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SOLANO OSTOMY NEWS

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OSTOMY ASSOCIATION OF SOLANO
P.O. BOX 5142, VACAVILLE, CA 95696



DATE: May 5th and May 19th **VIDEO METINGS**

**HOSTS: May 5th at 7:00 pm – Hosts: Peggy Terry & Dan
Program – Collin Jarvis: Vice President of Marketing
Stealth Belt – Ostomy Support Solutions**

**May 19th at 7:00 pm – Hosts: Mary Lou Santillo & Dan
Program – Cassandra Kottman - From Ostomate to Black Belt**

REFRESHMENTS: BYOB (Bring Your Own Beverage)

WHERE: In Your Living Room, Kitchen, Dining Room – You Pick It

The documents contained within this newsletter are presented expressly for informational purposes only. In no way are any of the materials presented here meant to be a substitute for professional medical care or attention by a qualified practitioner, nor should they be construed as such. ALWAYS check with your doctor or CWOCN.



IT'S JUST ME AGAIN

I hope this finds everyone happy and healthy. May is a great month of the year. Everything is greening up, blooming, and getting into spring growth. They say, that “April Showers Bring May Flowers”. That is probably not so true most years in California, as we rarely get showers in April. For us, its “April Irrigation Brings May Flowers”. May is also special with **Mother’s Day** coming up, and of course **Memorial Day**. We have some great guests over the next couple months. Many of our members, including myself, are looking forward to travel again.

Upcoming May 5th, we have **Collin Jarvis**, Vice President of Marketing for **Stealth Belt**, joining our meeting. Collin tells his inspirational story of his journey through the ostomy world at an early age, and he will of course discuss the Stealth Belt ostomy support products. www.stealthbelt.com

Upcoming May 21st, we have **Cassandra Kottman**, from Ostomate to Black Belt. Cassandra proves that you can do anything with an ostomy. Cassandra will discuss her journey through the ostomy world.

Regarding our wonderful CWOCN’s, **Peggy Terry** and **Mary Lou Santillo**, just a special thanks for taking the time out of your busy schedules to participate in our group. You often help our members get through some tough times and answer the tough questions. We appreciate your sticking with us.

In the past, as many members are traveling and busy with summer activities, we **have not** routinely had a meeting in **July**. We are planning to **not have any meetings**, Video or In Person in July this year as well. I am hoping that we will be able to have our first physical meeting in August, but that is of course pending right now.

Upcoming Meetings – Add to Your Calendars – Details to Follow

- May 5th** - Hosts: Dan and Peggy, CWOCN
Collin Jarvis: Vice President of Marketing
Stealth Belt – Ostomy Support Solutions
- May 21st** – Hosts: Dan and Mary Lou Santillo, CWOCN
Cassandra Kottman – Inspirational Speaker
- June 2nd** – Hosts: Dan and Peggy, CWOCN
Potential Guest + Roundtable Discussion



OMG I'm Bleeding from Tulsa (OK) Ostomy Life Newsletter. Don't be alarmed if your stoma bleeds a little bit when you're cleaning it. As long as the bleeding stops after a minute or two, this is actually a good sign. Your doctor wants your stoma to be healthy and have a good blood supply. What you really need to keep an eye on is the peristomal skin...that's the skin directly around your stoma. Just make sure it looks like the rest of the skin on your stomach.

The fit is the difference with Body Fit Technology

Mackenzie Bauhs CWOCN, Coloplast employee and Clinical Consultant

All bodies change over time, and your barrier should adapt to those changes! Body changes might include gaining weight, losing weight, healing after surgery, or simply everyday body movements. BodyFit technology helps bend, move, and adhere to your skin throughout these changes.

Fit

Fit is important to consider when selecting a barrier. Proper sizing of the stoma with these body changes is important to help reduce peristomal complications that may occur.

Flexibility and stretch capability

A flexible barrier with the ability to stretch is needed for everyday movements when the body moves and bends, and it's also needed for when the body changes shape and size over time. With BodyFit technology, the barrier adheres to the skin but allows for movement underneath without constricting the skin or limiting movements.



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Adhesion

Of course, it's important to have a barrier that adheres and sticks to the skin surrounding the stoma! If the skin is moist, injured, or unclean, this may impact the barrier's ability to stick. With the flexibility and stretch capability in BodyFit technology, the adhesion continues to support the movements of everyday life and remain adhered to the skin.

The materials are presented for general information purposes only. They do not constitute medical advice and should not be a substitute for consultation with a trained medical professional. Talk to your healthcare professional about what may be right for you. Please refer to product 'Instructions for Use' for intended use and relevant safety information.

Every body is different

Most people with an ostomy experience changes in their body shape over the years, but many do not change their ostomy pouching system despite facing leakage and skin issues due to a poor fit. But how do you know if your pouching system is still right for you? Make sure your pouching system fits your body and your life. It takes just 8 easy steps to complete the BodyCheck assessment, and we'll give you some guidance on ostomy products that may be better suited to your individual body shape. The product should fit you, not the other way around.

www.coloplast.us/bodycheck

Connect to confidence with Coloplast® Care

Having an ostomy can be a life-changer, and it's natural to have many questions. That's why Coloplast has designed Coloplast Care – a program designed specifically to prepare you for situations you may encounter or answer product and lifestyle questions you may have. This program includes personalized support from a team of Coloplast Care Advisors who get to know you and help you through everyday challenges.

Sign up and receive support through Coloplast Care today!

Visit us at ostomy.coloplastcare.us

Call us at 1-877-858-2656

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OSTOMIES DO NOT PREVENT US MAKING A SPLASH!

by Ellyn Mantell

From: www.morethanmyostomy.com



As a matter of full disclosure, I do not enjoy the water...never having learned to swim; and although learning was on my bucket list a few times, I never felt comfortable with my head in the pool. But I am aware that many live for this time of year when cooling down or just splashing around is good for the soul, and being an Ostomate does not prevent us from doing what we want!

Like so many ostomy-related issues, there is an entire industry devoted to assisting swimmers on participating without “pouch concern.” While looking in my stash of samples to help a new Ostomate, I came across an item that I would love to pass it along to you. They are by **SAFE AND SIMPLE**, which makes very skin-friendly products, and are called $\frac{1}{2}$ **ARC SKIN BARRIER STRIPS**. They provide a water-resistant seal and will provide the Ostomate with the confidence that he or she can swim without concern about losing adhesive protection. I also showed the new Ostomate **Brava Elastic Barrier Strips by Coloplast**, which are designed in multiple shapes to fit many contours of stomas. There are many more products that can be found advertised in **THE PHOENIX Magazine** (“The” magazine for all things ostomy!) so that confidence and security is attainab

Additionally, there are swimsuits that are designed for the special needs of an Ostomate. I can absolutely recommend **Ostomy Secrets by Convatec** for their unique design. The men’s line includes trunks in different colors; the women’s line includes full suits or just bottoms that can be worn with tops from other suits. I love my black and white polka dot bottom that I pair with a bright lipstick red tankini to sit by the pool. No, I don’t swim, but a girl has to look the part! Give me a big hat, yes, a colorful mask, and I am summer-ready!

The full collection, like their underwear and intimate wear, have an internal pocket for the pouch on both sides, since colostomies are usually on the left side, while ileostomies are usually on the right side. Urostomies can be either side.

My pitch for sunscreen, once again...please use it! The last thing any of us need is skin cancer, which poses so much danger to all, and Ostomates need no other complications. We need to be as healthy as possible to maintain our independence and live our lives to the fullest. Lastly, please do not dehydrate in the heat of the summer. Plenty of fluids and staying cool are key to feeling well. Drink, drink and drink, because by the time we are thirsty, we may find ourselves disoriented and nauseated. Particularly ileostomates are most susceptible because our stomas are always producing output. Learn more by reading other information provided on my blog site, or visit the **UOAA (United Ostomy Associations of America)** website. Enjoy the summer...it always flies by so quickly!



Pancaking

I have a colostomy and problems with pancaking. The only time I have stool go to the bottom of the pouch is if I have diarrhea. I have tried lubrication, Pam® and cooking oils. I always make sure air was in the pouch, yet I still have the problem. I have even tried stool softeners! What can be done for this problem that affects many of us? G.R.

Dear G.R.,

Pancaking is when stool collects at the top of the pouch at the level of the stoma instead of dropping down to the bottom of the pouch. This causes a buildup of stool, pushing underneath the wafer and causing a leak. This is often due to having little or no air in the pouch, allowing the sides of the pouch to stick together. A filtered pouch can be so effective at dispersing gas that it can form a **virtual vacuum**, not allowing the stool to move to the bottom of the pouch.



Often, ostomates use a **lubricant designed for pouches** or even **cooking spray** or **baby oil**

to lubricate the pouch, allowing the stool to slide to the bottom. Some ostomates will intermittently cover the filter on a filtered pouch to allow for a small amount of gas to stay in the pouch. I have heard of ostomates placing tissue paper along the sides inside of the pouch to keep the pouch sides from touching.

Changing your diet to include more fiber and drinking more liquids may soften the stool allowing it to travel down the pouch more easily. Eating more fiber and fewer carbohydrates can decrease the stickiness of your stool. Consider taking a fiber dietary supplement.

Ask Linda Coulter the Ostomy Nurse

Skin Cleansing

I've had my colostomy for two years. I've always used regular hand soap to clean around my stoma each time I change my pouch. I just read that I should only use water and NO soap. This doesn't seem right, but it was in an email from Hollister. What do you recommend? K.D.

Dear K.D.,

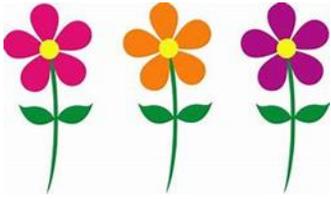
Whether to use soap or not is a debate among stoma nurses. In my ostomy nurse education, I was taught to use soap, specifically soap that does not contain lotion or oil. In other words, a non-moisturizing soap was recommended. Lotions and oils in the soap can build up on the skin so that the baseplate doesn't adhere well. This leads to a shortened wear time and leaks. However, soap helps clean stoma output, tape residue and adhesive remover off of the skin. If not removed from the skin, stoma output can cause skin breakdown and adhesive remover can cause a sensitivity reaction and decrease pouch adhesion. Tape residue is unsightly because it collects fuzz from clothing which looks dirty.



I was surprised to learn that nurses in other programs were taught to not use soap. In fact, stoma nurses who recommend using soap are in the minority. So why is there this discrepancy? It has to do with the natural pH of the surface of human skin which is slightly acidic. This "acid mantle" protects the skin because it is a barrier to bacteria. If the pH rises, the skin doesn't protect as well against bacteria. Most soaps tend to raise the pH of the skin, making it less acidic, and therefore more susceptible to bacteria and possible infections.

When I learned this, I was concerned. Had I been unintentionally harming my patients? So I did a some research and found that yes, soap can raise the pH of the skin, but this affect lasts for only about two hours. If alkaline soap is used

every day, there is some evidence that this may negatively affect the natural protective barrier of the skin. However, pouches are usually kept in place for three to seven days, giving the skin lots of time to recover its protective pH level.



As far as I understand, these are the two sides of the soap debate. I still teach new ostomates and their family members to use lotion-free soaps, followed by a good rinse with water. For those with sensitive skin I teach them to either use only water or a pH balanced skin cleanser which are readily available.

Join us for our session on
Leaks, Tweaks, and Peeks

Tuesday, April 26th

6:00 pm EST / 3:00 pm PST

OSTOMY
ACADEMY | Education
for every
ostomate

Presented by:  UOAA

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Helpful Hints from Here and There

Ostomy Oracles- Crouse Hospital, Syracuse

Why not empty your pouch each time you urinate? No need to wait until you are full. While in the "Neighborhood" just do it.

Two or three tablespoons of plain baking soda in water when washing around the stoma will not only help heal the skin but relieve itching too.

Watch your appliance if you are beginning any new medications. Contact your doctor immediately if you suspect the medicine is going straight in and straight out. (Editor's note: I once found undigested iron pills in the toilet bowl. Digestive acids had removed the coating, but the rest of the pill still went through.

Carry an extra tail closure with you in case one goes "down the drain" or slides across the public restroom floor. (Or use the pouches with the velcro closures). It could prove critical to your entire program as well as your morale.

Wash reusable plastic pouches in COLD water. Hot water does not get them cleaner, but it does weaken the pouch and can destroy the odor-proofing. Hot water locks color and odor into the pores of the plastic.



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The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

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