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478-477-8337
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Next Meeting

Our next support group meeting is **Sunday, June 26, 3:00 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.

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THE OSTOMY RUMBLE

PUBLICATION OF THE OSTOMY SUPPORT GROUP OF MIDDLE GEORGIA

THE OSTOMY RUMBLE

JUNE 2016

WE ARE ALL IN THIS TOGETHER ! SUPPORT AND TAKE CARE OF ONE ANOTHER. THAT'S WHAT WE DO !

We will have Tips and Hints at our June meeting. Bring your questions, concerns and suggestions.



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
FREE PARKING

SHARING
FELLOWSHIP

INFORMATION
MUTUAL AID

OUR MISSION

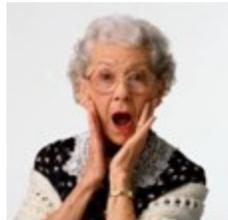
We are a volunteer charitable group affiliated with the UNITED OSTOMY ASSOCIATIONS OF AMERICA (UOAA), which is a national organization composed of numerous support groups similar to ours. We maintain a visitor program in which we visit with persons and their families, at their request, to discuss life 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 26 June
3:00 P.M.

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A SECOND CHANCE

From *The Optimist*, Seattle, WA and *The New Outlook*, Greater Chicago, IL and Springfield's Ostomy Family Newsletter.



Sure, you were shocked. You were depressed. Who wasn't? You thought, "what will my life be like?" Did we not all

have similar thoughts? We thought of monopolizing the bathroom when changing our ostomy system, using too much valuable time primping, feeling embarrassed, worrying about our diet, being overly concerned about how we smell and what other people would think, etc. Did not we all have some of these challenges?

Sure, we resented what happened to us, but we cannot be resentful and grateful at the same time. We cannot change what already happened, but we certainly can do something about the future.

Living is like playing poker—it is not the cards you hold, but how you play them that make the difference between winning and losing. We are not invalids. We do not need pity, sympathy, special considerations, or concessions. We are normal, capable people.

The ostomy is yours to do with as you wish. You have a choice to take either of 2 paths, and the decision is yours alone. You can refuse to accept it, feel sorry for yourself, be bitter, be resentful, withdraw from society, suffer the loss of many of the

fine things life holds for you, or you can accept it.

You can develop a good attitude and go on to live a happy and productive life. You can enjoy the extra time God has granted you to continue doing the things you did before surgery.

The proper training of the mind and body is not as easy job. Nature has not endowed all of us with the same ability to make correct decisions. Some people find it easy to look at a situation from all angles and decide what to do. Others, because of a lack of knowledge or because of emotions, resentments, or habits, find it difficult to make a correct decision.



Ostomy surgery – thank you, modern medical science – has provided us with a rare gift . . . the gift of a second

chance, a chance to live, a chance not given to everyone. As ostomy – any type – is not a handicap; it is a new method of elimination, a life-saving device. Be encouraged. Accept your ostomy. Prove to yourself that you can adjust better than anyone else can. To find happiness, we must think about what we owe to others, the world, and God rather than what life owes us and ourselves.

Let us give thanks for every precious moment, be thankful that we have been helped, and be thankful that we now have the opportunity to help others. Let us count our blessings. Let us thank God we are alive.

WONDERS OF MILK OF MAGNESIA

Via Tulsa, OK, North Central OK *Ostomy Outlook*, Great Plains *Ostomy News*, Lawton-Fort Sill, OK newsletters. Because of its alkaline properties, Milk of Magnesia (MM) is beneficial to skin which has been burned by hydrochloric acid or enzymes from intestinal secretions.



Hygiene of the skin for all types of ostomies is very important. Use alcohol to remove all soap film after washing away intestinal bacteria which can multiply under the wafer. Then rub a light film of MM over the skin around the sto-

ma that is normally covered by the wafer. Enzymes can penetrate so deeply into the surface of the skin that neither soap nor alcohol can remove them, but MM will neutralize them. Rub it gently into the skin.

If the enzymes are there, MM will curdle like cottage cheese. If so, rinse it off with warm water, pat the skin dry, and apply a new film of MM. Let it dry completely, and apply whatever you use, and proceed as usual.

Products such as Digel and Amphogel can be used instead of MM. A paste of MM and Karaya powder is healing to the skin. When the skin is dry, the wafer can be applied.



A SALUTE TO OUR VETERANS

FREEDOM IS NOT FREE

Author Unknown

I watched the flag pass by one day. It fluttered in the breeze. A young Marine saluted it, and then he stood at ease.

I looked at him in uniform. So young, so tall, so proud. With hair cut square and eyes alert. He'd stand out in any crowd.

I thought, how many men like him, had fallen through the years? How many died on foreign soil? How many mothers' tears? How many pilots' planes shot down? How many foxholes were soldiers' graves? No, Freedom is not free.

I heard the sound of Taps one night, when everything was still. I listened to the bugler play and felt a sudden chill.

I wondered just how many times that Taps had meant "Amen". When a flag had draped a coffin of a brother or a friend.

I thought of all the children, of the mothers and the wives, Of fathers, sons and husbands with interrupted lives.

I thought about a graveyard at the bottom of the sea. Of unmarked graves in Arlington. No, Freedom isn't free!



Next Support Group meeting on 26 June , 3:00 P.M.



2016 Meeting Dates

- JUN 26, 2016**
- JUL 24, 2016**
- AUG 28, 2016**
- SEP 25, 2016**
- OCT 23, 2016**



THE ABC'S OF OSTOMY CARE

Originally run in the Live and Learn, via Ottawa (ON) *Ostomy News*, S. Brevard, FL *Ostomy News*, Live and Learn, and Springfield's Ostomy Family Newsletter about 10 years ago.

Appliance: Should fit, be comfortable, unimpaired, odor proof, and inconspicuous



Bleeding: A few drops are normal – injury, cut, or anticoagulant bleeding is not normal.

Closure: Always carry a spare clip (and a spare pouch)

Dehydration: Watch for extreme thirst or no thirst; scant urine. Increase liquid intake.

Eating: Chew! Chew! Chew! And eat slowly.

Fluids: Two to three quarts of water every day.

Gas: Beans, milk, beer, cheese, spicy foods, carbonated drinks. Avoid these or put up with gas.

Hal Zone: Use two tablets to a quart of water to purify questionable drinking water.

Irrigate: Irrigating is not an enema but using an amount of water to cause the bowel to empty.

Joy: Enjoy your new life.

Karaya: Skin protector, conditioner, and adhesive.

Leaking: Always empty pouch at about one third full.

Milk Intolerance: If lactose is deficient in the small bowel, there will be gas, bloating, diarrhea, nausea, and cramping.

Nuts: Your trouble is not in your head. It's at the other end.

Odor: Garlic, eggs, onion, cabbage, and antibiotics can cause odor. Use a good pouch deodorizer.

Pouch covers: Make 'em or buy 'em if you like 'em.

Quiet times: Stomas are usually less active before breakfast.

Rosy red: The color of a normal, healthy stoma (rosebud).

Seat belts: Use them!!

Travel: Use bottled water, bring along a diarrhea prescription and a note from your doctor stating your needs.

Urine: Crystals have an abrasive effect on the stoma. Use compresses soaked in a solution of half and half vinegar and water for 15 minutes.

Victory: It's yours!!!

When can I? Have patience, what you did before, you will do again.

"X" marks the spot. Keep your appliances in a convenient spot.

"Y" did it happen to me? Try to be thankful for modern surgery which gave you your life back.

"Z" is for "Z End": You now have a new end in view!

Interesting how little changes in ten years. Editor

A friend is, as it were, a second self.

The secret to happiness is not wasting time on irrelevant decisions.

WHAT IS A DAD?

A Dad is a person
 who is loving and kind,
 And often he knows
 what you have on your mind
 He's someone who listens,
 suggests, and defends –
 A dad can be one
 of your very best friends!
 He's a proud of your triumphs,
 but when things go wrong,
 A dad can be patient
 and helpful and strong
 In all that you do,
 a dad's love plays a part –
 There's always a place for him
 deep in your heart –
 And each year that passes,

you're even more glad,
 More grateful and proud
 just to call him your dad!
 Thank you, Dad...
 for listening and caring,
 For giving and sharing,
 but, especially, for just being you!

Hope you had a Happy Father's Day



Is Your Pouch Showing?

Forwarded By *NewsLeak*, DuPage County Ostomy Association

Are you worried about your pouching system showing under your clothes? On the other hand, is your stoma protruding so much that it shows through your clothes?

Most Americans today lead pretty busy lives at a relatively fast pace. Everyone seems to be concerned with his/her own individual happenings. Aren't you? By the way, what is the color of the bus driver's hair? Did the sales clerk in the store wear brown shoes or black ones today? What color was the bank teller's tie? Does your brother's wife have blue or brown eyes? Men, what color is your wife's hair?

Give up? Forget about the un-called for worries and enjoy each day. Remember that your attitude about your image will affect the attitude of your family and friends. Most of us are more con-

science of our ostomy than anyone else around us is. Virtually no one in the world even knows what an ostomy is much less to look at one of us and see where it is and if it is showing. Even your fellow friends with ostomies, when we get together often casually look at each other, checking to see if an ostomy shows. If we cannot see it, and we know exactly where to look and what to look for, how is anyone else every going to know? Be happy, you have been given a new life.

BITS OF "WISDOM"

MIDDLE AGE: That time when you get your head together—then your body starts falling apart.

FROM GROUCHO MARX:

Anyone can get old. All you have to do is live long enough.

Visit our
 web site at
osgmg.org

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osgmg.org

Sports with an Ostomy

By Barbara Hurewitz

Sporting activities are some of the most exciting things for someone with an ostomy to participate in. Good muscle tone and increased strength are important for anyone who has suffered a prolonged illness, but for people who have had ostomy surgery there is added pleasure of doing something which, because it is a challenge, adds to our emotional strength.

When I was ill, I had no desire to do any kind of vigorous physical activity. After my operation, while I felt better, I was still worried about taking part in many activities especially athletic ones. I was afraid my pouch would strain my abdomen, and that I would feel inhibited from really throwing myself into a sport. But, by starting gradually doing various exercises and by taking a certain number of precautions, I not only have enjoyed vigorous activity but have also found myself doing many sports I had never done even before my illness.

This successful activity has in turn increased my courage and made it easier to accept my ileostomy. It has certainly brightened my outlook many times. I think that swimming is the first sport someone should try after ostomy surgery. It is a gentle form of exercise, which uses all the muscles in your body. The gentle exercise of swimming should develop your body into good enough shape to

start any other sport. Some people suggest wearing waterproof tape around the skin barrier, although I do not. I have worn my regular pouch in all types of pools and lakes without any added protection and found this satisfactory. Some wear some sort of reinforcement such as a stretch panty or a gentle support belt under your bathing suit, although I do not. Some feel more comfortable if the pouch is held firmly in place and kept from moving around.

This same kind of support is excellent for horseback riding. A comment from *Northwind News* reads, "We have quite a few members involved in sports in Alaska. We have people with ostomies involved in running, basketball, tennis, skiing, hiking, skydiving, mountain climbing, swimming, hunting, fishing, baseball, two and three week backpacking trips over all sorts of terrain including glaciers and all kinds of dancing and skating."

Remember; always check with your doctor before starting any strenuous physical activities. Ease into training for any kind of strenuous sport by working out an exercise and nutritional program with your doctor. A doctor monitored program should prevent electrolyte imbalance and possible hernias.



"AH - MUST BE MY OSTOMY SUPPLY"

Moderation

From the ostomy surgery achieves

It is several months since you had your surgery, and you have adapted just fine to your new plumbing. You have a beautiful stoma. Changing your pouching system is almost a routine. Your skin has now adapted to the patch you apply, and you may wear your pouching system three or four days before changing it.

Boy, this is living again! No more pain! You can go out without worrying about bathroom locations and even your arthritis seems to bother you less (prednisone can do wonders). You accept an invitation to a party for the first time in two years and really rejoice in being out with your friends again.

You drink with freedom and down quite a few handfuls of peanuts. You wander to the table with raw vegetables and try them again and again joining in with your friends. The dinner is delicious—including the corn on the cob. This has been a truly great night—just like old times.

It is two o'clock in the morning, and you have not slept a wink. There has been a persistent pain around your stoma that will not let you sleep. And now it is getting worse. You recall that you have not had much effluent in your pouch. What you do have is mostly water.

By three o'clock, it is much worse and by four you are considering going to the emergency room. You remember reading about blockages and try to remember remedies that were mentioned. You drink some warm tea, pull your knees to your chest and rock back and forth.

You eat some crackers, drink some

grape juice and knead the area around the stoma. You drink some more, have a little mineral oil, get in the shower and let warm water roll down your back to relax. About the time you decide to go to the hospital, you feel a bit better.

You notice that your pouch is no longer empty. When you empty your pouch, it is like pouring out a bag of peanuts in the toilet.

You have learned a great lesson. Sure, you can eat nuts, popcorn, raw vegetables or corn on the cob—but common sense will now tell you in the future not to eat huge quantities of them all at the same time. Eat them in moderation, drink and chew your food better. Let me repeat: Chew your food better. Eat in moderation. Drink plenty of fluids.

BIG SALE

Those who want to pretend to be James Bond missed their chance when the car used in James Bond movies sold at London's RM Auctions for \$4.6 million US. The 1964 DB5 Aston Martin was driven by actor Sean Connery in the 1964 movie "Goldfinger," and again in the 1965 movie, "Thunderball." Auction house spokesman Peter Haynes says the car was equipped with all the crazy gadgets from the movie, but it was still street legal and could be driven. The previous owner of the car was a radio disc jockey, who bought it in 1969 for \$12,000.



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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