



INSIGHTS

The Newsletter of the
**OSTOMY ASSOCIATION
OF SOUTHERN NEW JERSEY**

www.ostomysnj.org

SERVING OSTOMATES IN SOUTH JERSEY SINCE 1977

October 2015

WELCOME!

The **Ostomy Association of Southern New Jersey (OASNJ)** is dedicated to providing information, advocacy and peer support to our members, their family and caregivers, and to the area's intestinal and urinary diversion community at large.

We meet regularly to share experiences, provide mutual support and learn about the latest products and information for colostomy, ileostomy, urostomy and continent diversions.

Meetings are held at the **Virtua-Memorial Hospital Burlington County**, located at 175 Madison Avenue, Mt. Holly, NJ 08060 in the 1st floor Conference Center. We meet on the **3rd Monday of each month with the exception of July and August**. The June meeting is traditionally held in an area restaurant. Meetings begin at **7:00 pm and adjourn by 9:00 pm**. Families and friends of ostomy patients are always welcome to attend. There is no fee to attend and refreshments are served.

For more information about the **OASNJ**, contact us at 609-315-8115 or visit our website at www.ostomysnj.org

AFFILIATION:

OASNJ is an affiliate of **UOAA**, the **United Ostomy Associations of America**. It has IRS 501(c)(3) Charity Status and 360 affiliates nationwide. Contact UOAA at **800-826-0826** or www.ostomy.org. For more info sign on to **Twitter.com/UOAA** or **Facebook.com/UOAAinc**.

SCHEDULE

OCTOBER 3: WOD OBSERVANCE OASNJ will have an "Ostomy Information" table set up at the ShopRite, 1520 Rt 38, East Hainesport from 11am-3pm

OCTOBER 19: Program for the evening to be announce at a later date.

NOVEMBER 16: Our Hollister Rep< Kathy Detky will join with us to show and tell their latest products.

DECEMBER 21: Our traditional Holiday meeting with our ConvaTec Rep, Kristina Klein

OASNJ Satellite Support Group

Where: Virtua Health Wellness Center, 401 Young Avenue, Moorestown, NJ

When: The 1st Wednesday of the month, from **Noon to 2:00 PM** .. **Upcoming meeting October 7th ... Coloplast Rep** **Contact:** Lois Moskowitz, 609-707-4368 or e-mail: Strongcoffee1@verizon.net for details.

Attention Gloucester County Ostomates and anyone else that is interested! The Woodbury Ostomy Support Group meets the 3rd Wednesday of each month at the Inspira Medical Center Woodbury (Underwood Hospital's new name), Medical Arts Building, Suite #14 **Next meeting September 16th at 6:00pm**. Contact Kathy Pfleger at pflegerk@ihn.org for details.

VISITING PROGRAM ... Please Note ... We Have a New "Help Line" Tel # ... 856-983-1433

If you, or someone you know is in need of a trained ostomy patient visitor, call **Sandy Ritter** at **856-983-1433** to arrange for an in-person or telephone visit.

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AMERICAN CANCER SOCIETY.

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DISCLAIMER : No suggestions made, or any products named in any article or advertisement in this newsletter, at our meetings or recommended by a member of our organization is to be considered as an endorsement by the Ostomy Association of Southern New Jersey or the United Ostomy Associations of America, Inc.. Always consult your doctor and/or WOCNurse before using any products of ostomy management procedures published in this newsletter.

• OSTOMY PRODUCT DISTRIBUTORS

American Ostomy Supply (800) 858-5858
Bruce Medical Supply (800) 225-8446
Byram Healthcare(877) 90-BYRAM
Edgepark Surgical(800) 321-0591
Express Medical Supply(800) 633-2139
Liberty Medical Supply(866) 486-2379
Medical Care Products(800) 741-0110
Ostomy Care Supply(866) 207-5909
Parthenon(800) 453-8898
SGV(800) 395-6099
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Sterling Medical Services(877)-856-1286
TOTAL eMEDICAL (800)-809-9806

OSTOMY PRODUCT MANUFACTURERS

Coloplast (888) 726-7872
ConvaTec (800) 422-8811
Cymed (800) 582-0707
Dansac (800) 538-0890
Genairex (877) 726-4400
Hollister Incorporated (888) 740-8999
Marlen Manufacturing (216) 292-7060
New Hope Laboratories ... (800) 899-5017
Ostaway x-Bag (800) 774-6097
Ostomy Secrets (800) 518-8515
Torbot (800) 545-4254

• WOUND, OSTOMY and CONTINENCE NURSES SOCIETY ... www.wocn.org

Area WOCNurses:

Arlene Peahota (856) 764-6634
Kathy Pflieger (856) 845-0100 x 3725

Diane Wagner (215) 707-3092
Gillian Reeve (856) 566-2059

Nancy Fonte, WOCN ... (609)-484-7300 ext 185 ... Nancy.Fonte@atlanticare.org

**Ostomy Support Group meets 2nd Wed of each month at 4:00 PM at the Atlanticare Center,
2500 English Creek Avenue, Bldg 400, Egg Harbor Township, NJ**

• WHEN TO CALL A DOCTOR OR WOC NURSE

1. If cramps last more than two or three hours.
2. If you get a deep cut in your stoma or bleeding at the juncture of the skin and stoma.
3. If you have excessive bleeding from the stoma opening or a moderate amount in the pouch after several emptying.
4. If you have a strong odor lasting more than a week.
5. If you have severe skin irritation or deep ulcers.
6. If you have severe watery discharge lasting more than five or six hours.
7. If you have an unusual change in the size or appearance of your stoma.

My UOAA 5th National Conference Reflections

By: Stephanie Crawford

This year was truly a blessing and a learning experience that will impact my life forever. I was encouraged to attend the United Ostomy Association of American Ostomy Conference in August of 2015 in St. Louis Missouri. I became an ostomy patient on November 10, 2014. My name is Stephanie Crawford and I am a 50 year old, a single mother of three. I was diagnosed with rectal cancer at the age of 48.

This conference that I attended, taught me how to meet the needs in my life on how to live with a colostomy. I was very fearful because I thought that was the only one living with this. My friends, co workers and just people that I knew did not have this, and I felt different. The conference explained and addressed the answers to my thoughts, fears, and showed me that there were people just like me. It was a pleasure to meet some members who served on UOAA's Management Board of Directors. Mr. Ken Aukett was "my angel in disguise" who made it possible for me to attend the conference. It was the first time that I attended a conference since my surgery. Never could I have imagined me sitting in a conference about my changed life.



Stephanie checking out the "Inflatable Colon" exhibit

There were many different seminars that took place and they were so interesting. I wanted to sit in all of them but some of them were scheduled for the same time. I had to make a decision on which ones to pick and get information so that I could start building my foundation for my life and business as well as supporting others like me. There is a need for this type of support in Camden and the surroundings communities. We need to encourage other ostomates to attend these conference to become aware and to education the person or persons living with an ostomy. There is hope, there is light to the situation.

We wore badges at the conference to show how long we were ostomates. First timers were greeted with hugs and much support. They encouraged us a lot about family, social life and how to go back to work. When you have your surgery the nurses that come out to the house give you just enough information so that you will be able to adjust but you as the individual have to venture out and find out the things that will enable you to grow and be effected in your daily living.

Since I attended this conference I am going back to school to be certified in ostomy and wound care so that I can teach the people that are in need and are struggling to find an answer. I encourage anyone who has had an ileostomy, urostomy or a colostomy to join a support group, get involved and attend a conference, your life will changed forever.



Join World Ostomy Day 2015

Saturday, October 3rd



Share your story online

Use **#MyOstomyStory** to

take part in the global initiative to create awareness about life with an ostomy

Read below to learn more about the initiative, **#MyOstomyStory**, and how to participate.

- What is **#MyOstomyStory**? The **#MyOstomyStory** is a global initiative to create awareness about life with an ostomy. The initiative is part of World Ostomy Day 2015, organized by The International Ostomy Association, IOA. You can join others from around the world and share real life stories, break taboos and inspire others to live the life they want by using **#MyOstomyStory** on Instagram, Twitter or Facebook.
- How to take part?
Share your story on any of your social media pages and include **#MyOstomyStory** in the update text. You can find and comment on ostomy stories from around the world on www.coloplast.us/#MyOstomyStory, on social media platforms, such as Instagram, Twitter, and Facebook and by searching for **#MyOstomyStory** on Google and other search engines. Stories can be submitted up through November 30th.
- Learn more online
The campaign landing page www.coloplast.us/#MyOstomyStory
Blogs and bloggers: - Jessica Grossman (www.uncoverostomy.org)

Supported by  **Coloplast**

What Your Urine Color Says About You

By Cleveland Clinic

The Color of Pee

Human urine has been a useful diagnostic tool since the earliest days of medicine. The color, density, and smell of urine can reveal much about the state of our health. Here is a quick look at some of the things you can tell from the hue of your liquid excreta.

- NO COLOR, TRANSPARENT: You're drinking a lot of water. You may want to cut back.
- PALE STRAW COLOR: You're normal, healthy and well-hydrated.
- TRANSPARENT YELLOW: You're normal.
- DARK YELLOW: Normal, but drink some water soon.
- AMBER OR HONEY: Your body isn't getting enough water. Drink some now.
- SYRUP OR BROWN ALE: You could have liver disease, or severe dehydration. Drink water and see your doctor if it persists.
- PINK TO REDDISH: Have you eaten beets, blueberries or rhubarb recently? If not, you may have blood in your urine. It could be nothing, or it could be a sign of kidney disease, tumors, urinary tract infections, prostate problems or something else. Maybe even lead or mercury poisoning. Contact your doctor.
- ORANGE: You may not be drinking enough water, or you could have a liver or bile duct condition, or it could be food dye. Contact your doctor.
- BLUE OR GREEN: Okay, this is different. There is a rare genetic disease that can turn your urine blue or green. Also certain bacteria can infect the urinary tract, but it's probably a food dye in something you ate, or a medication. You won't die from it, but see your doctor if it persists.
- PURPLE: There's no such thing as purple urine.
- FOAMING OR FIZZING: A harmless hydraulic effect, if occasional, but it could indicate excess protein in your diet or a kidney problem. See a doctor if foaming happens all the time.

- Outside Influences:

Stuff you take can change the color of your urine. For instance, some medications, laxatives, chemotherapy drugs and dyes doctors give you to diagnose urinary tract infections can make your urine darker than normal.

Final Word: The Invisible World of Urine

You can tell a lot from looking at your urine. But you can tell a lot more from the kind of urinalysis you should be getting along with a regular physical exam by your doctor. Blood in the urine, a serious sign, is often invisible to the naked eye. The level of sugars in your urine may indicate a risk for diabetes. When you're at your doctor's office, don't be afraid to pee in the cup. It's one of the best things you can do for your health.



I CAN

celebrate

ON WORLD OSTOMY DAY

*"My ostomy fits my life,
not the other way around"*

Emily

Living with an ostomy since 2013

YOU ARE SO MUCH MORE THAN YOUR OSTOMY.

It's remarkable how a change to one part of your body can begin to control so much of your life. At ConvaTec Ostomy Care, we understand the importance of gaining control of your stoma. We believe life with an ostomy should be fulfilling and complete - whether you'd like to run a 5K, get back out with your friends, or simply go for a walk around the block.

We are happy to celebrate the life you live on World Ostomy Day.

Let's share in the celebration!

Throughout the day on October 3rd, ConvaTec and Ostomysecrets® will be sharing inspiring stories on social media. Share these stories, or your own, on your social media newsfeed. Together, let's reach as many people as we can!



Get Ostomy Answers!

Providing Solutions. *The Phoenix* magazine, the official publication of the UOAA, 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. Published March, June, Sept. and December.

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Name _____
 Address _____ Apt/Suite _____
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12/12 9G HLFAD

~~~~~ ✂ ~~~~~ **TO BECOME A MEMBER OF THE** ~~~~~ ✂ ~~~~~  
**OSTOMY ASSOCIATION OF SOUTHERN NEW JERSEY**

Membership in the Ostomy Association of Southern New Jersey is open to all persons interested in ostomy rehabilitation. Membership dues are only **\$10.00 per year.**

**PLEASE PRINT THIS INFORMATION:**

NAME: \_\_\_\_\_ PHONE: \_\_\_\_-\_\_\_\_-\_\_\_\_

ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIPCODE: \_\_\_\_\_

To help us complete our records, please answer the following:

Please check if you have/are:

- |                                    |                                              |                                                       |
|------------------------------------|----------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Colostomy | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Other: _____                 |
| <input type="checkbox"/> Ileostomy | <input type="checkbox"/> Continent Urostomy  | <input type="checkbox"/> Spouse/partner/family member |
| <input type="checkbox"/> Urostomy  | <input type="checkbox"/> Ileo-anal Pull Thru | <input type="checkbox"/> Friend                       |

Date(s) of Ostomy Surgery: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Make check payable to "OASNJ" and mail to:  
 Ken Aukett, P.O. Box 318, Collingswood, NJ 08108**