Our Next Meeting is…..

Sunday, March 16, 2014  
2:00 PM

First PRESBYTERIAN CHURCH  
161 N. Mesa Drive  
Mesa, AZ. 85201

Meeting in Fellowship Hall

March Program

Write your questions down to bring to the meeting. Our wonderful WOC Nurses will be our program.

ET Advisors
We want to thank our WOC nurses for all they have done for us. They come to every meeting and help us with any problems we may have.

Banner Desert Medical Center (Dobson Road)  
Contact # 480 412-3449  
Janet Schmidbauer, RN, BSN, CWOCN  
Elaine Fox, RN, BSN, CWOCN  
Angela Hukill, BSN, COCN, CWCN

Banner Baywood Medical Center (Power Road) Contact # 480 321-4642  
Miriam Jensen, BSN, RN, COCN, CWCN  
Karol Friend, BSN, RN, COCN, CWCN

Support Group Meeting Dates through May 2014. All meetings begin at 2:00 PM at Mesa First Presbyterian Church  
March 16, 2014  
April 13, 2014  
May 18, 2014

Board Meeting Dates through May 2014  
All meetings begin at 9:30 AM at Mesa First Presbyterian Church  
March 01, 2014  
May 03, 2014

UOAA: For information for ostomates and to view upcoming conferences and events, go to www.ostomy.org. You can join the discussion board and read the monthly Update letter. Click the “advocacy” tab to reach your elected officials and send a suggested message

BE SURE TO VISIT OUR WEBSITE:  
www.ostomysupportarizona.org
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480.964.8953

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**Note from Your President**

Our big surprise of the February meeting was our "own" forever President Sheila. (past president of many years). She had to come back from Michigan to get warm. ;-) So good to see so many new faces at the meeting. Please come back to see us. Hope everyone enjoyed Dr. Sahai as much as I did. Young, good looking and smart doctor. What more could we ask for in a speaker. Our nurses out did themselves on this guest speaker.

Thank you girls for all your help.

Well on to the next month.  
See you all March 16th. Let’s start St. Patrick’s Day early and wear GREEN.

Darlene Kosman

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![Image of flowers with text](image-url)  
"Can You "Bee-lieve" It’s Spring?"  
www.tuscum.org
Suggestions box

We would like to start a suggestion box column in our newsletter. Many of you have special little things you do that help you and work for living with an ostomy. It is amazing how little inconsequential ideas can bring great comfort and answers to frustrating happenings. Please share your tidbits. Send your suggestions to Ostomy Support Group EV/AZ, P.O. Box 1681, Mesa, Az., 85211, or email generalkosman@gmail.com, or call 480-812-0324

We look forward to making this column a winner!

50/50 Raffle

Winner of the January 19th 50/50 raffle was Jim Carr. He graciously donated it back to the Youth Rally Camp fund. Thank you, Jim!

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NOMINATIONS OPEN!!!!

Nomination for new officers will open at the March 16 meeting. The vote will take place at the April 16th meeting. New officers will be inducted on May 18 (last meeting before summer break).

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Upcoming Events

May 2-4, 2014 – UOAA Mind-Atlantic Regional Conference
Holiday Inn Washington Dulles Hotel
The 2014 UOAA Mid-Atlantic Regional Conference will be held May 2-4, 2014, and will be hosted by the Ostomy Support Group of Northern Virginia, LLC (OSGNV, LLC) and its satellite Ostomy Connections Support Group, Fredericksburg, VA. DETAILS TO FOLLOW.

Save the Date for the:
Fifth UOAA National Conference • Sept 1-6, 2015 • St Louis MO

Finding common ground

By: Maureen Hymel

I would venture to say that most of us have not had our ostomy since infancy. So as I write this, I think about the parents of children with an ostomy, about the challenges that children, teenagers, and young adults face they deal with bowel or bladder issues and how their self esteem
might suffer. I think about the lifestyle changes that inevitably follow a diversion in a middle aged active and employed person. Many older adults diagnosed with cancer or suffering the ravages of intestinal disease find that an ostomy offers a lifesaving solution. The issues are many and there is no single medical source of information for the ostomate or family and friends of an ostomate. So where can someone find information about an ileostomy, colostomy, or urostomy? What about “appliances” that don’t have anything to do with the kitchen or laundry? Oh yes, and what about advocacy and legal issues? Well, in my search as a new ostomate, I found “ostomate gold” when I found the United Ostomy Associations of America (UOAA). It is “...a national network for bowel and urinary diversion support groups in the United States”. It is how I found the Mesa EV Support Group. As a member of the East Valley Arizona Ostomy Support Group, $2.00 of your individual dues goes to support the mission of the nonprofit UOAA. It is a voice and educational source that exists for all ostmates, from cradle to grave. It is our common ground.

Ostomy Fashion Tips
Reprinted from www.ibdcrohns.about.com

Many people think that an ostomy appliance is going to be noticeable under their clothes or rustle when they walk. When I underwent temporary ileostomy surgery, I was worried that my wardrobe would have to change drastically. The truth is that I didn't change a thing! Today there are many newer, more body-conscious appliances available to assure ostomates of a good fit as well as privacy.

An important first step in ensuring that an ostomy will not interfere with fashion or function is to talk with your surgeon and ET nurse about the placement of the stoma before the surgery. The stoma should be placed where it is the most comfortable for your lifestyle. For instance, the waistline is an inconvenient place for a stoma, as belts and pants will rub against it.

If ostomy surgery is done in an emergency situation, it may not be possible to consult with your medical team about stoma placement. In these cases, work closely with your ET nurse to find the most appropriate appliances and learn tips about getting a good seal.

Even with newer appliances and optimal ostomy placement, there are times when some fashion advice comes in handy -- such as formal events or a beach vacation. Use the suggestions below to keep looking great after ostomy surgery.

Get fitted properly: Ostomy appliances are not one size fits all! Get expert advice from an ET nurse or a hospital supply store about which appliance might be right for you. Take advantage of free samples that many companies offer to try new ostomy appliance products.

Closed or Mini-Pouches: Several companies make closed ostomy pouches that are rinsed out for re-use or thrown away once they're full. Also available from many ostomy care suppliers are drainable mini-pouches. These pouches are smaller than normal appliances and are handy for a variety of activities including travel, swimming, formal occasions or intimate moments.

Pantyhose: As long as you find it comfortable, you can wear pantyhose. In fact, pantyhose holds the appliance in place close to the body, which can be helpful at times. However, if the waistband cuts into your stoma or your appliance, you may want to consider thigh-highs, which have rubber grips in the top to hold them up.

Suspenders: For men who find a belt uncomfortable, suspenders are an option to keep those trousers held up.

Pleats: Pants and skirts with pleats in front can help to disguise the location of the appliance. They also have some “give” for those times when the bag starts to fill up.
Choosing Fabrics: Generally, thin fabrics such as silk and fine knits may have problems with show through. Wearing a loose slip underneath these thinner fabrics or covering the pouch with a fabric cover (you could even make them yourself) may help.

Swimwear: For men, boxer-style swimming trunks with a lining will work well. If you sew, or know someone who does, consider adding a pocket inside the trunks to hold the appliance in place. For women, a lined swimsuit with "boy shorts" bottoms, a ruffle or skirt around the waist, or a bright pattern will prevent show through.

Ostomy Myths
Reprinted from www.bloodpooptears.com/ostomy-myths/

I will admit before I had an ostomy, I didn’t know anything except you had a bag of poop attached to you. After living with an ostomy for 15 months, I thought it was time to attack some myths. Here are some that I had, and also some that I got when I asked my friends what they knew about ostomies before they knew me.

Myth # 1 – Ostomy bags are huge
When you start talking about your “bag” people can have lots of misconceptions of what your bag looks like. Most people really have no clue what they look like and how complex they can actually get. I wore midi bags which were actually very small and relatively easy to hide.

Myth #2 – Only people with cancer have ostomies
Many people who have had colon cancer do end up with ostomies, both colostomies and ileostomies. However, an ostomy can be a result of IBD, a severe accident, or a myriad of other causes.
Myth #7 – You poop all over yourself constantly

While you can get a leak from time to time, this is pretty false. If you can find the right appliance to use and use it correctly you can prevent poop from flying everywhere.

Myth #8 – People with ostomies smell like poop

Even people with ostomies worry about this. I know I did. I was always afraid that if I smelled poop, the whole world smelled poop. Truth is we are better at smelling it because we are aware of it, however no, we do not just ooze poop smell. Yes it can smell when you change your bag, or empty it, but poop smell does not permeate the air you occupy.

Myth #9 – I don’t know anyone with an ostomy

We are sneaky little MFers. Trust me if we don’t want you to know, you won’t. I once had a friend ask me ”Are you wearing your bag?”, (as if I had a choice). Ostomies are easily hid and concealed. Before I had an ostomy I was always shocked when I met someone who had an one because they didn’t have a sign on their head or a swarm of flys around their poop stench. We look just like you do.

Myth #10 – When you say “ostomy” people know what you’re talking about

So many of my friends had to google “ostomy” when I told them. People really have no idea. Awareness is huge people, telling your stories will help bring acceptance.

Myth #11 – Having an ostomy is like being disabled

While there are really trying times, and emotional let downs, living with an ostomy is just living. People with ostomies climb mountains, jump out of planes, serve in the military, go swimming and so on. It may take more planning, and extra tape, but we can do it.

Myth #12 – We are all totally ok with our ostomy

There is a level of acceptance that comes with having an ostomy. Eventually most people see that it is a life saving measure and become thankful for it, but that doesn’t mean that we don’t struggle with it from time to time. Some people are lucky enough to be grateful for their ostomies from day one, many are not.

Above all, most people I asked said that they didn’t know a single thing about ostomies. I know it can be very difficult to be open about your ostomy to those people in your life. But most people will be more than willing to learn if you’re willing to teach.

If You Have Internet Access . . .

Our website has been up and running. We have all kinds of information plus links to the national UOAA and Phoenix Magazine. Our current Mail Pouch is on the website in addition to archived ones. Our website address is: www.ostomysupportarizona.org

If you have any questions or suggestions about the website, send an email to: webmaster@ostomysupportarizona.org

Useful websites:
www.uoaa.org       www.cancer.org
www.bcan.org        www.ccfa.org

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Membership is open to all persons interested in ostomy rehabilitation. MEMBERSHIP in the Ostomy Support Group EV/AZ includes a subscription to the chapter’s monthly newsletter. ASSOCIATE MEMBERSHIP in the Ostomy Support Group EV/AZ is open to the spouse of a regular member or a member of another chapter who lives out of state, and includes a subscription to the newsletter.

Full Membership Dues are $25.00 per year. Associate Membership Dues are $12.50 per year.

I wish to make an additional contribution of $_________ to support chapter programs.

NAME: ___________________________________________________________________________

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ADDRESS: ___________________________________________________________________________

CITY: ______________________________ STATE: ________ ZIP: __________

E-MAIL ADDRESS: __________________________ BIRTHDAY MONTH & DAY: ______

PLEASE CIRCLE ALL THAT APPLY: Colostomy Ileostomy Urostomy/Ileo Conduit

Continent Urostomy No Ostomy Other (please specify) __________________________

Date & Location of initial surgery:________________________________________________________

Complete this form and bring it to the next meeting or mail it with your check to: Ostomy Support Group EV/AZ, c/o Paula Nelson, 6712 Des Moines St., Mesa, AZ 85205-6827

BE SURE TO VISIT OUR WEBSITE: www.ostomysupportarizona.org