



INSIGHTS

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

www.ostomysnj.org

SERVING OSTOMATES IN SOUTH JERSEY SINCE 1977

July 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

JULY: 14 to 19 are the dates for this year's Annual fund raising Pretzel Sale at the Burlington County Farm Fair. **VOLUNTEERS TO HELP OUT AT THE BOOTH ARE STILL NEEDED .. PLEASE SIGN UP FOR A 3- HOUR SHIFT TO-DAY!** See flyer on page 3

AUGUST: No Meeting at Memorial Hospital but there will be one at the Virtua Wellness Center on Wednesday, July 1st.

SEPTEMBER: 1-5 UOAA National Conference, Hyatt Regency St. Louis at the Arch hotel, St. Louis MO

SEPTEMBER: 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 July 1st.**

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.

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

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
Shield Healthcare(800)-675-8847
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 Pfleger (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.

HELLO PRETZEL PEOPLE ... NOW IS THE HOUR TO MAKE YOUR LOVE OF PRETZELS KNOWN!!

TIME FOR OUR GROUP'S ANNUAL \$\$ RAISING PROJECT

FOR THE 36TH CONSECUTIVE YEAR
OUR SUPPORT GROUP WILL BE SELLING
THOSE WORLD FAMOUS, HOT, J&J SNACKS

"SUPER PRETZELS"

AT THE BURLINGTON COUNTY FARM FAIR GROUNDS
THAT'S AT THE **CORNER** OF ROUTE 206 & JACKSONVILLE-JOBSTOWN
ROAD ... JUST 1/4 MILE SOUTH OF THE COLUMBUS FARMER'S MARKET

WHEN? TUESDAY, JULY 14 TILL SUNDAY, JULY 19



YOUR SUPPORT IS **KNEADED**

NOW HERE'S THE **TWIST**

YOU CAN



♦ **SELL PRETZELS** AT THE FARM FAIR ... get some fresh air and
meet great people. Volunteers are needed for each of our two daily shifts ...
in the afternoon from 4:00 to 7:00 pm, or the night shift, from 7:00 to 10:00 pm.
Free Fair parking is provided by OASNJ

To volunteer as part of our sales team, please complete the following form and return it to:
Ken Aukett, P.O. Box 318, Collingswood, NJ 08108 or e-mail Ken at kenaukett@gmail.com or
give a call at 609-315-8115

YES, Count Me In!!! Check the shift/s you can work:

TUE-14 WED-15 THU-16 FRI-17 SAT-18 SUN-19

4:00 – 7:00 PM	_____	_____	_____	_____	_____	_____
7:00 – 10:00 PM	_____	_____	_____	_____	_____	_____

Name: _____ Tel No: _____ e-mail _____

----- cut here and mail -----

♦ **OR**, if you can't help us bake and sell the **PRETZELS**, but would like to
contribute to our Group's success, you can show your support with your **DOUGH**

So put me down for: \$ _____ Name: _____

Make Your Check Payable To "OASNJ" and mail it to:
Ken Aukett, P.O. Box 318, Collingswood, NJ 08108. **THANK YOU!!**



Life After Colectomy

What can people do once they have an ostomy?

Anything they want.

By: Lisa Esposito, June 12, 2015
U.S. News & World Report

For as long as she could, Stephanie Hughes, 29, of Raleigh, North Carolina, delayed having colon surgery. Symptoms from Crohn's Disease – an inflammatory bowel disease that causes abdominal pain, severe diarrhea, fatigue and even malnutrition – kept getting worse, but she wasn't prepared to live with an ostomy and wear a collection bag. Even so, her medical options were dwindling. In May 2012, Hughes underwent surgery and received a permanent ostomy. And very soon – to her surprise – life got much better.

About Ostomies

Colectomy is surgery to remove the colon, either partially or completely. The colon, or large intestine, is part of the digestive system. When it's removed, the remaining sections are reconnected, sometimes with a new route for waste to escape from the body.

An *ostomy* is an opening in the body, created by colon surgery. The opening is made in the abdomen. The *stoma* is the small end portion of the intestine that's brought to the abdominal surface and is visible. People with stomas learn to use a *pouching system* – a collection bag, which attaches to a protective skin barrier and is fitted around the stoma.

More than 750,000 Americans have an ostomy, according to the United Ostomy Associations of America. Ostomies can be temporary or permanent.

Before Hughes had her procedure, she did some research and talked with others who'd already been through it, which helped clear away misconceptions. An ostomy isn't obvious, she learned. "It's not this big, bulky thing hanging off of you," she says. "Many people who have one have been able to keep it a secret, because it really is very discreet with a lot of appliances they have today."

Why Colectomy?

People have their colon removed for a variety of reasons. Emergencies such as complete bowel obstruction or uncontrolled bleeding many require colectomy. Diseases that can lead to colectomy include colon or rectal cancer, inflammatory bowel disease such as Crohn's or ulcerative colitis, and diverticulitis, which involves inflammation of bulging sacs near the colon wall. Some patients with genetic conditions that raise their risk for colon cancer choose preventive colectomy.

Sometimes, anatomical location – like a low-rectal cancer – dictates the need for colostomy, says Dr. Neil Hyman, a professor of surgery and section chief of colon and rectal surgery with University of Chicago Medicine. Other times, he says, it's not advisable to join the bowel back together, if patients would be left with poor bowel control or leaked stool. In many cases, he says, colostomy can preserve or restore quality of life.

Safety is a priority in the decision. For example, Hyman says, a patient with diverticulitis involving infection and a perforated colon would do better with a temporary colostomy to allow healing.

Before surgery, he suggests, ask your doctor the following: How long will I be in the hospital? How long will it take to recover? What are the common risks involved? Which technique – a laparoscopic procedure, standard open surgery or robotic surgery – is right for me? What will my bowel function be like?

"Colectomy is a very common operation – with lots of risks," Hyman says. "There are a lot of complications associated with it, because the colon's dirty." Infections and leaks at the surgical site are an issue. Serious leaks may require reoperation, he says, usually with a colostomy.

A recent study of more than 13,000 U.S. colectomy patients found an overall leak rate of about 4 percent at the surgical site, with a higher risk of death among patients who experienced leaks.

However, colectomy is often a lifesaving and life-changing procedure. And patients can do anything they want afterward, Hyman notes. Colostomy appliances are clean, closed systems. People can go swimming at the pool or beach or jump in the hot tub. For extra coverage, women may opt for a one-piece swimsuit and men may decide to wear a T-shirt with their bathing suit – or not. Doctors advise avoiding sit-ups or lifting anything heavy for several weeks after surgery. Otherwise, patients can ramp up their endurance, balance and strength by walking, jogging, yoga and other types of exercise.

New Normal

Ken Aukett, co-founder of the UOAA, has had his ostomy for 42 years. Aukett, who lives in Westmont, New Jersey, was diagnosed with ulcerative colitis since he was 11 and was operated on at 33.

"At the time I was so happy to know my ulcerative colitis was going to be a thing of the past," he says. "All the problems with continually going to the bathroom and urgency. This was actually a lifesaving procedure that I looked forward to."

Body image can be a major concern, Aukett admits. Self-acceptance is the first step. "People aren't going to criticize or judge you by the way you go to the bathroom," he says. "You haven't changed – you're still the person you were before."

He's troubled that misconceptions make people put off needed surgery. In his case, extra years of medical treatment with steroids left him with debilitating arthritis and other side effects.

For Aukett, colon surgery meant a new beginning. He met his wife while both were doing volunteer work in support of ostomates. Before her death two years ago, he says, Linda Aukett helped reform airport screening procedures for people with ostomies. Now they can pass through the same screening devices as other travelers instead of partially undressing in a backroom.

Owning Your Ostomy

Specialists called wound, ostomy and continence nurses help patients before and after surgery. That includes determining the best ostomy site, one patients can easily see and work with, says Debra Netsch, a nurse practitioner and WOC with Ridgeview Medical Center in Waconia, Minnesota.

WOC nurses educate patients and make sure they're fitted with the right equipment, can troubleshoot problems, understand how to care for their skin and have ongoing support at home, says Netsch, who is also a co-director of webWOC. Patients can locate an ostomy specialist through the Wound Ostomy Continence Nurses Society.

Diet is part of the discussion. "The longer people have their stoma, the more foods they tolerate," Netsch says. Certain foods are known to cause gas and odor. "I always kind of joke and say, "Don't eat onions and baked beans and go to a wedding or church," she says. "You want to have them after."

She finds it satisfying to see patients gain confidence. "It's fun for us when a patient comes back in and says, 'That's not how I do it; I do it this way,'" Netsch says. "It's working well for them – we love that. They're taking ownership of their ostomy, of their own body."

Lifestyle is not limited by ostomy. People parachute and scuba dive, Netsch says. They continue working as firefighters, police officers and professional football players (maybe with some extra protection to the stoma).

Anything You Want

Hughes says for her, the learning curve for dealing with an ostomy and supplies took about three months. But surgical recovery was rapid. In the next few weeks she used newfound energy to redo her bathroom. Five months after her surgery, she competed in her first triathlon, including training in a swimming pool. Hughes is entirely open about her ostomy on her Stolen Colon blog, which includes photos of her pregnant belly – she's due to have a baby in July.

Friends and family have been completely supportive, Hughes says. "For me, having [colon surgery] turned out to be one of the best decisions I ever made in my life," she says. "Almost immediately, it completely turned everything around."

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Virtua Ostomy Outpatient Clinics

Jane N. Johnson, CWOCN, MSN, APRN, ANP-C and Kathy K. Judge ACNS-BC, NP-C, NEA-BC, CWON-AP, have advised that Virtua has two ostomy outpatient clinics, one in Virtua, 175 Madison Avenue, Mt. Holly headed up by Jane, and one in the Virtua Berlin Wound Healing Center, 100 Townsend Avenue, Berlin headed up by Kathy. These medical professionals are available to help patients that have problems with their ostomy appliances or other related medical issues. Jane, at the surgeons request can also stoma site pre-op patients. Appointment to see either Jane or Kathy can be obtained by calling 856-322-3222.



Join Us in Celebrating UOAA's UOAA's 10th Anniversary of Service to Ostomates Nationwide

**At our 5th National Conference
September 1-6, 2015
Hyatt Regency St. Louis at the Arch Hotel**



Share, Learn, Smile and Make New Friendships



**Your
“Gateway
To a
New Life”**



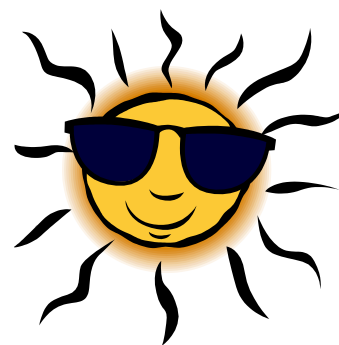
Book Your Hotel Room and Register NOW!!

**[www.ostomy.org/
2015_National_Conference_page.html](http://www.ostomy.org/2015_National_Conference_page.html)**

Symptoms of Dehydration

The common symptoms of dehydration are:

- Your mouth or tongue feels dry.
- You don't urinate as often or as much.
- Your urine is darker than usual.
- When you stand you become dizzy
- You feel weak and don't react normally.
- You have cramps in your abdomen or legs.
- You are unable to think clearly.
- Your hands and feet tingle or feel like pins and needles.



All of us are subject to dehydration from losing fluid from perspiration in our hot weather, so pay attention to fluid replacement.

If you do become dehydrated you need to replace the essential electrolytes, potassium and sodium, in your system.



To replace Potassium increase your intake of bouillon, sports drinks, tea, orange juice, bananas, tomatoes, potatoes, avocados or apricots.

To replace sodium increase your intake of sports drinks, broths like chicken or beef bouillon, oral electrolyte drinks, rice water, pretzels, or saltine crackers.

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Ostomy Traveling Tips

Put an "ostomy travel kit" in your carry-on luggage

- ♦ Put at least 3 days supplies in your travel kit, the rest in your check in luggage. By taking supplies in your hand luggage, if you're in London and your luggage is in Abu Dhabi, you're still okay
 - ♦ Make a note of the size, name, order number and manufacturer of your supplier and the supplier's phone number
 - ♦ If travelling outside of the US, check out the International Ostomy Association's website (www.ostomyinternational.org) for a list of National ostomy support associations
 - ♦ Colostomates using closed end pouches, you may want to order some drainable bags that can make coping with diarrhea a little easier
 - ♦ Two piece users - check that the bag and flange are the same size and fit together properly
- When you book your flight ask for an aisle seat near the bathroom.

To counter dehydration (and jet lag) drink a glass of water or fruit juice every hour.

Make sure you have a small roll of 3M Medipore tape in your pocket/ purse for leak emergencies and, if you using a drainable bag, have an extra clip in your pocket/purse and in your travel kit.



**WORLD
Ostomy
DAY**

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October 3, 2015

"MANY STORIES, ONE VOICE !"

THE CONCEPT OF FOCUSING THE WORLD'S ATTENTION ON "OSTOMY" FOR ONE DAY, WORLDWIDE, WAS INTRODUCED BY IOA IN 1991. WORLD OSTOMY DAY IS OBSERVED EVERY THREE YEARS.

- The life situation of ostomates;
- The contributions of Ostomy Associations and Ostomy Professionals; and,
- The value of the multidisciplinary approach in ostomy care.
 - The surgeon, the Stoma Nurse, the Floor Nurse and the Ostomy Visitor

[illegible]

- ◆ Pack twice as many ostomy supplies as you think you will use, especially if you are traveling in areas where the water supply could be questionable
- ◆ For easier packing take your supplies out of their box
- ◆ Bring disposal bags for used appliances; those “barf bags” in the airline pocket seat in front of you are excellent in meeting your disposal needs
- ◆ Bring a diarrhea remedy like Imodium or Kaolin which are available without prescription
- ◆ And, a small hair dryer with the appropriate adaptor plug if you are going abroad

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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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**