



INSIGHTS

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

www.ostomygroupsnj.org

SERVING OSTOMATES IN SOUTH JERSEY SINCE 1977

October 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 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**.

SCHEDULE

OCTOBER 16, 2017 Dr. Jack DeVita, M.D., noted area Gastroenterologist, will discuss the benefits of using marijuana to treat patients and the NJ Medical Marijuana Program

NOVEMBER 20, 2017 Program to be announced

DECEMBER 18, 2017 Annual HOLIDAY meeting.

OASNJ Satellite Support Groups

Where: Virtua Health and Wellness Center, 401 Young Avenue, Moorestown, NJ

When: The 1st Wednesday of the month, from **Noon to 2:00 PM** .. **The next meeting is October 4** Contact Lois Moskowitz, **609-707-4368** for information.

Where: Virtua Health and Wellness Center, 200 Bowman Drive, Voorhees

When: The 4th Monday of the month, from **Noon to 2:00 PM** .. **The next meeting is October 23**. Contact: Lois Moskowitz, 609-707-4368 for information

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 Contact Kathy Pfleger at pflegerk@ihn.org for info for **October 18 meeting**

Attention Cumberland County Ostomates and anyone else that is interested! The **Cumberland County Ostomy Support Group** meets the 1st Wednesday at the Inspira Medical Center Vineland. Contact: Jeanne Spencer 856-327-6505 for info for **October 4 meeting**.

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.

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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Trio Ostomy Care USA (844)-331-8746

• WOUND, OSTOMY and CONTINENCE NURSES SOCIETY ... www.wocn.org

Area WOCNurses:

Kathy Judge (856) 247-7260
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 in EHT, in the Fitness Building, 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.

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Why You Should Get a Flu Shot

via **OSTOMY OUTLOOK**, Ostomy Association of North Central Oklahoma

What do a sore throat, fever, chills, headache, cough, and muscle aches have in common? They are all signs of influenza. If you have ever experienced the “flu” once is enough for lifetime, and obtaining a flu shot is an obvious choice. For those who have managed to avoid contracting the flu, subjecting one’s self to an injection may seem unnecessary. If you are considering “skipping” your flu shot this year, please read the information below before you make that decision. It could save your life.

Influenza, more commonly known as the “flu” results in approximately 36,000 deaths each year, making it the sixth leading cause of death in the U.S. Additionally, nearly 114,000 Americans are hospitalized each year as a result of the flu.

A flu shot is recommended every year because the influenza viruses change often and the vaccine is updated every year. A flu immunization should be obtained during the months of October or November; this will allow the body ample time to develop the necessary immunity before the most widespread outbreaks occur in December and continuing into March. It takes one to two weeks for the body to develop antibodies to protect against the flu. This protection lasts through the high risk months of the flu season and then gradually fades. Don't become one of the 90 million individuals who contract the flu this year. Get your flu shot and have a healthy winter.

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Parastomal Hernia

via **OSTOMY OUTLOOK**, Ostomy Association of North Central Oklahoma

What is a hernia? A hernia is a weakness in the wall of the abdomen that allows the contents to bulge out forming a lump or swelling. If the weakness occurs where the stoma is attached to the muscle wall causing a swelling around the stoma, this is called a Parastomal Hernia. What may cause a hernia? A hernia can have many causes. These include: being overweight, lifting heavy objects and even steroid drugs, as they can make the muscles weaker.

Managing a hernia. Most hernias can be managed without surgery. Support belts and appliances are the most successful aids. It may be necessary to change the type of pouch you use to ensure a secure fit. Talk to your ostomy nurse for advice on this. Surgery may be considered in extreme cases, e.g., strangulation or obstruction or when the hernia affects the seal between the skin and appliance causing leakage. Other reasons may be if the hernia is causing a lot of pain or embarrassment to the ostomate, by being visible even when fully clothed. Your surgeon will discuss this with you as there are risks involved with all surgery. Hernia prevention. • Avoid any heavy lifting for the first three months after surgery (this includes a bag of shopping or full kettle). • Stay healthy and keep your body weight under control. • Always talk to your surgeon or ostomy nurse before beginning any exercise, and listen to your body... if it causes you discomfort...stop! • Wear a support garment when lifting, gardening or undertaking any physical work.

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Stoma Shape and Leakage

via **OSTOMY OUTLOOK**, Ostomy Association of North Central Oklahoma

Are you aware that stomas sometimes change shape? This can happen when you change from a standing to a sitting position. Mirrors are handy gadgets – take a look! The stoma that is round when you are lying down or standing may be oval when you sit down. This may be a source of a leaking problem and merits thought. Remember, the stoma is a portion of the intestines brought to the surface of the abdomen. The healthy red color of the stoma means there is a good blood supply. The natural lubricant of the intestines is mucus. No adhesive will stick to the stoma because of the mucosal lining. Therefore, any part of the wafer that comes in contact with the mucus on the stoma will automatically refuse to stick. Thus, the seal around the stoma does not change even though the stoma shape changes. This means that if the stoma is oval in a sitting position, perhaps the opening on the wafer should be oval. This particularly applies to people who are sedentary most of the day. This is not an absolute rule, but a consideration if you find leakage a problem.

12 Of the Most Inspiring and Empowering Quotes From Ostomates

From OSTOMY CONNECTION website posted September 14, 2017

Great quotes can be inspirational and motivational. We all fall down, but often a few simple encouraging words can be enough to get back up. We've met so many incredible ostomates who have overcome some pretty tough times. Here are some of our favorite quotes to help you see the amazing potential that ostomy life has to offer.

“You have to love yourself before anyone else can. Be confident and embrace what has saved your life.” By: Danielle McCormack

“When people are ignorant and inconsiderate, I have to flip the negative to a positive. Changing my perspective is one of the most powerful lessons I've learned in life. And the faster I flip the negative to a positive, the better off I will be.” By: Cate Luth

“I remind myself to focus on all the ways that an ostomy is providing a better life. And life is so much more worth living when you're not ashamed of, or trying to hide the equipment that's keeping you alive.” By: Stephen Holman

“My ostomy gave me life. I learned to appreciate that life. Sure, I was different. I still am. But I have grown to love myself for that.” By: Shawntel Bethea

“Your ostomy is giving you another chance at that life, so you might as well live it exactly the way that you want. The strength to do so lies within you. Simply take the first step, and then take another.” By: Ted Vosk

“The life this ostomy breathes into me is more than a blessing. It is a work of art. It is a wound from which light emanates, a ray of light that radiates hope and positivity while giving me another chance at life.” By: Tina Aswani

“You may not realize this right away, but as life goes on you'll notice many subtle ways in which you can handle so much more than before.” By: Leah Sannar

“This terrible disease has given me the ability to see what I have, not what I have lost. I've grown stronger as a person and truly appreciate the little things.” By: Collin Jarvis

“My ileostomy doesn't stop me from doing the things I love. It's actually quite the opposite. I get to do the things I love because of my ileostomy!” By: Janie Kasse

“The one thing in this entire situation that I can control is how I respond to it. I refuse to be negative about what happened to me because so much goodness has come into my life thanks to my ileostomy” By: Jessica Sandiford

“While my illness does not define me, it is part of me and I can unhesitatingly say it has done me a world of good. It's given me a new perspective on life and the drive to make the most of every good day.” By: Matthew Newman

“We cannot predict what life brings us. But more importantly we cannot allow difficult circumstances to dictate our future. I can and will live a full and vibrant life”
By: Jearlean Taylor

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

By Danielle McCormack in OSTOMY CONNECTION website posted September 14, 2017

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 ostomy 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.

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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**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**.

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