

The Mail Pouch

Ostomy Support Group EV/AZ

April 2012

Our Next Meeting is . . .

Sunday, April 29, 2012

2:00 PM

Centennial Village

130 West Brown Road

Mesa, AZ 85207

Our Program . . .

Our Nurses will surprise us with a program that is sure to educate and entertain.

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

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)

Janet Schmidbauer, RN, BSN, CWOCN

Elaine Fox, RN, BSN, CWOCN

Angela Hukill, BSN, COCN, CWCN

Banner Baywood Medical Center (Power Road)

Miriam Jensen, BSN, RN, COCN, CWCN

Sandra Lane, BSN, RN, COCN, CWCN

Karol Friend, BSN, RN, COCN, CWCN

Welcome New Members and visitors:

Marie Ohr

Mary Ryley

Russ Gentry

Lisa Weeks

Laura Brunning

Don Kuser

Support Group Meeting Dates through May 2012. (No meetings in June and July).

All meetings begin at 2:00 PM at Centennial Village in Mesa.

Sunday, April 29, 2012

Sunday, May 20, 2012

Board Meeting Dates through May 2012. (No meetings in June and July).

All meetings begin at 1:00 PM at Centennial Village in Mesa.

Saturday, April 14, 2012

Saturday, May 12, 2012

Officers and Directors

Co-President: Sheila Kollenberg

480.451.3815
sshine203@aol.com

Co-President: Vella Owens

480.657.6464
bovella@cox.net

Secretary: Maureen Hymel

480.730.5765
mhymel@msn.com

Treasurer: Paula Nelson

480.276.3436
pdnelson1978@aol.com

Vice President/Program: Darlene Kosman

480.812.0324
generalkosman@gmail.com

Director: Bob Owens

480.657.6464

Director: Andrea Pinsker

480.945.7322
iaskyoutel@aol.com

Director/Webmaster/Advertising: Robert Miller

480.984.1195
ostomy@robertBmiller.com

Director/Membership: Vacant

Visitation: Bobby King

480.218.4658
mrsdeacon2001@q.com

Greeters/Sign In: Mary & Carlton Palmer

480.834.2418

Newsletter Editor: Maureen Hymel (through May)

Newsletter Circulation: Sandy Clark

480.835.1338

Publicity/Sunshine: Marilyn Justice

480.982.4862
codmeg@aol.com

Refreshments: Florence Park

480.964.8953

Advocacy: Sheila Kollenberg

480.451.3815
sshine203@aol.com

Elections will be held at the upcoming April 29th meeting.

2012 Nominations for Officers & Directors:

Co-President: Sheila Kollenberg

Co-President: Darlene Kosman

Vice President/Program Director: Vella Owens

Secretary: Maureen Hymel

Treasurer: Paula Nelson

Newsletter Editor: Angelica Otiveros

Visitation: Bobby King

Director/Webmaster/Advertising: Robert Miller

Publicity/Sunshine: Marilyn Justice

Newsletter Circulation: Sandy Clark

Director: Bob Owens

Director: Andrea Pinsker

Director/Membership: Vacant

A WORD OR TWO FROM YOUR PRESIDENT

Another beautiful sunny Arizona day brought many to our last meeting. Our winter visitors are starting to return to their northern homes and we wish them a safe journey and look forward to their return. We have been getting a number of referrals for new ostomates and are taking advantage of the skills of our ostomy visitors after their training. We were happy to see new faces and in meeting and on greeting a new comer, we found out that not all patients are treated as they should. A horror story of a patient prepped and on her way to surgery asked her surgeon a simple question and he became very angry, told her to find another doctor and walked out!! We were able to suggest other physicians and she was very grateful. We most certainly will stay in touch with her and help her through this very trying time. It was good to see Bob Miller back from a visit to Florida and trying to get his life together. We will always be there for you, Bob. We also had the opportunity to wish Darlene and Paula Happy Birthday. We hope it will be a great year for your both. CCFA (Crohns & Colitis Foundation) will be holding a run on Sat. April 28 at 5:00 pm at the Phoenix Zoo. If you would like to participate in the run, please contact Jennifer Wilford at jwilford@asu.edu. Our slate of officers for the next 2 years was presented to the group (see elsewhere in this newsletter) and will be voted on at our next meeting. It is still not too late to volunteer to serve on our Board. We are happy to have Angelica Otiveros on board with us doing the newsletter. She will be our new editor, starting in August. Thank you so much Angelica! We would love to have some new participants and new ideas. Please call me if you would like to join our happy Board. Thank you to Elaine Fox, Miriam Jensen and Angela Hukill, our wonderful WOCN nurses who answered many questions our members had. We can always count on them to help us over humps and bumps. Laura Rauch, Coloplast rep gave a short presentation on the latest appliances but unfortunately had to leave before any of us could speak to her. We hope Coloplast will be more informative in the future. The 50/50 was won once again by Jim Weiss (I think you belong in Vegas!!) who generously donated his winnings back to the Youth Rally Fund. Way to go Jim!! We will be having a "pot luck" at our May meeting so get your thinking caps on. You can bring anything you like but keep in mind some of us are diabetic. Florence Park let us know that she doesn't have anybody

signed up to bring refreshments to the April Meeting. Please call her at 480-964-8953 if you would like to bring something. Please remember to keep your name tags in your purse, pocket or car and bring them to each meeting. For those of you who do not have a name tag, please check at the check in desk when you arrive. We have several in a basket and one might be yours. We thank all who take the ostomy supplies home and bring them to each meeting. You are welcome to see if you can use any, but take what you need. Everybody stay well, stay happy, Happy Easter and Happy Passover to all. See you at the next meeting.

Love,
Sheila and Vella

NEWS from the March 25 Meeting:

Announcements:

Sheila Kollenberg attended the valley ostomy group meeting. The official name of the group, composed of leaders from all of the ostomy groups in the Phoenix area, will be known as **Ostomy Support Partners of Arizona (OSPA)**. OSPA will be working on advocacy and community outreach and making ostomy information available at doctor offices and pharmacies. The group will also focus on using the 2013 Ostomy Product Fair as a means to bring Valley ostomy groups together.

1. To facilitate the cooperative approach, the East Valley Ostomy Group has agreed to work with **OSPA** to locate a new, more centralized location, for the 2013 Products Fair.
2. Sheila reminded everyone that new officers will be elected at the April meeting. Nominations for all positions were opened on the floor but none were brought forth. Nominees will be voted on at the April meeting and Installation will be in May.
3. The improvements in the *Visitation Program* and the increase in the number of Certified Visitors have been nothing short of remarkable. However, it has also brought to light the need to have a permanent central location for donated ostomy supplies. Currently, different members split up supplies after each meeting and store them until the next meeting. The Board will investigate the cost of a refrigerated storage unit to store all supplies between meetings and provide inventory for Visitors.

Nurses

Elaine Fox, RN, BSN, CWOCN and Angela Hukill, BSN, COCN, CWCN from Banner Desert Medical Center (Dobson Road) and Miriam Jensen, RN, BSN, COCN, CWCN answered questions from attendees.

Nurses explained the role of different types of surgeons in your health care such as general surgeons vs specialty surgeons like urologists. The nurses suggested that you keep a food diary to help identify sugar induced diarrhea. When questioned about the frequency of visits to see a WOCN, the nurses replied that you should seek attention anytime you have persistent skin issues, unresolved appliance problems, or maintenance questions/problems. The nurses responded to a new ostomate that heavy output after recent surgery should be monitored but it is nothing to be alarmed about. There was discussion about the efficacy of bone density exams for ostomates but there was no conclusive response as there is no known medical standard.

Program

Laura Rauch, with Coloplast, introduced two new products, a high output nighttime bag for ileostomates and colostomates and a new two piece pouching system with a locking mechanism

Visitation:

Bobby King reported that 7 referrals and 7 visitations were made.

Sunshine Report:

Marilyn Justice reported that get- well cards were sent to Jeff Ogden, Bob Miller and Maryanne Abrahamson.

50/50 Winner:

Bob Weiss was the winner of the 50/50 drawing but he generously donated his win to the Youth Camp Fund. Thank you Bob!

GREETINGS FROM YOUR AFFILIATED SUPPORT GROUP ADVISORY BOARD

There are 6 categories under the PURPOSE paragraph of the UOAA Constitution that sets out what the UOAA is about. One of those has to do with what I talked about in the February UPDATE. Here it is:

“UOAA is organized to encourage the highest possible standards of surgery, medical attention and patient aftercare, and to assist its Affiliated Support Groups to help rehabilitate CD/Ostomates, thereby enabling the people they serve to achieve the highest quality of life attainable.” I want to briefly highlight the last portion of the last sentence: **“Enabling the people they serve to achieve the highest quality of life attainable.”**

That statement is and always will be my purpose and that of my group. You see, most of the time when a person has surgery and is released, who do they have to depend on to help them achieve the highest quality of life that they once possessed prior to surgery? The answer is simple – **the local Affiliated Support Group!**

The local support group has the ability through your support to help and that should be one of your purposes for your group, if not the most important one! We are here, UOAA Management Board of Directors and the Affiliated Support Group Advisory Board to support you, the local support group, in carrying out this purpose.

Jim Moore, Chair ASG Advisory Board
doubleedge@centurytel.net
501-837-7225

From the BCAN Website:

May 5 is Bladder Cancer Awareness Day
A discussion on the Bladder Cancer Awareness Network (BCAN) website, states in part, “...there is little knowledge among the general public and general medical community about the causes,

symptoms and treatment of bladder cancer, and that there is only a limited amount of information available to those suffering from it. Despite the fact that bladder cancer is the 5th most commonly-diagnosed cancer in the U.S., it has been treated like the “elephant in the room,” the disease no one wants to talk about in public.

Women and Bladder Cancer

Bladder cancer has long been considered a disease of older men. Though it is more prevalent in men, studies have shown that women are more likely to present more advanced tumors and have a worse prognosis than men at almost every stage of the disease. According to a report published by the National Cancer Institute, the survival rate for women with bladder cancer lags behind that of men at all stages of the disease. African-American women, particularly have poor outcomes when diagnosed with bladder cancer. **They present with the highest proportion of advanced and aggressive tumors when compared to African-American men and Caucasian men and women. In addition, the number of women diagnosed with bladder cancer has been increasing.**

BCAN applauds Keith Richards’ wife, Patti Hansen, for [sharing her story of facing bladder cancer](#) in the August 2010 issue of *Vogue* Magazine. Bladder cancer is the fifth most commonly diagnosed cancer in the United States, and probably the least talked about. On behalf of the over 600,000 Americans living with this disease, BCAN commends Ms. Hansen for her bravery in openly telling her story of living with bladder cancer. It is wonderful that she is able to show that a bladder cancer survivor can maintain her active life and her radiant beauty.

It is important for women to understand their risks for bladder cancer and know what to ask their doctors.

Awareness is the key: in most cases, bladder cancer is treatable, but prompt diagnosis is critical.

Why the disparity?

In many cases, there are significant delays in diagnosing bladder cancer in women. Many women ignore the most basic symptom—blood in the urine—which they may associate with

menstruation or menopause and delay reporting this symptom to their doctors. Even after reporting the problem to their doctors, blood in the urine may be initially misdiagnosed as a symptom as post-menopausal bleeding, simple cystitis or as a urinary tract infection. As a result, a bladder cancer diagnosis can be overlooked for a year or more.

What do women need to know?

- Bladder cancer can affect women at any age.
- Smoking is the greatest risk factor. Smokers get bladder cancer twice as often as non-smokers.
- Bladder cancer symptoms may be identical to those of a bladder infection and the two problems may occur together. If symptoms do not disappear after treatment with antibiotics, insist upon further evaluation to determine whether bladder cancer is present.
- **Bladder cancer has the highest recurrence rate of any form of cancer—between 50-80 percent.**

What can you do?

The most important thing for you is to know the signs and symptoms of bladder cancer and report them to your physician immediately. The most common sign—blood in the urine—can be visible (though it may sometimes appear dark brown or orange) but could also only be detected under a microscopic examination. It is important to visit your doctor for routine examinations. Most bleeding associated with bladder cancer is painless, however, about 30 percent of bladder cancer patients experience burning, frequent urination or a sensation of incomplete emptying when they urinate.

if you experience any of these symptoms, see your doctor as soon as possible.

Here are some useful websites:

www.bcan.org

www.nih.gov

www.cancer.org

Reprinted from the American Cancer Society website:

Diabetes and Insulin Linked to Colorectal Cancer

Peter Campbell, PhD, from the American Cancer Society's Epidemiology Research program, shows that type 2 diabetes and insulin use are linked to an increased risk of colorectal cancer in men, but not women.

American Cancer Society Staff Epidemiologist Finds Link between Type 2 Diabetes, Insulin Use, and Colon Cancer in Men

A recent study by American Cancer Society Director of Tumor Repository **Peter Campbell, PhD**, suggests that type 2 diabetes and insulin use are associated with an increased risk of colorectal cancer in men, but not women. Dr. Campbell is the lead author of the study titled "Prospective Study Reveals Associations between Colorectal Cancer and Type 2 Diabetes Mellitus or Insulin Use in Men," which was published in the October issue of *Gastroenterology*, the official journal of the American Gastroenterological Association Institute.

Using data from 73,312 men and 81,663 women who were part of the American Cancer Society CPS II Nutrition Cohort, Dr. Campbell found that 1,567 men (227 with type 2 diabetes) and 1,242 women (108 with type 2 diabetes) were diagnosed with colon or rectal cancer by 2007. Among men, type 2 diabetes was associated with increased risk of being diagnosed with colorectal cancer compared to not having type 2 diabetes. Colorectal cancer risk was higher for those participants with type 2 diabetes regardless of whether or not they used insulin. The authors speculate that the lack of an association between type 2 diabetes and colorectal cancer risk among women might relate to improved glucose control among women with type 2 diabetes in recent years.

"While our study supports an association of type 2 diabetes with colorectal cancer incidence among men, our results also suggest that insulin use is associated with a slight, but not a substantially increased, risk of colorectal cancer among men

with type 2 diabetes," Dr. Campbell says. "Prevention strategies should emphasize adherence to guidelines intended for the general population such as smoking cessation, weight management, exercise, and regular early detection exams."

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:

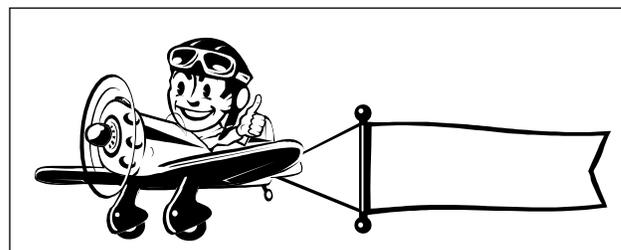
www.ostomysupportarizona.org

If you have any questions or suggestions about the website, send an email to:

webmaster@ostomysupportarizona.org

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Refreshments

*****No one has volunteered to bring refreshments to our March meeting****:

If you can add to our refreshments, we would greatly appreciate it. Don't forget our diabetics. Please bring some healthy snacks, i.e. fruit, vegetables, diabetic baked goods.

If you can bring a snack this month, or any month call Florence Park at 480.964.8953 and she'll add you to the list. She will also call to remind you a few days before the meeting. Thank you!



Upcoming Events

Ostomy Awareness with the Public is making some headway. April 28 @ Phoenix Zoo, the "Crohns & Colitis Take Steps to be Heard" Walk will be held. Combined effort of the partnered local Ostomy groups will be manning a booth. Two persons from our group will volunteer for helping man the booth between the hours of 4pm to 8pm. There will also be a 3 mile run for those who want to run. Contact Sheila Kollenberg for more information.

2012 American Cancer Society Relay For Life of Glendale, AZ, April 28th – April 29, 2012, 6:00 PM to 6:00 AM - 6051 W. Sweetwater Avenue, Glendale, AZ

Join the **National Walk for Bladder Cancer, Saturday May 5th. Scottsdale Walk**, Meet at the Civic Center Library in Old Scottsdale. For details, contact Mark at mcq1014@hotmail.com (602)399-5787 or Jeanmarie at jeanmarie.harrington@gmail.com (480) 528-7621

Events from UOAA website

May 18-19, 2012

UOAA ASG Leadership Seminar, Waterbury CT

June 8-10, 2012

Get Your Guts in Gear – New York Ride

July 9-14, 2012

Youth Rally, Boulder CO

August 15-18, 2012

UOA Canada Conference, Toronto, Ontario

August 25, 2012

UOAA ASG Leadership Seminar, Jacksonville FL

September 7-9, 2012

Get Your Guts in Gear – Midwest Ride

October 6, 2012

World Ostomy Day / Ostomy Awareness Day

August 7-10, 2013

4th UOAA National Conference, Jacksonville FL

Colon Cancer Alliance online Calendar

http://www.ccalliance.org/bluestar_calendar/index.html

Saturday, October 6, 2012

**World Ostomy Day and
Ostomy Awareness Day**

"Let's Be Heard"

"Let's Be Heard" is the theme of World Ostomy Day 2012. The UOAA will be celebrating Ostomy Awareness Day in conjunction with World Ostomy Day on Saturday, October 6, 2012. Let's make this a World Ostomy Day and Ostomy Awareness Day a day that will impact the lives of ostomates, future ostomates and their families!

In honor of this event UOAA is designing commemorative bracelets for UOAA members and we'll be sharing more about this within the next few months.

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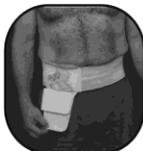
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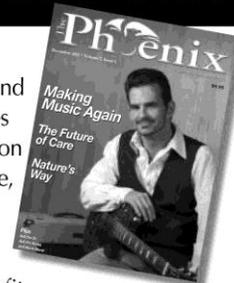
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THIS MONTHS' MEETING: April 29, 2012
NEXT MEETING: Sunday, May 20, 2012

APPLICATION FOR MEMBERSHIP

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: _____

Spouse's Name: _____ Phone: () _____

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 OUT WEBSITE: www.ostomysupportarizona.org