



# 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

May 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

**MAY 18th:** "Drugs, Nutrition and the Ostomate." Pharmacists Mary Miles and Raymond Li and Dietitian Barbara Trunk from Hainesport ShopRite's Health and Wellness Team will be our evening's featured speakers.

**JUNE 15th:** We will have our traditional Anniversary Dinner at the Asian Chef Restaurant in Mt. Laurel. See flyer of page 3 for all of the details.

**JULY 14 to 19** are the dates for this year's Annual fund raising Pretzel Sale at the Burlington County Farm Fair.

## 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 ... Next meeting May 6th**. Pharmacists and Dietitian from Hainesport ShopRite's Health and Wellness Team will speak. **The May meeting on the 6th. 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 May 20th 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 **INSIGHTS** newsletter is made possible thanks to the generosity of the:*

**AMERICAN CANCER SOCIETY.**

## EXECUTIVE TEAM OF THE OSTOMY ASSOCIATION OF SOUTHERN NEWJERSEY

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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.

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American Ostomy Supply .... (800) 858-5858  
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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](http://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](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.

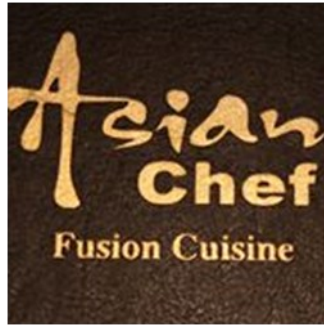
# OSTOMY ASSOCIATION OF SOUTHERN NEW JERSEY

## 38TH anniversary DINNER

**MONDAY, JUNE 15TH , 6:30 pm**  
**at**

### LOCATION

The **Asian Chef** Restaurant is at  
882 Union Mill Road, Mt. Laurel  
in the **ShopRite Shopping Center**  
at Union Mill Road and Elbo Lane  
(856)866-8899



### DINNER CONSISTS OF

**Your Choice of**  
**Soup**  
**Entrée**  
**Rice**  
**Beverage**  
**and Fried Banana w/Ice**  
**Cream**

- **Your Choice of Soup** ... Wonton (**Won**), Egg Drop (**ED**), or Hot and Sour (**H&S**)
- **Egg Roll**
- **Your Choice of Rice** ... White (**W**), Brown (**B**) or Pork Fried Rice (**PFR**)
- **Your Choice of an Entree:**
  - C-2** ..... Chow Mein with Chicken (**C-2-C**) ... Pork (**C-2-P**) ... Beef (**C-2-B**) ... or Shrimp (**C-2-S**)
  - C-4** ..... Chicken with Cashew Nuts
  - C-5** ..... Moo Goo Gai Pan
  - C-6** ..... Chicken with Broccoli
  - C-9** ..... Sweet and Sour Pork
  - C-11** .... Beef with Broccoli
  - C-13** .... Shrimp with Chinese Vegetables
  - C-14** .... Kung Pao Shrimp
  - C-15** .... General Tso's Chicken
  - C-18** .... BBQ Pork Boneless Spare Ribs
- **Your Choice of a Beverage** ... Tea, Soda (several types to choice from – tell waiter)

**YOUR COST FOR THIS CHINESE DINNER: \$ 10.00 / Person**

..... cut and mail .....

**Your Name/Companion's Name:** \_\_\_\_\_

**Your Selection:** Entrée # \_\_\_\_\_ ... Soup choice \_\_\_\_\_ ... Rice choice \_\_\_\_\_

**Companion's Selection:** Entrée # \_\_\_\_\_ ... Soup choice \_\_\_\_\_ ... Rice choice \_\_\_\_\_

**Mail this coupon along with your check, made payable to "OASNJ", to:**  
**Ken Aukett at P.O. Box 318, Collingswood, NJ 08108**  
**(609-315-8115)**

# **Ostomy Surgery And Depression**

*Edited By Bobby Brewer: UOAA Edits and Update March 2015*

Sleeplessness, loss of appetite, feelings of guilt or worthlessness, and/or irritability are some of the symptoms of depression. It can be triggered by the inability to participate in normal daily pleasurable activities caused by a sense of helplessness and lack of control over your body. Medications, stress, malnutrition, anesthesia or metabolic imbalance can also cause depression.

Patients who have a harder time dealing with their ostomy are those who:

- Base their self-esteem on their physical appearance
- Those with a take charge or "always in control" character
- The good Samaritan behavior (always the helper or solver)

Their ostomy, or lack of control over their bodies, and their need to depend on others for help, even if only temporarily, can make coping difficult.

Constantly tired from efforts to cope with daily household or work routines, while learning to adapt to physical requirements to this unpredictable new addition to your body, leaves little energy for enjoyment of leisure activities or romantic involvement. It takes us some time to return to our normal lifestyle. So relax-do what you are capable of doing at this time and do not try to rush things. You have had enough pain and deserve a vacation.

Give yourself a year for a good recovery and if it should happen to take a lot less time, consider yourself a very lucky person. In the meantime, do what you have to do in whatever way you are capable of doing it. But do not give more than a passing thought to the things you cannot do right now. You might have to take some shortcuts, do some improvising, or indulge in some healthy neglect. Do not be bashful about asking for and accepting help. You would do the same for someone else if they needed help.

Some patients conceal their ostomy from their spouses, families or lovers because they fear rejection, feel shame or embarrassment, are modest or have noticed evidence of disgust. This results in feelings of isolation, depression and chronic anxiety. Most ostomates need a few months before they feel secure about being accepted. Join the crowd! You are not alone! We all go through this.

Signs of Depression:

- Physical - aches or pains, or other physical complaints that seem to have no physical basis.  
Marked change in appetite; change in sleep patterns, and fatigue.
- Emotional - pervasive sadness; anxiety; apathy; crying for no reason and indifference.
- Changes in Behavior - neglect of personal appearance; withdrawal from others; increased use of alcohol/drugs; increased irritability and restlessness.
- Changes in Thoughts - feelings of hopelessness/worthlessness; inappropriate or excess guilt; forgetfulness and inability to make decisions to take action.

NOTE: There are some cases of depression which can benefit most from professional help. Do not hesitate to ask your doctor.

# MY SUPPORT GROUP EXPERIENCE

*Anonymous*

It was about four months after my surgery that I found out that my colostomy would have to be permanent. I was feeling overwhelmed and depressed, which I found out is quite common after this type of surgery. I was at the wound center for a check up and my ostomy nurse gave me a copy of **INSIGHTS** and encouraged me to attend the support group meetings. I did go to the next meeting and heard the experiences of people who were older than me and from some who were much younger. It was then that I realized I had very few problems compared to what some people have, and they were making the best of their situation. I came away from that meeting with a whole different outlook on life and have not missed a meeting since!

## Why I Go To The Support Group Meeting

*Anonymous*

I've had my colostomy for a long time now and I don't think much about it anymore. But I come to the meetings because I like to learn about all the latest news about ostomy products.

I still remember what it was like at the first meeting I attended. I was pretty nervous but I soon realized the people would talk about anything I was brave enough to ask about. Before I went I felt like I was the only one in the world who had this and I was real embarrassed. I learned I don't have to be embarrassed, and I'm not the only one by a long shot. I keep coming so I can let the new ostomy folks know that they'll soon feel normal again.

## I Have A "J-POUCH"

*By Erin Nevin Via OSGNV the POUCH*

My name is Erin Nevin and I have a J-Pouch. I've been living life without a colon for almost 6 months now and I'm still learning what life with a J-Pouch entails.

An ileoanal reservoir, more commonly referred to as a J-Pouch, is a surgical option predominantly for people with ulcerative colitis, familial polyposis or pre-cancerous cells. In short, a J-Pouch is an alternative to an ileostomy where the colon is removed in totality, leaving your rectum and small intestine intact. Your small intestine then takes on most of the jobs that the colon used to perform. To achieve the final functional pouch, a person will go through either two or three surgeries. The internal pouch made of the small intestine will eventually learn to absorb some of the water in the food that you eat, but will never work as well as a functioning, healthy colon, so people with J-Pouches will have looser stools than those with a colon for the rest of their lives. Although this seems like a major entry in the "con" section of your pro/con pre-surgical determination list, you must remember that it will not be anything like before the surgery; if you have a J-Pouch because of ulcerative colitis, for example, there will be no urgency or accidents, and there will be no risk of colon cancer down the line.

That's the clinical definition, the information you can find on WebMD or hear from your Gastroenterologist's office. In my own case, I now have a J-Pouch because of a stubborn case of ulcerative colitis that affected my whole colon, commonly referred to as pan-colitis. I have had undiagnosed symptoms of ulcerative colitis for most of my life, but it was diagnosed only after a terrible flare-up began in November, 2010. I tried every drug, diet, supplement and lifestyle change in the book to no avail, and the immunosuppressants often used to treat ulcerative colitis made me sick enough to threaten my life. I had my colon removed a year after my real journey started, November 17, 2011, and my J-Pouch takedown was performed about two months later.

For me, this surgery has been one of the best decisions of my life. My diet was incredibly limited during my ulcerative colitis flare-ups, and I lost weight rapidly. I was taking over fifteen pills daily and tied to the bathroom 24-hours a day. J-Pouch surgery, when performed by a competent surgeon, can be life-saving, and even in less-than-emergency cases, like my own, it takes away the constant worry and pain of life with a chronic illness. There are no more pills that I have to carry around, no more yearly colonoscopies complete with prep, and no risk of colon cancer in the future. Of course this surgery, like all others, carries risk, but for me there have been more blessings, and I couldn't be happier.

# Spotting Common Cancer Symptoms

By Diana Rodriguez | Medically reviewed by Lindsey Marcellin, MD, MPH  
from *everyday HEALTH*

**Different types of cancer display different cancer symptoms, but some warning signs are common among various kinds.**

Worried about a strange, persistent pain in your abdomen, an unusual lump, or a feeling of utter exhaustion? Certain types of cancer have specific warning signs, while others may mimic common illnesses like the flu. These signs may all seem like minor, harmless ailments, but taken together they could point to cancer.

## Cancer Symptoms: Warning Signs for Men

Many types of cancer, including prostate cancer, may not cause signs or symptoms in their early stages. If you're at high risk for prostate cancer — for example, if you're of African-American descent, have a family history of the disease or as a result of your ostomy surgery had your rectum removed ... you should talk with your doctor about getting a prostate specific antigen (PSA) test. Elevated PSA levels may indicate cancer. Other warning signs that something may be wrong include bone pain, leg swelling, and trouble urinating.

"The most common symptom for men is a change in their urination," says Michael Fisch, MD, PhD, chair of the department of general oncology at the University of Texas M.D. Anderson Cancer Center in Houston.

Men should pay attention if they have trouble passing urine or they have a weak urine stream, "particularly when those changes are rapid in onset over a period of a few weeks." Though these changes could be indications of an enlarged prostate, and not prostate cancer, "you don't know until you get it checked out," Fisch cautions.

## Cancer Symptoms: Warning Signs for Women

Breast cancer is the most common cancer women face. Breast self-exams can spot unusual lumps, which should be taken very seriously, says Fisch. Any time you feel an abnormality, bump, or lump in the breast, you should see your doctor for a breast exam. A mammogram or other imaging test may also be needed to determine the cause.

## Cancer Symptoms: Pain

"The most common kind of symptom that leads people to a cancer diagnosis is pain — an abnormal, painful sensation," says Fisch. But it can be difficult to differentiate between cancer pain and a more routine pain because pain is common ... something we feel often throughout our life. "It is part of our ordinary experience to encounter pains now and again," Fisch says.

How can you tell the difference between everyday pain and pain that could be a possible cancer symptom? The idea is to try to pay attention to pains that are either much more severe or much more persistent over time than you might expect based on your ordinary experience.



Feeling unusually tired without being able to pinpoint a cause — you're getting enough sleep, sleeping well, and are not sick — is another warning sign that cancer may be invading your body. It feels somewhat like the fatigue associated with the flu but without other flu symptoms.

As for weight loss, if you're dieting and losing weight relatively slowly, like a pound or two a week, this is probably cause for celebration. But if weight loss happens very quickly or without much effort, it could be a warning sign. Weight loss that is just a little too easy or too quick can be a sign of cancer.

Individually, these symptoms may be difficult to notice and may not even be a cause for concern. But if you notice a few small warning signs — maybe unexpected weight loss, feeling run-down or fatigued, or experiencing some strange pain — they may indicate that it's best to get to a doctor for a screening. This is especially important for people who already know they're at risk for certain cancers, whether it's because of family history, lifestyle choices, or age.

You don't need to be paranoid about every little illness, ache, or pain, but you do need to listen to your body. If you listen carefully enough, you may catch those early cancer symptoms before real damage is done.

[illegible]

IT

WON'T BE TOO LONG NOW BEFORE WE WILL HOLD  
OUR ANNUAL FUND RAISING EVENT

## "THE PRETZEL SALE"

AT THE BURLINGTON COUNTY FARM FAIR ON RTE 206 IN COLUMBUS

THIS YEAR WE WILL BE BAKING AND SELLING ON TUESDAY,  
JULY 14 THRU SUNDAY JULY 19

**PLAN TO VOLUNTEER FOR AT LEAST 1, 3 HOUR SHIFT!!**

WE WILL BE IN THE SAME LOCATION AS LAST YEAR, BUT WE  
WILL HAVE OUR OWN TENT!!

*Montreal, Canada & Ostonoma News, CA: UOAA Update March 2015*





Join with us  
in Celebrating  
UOAA's decade of  
sharing and caring  
for our ostomy  
community.

## Enter the "GATEWAY TO A NEW LIFE"

September 1 - 6\* at the  
Hyatt Regency St. Louis at the Arch

\* with Educational and Social programming September 2 through 5

### Hotel Information

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The Hyatt Regency St. Louis at the Arch is perfect for our conference. It is in an area within walking distance of the many downtown attractions and restaurants and it is very conveniently designed for easy access to the meeting space.

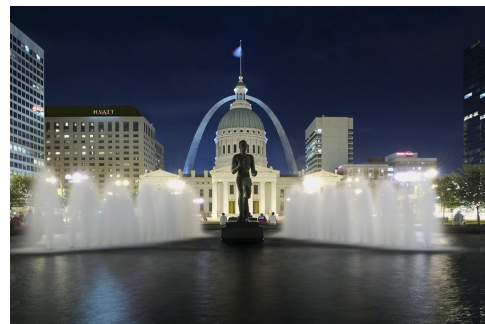
UOAA has a National Conference Discounted Rate of **\$109.00\*** night/ single or double + tax. ( \*Reservations received by the hotel after **August 10th** will be accepted on a space available basis at the best rate available at the time of the reservation.)

To get this discounted rate, **USE THE UOAA WEBSITE, [WWW.OSTOMY.ORG](http://WWW.OSTOMY.ORG) TO RESERVE YOUR ROOM** or call the Hyatt at **888-421-1442** and mention the conference.

### Conference Registration Fees

Individual: \$125; Spouse/Companion: \$75;  
Children 5-17: \$25, Under 5, Free;  
Medical Professional: \$125; 1 Day Only: \$75  
Register on-line at: [www.ostomy.org](http://www.ostomy.org)

**Note: OASNJ will pay the registration fee for any member who wishes to attend.**



### Conference Highlights

- ASG Leadership Academy
- 1st Timers Reception sponsored by **Coloplast**
- Free Ice Cream Social sponsored by **Hollister**
- Free Stoma Clinic
- Exhibition Hall showcasing the latest in ostomy pouching systems, accessories, clothing and suppliers with refreshments in the afternoon and breakfast the next morning sponsored by **Shire/NPS Pharma**
- **NuHope** Fun Run
- Free Closing Night "Desserts" and entertainment sponsored by **ConvaTec**
- Motivational presentations by Joanna Burgess, Bo Parish and Dr. Katherine Jeter

For all programming go to UOAA website, [www.ostomy.org](http://www.ostomy.org)

**Questions?** Call the UOAA office at **800.826.0826**



# 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**