



# INSIGHTS

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

[www.ostomysnj.org](http://www.ostomysnj.org)

SERVING OSTOMATES IN SOUTH JERSEY SINCE 1977

September 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](http://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](http://www.ostomy.org). For more info sign on to **Twitter.com/UOAA** or **Facebook.com/UOAAinc**.

## SCHEDULE

**SEPTEMBER 21:** Review of summer OASNJ events and upcoming World Ostomy Day (WOD) observance + an open discussion about how you spent your summer with, as always, helpful advice to 1st time attendees.

**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 21:** Program for the evening to be announce at a later date.

### 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 September 2nd**

**Contact:** Lois Moskowitz, 609-707-4368 or e-mail: [Strongcoffee1@verizon.net](mailto: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](mailto: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.

*Production and distribution of this INSIGHTS newsletter is made possible thanks to the generosity of the:*

**AMERICAN CANCER SOCIETY.**

## EXECUTIVE TEAM OF THE OSTOMY ASSOCIATION OF SOUTHERN NEWJERSEY

Ken Aukett .. Chair, Newsletter Editor, Treasurer  
609-315-8115 ... [kenaukett@gmail.com](mailto:kenaukett@gmail.com)

George Bishop ... Board Member  
609-871-6920 ... [bishop.george12@comcast.net](mailto:bishop.george12@comcast.net)

Cos Contento ... Board Member  
856-235-1899 ... [chcontento@aol.com](mailto:chcontento@aol.com)

Vikki Brisko ... Board Member  
856-336-2646 ... [vikki\\_bee@comcast.net](mailto:vikki_bee@comcast.net)

Sandy Ritter ... Visiting Program Coordinator  
856-983-1433 ... [sanritter@comcast.net](mailto:sanritter@comcast.net)

### Medical Advisors

Kathleen Schuler ... Board Member  
856-813-5930 ... [kaschul119@gmail.com](mailto:kaschul119@gmail.com)

Stephen Pilipshen, MD. Colon & Rectal Surgeon  
856-234-3322 [www.pilipshencolonandrectal.com](http://www.pilipshencolonandrectal.com)

Lois Moskowitz ... Patient Advocate  
856-273-1493 ... [strongcoffee1@verizon.net](mailto:strongcoffee1@verizon.net)

Jane N. Johnson, CWOCN, MSN, APRN, ANP-C  
[jjohnson@virtua.org](mailto:jjohnson@virtua.org) [jjohnson7@virtua.org](mailto:jjohnson7@virtua.org)

**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.

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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](http://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](mailto: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.



## DISPITE MOTHER NATURE OUR PRETZEL SALE WAS A FINANCIAL SUCCESS



Well things started off as normal on Tuesday, July 14th raising our spirits for a booming week of sales... But Mother Nature had different plans ... She provided “booming” but not the way we wanted it!

A tremendous thunder storm forced us to put up the side walls and hold on for dear life. Barry Miller and Leo Coceano can attest to the storm’s intensity.

Fortunately it did not last long, but there were very few people at the Fair for the rest of the day. The hot temperatures for the rest of the week were 25% lower than last year.



long, but there were very few people at the Fair for the rest of the day. The hot temperatures for the rest of the week were 25% lower than last year.

Sales wise, this year we did not sell out of our allotment of “**SUPER PRETZELS**” . but we still showed a decent profit considering we had to purchase our own tent and lighting to maintain our spot at the entrance to the amusements.

not sell out of our allotment but we still showed a decent purchase our own tent and

Many thanks to our bakers and great sales team: George and Susan Bishop, their granddaughter Jessica Hare and her friend Jim; Sandy Ritter, Larry Marcus and a friend of mine Jim Dout shown in the picture below; Barry Miller; Leo Stephanie Crawford; Al Miller, Woodbury support group, Maria just moved to Johnstown, PA; my partner in carpet cleaning his friend Buster.



Coceano, my niece Jen Shaw; Diane MacWilliams from the Jones, our WOCNurse who has Teres Strange; Steve Berg; and grime, Curtis Washington and

I must recognize the generosity of things possible every year by all their zero degree mobile freezer.

of the Boy Scouts who make lowing us to store our pretzels in

Also I want to thank the folks that provided the “dough” for the pretzels: Jim Rosenthal, Cos and Evelyn Contento, Sandy and Mark Ritter, George and Susan Bishop, Bill Danser, Deborah Warshauer, Sora and Joe Fishman, Goldie Block, Audrey and Bill Smedley, Penny and Lee Flory, Pat Pawlowski, Carol Fry, Sophia DeChristie, Monika Kunz and Arlene Peahota,

Hey start thinking about our 2016 fund raising event, it’s only 10 1/2 months till the Fair opens again!!

See you at our next meeting, September 21st,

*Ken*





## **World Ostomy Day 2015** **Saturday, October 3rd**

The theme for WOD 2015 is “*Many stories, one voice*”

**Coloplast** has announced that they are sponsoring an initiative to promote this World Ostomy Day theme of “Many stories, one voice”.

‘**#MyOstomyStory**’. This is a digital awareness campaign aiming to engage ostomates worldwide to share their stories about life with an ostomy. The purpose is to let these real life stories drive awareness in the global community, break taboos, inspire and start dialogue. The unique feature of # (hashtag)-campaigns online is that they enable people to share and find stories online that include the hashtag ‘**#MyOstomyStory**’ in the text they publish in posts, comments and the like online. This will enable us (Coloplast) to collect all the stories on one webpage where people can easily access them. People can also find the stories on social media platforms, such as Facebook, Instagram, Twitter and more by searching for the ‘**#MyOstomyStory**’. So it will really support the theme of this year’s World Ostomy Day, ‘Many Stories, One Voice’. (Editor’s note: If you choose to write your story, start now and let me know that you are doing so ([kenaukett@gmail.com](mailto:kenaukett@gmail.com)) so that can tell to how to get them to Coloplast as soon as they advise us.

### **WORLD OSTOMY DAY**

The concept of focusing the world’s attention on “ostomy” for one day, worldwide, was introduced by the International Ostomy Association in 1991. World Ostomy Day is observed every three years.

The Aim of World Ostomy Day is to improve the rehabilitation of ostomates worldwide by bringing the attention of the general public and the global medical community to: The life situation of ostomates; The contributions of Ostomy Associations, and Ostomy Medical and Industrial Professionals; and, the value of the multidisciplinary approach in ostomy care. (The surgeon, the Stoma Nurse, the Floor Nurse and the Ostomy Visitor.

### **OASNJ OBSERVANCE**

Lois Moskowitz has talked with the management at the **ShopRite** located at 1520 Route 38 in Hainesport and they will set up a table for us in their store on Saturday, October 3rd, between the hours of 11:00am and 3:00pm to promote WOD, where we can distribute OASNJ and UOAA literature and tell those who stop by about the services we provide and the quality of life we enjoy. We will be joined by ShopRite’s pharmacist Mary Miles, RPh. and their nutritionist/dietitian Barbara Trunk, R.D. as their schedules permit. Plan to stop by and show the world what a great group of people we are!!

## **SPORTS AFTER OSTOMY SURGERY**

*from Swiss Ostomy Website, Edited by B. Brewer, UOAA Update May 2012*

There is no reason to reduce sports activity just because one has had ostomy surgery, though there are some common sense considerations that should be utilized:

A strongly-sticking pouch is absolutely necessary. There is no need to do anything extraordinary. One should try to keep one's pouch reasonably empty. One must consider the physical shape one is in, plus the day-to-day ostomy management.

Avoid sports with high risk of injury, due to physical contact. If you insist on engaging in contact sports such as football or boxing \*\*, and some still do, protect yourself. There are manufacturers of special stoma guards which will permit you to do just about anything. Do not allow the stoma to keep you from doing any activities you wish. Of course, if you are 90 years old, you may want to limit your sports activities to those your body would ordinarily tolerate without a stoma. Wearing a "stoma guard" is also a good idea if you are playing tennis and like to play close to the net where an opponents return could head straight for your abdomen.

A sport that stresses your abdominal muscles too much should be avoided, unless you have slowly and deliberately, under the guidance of a knowledgeable professional, built up these muscles to the point where you can easily perform the skills necessary without undue exertion. Too many AB crunches could result in a hernia.

Check your pouch after a strong physical effort. A change of pouch may be necessary due to perspiration and movement. We all get less wear time due to any kind of physical activity. It is better to change the pouch after an exciting, active day than relaxing, yet not putting a strain on your equipment. Keep the law of gravity in mind when jumping onto a hard surface. You may stop but your stoma equipment may not!

Before you go swimming, make sure your pouch is secure and empty. There is no reason that having an ostomy should keep you from swimming. Some people may need to take extra steps, though. If your skin is oily, tape your pouch with pink tape or use elastic barrier strips rather than taking a chance. Extra care should be taken if diving into a pool or "jumping into a wave". The water's shearing force can easily separate you from your equipment.

Many ostomates water and snow ski. They only take normal, common sense steps when active. The newer ostomy equipment with advanced adhesives works pretty well on its own.

As far as running and biking are concerned, ***The Phoenix*** magazine is filled with stories about people running marathons and biking cross country from the Long Island Sound to the Puget Sound!

In summary, have fun, do the sports you like. You do need to use some common sense, protect your stoma from injury, then go out and do it.

*\*\*Editor's Note: There is a "boxing ileostomate", Craig Wilson who is featured in the award winning documentary, "Farang Ba". Call Ken Aukett if you would like to view this DVD.*

# A Letter to My Ostomy Bag

By: Rebecca Zamolo

From a Facebook Post via Philadelphia Ostomy Association, *The Journal*



*“I will have my final surgery tomorrow, so I decided to write this letter.”*

Dear Ostomy Bag,

When I got you nine months ago I had no idea what to do with you, and I honestly didn't want you. You made me different, you switched up a routine that I had been doing all my life, and you forced me to change. I wasn't even sure I'd be able to do the activities that I loved anymore.

It was tough at first, you put me through a boot camp of learning, and there were a lot of tears. I didn't think I was going to be able to make it with you, and even thought about giving up.

But as time went by, you got easier. I started to appreciate how good you made me feel, especially after suffering for so long before I had you. I started to forget I even had you, and soon realized that I was able to do all the things I loved to do with you on my side. And I started to love you.

Looking back on the last nine months, I am so thankful to have had you. You have taught me that beauty is not just skin deep, but so much more. Beauty is Strength, Courage, and Fearlessness. You helped me find myself and give me confidence that would in turn inspire others. You showed me how special life is, and let me truly enjoy it again.

Ostomy Bag— as I sit here and type this with tears rolling down my face, how do I say THANK YOU for everything you have done for me? You saved my life. As I head into my final surgery I am hopeful and excited for the future you allowed me to have. And I know that if at some point I need you again, my life will still be great.

So thank you Ostomy Bag for showing me how special life is, and for letting me live it to the fullest.

XOXO,

Rebecca

# **The Health Benefits of Water**

*From everyday HEALTH By Jen Laskey | Medically reviewed by Sanjai Sinha, MD*

Did you know that your body weight is approximately 60 percent water? Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. The amount of water you need depends on a variety of factors, including the climate you live in, how physically active you are, and whether you're experiencing an illness or have any other health problems.

## **Water Protects Your Tissues, Spinal Cord, and Joints**

Water does more than just quench your thirst and regulate your body's temperature; it also keeps the tissues in your body moist. You know how it feels when your eyes, nose, or mouth gets dry? Keeping your body hydrated helps it retain optimum levels of moisture in these sensitive areas, as well as in the blood, bones, and the brain. In addition, water helps protect the spinal cord, and it acts as a lubricant and cushion for your joints.

## **Water Helps Your Body Remove Waste**

Adequate water intake enables your body to excrete waste through perspiration, urination, and defecation. The kidneys and liver use it to help flush out waste, as do your intestines. Water can also keep you from getting constipated by softening your stools and helping move the food you've eaten through your intestinal tract. However, it should be noted that there is no evidence to prove that increasing your fluid intake will cure constipation.

## **Water Aids in Digestion**

Digestion starts with saliva, the basis of which is water. Digestion relies on enzymes that are found in saliva to help break down food and liquid and to dissolve minerals and other nutrients. Proper digestion makes minerals and nutrients more accessible to the body. Water is also necessary to help you digest soluble fiber. With the help of water, this fiber dissolves easily and benefits your bowel health by making well-formed, soft stools that are easy to pass.

## **Water Prevents You From Becoming Dehydrated**

Your body loses fluids when you engage in vigorous exercise, sweat in high heat, or come down with a fever or contract an illness that causes vomiting or diarrhea. If you're losing fluids for any of these reasons, it's important to increase your fluid intake so that you can restore your body's natural hydration levels. Your doctor may also recommend that you drink more fluids to help treat other health conditions, like bladder infections and urinary tract stones or if you have an ostomy. If you're pregnant or nursing, you may want to consult with your physician about your fluid intake because your body will be using more fluids than usual, especially if you're breastfeeding.

## **How Much Water Do You Need?**

There's no hard and fast rule, and many individuals meet their daily hydration needs by simply drinking water when they're thirsty, according to a report on nutrient recommendations from the Institute of Medicine of the National Academies. In fact, most people who are in good physical health get enough fluids by drinking water and other beverages when they're thirsty, and also by drinking a beverage with each of their meals, according to the Centers for Disease Control and Prevention. If you're not sure about your hydration level, look at your urine. If it's clear, you're in good shape. If it's dark, you're probably dehydrated.



# 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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~~~~~ ✂ ~~~~~ **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:** \_\_\_\_-\_\_\_\_-\_\_\_\_\_

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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: _____                 |
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**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**