



INSIGHTS

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

www.ostomygroupsnj.org

SERVING OSTOMATES IN SOUTH JERSEY SINCE 1977

JUNE 2016

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** or **Facebook.com/UOAAinc**.

MEETING SCHEDULE

JUNE 20, 2016: Plan now to attend our **“39th Anniversary Dinner” at Charlie Brown’s**. See flyer on page 3. If you are planning to attend please send in your reservations **ASAP**. Thanks!

JULY 19–24 ... Our Annual Pretzel Sale Fund Raise at the Burlington County Farm Fair Grounds, Route 206 in Columbus. Your assistance is necessary!!

SEPTEMBER 19 ... Program to be announced later.

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 June 1**. For meeting information contact: **Lois Moskowitz**, at **609-707-4368** or e-mail her at:

Strongcoffee1@verizon.net. **Note: Meetings will be held on July 6 and August 3.**

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 June 15 at 6:00pm**. Contact Kathy Pflieger 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.

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Marlen Manufacturing (216) 292-7060
New Hope Laboratories ... (800) 899-5017
Ostaway x-Bag (800) 774-6097
Ostomy Secrets (800) 518-8515
Schena Ostomy Technologies 239-263-9957
Torbot (800) 545-4254
Trio Ostomy Care USA (844)-331-8746

• 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.

OSTOMY ASSOCIATION OF SOUTHERN NEW JERSEY

39TH ANNIVERSARY DINNER



MONDAY, June 20, 2016, 6:15 pm

1920 Burlington-Mount Holly Road, Westampton, NJ 08060

www.charliebrowns.com

ENJOY

**Farmer's Market Salad Bar ... or Homemade soup; unlimited soda, coffee, tea
Anniversary cake dessert !**

And Your Choice of the following Entrees all of which are ... \$ 20.00 each

Charlie Brown's Fresh Grill USDA Choice Duchess Cut Boneless **Prime Rib and one side**

****Chicken Marsala** served over garlic mashed potatoes with Marsala mushroom sauce**

****Coconut Fried Shrimp** with orange marmalade and one side**

..... cut and send reservations by **June 13th**.....

Name/s:

Your Name

Companion's Name

Entrée/s:

Your Name

Companion's Name

**Mail along with your check for \$20.00/person, made payable to "OASNJ" to:
Ken Aukett, P.O. Box 318, Collingswood, NJ 08108**

Welcome Home

By an Anonymous Attendee of the 1st Wednesday, at noon, Support Group that Meets in the Virtua Health Wellness Center in Moorestown via Lois Moskowitz, the Group's Facilitator

I have heard this expression many times but didn't realize how it applied to me as a person with an ileostomy. I just got back from the satellite meeting of the South Jersey Ostomy Association. Today we had a wound care nurse attend the gathering. Although I have had an ileostomy for five years, there is always something new that I learn at these events. Today was no exception. Fortunately we were able to ask questions. Some of the answers surprised me. Yes, I do get Phoenix magazine and have read voluminous amounts about wearing a bag; yet there is still so much that I need to learn.

Actually, walking into the doors of my first meeting was almost as upsetting as having the surgery. After leaving today's meeting, I realized just how comfortable I felt with these people. It was like "coming home". No longer was I totally embarrassed by my present situation. I could discuss issues that I was having with my bag that I would never reveal to anyone. With the help of the fellowship I can say today that I am happy to have chosen to live and wear a bag.

This wonderful group not only provides the support for new ostomates but also is so informative. Before I went to my first meeting, I wondered what other members looked like and how life has changed since their ostomy. To my surprise the members looked just like everyone else in our society and I had no idea who had an ileostomy, urostomy, or a colostomy. Some of the members were old, some young, some tall, others short. There were both male and females that shared my lifestyle. But, there was one thing we all had in common. We wore some type of an appliance.

Suddenly I was not alone. One thing I did find out was how to live my life to the fullest. Also, other people ran into the same problems that I have experienced through the years. The hints that they gave to me were invaluable and could only have been discovered by others who have worn an appliance. Both the stigma and fear of wearing a bag dissipated.

Since everyone was so positive, I wondered if they ever felt as I did. In the past I always said, "I would rather die than have an ileostomy." For eleven years I tried to keep my j-pouch. During that time I had numerous infections, bleeds, and surgeries. Yet, I just wouldn't give in to the surgery. It finally got to the point where if I did not have my ileostomy I would die. Afterwards my son told me that my bag was my bag of courage. This was the surgery I thought I would never have. However given the choice of living or wearing an appliance, I chose the latter.

4 Reasons Why Having an Ostomy Can Be Exhausting

Feeling tired all the time after ostomy surgery?

Via May 13, 2016 Ostomy Connection

Being an ostomate simply means your body works differently. In the case of a colostomy or ileostomy, you're functioning with little or no colon. That alone is truly remarkable, but before the applause, it can also be exhausting. Watch out for these four common energy zappers.

1. Trips to the Bathroom

While non-ostomates probably have one bowel movement per day, you might be in the bathroom several times per day emptying your ostomy bag. This can happen more with an ileostomy or urostomy versus a colostomy. It's unavoidable, so just know that this ongoing need can leave you feeling pooped, especially for ostomates dealing with high-output. And on days where you're changing your system, don't forget that this task also takes extra time and energy.

Quick tip: Drink fluids after each restroom trip. Rehydrating your body can help restore some lost energy.

2. Lack of Sleep

In the weeks following surgery, you may wake at least once per night to empty the ostomy bag. For some ostomates, it takes months for their bodies to heal or for output to slow down. Plus, if you were a stomach sleeper prior to surgery, adjusting to a side or back sleep position can be challenging. If days of broken sleep are turning into weeks or months, it's no wonder why you're feeling exhausted.

Quick Tip: Avoid eating large meals at night and know which foods run through the system faster. Don't lean on caffeine – take a power nap to help boost your energy. Get the best quality sleep possible to reduce fatigue.

3. Nutritional Deficiencies

Lack of proper nutrients can directly affect our bodies energy levels. If we don't get enough nutrition from food, we tend to feel tired and sluggish. Vitamins and/or supplements for ileostomy patients is highly recommended because much of your body's essential nutrients are absorbed through the large intestine, an organ you're missing.

Quick tip: Eating healthy is important to getting proper nourishment for energy. Talk to your doctor about blood tests for deficiency of specific nutrients, such as vitamin B6, vitamin B12, folic acid, thiamine or niacin. Use vitamins/supplements that are liquid, sublingual or fast dissolving.

4. Endless To Do Lists

Engaging in too many daily activities—even fun activities—can sometimes leave ostomates feeling completely drained. Know your limits. Remember to reserve some energy for completing daily responsibilities. Over-scheduling yourself can equal over-exhausting yourself, and may leave you feeling guilty or inadequate because you can't keep up.

Quick Tip: Ask for help. Every ostomate should have an extra set of helping hands around for times when life gets crazy busy.

Having an ostomy comes with a huge responsibility – always taking care of yourself. This may seem like a full-time job at first, but it's an important step to creating a happier and healthier life. Remember that you're absolutely unique; learn what works best for you.

To the Woman On The Beach Who Thanked Me For “Rocking A Bikini”

Via Personal Health News

I don't know how hard it was for you to approach me on the beach, but I know I have a hard time talking to strangers. But you waltzed up to me with such confidence that nobody would have ever expected a confidence problem with either one of us, especially since I have to carry myself with such an aura of it. You saw me for who I really was — a scared girl who was trying so hard to not let anyone see the fear in her eyes.



I don't know if that's why you came up to me or not, but I want to thank you. Living with a chronic illness is no easy feat, and it gets even harder when that illness changes your outer appearance as much as mine has. With clothes on, no one can tell that I'm anything but a “typical” person, but on the beach it's a whole different story.

Everyone is exposed on the beach, but I literally have to “let it all hang out.” I have an ileostomy, a G-tube and a J-tube, not something you see every day. I'm used to them — to me they're normal. But to everyone else, I'm something out of a science fiction movie. But you, you saw me as a person. You didn't stare at my equipment, you looked me in the eye. And then — you thanked me.

I'm not sure you could tell, but I was stunned. I've had people approach me and call me gross or ask me, “Are you really going in the pool like that?” And when you came up to me, I was preparing for the worst. But what came next still has me in awe.

You thanked me for rocking my bikini, told me about how you used to have an ileostomy as well and how you no longer have a large intestine. You told me I was inspiring. That honestly meant the world to me.

When I was packing for that trip, I agonized for hours about what bathing suits to bring. I actually brought every bathing suit I owned and money to buy a new one because I didn't think I had the right one to hide everything. That morning I made a last minute decision to just wear my bikini as if I didn't have any extra parts on my belly. I was so nervous. Every teenage girl can have body image issues, and since getting my ostomy, mine have been multiplied by 100. We hadn't been on the beach long when you approached me, and I was already feeling uncomfortable, thinking all eyes were on my ostomy. But after speaking with you for those few short minutes, all my worries melted away. At that moment, I realized what I look like doesn't matter, and for the rest of vacation, my only bathing suit issue was that I had severely over packed and probably didn't need nearly as many as I had brought!

So thank you. Thank you for restoring my faith in the good of people. Thank you for allowing me to feel comfortable in my own skin. And finally, thank you for giving me the confidence to enjoy my vacation to the fullest extent.

HELLO PRETZEL PEOPLE

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

FOR THE 37TH CONSECUTIVE YEAR
OUR SUPPORT GROUP WILL BE SELLING
THOSE WORLD FAMOUS, HOT, J&J SNACKS

"SUPER PRETZELS"

AT THE BURLINGTON COUNTY FARM FAIR'S
NEW LOCATION

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

TUESDAY, JULY 19TH THROUGH SUNDAY, JULY 24TH

YOUR SUPPORT IS **KNEADED**



NOW HERE'S THE **TWIST**



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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.

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

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

YES, COUNT ME IN!!! CHECK THE SHIFT/S YOU CAN WORK:

TUE-19 WED-20 THU-21 FRI-22 SAT-23 SUN-24

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!!**

What to Expect After Ostomy Surgery

By Coloplast Customer Care via OSTOMYCONNECTION

The days after stoma surgery can be challenging. You have a pouch attached to your abdomen and lots of new things to learn. Now's the time to start getting to know your stoma.

When you wake up after the operation you'll be wearing your first pouch. This will probably be a clear one so that your nurses can check on your new stoma easily. You may also have drips and drains attached to your body. This is perfectly normal and they will be removed with very little discomfort when appropriate.

What will the stoma look and feel like in the days after surgery?

Your stoma will be moist and pinkish-red in color and should protrude from your abdomen. It may be quite swollen to begin with but will reduce in size over time – usually 6 to 8 weeks after surgery.

Your stoma is a mucous membrane, just like the mucous membrane inside your mouth. There is no sensation in the stoma, so it is not at all painful to touch. The stoma can bleed a little when being cleaned, especially in the beginning, but this is normal and should stop shortly afterwards.

Colostomy & Ileostomy

Your stoma will begin to work shortly after your operation, usually within a few days. At first the output will be a watery liquid and may be strong-smelling as your bowel hasn't been working for a while. Don't worry, though, the consistency will thicken slightly and the smell will diminish as you resume a more balanced diet. Your doctor will advise you when you will be able to eat and drink as usual.

Initially, it's also likely that a certain amount of noisy gas will come from the stoma – again this is perfectly normal. It is not uncommon to feel the need to use the restroom as you did before. This is normal and should reduce with time. If your anus is still present, there may be some mucus discharge from it.

Urostomy

If you have a urostomy, the stoma will begin to work immediately after your operation. The tubes called "stents" placed in the urostomy will be left in place for seven to ten days. At first, your urine may be slightly red, but it will soon return to its usual color.

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



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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**