



INSIGHTS

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

www.ostomygroupsnj.org

SERVING OSTOMATES IN SOUTH JERSEY SINCE 1977

OCTOBER 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](https://twitter.com/UOAA) or [Facebook.com/UOAAinc](https://facebook.com/UOAAinc).

MEETING SCHEDULE

OCTOBER 17 ... Mark Zappone, Mental Health Therapist, will discuss how to address the psychological concerns of ostomates.

NOVEMBER 21 ... Representatives from B.Braun, a manufacturer of ostomy products distributed worldwide, will show us their product line.

December 19 ... Our annual Holiday Meeting complete with a full array of refreshments and appropriate topic discussions.

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 October 5. For meeting information contact:** Lois Moskowitz, at **609-707-4368** or e-mail her at:

Strongcoffee1@verizon.net. **Note: The December meeting will be held on TUESDAY the 6th !**

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 October 19 at 6:00pm**. Contact Kathy Pflieger at pflegerk@ihn.org for details.

Attention Cumberland County Ostomates and anyone else that is interested! The **Cumberland County Ostomy Support Group** meets the 4th Wednesday at the Inspira Medical Center Vineland. Next meeting October 26 at 6:00pm. Contact: Jeanne Spencer 856-327-6505 for information.

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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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
Securi-T USA..... (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
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.

A Chat with Dr. Galler Regarding Hernias

By: *Dr. Avi S. Galler, MD, Colon and Rectal Surgeon*



Greetings!

It's been a hot and busy summer. I had the pleasure of celebrating with many of you back in June at the 39th OASNJ Anniversary dinner. It was wonderful meeting you and seeing some familiar faces. I had several insightful conversations and hope to use these to help organize some topics for future talks and articles.

One topic that recurred was parastomal hernias.

Hernias are holes or defects in the strength layer of the abdominal wall that allows the abdominal contents to bulge forth. By definition a stoma is a hernia, since there is a hole in the abdominal wall that is surgically created. Due to many different factors, a parastomal (around the stoma) hernia can develop with other abdominal contents besides the stoma protruding through.

Not every hernia needs surgical repair. Support belts and appliances can be helpful. But with time the hernia will likely enlarge. The gravest concern is that the herniated contents can become stuck, obstructed, and/or strangulated, necessitating emergency surgery. Therefore, surgery may be an option before it becomes a necessity.

There are several surgical options that can be individualized, from a local repair to relocation. Like every person, every hernia is unique, so they require good pre-operative evaluation and discussion with your physician or surgeon. Prevention and recognition are key - avoid heavy lifting after surgery; keep body weight under control; have the stoma evaluated if the question of a hernia arises.

As the days begin to cool and the leaves begin to change their colors, I wish you all a healthy autumn. Also, don't forget to spread the word about Ostomy Awareness Day on October 1, 2016!

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The Original Innovator of the Ostomy/Hernia Support Belt

www.nu-hope.com

The New Jersey Medical Marijuana Program

Information from the Compassionate Care Foundation at www.ccfnj.org

In 2010 New Jersey became the 17th state to legalize the use of medical cannabis for qualifying patients with approved debilitating conditions. The New Jersey Medical Marijuana Program, or “NJMMP”, is committed to providing safe access and continuing education for patients in need.

What debilitating medical conditions are approved by the program?

A physician must certify that a patient has an approved debilitating medical condition to participate in the Medicinal Marijuana Program. Approved debilitating medical conditions include:

- Amyotrophic lateral sclerosis
- Multiple sclerosis
- Terminal cancer
- Muscular dystrophy
- Inflammatory bowel disease, including Crohn’s disease
- Terminal illness, if the physician has determined a prognosis of less than 12 months of life.

The following conditions apply, if resistant to, or if the patient is intolerant to, conventional therapy:

- Seizure disorder, including epilepsy
- Intractable skeletal muscular spasticity
- Glaucoma
- Post-Traumatic Stress Disorder (PTSD)

The following conditions apply, if severe or chronic pain, severe nausea or vomiting, cachexia or wasting syndrome results from the condition or treatment thereof:

- Positive status for human immunodeficiency virus
- Acquired immune deficiency syndrome
- Cancer

How do I (Patient) register to participate in the program?

A patient must be assessed by a bona fide registered MMP physician who will certify if the patient has an approved debilitating medical condition to participate in the NJ MMP. The physician must complete an **Attending Physician Statement** for each individual patient. Upon submission of the statement a unique **Patient Reference Number** will be produced. The physician will need to provide the patient with this **Reference Number along with a copy of the attending physician statement**. The patient or their designee will go to <http://njmmp.nj.gov> and complete the following steps to complete the online registration process:

Where do I find a doctor who has been approved by the MMP?

If your current physician is not registered with the MMP, speak with them about registering with the Medicinal Marijuana Program. Physicians must be registered with the program in order to certify your eligibility. A list of physicians is available on our website, nj.gov/health/medicalmarijuana. Under the ‘Patient’ tab, select the option that says ‘Find a Doctor’. This will assist the patient in locating a physician in their area.

Will my application be confidential?

A Patient’s application will only be available to your registered physician, the NJMMP staff, and Alternative Treatment Centers personnel.

OASNJ Ostomy Awareness Observance

Dear Fellow Ostomates, check out the personal Ostomy Awareness video that I prepared showing how one person can be “Resilient”.

We all have stories to tell! I am sure that you have experienced similar events that we can use for a video showing quality of life that the members of the OASNJ have after ostomy surgery

Here's what we want to do: We want you to have a picture taken of yourself doing something you do now that you couldn't do, or never thought you would be able to do again after your ostomy surgery ... this could be an activity, following a passion, taking a vacation, playing with your grandkids, dating or even get married.

Send your photos or short video to stephanieurzi@ostomygroupsnj.org, that shows how you are resilient.

Once all the photos are gathered, they will be compiled into a short **#IAmResilient** video, set to "FIGHT SONG" (by Rachel Platten), to be posted on our website and Facebook page. We'd love to see everyone get involved!

Stephanie Urzi
OASNJ Webmaster

Fight Song - Ostomy Version

The “Ostomy Version” lyrics of the Rachel Platten “**FIGHT SONG**” were written by Stephanie Urzi

Like a small boat, on the ocean
Sending big waves into motion
Like how a single word can make a heart open
We might only have one match but We can make
an explosion.

And all those things we didn't say
By hiding our ostomies away
We will scream with Pride tonight
You **WILL** hear our voice this time

This is our fight song
Take back our life song
Prove we're alright song
Our power's turned on
Starting right now we'll be strong
We'll play our fight song
And we don't really care if nobody else believes
Cause we've still got a lot of fight left in **WE!**

Stigmas & Misinformation abound
So we'll fight to get all the truth out
Cause we believe, yes we believe

That ostomies have saved our lives
So we wear our bags with lots of pride
Cause we're alive, Yes we're **ALIVE!**

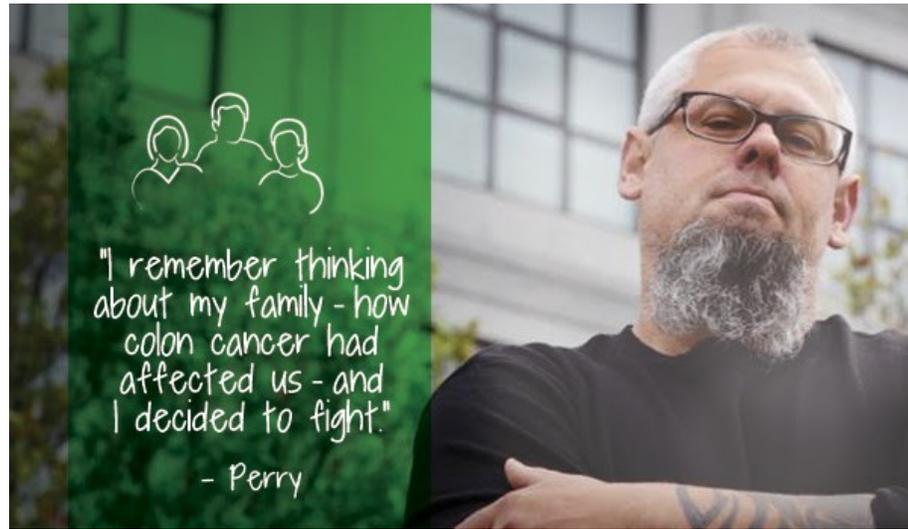
And all of those things we didn't say
By hiding our ostomies away
We will scream with Pride tonight
You **WILL** hear our voice this time

This is our fight song
Take back our life song
Prove we're alright song
Our power's turned on
Starting right now we'll be strong
We'll play our fight song
And we don't really care if nobody else believes
Cause we've still got a lot of fight left in **WE!**
A lot of fight left in **WE**

**Celebrate Ostomy Awareness By
Bouncing Back Into Life**

Perry Swisher

United States Member, ConvaTec's me+ community



And it can devastate a family. Perry Swisher knows that firsthand. His grandmother died at the age of 53 and his mother died at the age of 36—both from colon cancer. His uncle was diagnosed with FAP very young and opted for an ileostomy in his early 20s. So when Perry began seeing blood in his stool in late 2013—at the age of 35—he feared the worst.

Tests showed that Perry's intestines were full of polyps, and doctors feared he would not survive more than a couple of years. "I remember thinking about my family—how colon cancer had affected us—and I decided to fight."

Like his uncle, Perry decided to have an ileostomy. "That's when my new life began," he says. "It was very painful and awkward at first. But my family was very supportive. My uncle coached me through life with an ostomy. He works two full-time jobs and never complains about anything. I'm thankful for this knowledge about life with an ostomy. He's my hero."

Today, Perry is a heavy-equipment operator, specializing in road graders used in building roads. He says that working in such a physically demanding job while dealing with an ostomy has been a challenge, but not the only challenge.

"Until now, I only thought about the physical side of having an ostomy; I didn't think about the other challenges, like having the confidence to keep doing the things I did before surgery. Knowing that people with an ostomy can work, go to school, raise families, and do everything that other people can do has helped me get on with my life.

I'm thankful for the people in my life who have helped me feel normal again."

***** A successful man is one who makes more money than his wife can spend.
A successful woman is one who can find such a man. –Lana Turner**

Why Going Public About My Ostomy Bag Is The Best Thing I've Ever Done

By Danielle McCormack posted on September 21, 2016 ... Ostomy Connection

Hearing that a 22-year-old female has been under general anesthetic more than 20 times seems ridiculous but that's what has happened to me. Since birth I have been in and out of hospital. I was born with imperforate anus which is a birth defect in which the rectum is malformed. I had pull-through surgery and a colostomy given to me at 24 hours old.

I was also born with persistent cloaca which is a complex anorectal congenital disorder in which the rectum, vagina and urinary tract meet and fuse creating a cloaca. I had major surgery at birth and as a toddler. I had my colostomy reversed aged 2. I also had a vaginoplasty aged 2 and another aged 14.

Growing up the problems that I had included chronic constipation – and so I have been on numerous laxatives daily and have been given many enemas. In school nobody knew about this and I kept it hidden very well – apart from my bloated stomach, which was rather obvious!

In my late teen/adult years my health was getting harder to control. The enemas and laxatives were not working and after so many hospital visits I was asked to try peristeen (anal irrigation). I tried using this system for half a year but it didn't help.

Having these problems, and the fact they were 'invisible' stopped me from enjoying sleepovers with friends and the stress of school just made the symptoms a lot worse.

In 2014 I was admitted to hospital due to not having a bowel movement for 3/4 months. I stayed for 5 weeks on 2 enemas a day and laxatives plus a manual evacuation under general anesthetic once a week which failed. I was then given a 'temp' ileostomy bag so they could cut a mass out of my colon and let my colon heal. Having my bag scared me so much because I hid my illness from everyone so easily I knew that having a bag I couldn't really do that anymore. Deep down, I didn't want to hide anymore! I was 20 years old and I was so fed up of hiding what is basically me!

Coming out public about my ileostomy is the best thing I've ever done. There's so many negative stories that come with ostomy life but from my personal experience ostomy life is the best life! In 2015 I did a lingerie photoshoot for an ostomy lingerie company and I would never have had the confidence to do anything like that before surgery



In June, 2016 I had the surgery to remove my colon rectum and anus (panproctocolectomy) to make my ileostomy permanent, it's the best decision I've ever made even though I am still recovering from this surgery. The fact I don't have to take medication or have enemas or run to the toilet in agony on a daily basis is what keeps me positive!

I've been in an amazing loving relationship for a year now, I'm with someone who doesn't even make the fact I have an ostomy a 'thing', to him it's nothing – I just go to toilet a bit differently to 'normal' people. He is one of my biggest supporters.

My personal opinion is that as long as you think of the positives of this life things will always go positive for you, you have to love yourself before anyone else can. Be confident and embrace what has saved your life.

Hopefully that was my last surgery and thanks to my ostomy I can say goodbye to my second home (the hospital) for a long time

This post originally appeared on [The Disclosed](#).

Get Ostomy Answers!

The Phoenix magazine 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. Subscriptions directly fund the services of the United Ostomy Associations of America.

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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:** \_\_\_\_-\_\_\_\_-\_\_\_\_\_

**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**