

Ostomy Outlook



NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume XXII, Issue X, May/June 2010

Date:	Monday, May 17, 2010
Time:	"6:30 PM"
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
Program:	"Body Image and the Ostomate" Bob Bartlett, MA Candidate, Therapist, and Owner of Phoenix Process Consultants.
Date:	Monday, June 21, 2010
Time:	"6:00 PM" Note: time change
Place:	United Methodist Church of Peace Same address as above
Program:	Annual Antless Picnic- We supply the food-you bring a joke to tell!



*Happy Mother's Day
From Brenda and her Mom*



**Bring a
Joke!!!!**

Mailing Address; Ostomy Association of the Minneapolis Area
P O Box 385453, Bloomington, MN 55438-5453

The Ostomy Outlook is printed and circulated for people with Colostomies, Ileostomies, Urostomies and alternative procedures, their families and other interested Persons.

Consult your physician before using any product or procedure published in this newsletter

OUR VISION

- To establish a colon cancer event or align with an existing event in every state to help raise awareness and funds to adequately support colorectal cancer activities at both the local and national level.
- To recruit partners from local and national businesses, health organizations, media and those touched by colon and rectal cancer to help develop these events.
- To assist local organizers in identifying and directing funds raised to the best local organizations or programs that ensure our mission that all citizens have adequate information and access to screening for colorectal cancer.



Please join us for the 6th Annual Get Your Rear in Gear 5K Run/Walk at Southdale Center in Edina. Sign up early to guarantee your shirt and goodie bag. Food and refreshments will be available.

Date: May 16, 2010

Registration: 7:00 a.m.

Kids' Fun Run: 8:00 a.m.

5K Timed Run: 8:30 a.m.

5K Walk: 8:35 a.m.

Location: Southdale Center, Edina

Fees: Discounted price by mail or online through April 25: Adult: \$25.00

Child (12 and under): \$12.00

Full price by mail or online after April 25: Adult: \$30.00

Child (12 and under): \$15.00

Mail in registration must be postmarked by May 6th

Online registration closes May 12th

Race day registration available

Contact getyourrearingear.com for more info.

Ostomy Association of the Minneapolis Area Membership Creed

As members of this group, it is important to be ever mindful of our many blessings: our understanding families and friends, our homes, and our way of life.

Most of all, as ostomates, we need to be ever mindful of the life which has been given back to us and to find the courage to face our daily challenges.

Let us continue to be concerned for people who need our help, our support, and the knowledge that we have gained. Let it be our task to reach out to others and to ourselves. May we do this in a spirit of fellowship and fond regard.



PRESIDENT'S

CORNER

**Anne Marie Kronick
& Marilyn Carlson**

In our last President's Corner article for this year we would like to thank all the people who work tirelessly to make our organization what it is today.

First and foremost Anne Marie and I would like to thank Carol Larson and Brenda Elsagher, whose help as our past Co-Presidents was tremendously important to new presidents like us. Next we have our Treasurer, Don Heinrich, who keeps all the money straight and makes sure bills are paid on time. Carol Larson also has the mighty job of Newsletter Editor. She puts together a newsletter every other month with personal stories of and articles written by our members (Patient Power) as well as interesting and helpful information for ostomates. We have had two changes in our Membership Chair but we are continuing to muddle through, hoping for a kind soul to step forward and take up the position.

Of course we have our Hospitality Chair, Frank Moriarty whose friendly face greets you at every meeting. Who knows maybe someone will win a trip to Ireland (ask Frank about that). Mike Carlson, also Hospitality Committee is the man who greets you at the door and guides attendees in the right direction. This has been especially beneficial for new members. We must thank Anita Summers, Visitation Chair, for her years of service since she will be leaving us for the sunny climes of Arizona. Our President Elect, Marlee Kivens has been extremely active especially with regard to our website and newsletter.

Finally, if you were at our last meeting and heard the wonderful, educational, and truly helpful talk given by Julie Powell, you know how invaluable it is to have a CWOCN nurse in our chapter. We have the best!! Thanks, Julie.

We also have people who do wonderful things behind the scenes and no one knows. For instance, did you know that Ruth Siefert takes extra ostomy supplies that are brought to our meeting and mails them out to FOW (Friends of Ostomates Worldwide.)? So if you have any unused supplies lying around, please bring them to a meeting. Also we had a disappearing website and Amy Finley took upon herself to get a new one going so people can find us on the net. Check it out at www.mplsuoaa.org.

There is one nagging problem we are having – collecting our dues for 2010. So if you haven't sent that check in for \$25.00 please do so today. If you have already sent in your membership, thanks so much. If you're not sure, check with Anne Marie at the next meeting. She'll check the records and let you know if you're up to date.

A great big thank YOU to all members for coming to meetings and making it the great organization we hope it is and for all your ideas, which will continue to make it better.

GETTING TO KNOW ME!

Don Heinrich



By now, most of you will recognize Don Heinrich. Besides being our conscientious treasurer for all these years, he is the guy who starts us off at every meeting with a joke or a wise saying. Don and his wife Nancy have also served us dinner for our “Antless Picnic” for 8-10 years. He has a fascinating past that you may not know. This is his story:

I originally came from Rush City, Minnesota. When I got out of high school, I joined the Marine Corps for ten years. I went back to the University of Minnesota and graduated with an Engineering degree. At first I interned at Honeywell, and then for the next 25 years, worked for the Transportation Department of Minnesota. (I also developed a refrigerator valve for Control Data in the 1970’s which they didn’t buy my patent but continued to ask for my services.) In the 1980’s, a friend introduced me to Nancy. We were married in 1986 and moved to New Brighton, MN.

I retired from the Military in 1990. Nancy had been an assistant working with handicapped children for “Opportunity Partners” District 287 in Anoka. After I retired, she worked part-time for awhile, and then left her career so she could travel with me. Traveling has been especially important to us and something we both enjoyed.

In 1994, I was diagnosed with colon cancer and had to undergo surgery, chemotherapy, and radiation. It was a rough year for both of us. It was all so new. So we joined this ostomy group for support and information. It helped our adjustment when I finally had to have a colostomy.

We didn’t stop traveling however, and went to Hawaii once a year even after that. Nancy and I worked for environmental causes: Rehabilitation gardening resources and working with sea birds. Ten years ago, in Oahu, I was bitten by some nasty spider and became quite sick. The military corps hospital there gave me antibiotics, but I needed more treatment than that. When we returned to the States, Nancy and I went down to the Mayo Clinic for treatment in their dermatology department. Let me tell you, they have treatment for of every kind of plant that exists! I finally recovered from that.

We’ll be serving another antless picnic on May 17th, but that will be a busy weekend for us. We are serving food for handicapped children on Saturday for the Salem Covenant church in New Brighton. On Sunday, our granddaughter is getting married, and of course, on Monday, the 21st of June we will have our “Antless Picnic.” We’re looking forward to that.



ConvaTec is proud of our nearly 30-year heritage and our many contributions towards advancing the fields of modern wound and ostomy care. Today, we are equally energized and excited about our future as part of Nordic Capital and Avista Capital Partners. As we move forward, what remains unchanged is our passion for making a difference in people's lives.

.....

Patient Power

If you have any ideas or issues you'd like us to address, please send them in to the newsletter editor or directly to us, Darlene Hafner and Anne Marie Kronick." You can reach us by emailing dmhafner@yahoo.com or amkronick@comcast.net

All Ostomies Are Not the Same-Written by Julie Powell BSN-WOCN
(Article was requested by many members after listening to Julie' speech last April.)

An Ostomy is a surgically created opening in the abdomen through which the end of the intestine is brought up to the surface of the skin. This new opening, called a stoma, allows waste to leave the body and pass into an appliance attached around the stoma. There are three categories of stomas: colostomies, ileostomies and urostomies. Although similar in construction, each type of ostomy differs in the care and management required by the Ostomate.

The large intestine or colon is 5-6 ft long and has four sections: the ascending colon, the transverse colon, the descending colon and the sigmoid colon which connects to the rectum and anal opening. The colon functions as a storage unit. Normally as stool moves from the ascending colon to the rectum, water is reabsorbed into the body creating more formed fecal material. A colostomy can be created from any section of the colon. What implications does this have for the Colostomate? The further downstream toward the anal opening the stoma is created, the more likely the stool will be formed, requiring less emptying of the appliance. Generally, Colostomates have no dietary or medication restrictions secondary to the colostomy. Both constipation and diarrhea can occur. Stool is less irritating if it comes in contact with the skin. Only Colostomates can perform Irrigation as a means of controlling evacuation of fecal material from the stoma.

Ileostomies present a different set of challenges. The small intestine is approximately 22 ft in length and the primary organ for the digestion and absorption of nutrients into the body. The contents in the small intestine are very liquid. The end of the small intestine is called the ileum. The surgeon brings the end of the ileum out through the abdominal wall creating the opening or ileostomy. The colon is completely bypassed. Thus the stool eliminated via the ileostomy is never formed and most often

diarrhea-like. This has many implications for the Ileostomate. First the appliance will have to be emptied more frequently, 4-8x/day on average. The more liquid the stool, the greater chance for dehydration. All time-released, enteric coated and laxatives should be avoided. Review all medications with a physician or pharmacist. Ileostomy output can be very damaging to the skin around the stoma because it contains enzymes utilized in the digestion process. High fiber foods can contribute to a rare complication known as food blockage. These high fiber foods have difficulty completely digesting in the small intestine and passing out of the stoma causing a blockage. The Ileostomate lives by a few Golden Rules: chew all food well, drink plenty of fluids, peel it before you eat it and change the appliance if leakage is suspected.

A urostomy is a diversion of urine from the body and normally is created after the bladder has been removed. The most common performed procedure is the Ileal Conduit. The surgeon uses the end of the small intestine, or ileum to create a conduit for the urine to leave the body. As urine flows continually, the appliance with need to be emptied every 2-4 hours during the day. At night, most Urostomates connect the pouch to a larger bedside bag. This allows for a good night's sleep. The urine has a slightly different appearance. As urine flows through the piece of intestine used to create the conduit it picks up mucous. The mucous appears as white shreds in the urine.

Membership Memos:

- Please remember to thank Anne Marie Kronick and Marilyn Carlson for being our Presidents this year. They did a great job!
- We are in need of two (or more volunteers.) Marlee Kivens needs a co-chair, or two co-chairs to help her run the meetings. We need a membership chair and a hospitality chair. The work is not great but the rewards are.
- **Remember to bring a joke to tell at our Antless Picnic. We start at 6:00.**
- Have any stories to give to Brenda for her next book? "It's In the Bag and Under the Covers." Contact Brenda at: brenda@livingandlaughing.com



Don't Forget!

Membership Dues are due, if you haven't paid them already!

Meetings are the third Monday of every month except for July, August, and December.

2010 OAMA BOARD

President	Marilyn Carlson	952-941-9148	thunderlake@usfamily.net
	Anne Marie Kronick	612-236-4899	amkronick@comcast.net
President Elect	Marlee Kivens	952-931-0862	kiven002@umn.edu
Secretary:	Mike Carlson	952-948-5170	pcarlson49@yahoo.com
Treasurer:	Donald Heinrich	651-631-4978	donh17023@hotmail.com
Newsletter Editor:	Carol Larson	952-934-3804	caroldavidlarson@aol.com
Membership, Visitation and Co-President	NEEDED		
Hospitality:	Frank Moriarty	763-577-5907	moriartyf@earthlink.net
Past Presidents:	Brenda Elsagher	952-882 9882	brenda@livingandlaughing.com
	Carol Larson	952-934-3804	caroldavidlarson@aol.com Fran &
ET Nurse CWOCN:	Julie Powell	952-924-5086	jpowell1@fairview.org
UOAA Web Site:	www.mplsuoaa.org		

ASSOCIATION of the MINNEAPOLIS AREA

2010 Annual dues are \$25. This includes Membership in the *Ostomy Association of the Minneapolis Area* and a subscription to the *Ostomy Outlook Newsletter*

SEND TO: **Ostomy Association of the Minneapolis Area**
P O Box 385453
Bloomington, MN 55438-5453

Name: _____ **Email:** _____

Street: _____

City: _____ **State:** _____ **Zip:** _____

-----"

Remember: Bring your Ostomy supplies you no longer use to the meeting, or call any board member to arrange pickup or ship those supplies to

FOW-USA
1500 Arlington Avenue
Louisville, KY 40206-3177

When The Trip Changes-updated and revised book

By Carol Larson-

Note to all members: I will be taking a few minutes on May 17 to talk about how this book developed and what changes I've made to it since the first book. Throw the old one away! Many resources and numbers are no long valid plus I've added a new chapter including info on Sue Norby's support group, Brenda and our group.

Make a donation to OAMA for \$10.00 and you can have the book for free. We will use this money to fund future OAMA newsletters.

Colon Cancer Coalition



GET YOUR
REAR
IN GEAR
TWIN CITIES

6th Annual Get Your Rear in Gear 5K Walk, Run, Kids' Fun Run May 16, 2010 Southdale Center, Edina

- Honor a survivor and those still battling.
- Pay tribute to those we have lost. • Form a Team.

www.getyourrearingear.com • 952-426-6521

The Phoenix

The official publication of UOAA

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



Half of each subscription funds the nonprofit UOAA. Subscribe Today!

**Annual subscriptions:
\$25 (4 issues)**

**Money Back
Guarantee!**

Send check or money order to:
The Phoenix, P.O. Box 3605,
Mission Viejo, CA 92690
Phone/Fax: 949-600-7296

Name _____

Address _____

Apt/Suite _____

City _____

State _____ Zip _____ 100750 11840



Brenda Elsagher



Ostomy Accessories that give me confidence. **That matters.**

With **Adapt Accessories**, your ostomy system truly fits into your life. **Adapt Barrier Rings** help prevent leakage by creating a secure fit. **Adapt Lubricating Deodorant** neutralizes odor and eases the emptying of your pouch. For a sample, call **1.888.740.8999**.

Hollister Ostomy. Details Matter.

Hollister and logo, Adapt, and "Attention to Detail, Attention to Life." are trademarks of Hollister Incorporated.
"Hollister Ostomy, Details Matter." is a service mark of Hollister Incorporated.
©2009 Hollister Incorporated.

 **Hollister.**
www.hollister.com

Ostomy Outlook Volume XXII, Issue X, May/April 2010

Ostomy Association Of The
Minneapolis Area
P O Box 385453
Bloomington, MN 55438-5453

If you **DO NOT** wish to
receive this newsletter,
please check here ☐ and
return to the ←address at
left

Non-Profit Org U.S. POSTAGE PAID Minneapolis, MN Permit No. 29482
--

ADDRESS SERVICE REQUESTED

To:

Please enroll me as a new member of the Ostomy Association of the Minneapolis Area

If you haven't enrolled, 2010 Annual dues are \$25 and are due following your submittal of this form. Membership in the Ostomy Association of the Minneapolis Area includes 8 informative meetings, subscription to the "**Ostomy Outlook**" newsletter and an "Antless picnic" in June.

OAMA
PO Box 385453
Bloomington, MN 55438-5453

I have a: Colostomy ☐ Ileostomy ☐ Urostomy (ileal diversion) ☐ Other ☐ Non-ostomate ☐

Name: _____

Street: _____

City: _____ State: _____ ZIP: _____ Phone: () _____

As a tax exempt Organization, all contributions and dues are tax deductible

----- ✂ -----
OSTOMY ANNIVERSARY

The Anniversary of my stoma is ____/____/____, and in order to celebrate my return to good health, I am contributing the sum of _____ or \$ _____ per year for my stoma.

I hereby grant permission to print my name in the Chapter Newsletter.

Name _____ Years _____ Amount \$ _____

Send this form with your check, Payable to OAMA

----- ✂ -----