



INSIGHTS

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

www.ostomygroupsnj.org

SERVING OSTOMATES IN SOUTH JERSEY SINCE 1977

February 2017

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 web-site... 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

FEBRUARY 20, 2017 Our ConvaTec representative, Kristina Klein, will "show and tell" about the company's new products.

MARCH 20, 2017 Program TBA at later date.

April 17, 2017 Jack Millman from Celebration Ostomy Support Belt will discuss the features of his product

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** .. **The next meeting is February 1st. Ostomy nurse Kathy Judge, CWON will be there to answer your questions.**

For meeting information contact:

Lois Moskowitz, at 609-707-4368 or e-mail her at: Strongcoffee1@verizon.net.

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, Medical Arts Building, Suite #14 **Next meeting February 15th at 6:00pm**. Contact Kathy Pfleger 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 February 22nd at 6:00pm**. Contact: Jeanne Spencer 856-327-6505 for information.

VISITING PROGRAM: 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.

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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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Byram Healthcare(877) 90-BYRAM
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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
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 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.

Take Action Today!



UOAA Advocates for Critical Patient Protections in the Affordable Care Act (Obamacare)) “Repeal and Replace” Debate

Happy New Year!

These are important and exciting days for UOAA's advocacy program. We are in the final stages of forming an Advocacy Committee to help us achieve our goals and look forward to introducing you to our Committee in the coming weeks (**of which our own Stephanie Urzi will be a member**).

Joanna Burgess-Stocks, ostomate, WOC nurse and current member of UOAA's Management Board of Directors is the Chair of this committee, and I am honored to work with her. In the meantime, we have charted our course and hope you will take the opportunity to review UOAA's Advocacy Agenda. http://www.ostomy.org/uploaded/files/advocacy/uoaadvocacy_agenda_20170118.pdf?direct=1

Once again in 2017, healthcare reform is in the spotlight and it is critical that we ensure the needs of persons living with an ostomy and continent diversions are included in the stakeholder conversations. In particular, we must make certain that the 115th Congress preserves the basic patient protections from the Affordable Care Act:

- **Prohibit discrimination against patients with pre-existing conditions**
- **Prohibit lifetime and annual caps on insurance benefits**
- **Allow young adults to stay on family coverage until they are 26**
- **Limit patient out-of-pocket spending in a meaningful way**

These protections have made it possible for many people living with an ostomy to obtain insurance coverage and protect them from stratospheric medical bills. Furthermore, they are essential to ensuring access to quality, affordable healthcare coverage.

UOAA is pleased to launch a new advocacy software platform to help you take action on important initiatives, and where you can keep on top of the latest advocacy news by signing up for our Advocacy Network.

Go to http://www.ostomy.org/Advocacy_Action.html to take action today!!

We will be counting on you to help make our voices heard!
Because every voice counts. And every person living with an ostomy should be heard!

Jeanine Gleba, UOAA Advocacy Manager , advocacy@ostomy.org



***Life with an ostomy can provide some unexpected challenges
but it doesn't always have to.***

- 1 It is ok to feel the emotions you feel -
Anger, frustration, sadness. It's what you do with those emotions that determines how you will heal.
- 2 Pouching systems are like bathing suits -
you usually have to try several before you're satisfied.
- 3 There's a TON of support out there.
Please seek it out. You do not have to go through this alone.
- 4 Having an ostomy does NOT make you less attractive.
But your attitude about the ostomy can certainly affect how attractive you feel.
- 5 Chew, chew, chew.
Make this a rule you live by! Blockages are not fun. At all.

7 Sensational Sites Every Ostomate Should Bookmark

Via: [ostomyconnection](#) 1/6/2017

The internet is a really big place, with **a lot** of content. There are over one billion sites on the world wide web, if you can believe that number! It has changed the way we work, the way we live and connected our lives. It's definitely made it easier to find resources for living with an ostomy, you just have to know where to find them.

These seven websites cover everything from reviews to dating to support groups, and they all deserve to be bookmarked because of one common theme – they're made just for ostomates!

1. For ostomates who enjoy triathlons & races

Ostomy United ... [www.ostomyunited.org](#) ... is a team of ostomates, their friends and supporters who participate in triathlons across the United States to inspire and empower those living with ostomies. Founded by Ted Vosk in 2015, their motto is "THERE IS NOTHING WE CAN'T DO!!!" Members of Ostomy United range in age from teenagers to 70+ years-old, and have participated in races ranging from beginner triathlons to the Ironman 70.3 mile race.

2. To review & rate ostomy products

Ostomy Reviewer ... [ostomyreviewer.co.uk](#) ... was set up with the ostomate in mind. Blake Beckford understands the challenges of choosing the right ostomy products because of his own ileostomy surgery in 2014 due to ulcerative colitis. He created this site to allow ostomates to rate 100's of ostomy products, see the average user rating and share your personal experiences. Each month the site features a new products or service to review and rate.

3. An app for helpful ostomy tips

Created in 2013, Ostomy Advisor ... [Google Ostomy Advisor](#) ... is an app that provides one-on-one advice from a team of UK advisors who are ostomates, relatives of ostomates or caregivers. It is available for iPhone or Android and can also be accessed through the web. The app provides daily ostomy tips, useful videos and a travel feature to help ostomates swift passage through airport security.

4. Find local support groups across America

The United Ostomy Associations of America (UOAA) ... [www.ostomy.org](#) ... is a nonprofit organization that supports, empowers, and advocates for people who have ostomy or continent diversion surgery. Whether you are looking to join one of their 300+ US-based support groups, or you're seeking answers through their online discussion boards, you've reached the right site for information, help and support.

5. Make friends or find relationships with ostomates

With over 14,000 members, Meet An OstoMate ... [www.meetanostomate.org](#) ... is an active online community where ostomates can make friends or literally "meet an ostomate" for a date. As one member says, *"This forum is extremely valuable. I had my first date with a gal with an ostomy this past week..."* What's unique is that you can search for other members by location, gender, age, interests, and other criteria.

6. For tips on living a vegan lifestyle with an ileostomy

Eric Polsinelli had permanent ileostomy surgery in August, 2013 due to Crohn's disease and has been vegan for 16 years. Whether you just want a glimpse or you're ready to #GoVegan2017, VeganOstomy ... [Google Vegan Ostomy](#) ... is a great site that brings you firsthand experience through videos, reviews and advice on Eric's personal blog. Here you'll not only learn about food choices, but vegan ostomy products too. There's a reason for everyone to try vegan this month – it's Veganuary!

7. Peer-to-peer support from an ostomate's point of view

One of the longest running websites on the internet for ostomates, Ostomyland ... [Google Ostomyland](#) ... should definitely be bookmarked. This online ostomy support community was created by colostomate Jason Dale in 1998 and has more than 5,000 users with over 99,000 posted messages on the forum. You can ask questions, share advice with others, upload photos or just hang out for a chat on their Facebook page. Their mission is to raise awareness and offer peer-to-peer support from an ostomate's point of view.

Common Ostomy Problems and Possible Solutions

Excerpted from an article in the Huntsville, Alabama newsletter

Food blockages. Symptoms may include no output from the stoma for more than 4 hours, cramp-ing in the abdomen, nausea or vomiting and high watery output.

Solution: Drink hot tea and increase your fluid input. Take a warm bath or shower and massage your abdomen. Have a glass of wine. This will help relax your abdominal muscles. Get down on all fours with your backside in the air. An undignified position, but it does help some people move a blockage. If the blockage persists for more than a few hours, seek medical advice from your nearest hospital.

Mucous and bleeding from the rectum.

Solution: This is completely normal if your rectum is still in-tact, although annoying, since the mucosal lining of the rectum is still working. Try wearing a sanitary napkin to save soiling your underwear. If the bleeding is profuse, see your doctor.

Odor.

Solution: Simple solutions that work for some ostomates are to place mint tic-tacs or mint mouthwash into your bag. Deodorants, either taken orally or placed in your bag, are available from your ostomy supplier. DO NOT place aspirin in your bag in an attempt to eliminate odor—doing so can cause damage to your stoma.

Bleeding.

Solution: First, determine if the bleeding is coming from the surface of the stoma or from internally. If it is internally, then it's wise to seek medical advice. If the bleeding is from the surface of the stoma, it should stop quite quickly. Stomas are made from the same type of skin as the inside of your cheeks and you know how easily they bleed. Even the slightest little nick can cause it to bleed. If bleeding is profuse or doesn't stop quickly, seek medical help. Cuts to the stoma can also be caused by the wafer riding off center. Try "picture framing" the wafer with some tape to stop it from moving.

Phantom rectal pain, i.e., you get the urge to go to the toilet in the “old way”, even though you know you can’t.

Solution: This pain is because your body needs time to adjust to it's new plumbing and still thinks it needs to go to the toilet in the old way. Try going and sitting on the toilet anyway, even though you know it's pointless. A lot of people find this alleviates the pain. the good news is that over time, phantom rectal pains become less frequent and eventually disappear altogether.

Stoma is placed on or above the beltline:

Solution: This is more common in men than women for some reason. DO NOT let them site your stoma on or above the beltline if at all possible. Belts will stop the stool from flowing into the pouch so try wearing trousers a size bigger than you would normally wear and wear braces or suspenders to keep them up rather than a belt. Seatbelt of cars ride right over the stoma site and are uncomfortable. Solution: Try using a clothes peg at the top of the seatbelt where it slides into the door. This will enable you to wear the seatbelt looser than normal but still protect you in case of an accident. Use a small cushion or pillow between you and the seatbelt. Remember, a broken stoma is much easier to put back together than a whole person!

Stoma shows through a tight dress.

Solution: Try wearing bike pants or similar lycra pants under your outfit that will smooth out the line of the bag. Empty frequently.

[illegible]

Meeting Notice

Lois Moskowitz, Chair of the 1st Wednesday of the month support group that meets at the Virtua Health Wellness Center in Moorestown, has advised that a WOCNurse will be in attendance at each meeting to discuss ostomy related issues that may arise and to answer your questions.

Ostomy Awareness Night at the Phillies



Saturday, June 17, 2017
Phillies vs. Arizona Diamondbacks
Game Time - 4:05 p.m.

Tickets (subject to availability) with other family members, friends and supporters will be located in:
Pavilion (Sections 201-205, Scoreboard Porch (Sections 241-245) @ \$34 each
Some proceeds from each ticket sold will benefit the Ostomy Associations of the Delaware Valley.

Ordering your tickets is simple: Go to www.phillies.com/couponcode

Click the "Buy Tickets" button

Go to the **June 17** game date from the calendar and click the green "T" link

Enter the coupon code: **OSTOMY**

*If you have any questions, please contact Dan Kelson in the
Phillies Group Sales Office at 215-463-5000 ext. 5102*



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6th National Conference
Tues.–Sat., Aug. 22–26, 2017, Hotel Irvine, Irvine, California

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you won't soon forget*

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At the Hotel Irvine
in Irvine, California**



Irvine is in the heart of Orange County in coastal Southern California. The fabulous “lifestyle hotel” the Hotel Irvine will be the home of the conference and is a perfect base of operations for area attractions. You’ll find amazing shopping at the Irvine Spectrum Center (pictured left) and other premiere areas near Irvine. Pacific beaches and Newport Harbor is accessible and nearby, as is golf, hiking and family attractions such as as Knott's Berry Farm and of course Disneyland! Southern California has many airport options but if you fly into nearby John Wayne International Airport a free airport shuttle will take you straight to the hotel that is both affordable and packed with amenities.

Conference-Related Information

Please go to www.ostomy.org, the UOAA website, to register and view the educational programming that is planned for you. Information regarding conference registration will be posted on the UOAA website when available and will be published in the March 2017 issue of *The Phoenix* magazine



Virtua Ostomy Outpatient Clinics

Jane N. Johnson, CWO CN, 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.

[illegible]

Will snow or ice cause our Monday night meeting to be cancelled? If in doubt, call Ken Aukett at 609-315-8115
To find out if the Wednesday noon meeting has been cancelled call Lois Moskowitz at 856-273-1493

[illegible]

Pillow Talk

by E. McConnell, CWOCN, Snohomish WA; via Middle GA Ostomy Rumble; and North Central OK Ostomy Outlook

Did you ever try to snuggle into a comfortable position in bed only to find that your tummy flab or pouching system seems to pull when you are on your side? Do not let it cramp your style. Happiness could just turn out to be a pillow.

Try tucking one across your front and lean into it for firm support. If the pillow is too soft, first roll it like a bolster. A flat pillow placed between the legs in such a way that one end is brought up high enough to support the lower abdomen also helps to relieve or prevent any strain.

If you lie on your back, try a pillow under your knees for added comfort. If your feet get cold during the night, remember that pillows are not just for heads anymore. A soft pillow on the foot of the bed is perfect for tootsies to snuggle under.

Try placing a pillow on top of you, under the sheet if you are stuck in a motel where bed clothing is inadequate for lowered temperatures—it will warm you up in a hurry. Even placing a pillow alongside your body helps.

You know there are soft pillows, firm pillows, goose downs, satin jobs, king size, crib size, wedges, rings, triangles— anything your little heart desires. Movie queens surround themselves with heaps of pillows. Turks perch atop them with their legs crossed, tough guys slam their fists into them, kids have pillow fights with them and cats and dogs curl up and sleep on them.

As people with ostomies, we started out as pillow people, one pressed firmly into our back to keep us on our sides, one under the arm with the IV in it, one clenched tightly in our arms across the incision when we were made to cough and even one under our bottoms when we painfully tried to sit up.

If you have forgotten about pillows, just remember—they are a natural for people with ostomies. Try them—you might just like them.

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**