



INSIGHTS

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

www.ostomygroupsnj.org

SERVING OSTOMATES IN SOUTH JERSEY SINCE 1977

November 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 our NEW website... www.ostomygroupsnj.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](https://twitter.com/UOAA) or [Facebook.com/UOAAinc](https://facebook.com/UOAAinc).

SCHEDULE

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. Hoagies will be served

JANUARY 18, 2016: Programj to be announced 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 November 4th**

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 November 18th at 6:00pm**. Contact Kathy Pflieger at pfliegerk@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

George Bishop ... Board Member
609-871-6920 ... bishop.george12@comcast.net

Cos Contento ... Board Member
856-235-1899 ... chcontento@aol.com

Vikki Brisko ... Board Member
856-336-2646 ... vikki_bee@comcast.net

Sandy Ritter ... Visiting Program Coordinator
856-983-1433 ... sanritter@comcast.net

Medical Advisors

Kathleen Schuler ... Board Member
856-813-5930 ... kaschul119@gmail.com

Stephen Pilipshen, MD. Colon & Rectal Surgeon
856-234-3322 www.pilipshencolonandrectal.com

Lois Moskowitz ... Patient Advocate
856-273-1493 ... strongcoffee1@verizon.net

Jane N. Johnson, CWOCN, MSN, APRN, ANP-C
jjohnson@virtua.org 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.

• 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 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.

Can Stomas Hurt ... Yes and No!

Information collected by Bob Baumel and published in the North Central OK Ostomy Outlook

1. **Does Your Stoma Hurt?** by Victor Alterescu, RN,ET

Quite often people tell me that their stoma hurts. This surprises me a great deal since stomas do not have any sensation. You could cut, burn, do anything to the stoma and you would not feel a thing. That's hard to believe, but true. Stomas do not have receptors for pain. Sometimes, the lack of stoma sensation can lead to problems. For example, an incorrectly fitting appliance may cut into the stoma, but no pain will be felt. A stoma can be badly damaged before the problem is noticed. For this reason, it is important not to wear your pouch for long periods of time (more than a week, in my opinion), since it is good to see if the stoma is OK. Actually, when people talk about stoma pain, they are usually talking about pain from the skin around the stoma. That skin, the peristomal skin, is full of nerve receptors that are sensitive to such things as heat, cold, chemicals and adhesives that can cause pain. It is the skin that is sensing the pain, not the stoma. If any unusual symptoms or irritations are noticed, do not hesitate to contact your doctor or WOCN for an evaluation and, if necessary, a prescription for a specific treatment.

2. **Stomas and Pain Response** by Mike D'Orazio, ET(retired); written in response to #1 above;

While Victor's statements regarding stoma pain are essentially correct, there are legitimate situations when one's stoma will feel pain. In the normal condition of the intestine, of which a stoma is a part, typical pain touch receptors are not present. However when the bowel is stretched, as when obstructed and subsequently swollen, the bowel will "feel" painful. There are stretch receptors within the bowel wall that inform us of an obstructive event. While experiencing an obstructive event other physiological phenomena occur to further inform and distress us. On rare occasions patients with stomas have strongly complained of stomal pain. Physical exams have often not been able to reveal any clear evidence of harm or obstruction to the stoma site. In these unusual situations the phenomenon of psychic pain has been put forth to explain the pain.

3. **The nerve(s) of those stomas!** by Mike D'Orazio, ET(retired)

The question or comment about stomas lacking sensory nerves, or the more broadly stated claim that stomas have no nerves, is a myth that dies very hard. Allow me to borrow from one of my presentations that partly addresses this issue. "...most of the information carried by gastrointestinal primary afferent neurons is not consciously perceived. This is nicely demonstrated by tests on fistula patients who report no sensation when the healthy stomach is probed or in patients that have had the intestinal lining cut to take a biopsy." Additionally, we have: "There are more than 100 million nerve cells in the human small intestine, a number roughly equal to the number of nerve cells in the spinal cord. Add in the nerve cells of the esophagus, stomach, and large intestine and you find that we have more nerve cells in our bowel than in our spine. We have more nerve cells in our gut than in the entire remainder of our peripheral nervous system. Alas, stomas do have nerves! There are nerves; but the sensory nerves of the bowel between the esophagus and the rectum, for certain types of painful stimuli, such as cutting or cautery, are either very low in number and caliber or the brain is not readily able to perceive the pain. Of course, one can still be a pain in the a**; however, this is a topic for other times and places.

In summary: Putting this all in perspective, the claim in article #1 that "stomas do not have any sensation" is false, as is the often-repeated claim that "stomas have no nerve endings." Stomas definitely have nerves that are sensitive to stretching. However, it's also true that stomas tend to be insensitive to certain other stimuli, notably cutting. This creates the real danger, as stated in article #1, that you can cut your stoma without being aware of it. And it's also probably true that in most cases when people talk about stoma pain, it's really from the peristomal skin.

Avoid Digestive Problems While Traveling

By Diana Rodriguez | Medically reviewed by Pat F. Bass III, MD, MPH

Digestive problems can have you hitting the rest stop, gas station bathroom, or airplane lavatory more than you care to. Significant changes in your eating habits, not drinking enough fluids, and even just the stress of traveling can result in digestive problems from constipation to traveler's diarrhea, heartburn, and gas.

Protect yourself with these travel health hints.

Don't Get Stuck With Diarrhea

Traveler's diarrhea is a common woe, caused by eating food or drinking water that contains bacteria. Some foods can also trigger diarrhea in people who have a particular intolerance, often to dairy products.

To keep diarrhea at bay while traveling and prevent traveler's diarrhea, particularly when traveling in a foreign country, you should:

- Never consume unpasteurized food or beverages;
- Make sure all meat is completely cooked through and steaming hot when served to you;
- Resist buying food from street vendors;
- Stick to bottled water to drink and to brush your teeth, and don't add ice to your drinks unless you're positive it was made with bottled water;
- Avoid uncooked fruits and vegetables without skins that can be peeled—and don't eat peeled fruits and vegetables unless you are the one who peels them;

If you're having digestive problems like traveler's diarrhea, here's what you can do to keep it from getting worse:

- Avoid eating greasy foods that are high in fat and avoid very high-fiber foods;
- Skip all caffeine;
- Don't eat or drink dairy products;
- Stay away from foods and drinks that contain a lot of sugar.

Cures for Constipation

While you don't want diarrhea keeping you in the bathroom your whole trip, constipation is no less unpleasant. Being unable to have a bowel movement can cause abdominal pain, discomfort, gas and bloating. It is hard to stick to your usual diet while you are travelling, and that can trigger constipation. Here are ways you can try to stay regular while traveling:

- Avoid medications and supplements that can trigger constipation, like diuretics, iron supplements, antacid medications, and calcium supplements;
- Drink plenty of fluids, especially water;
- Eat plenty of fiber each day;
- Go to the bathroom when you need to have a bowel movement—don't put it off;
- Find ways to manage your stress.

Try to keep your diet as consistent as possible so that it's not drastically different from what your body is used to at home.

2016 UOAA Mid-Atlantic Regional Conference

Paint Your Future

April 29, 30 and May 1, 2016

Holiday Inn Washington Dulles 45425 Holiday Drive, Sterling, VA 20166

**Hosted by the Ostomy Support Group of Northern Virginia
Bill Hawes contact billatmaccom@verizon.net**

Notice: It is expected that REGISTRATION will be open on our website (www.osgnv.org) in the November-December timeframe. As soon as we get more information we will pass it along.

RATES FOR THE HOTEL:

\$79.00 (+13% tax) per night for a king bed;
\$85.00 (+ 13% tax) for two double beds
(these rates are good for the nights of April 27 through May 2).

REGULAR REGISTRATION

\$40 per person Spouse/Companion
OSGNV Member \$35 per person
Banquet \$40 per person

TENTATIVE SCHEDULE

Friday, April 29, 2016

4:00 PM - 7:00 PM Stoma Clinic
4:00 PM - 9:00 PM Registration
6:30 PM - 9:00 PM Informal Reception

Sunday, May 1, 2016

7:30 AM - 8:45 AM Breakfast
9:00 AM -12:00 Half Day Beverages
9:00 AM - Noon ASG'S in Action

Saturday, April 30, 2016

6:30 AM - Noon Registration
7:00 AM - 8:15 AM Breakfast Buffet
8:00 AM - 9:00 AM Exhibit Set-Up
9:00 AM - 5:00 PM All Day Beverages
9:00 AM - 5:00 PM Stoma Clinic
9:00 AM - 4:00 PM Exhibits
8:30 AM - 9:30 AM Opening Session/Program/
Speaker
9:30 AM - 10:15 AM Morning Break/Exhibits
10:30 AM -11:30 AM Workshops 1-3, Titles TBD
11:45 AM -1:30 PM Lunch/Speakers/Exhibits
1:45 PM - 2:45 PM Workshops 4-6, Titles TBD
2:45 PM - 3:30 PM Afternoon Break/Exhibits
3:30 PM - 4:30 PM Workshops 7-9, Titles TBD
4:45 PM - 5:45 PM Workshops 10-12/Breakout
Groups-Rap Sessions
7:00 PM - 10:00 PM Banquet (Dinner Dance)



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.

Save 38%. Subscribe for two years and save almost \$30. Subscribe for one year and save 25% off of the cover price. Your information will never be disclosed to a third party and magazines are sent in a secure and discreet cover. **Subscribe Today!**



One-year subscription \$29.95 Two-years: \$49.95



Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690



Name _____

Address _____ Apt/Suite _____

City _____ State _____ Zip _____

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**