 such as this when the time will be 2:00.

MORAL SUPPORT
FREE PARKING

SHARING
FELLOWSHIP

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

Next Support Group meeting on 22 July, 2:00 P.M.

O

Since we are having our picnic this Sunday, this Edition of the Ostomy Rumble will be sort of a “ Food For You” issue.

S

Dietary Guidelines for an Ostomate

From the WINNIPEG Ostomy Association

G

Foods that may Increase Odor:

Asparagus, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Beans, Eggs, Fish, Onions, some Spices

M

Foods that may Increase Gas:

Beans. Beer/Carbonated Soda, Broccoli, Brussel Sprouts, Cauliflower, Corn, Cucumbers, Mushrooms, Peas, Radishes, Spinach, Dairy Products

G

Foods that may Thicken the Stool:

Applesauce, Bananas, Cheese, Boiled Milk, Marshmallows, Pasta, Creamy Peanut Butter, Pretzels, Rice, Bread, Tapioca, Toast, Yogurt, Bagels

.

O

Foods that may Loosen the Stool:

Green Beans, Beer, Broccoli, Fresh Fruits, Grape Juice, Raw Vegetables, Prunes/Juice, Spicy Foods, Fried Foods, Chocolate, Spinach, Leafy Green Vegetables, Aspartame, NutraSweet

R

High Fiber Foods that may Cause Blockages:**

Dried Fruit, Grapefruit, Nuts, Corn, Raisins, Celery, Popcorn, Coconut, Seeds, Coleslaw, Chinese Vegetables, Meat with Casing, Oranges

G

** I you must indulge, the four magic words to this category are:
CHEW, CHEW, CHEW and MODERATION



COLOSTOMY AND CONSTIPATION

Vancouver Ostomy High Life

Way back before your surgery, did you go to the bathroom after a hot cup of coffee, milk, cold juice, whiskey or beer? Well, whatever made you feel that need then, can make you feel the need now. Check it out.

If you irrigate, the process may be helped by some of the things you used to do. Of course, if you have had your colostomy for a number of years, your previous habits might not be the same now. Your body can be trained as it was before, and you can adapt yourself to certain habits which can help you be in control

A glass of hot water or juice or a cup of coffee before a morning irrigation may initiate a gut reaction. Also, a glass or two of water after the return starts is usually helpful. If you irrigate before going to bed, a glass of ice water or a cup of hot coffee may get you started. If you have not drank much water during the day, it might be wise to drink an extra glass or two to make sure your tissues will not absorb so much that you are left with little or no return.

What if you don't irrigate? Part of the difficulty in elimination of waste matter experienced by Colostomates is the lack of bulk in the diet. Consumption of white bread, pastries, and highly refined foods does not provide the roughage and bulk necessary for proper evacuation of the colon. The deficiency can be overcome by the simple addition of bran to the diet. Bran can be made into muffins and adding a sweetener like molasses may improve the taste.

Diet ?.....There is no such thing as a colostomy diet. A colostomy is not an illness, so try to eat the same foods you have eaten and enjoyed in the past. If you are on a diet for a condition such as diabetes or high blood pressure, of course you should stay on that diet.

CONTINUED ON THE NEXT PAGE



**Next Support
Group meeting on
22 July , 2:00 P.M.**





COLOSTOMY—CONTINUED

Foods can be acidic or alkaline, bland or spicy, laxative-like or constipating. Individuals react differently to food. Try to return to your former normal diet. Those foods which disagreed with you in the past may still do so. Chew well and see the effect of each food on your colostomy output.

To maintain good health the body requires carbohydrates, proteins, fat, minerals and vitamins. Water is not nutritious but is absolutely necessary. Having a balanced diet is a fitting way to maintain good nutrition and keep bowel activity normal. Every day your body needs meat or fish, dairy foods, vegetables and fruits, cereals and bread and liquids. As always, talk to your physician or ostomy nurse if you have a problem.

SOME FOOD FACTS FOR ILEOSTOMATES

By Dr. Phillip Kramer, Boston University Medical School
From Insights, Southern New Jersey

Dr. Phillip Kramer of the medical school at Boston University conducted 224 studies of ileostomates to determine the effects of various foods on ileal output. Here is a summary of what he found.

The average output per day is about a pint, comprised 90% water and 10% of solids. "Normal" fecal matter is 70% water and 30% solids. Fat and nitrogen content of ileal discharge is normal. Salt output is very high, around one tsp. per day, versus almost none from the feces of a person with an intact colon. This demonstrates that proper salt intake by an ileostomate is very important.

Intake of too much salt is to be avoided because it increases ileal output volume. The body itself seems to compensate for salt and water loss by discharging less salt and water than normal through urination and perspiration.

Above normal water intake is needed to minimize the potential for kidney stone development because urine output is usually less than normal in an ileostomate. One of Dr. Kramer's studies involved high intake of water, up to 3 1/2 quarts per day. At this high level, urine output was increased, but ileal output remained the same.

♪ Summertime...and the Living is Easy ♪

Bobbie Brewer, Greater Atlanta Ostomy Association

Summertime fun may include many outdoor activities, travel and maybe some concerns with ostomy management. Let's review:

Swimming is an excellent exercise and activity you can enjoy with family and friends. So, why are so many of us afraid to get back into the water? Check out these tips:

- √ Don't go swimming immediately after you have put on a new pouching system.
- √ Make sure your pouch is empty and has a secure seal.
- √ Picture framing your wafer with water-proof tape isn't necessary, but may give you the extra confidence you need.
- √ Take precautions against sunburn. Besides being bad for your skin; a bad sunburn can result in diarrhea and sometimes vomiting, thus depleting electrolytes.
- √ When sitting and soaking up the sun, protect/shade your pouching system by placing some covering across the outside area. (e.g. hat, towel, magazine)
- √ Monilia is a common summer problem. This raised, itchy, red rash on the peristomal skin is uncomfortable and keeps the pouches from holding well. If you suspect a monilia rash, consult an ostomy nurse and it may require a visual examination.

Fluids and More Fluids are needed during this hot summer months. Review the following:

√ Water is an essential nutrient needed by each and every body cell. Up to 75% of the body's weight is made up of water. Water controls body temperature, serves as building material and solvent, and transports nutrients. Thirst is a signal that the body needs fluids. Daily losses must be replaced. Encourage fluid intake of eight to ten (8 oz) glasses of liquids each day.

√ Any liquid containing water (soda, milk, juice, etc.) helps to meet your daily requirement. You can also get water from the food you eat. (e.g., tomatoes have a total of 94% water content).

√ Water is an excellent natural beverage; however, over-consumption of water can wash away electrolytes in the body. Drink a combination of water and electrolyte beverages. The glucose ingredient in electrolyte drinks aid in the absorption of electrolytes.

Summer Diets

- √ Remember the fiber content of those fresh fruits and vegetables – enjoy and chew, chew.
- √ Add only one new food at the time to determine the effect (if any) on your output.

Tips for Traveling with Medications and/or Ostomy Supplies

- √ Keep your medicine with you (and emergency pouches) – not in the checked luggage.
- √ Bring more than enough medicine and/or ostomy supplies for your trip.
- √ Keep a list of all your medicines and/or ostomy supplies with you.
- √ Do not store ostomy supplies in your car, especially during the hot summer sun.

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

OSTOMY SUPPORT GROUP OF MIDDLE GEORGIA
PO Box 945
Macon, GA 31202