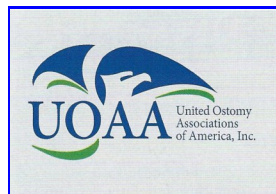




The Roadrunner



**Newsletter of the
Ostomy Association of Albuquerque, NM**

Next Meeting

Sunday, August 3, 2014

1 PM

Executive Board Meeting, Aspen Room

2 PM

Educational Meeting for All

will feature our

Hollister Representative, Caroline Smatana.

She will be answering questions and showing any new products.

Please welcome her and join us at Kaseman Hospital!

Volume 48 Issue 3

August 2014

Upcoming Meetings:

- August 3, (quarterly)
- September 7
- October 5
- November 2, (quarterly)
- December 7

Meetings are at 2 PM
in Aspen room
at Kaseman Hospital.

Support Group Updates and Events

This quarter period is special in that two Representatives are scheduled to show ostomy products. You see Hollister above and below is the info for Coloplast.

Sunday, October 5, 2014

2 PM

Educational Meeting for all

will feature our

Coloplast Representative, Nikki Maring



She will be answering questions and showing any new products.

Please welcome her and join us at Kaseman Hospital!

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Rockin' and Rollin' with Sue Mueller

GOOD NEWS Brian Leen and Barbara Regan have agreed to fill the positions of President and Vice President for the Ostomy Association of Albuquerque, now we may go forward, maintaining our group structure. Congratulations and THANK YOU. We were in a bad place with a lack of people running for office at the last election. These new officers, executive board members and interested parties who attend the next executive board meeting will be taking a look at our by-laws and tweak what needs tweaking and work at streamlining the organization. I will keep you posted.

I went to the wound, ostomy, and continence (WOC) nurse annual conference in Nashville last month. I am happy to report that the ostomy product manufacturers are working hard with their research and development to come up with new and improved products. I will be bringing some samples for a sneak peak before the reps come to visit us—just wait till you see the new pouch filters that Coloplast has come up with, and Convatec's moldable one piece pouch! Hollister enabled us to have access to all the conference presentations with a "library pass" so we didn't miss a thing and can see ALL the presentations. Believe it or not a WOC nurse researcher from Virginia is using a new product that may do away with crusting!

I was taken aback with a product and app that sends a message to your smart phone to tell you that your pouch needs emptying. Hello, you have just pooped! (Actually I think its a signal not a voicemail. I am sure that there are situations where this would be helpful but I thought it was funny) ANYWAY The product that I was most impressed with is the stoma shield which not only protects your stoma but it allows people with a stoma on their beltline to wear a belt at normal waist level and it allows for the flow to continue unhindered by the belt. Check it out at www.StomaGear.com.

One of the most fun and inspirational activities was the Great Comebacks dinner hosted by Convatec. Convatec treated a record number of WOC nurses (more than 500) to dinner at the Wildhorse Saloon (a historic Nashville location). Rolf Benirschke who is the founder of the Great Comebacks program, presented awards for the 4 Great Comebacks Regional Winners for 2013 and the national winner. I encourage everyone to check out the Great Comebacks site (greatcomebacks.com) read the stories, check out the Inspire link. This is especially important when you hit those times when you are feeling particularly alone as an ostomate. THANK YOU Convatec!

Enjoy your summer!

In Memoriam

Nancy Mankins

Its hard for me to believe that Nancy Mankins is gone. She was so full of life, with a "grab life by the reins and go for it" attitude. Nancy first came to the ostomy association full of anger and despair because she was having so many problems with pouch fitting and leaks. She finally was able to solve these problems with a custom fitted pouch from Nu Hope AND she went directly to NuHope in California to be fitted.

After she solved her problem she continued to attend the OAA meetings and was one of the first to offer help, support and encouragement. The last couple of years kept bringing Nancy back into the hospital with one thing or another. Multiple hospital admissions can wear you down but Nancy kept plugging and continued to be as active as she could with balloon crewing and her family. She was a shining light and we will miss her.

Sue Mueller

WHAT TO DRINK WITH DRUGS

UOAA Update 06/2014

How many times have you received a prescription with the instructions to "take as needed" or "take before meals"? Pretty vague, but many people do not stop to question further, assuming the medication will work, no matter what they swallow it with.

Acidic drinks, such as fruit juice or soda pop, may chemically destroy certain kinds of antibiotics, including penicillin, ampicillin or erythromycin. Citrus fruit juices may reduce the effect of antidepressants, antihistamines or major tranquilizers by speeding their urinary excretion.

Milk can interfere with a number of medicines. The laxative Dulcolax, for example, has a coating designed to ensure that the drug will dissolve slowly within the intestine. But if the medication is taken with milk, which is alkaline, it may dissolve prematurely within the stomach, lose its cathartic action and irritate the sensitive stomach lining. Milk can also block the action of tetracycline. If a doctor fails to warn his or her patient not to take this antibiotic within an hour of any dairy product, he or she might be puzzled to hear the infection being treated has not disappeared.

Even something as simple as tea, hot or cold, may cause problems. A woman given a mineral supplement to treat iron-deficiency anemia would probably be surprised to learn that the tannin in tea can undo the benefits of her iron pills.

To play it safe, you can always rely on GOOD OLD WATER!! Water will not interact with drugs or reduce their effectiveness.



Continuing Your Social Life with an Ostomy

UOAA UPDATE 6/2014

Your social life can be as active as it was before surgery. You can enjoy all activities: meeting people, attending concerts, sporting events, civic and social club meetings, parties, religious occasions or whatever you enjoyed before. The first time you go out of the house after surgery, you may feel as if everyone is staring at your pouch, even though it is not visible under your clothing. You can feel your pouch on your body, but no one can see it. Keep those concerns in mind. Did you know what an ostomy was or where a stoma was located or what it looked like before you had surgery?

You may also worry about your pouch filling with gas and sticking out under your clothing. A quick trip to the restroom can take care of this problem. If you are worried about your pouch filling up immediately after eating at a social event, remember, people without ostomies often need to go to the restroom after eating and nobody will think it is unusual if you do the same! You will probably find that you need to empty your pouch less often than you need to urinate.

Friendship and love - You may be wondering about your relationship with others. Now that you have an ostomy, you may feel that it will change your present relationships and decrease new opportunities for friendship and love. True friendships and deep relationships on any level are built on trust and mutual understanding. These qualities depend on you and other persons. You have the same qualities you had before surgery and your ability to develop friendships is unchanged. If you care about yourself, others will feel your strength and will not be deterred. If your ostomy does cause a break in friendship, or relationship or even marriage, this relationship was not built upon trust and mutual respect and probably would have crumbled sometime in the future anyway.

The Club

by Sue Mueller RN, CWOCN, colostomate

When you became an ostomate you joined a club- people living with ostomies. Within the ostomy club are sub divisions- colostomates, ileostomates, urostomates. People who have fecal diversions, people who have urinary diversions, colostomates who irrigate, colostomates who don't, people who use 2 piece systems, people who use 1 piece, people who use Hollister products people who don't, people who had continent diversions and then had ileostomies, people who have been reconnected and people who cannot, people who had multiple surgeries and problems, people who did not, people with major pouching problems people with only minor pouching problems.

Why do you have an ostomy? There are groups of people who have an ostomy because of cancer, or inflammatory bowel disease, or diverticulitis or C diff infection or trauma. There are ostomates who are at peace with their ostomy, people who are angry with it, people who are scared of it, people who are ignoring it, people who are counting the days until it goes away, people who wish it would go away.

And then there is the ostomate support group club- spouses, partners, friends and family who have gathered to help. Who knew when you joined this club there were so many ways of

joining and opportunities for new friends?

There is much wisdom in this new club, everyone brings something to the table to share. Within all the sharing there are morsels of truth for you, which will help you on your way and things that you will share with others.

How about those Ah hah! moments when you realized that you were not alone, that someone was sharing an experience. Gather together, share...

Welcome to the club!!

The Value of an Ostomy Visitor

Winnipeg Ostomy Assoc., Canada

There are times when a certain person can make a difference that no one else can make... so it is with the ostomy visitor. You help someone at a time when they are vulnerable. They in turn might be the visitors of the future. Do you remember your ostomy visitor? Just when you thought you couldn't possibly deal with the operation.. A friendly face at your hospital door (or home). This person assured you that he or she had once been the patient in the bed. They could also empathize with your aches and pains, depression and your fear for the future.

You can reflect back on your questions when you first had surgery. Am I still lovable? Won't my pouch leak at an embarrassing moment? How well you remember these feelings. The visitor somehow made you feel loveable. The idea dawned that if he or she could make it, you would too. The possibility of participating in your

own ostomy care didn't seem quite so overwhelming. Perhaps you could start learning... one small step at a time. You are living proof that life goes on. You are there doing the very thing that the new patient wonders about. You are indeed a symbol of hope in the midst of their pain, confusion and fear.

Making a visit can seem like a small thing to you. It is like lighting a candle in the midst of darkness. It is helping them to help themselves. Not everyone is blessed with an ostomy visitor so they struggle to find the answers. A visitor can make all the difference.

The visitor somehow made you feel loveable. The idea dawned that if he or she could make it, you would too.



A Note from Barb D'Amore,

ostomy nurse

Our ostomy support group has trained visitor men and women of all types of ostomies. Sadly they are seldom called upon anymore due in part to the hospital privacy rules (HIPPA); and in part to other factors such as depression and persons feeling all alone and not feeling sociable; and, in another large part, due to the hospital stay often being so short that there is no time for a visit.

Support groups seem to be the main person to person help systems now. We *need to be ambassadors* for our support group whenever we visit our hospitals or clinics for gastrointestinal or urinary follow ups. We can obtain our brochures and bring them over to those places and ask that they be given out. If we do the *advocating*, hopefully, less people will "fall through the cracks".



Medical and Support Group Resources

New Mexico Ostomy Support Groups:

Albuquerque: Ostomy Association of Albuquerque meets monthly in Albuquerque, NM. For current info call voice-mail: (505) 830-2135 Email: oa.albuquerque@gmail.com

Albuquerque: VA Ostomy Support Group for military veterans. Meets at the VA Hospital, Albuquerque, NM. For current info call ostomy nurse at VA Medical Hospital voicemail: (505) 265-1711, Ext. 5171

Las Cruces: Ostomy Support Group of Southern NM. Meets in Las Cruces, NM. For current info call ostomy nurse at Memorial Medical Center voicemail: (575) 640-5242 or (575) 521-5038

Santa Fe: Ostomy Support Group of Northern NM meets in Santa Fe, NM. For current info call ostomy nurse at St. Vincent's Hospital voicemail: (505) 913-5916

Other Hospital Contacts in Albuquerque, NM

(not having a support group):

Lovelace Medical Center Ostomy Nurses:

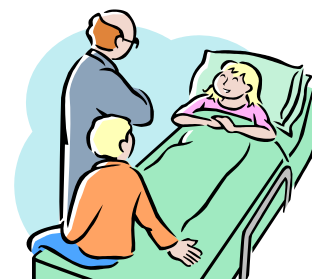
(505) 727-8250

Presbyterian Main Hospital Ostomy Nurses:

(505) 841-1251

University Medical Center Hospital Ostomy Nurses:

(505) 272 9098



Manufacturer Resources

Coloplast Ostomy Supply Manufacturer:

Local Representative: Nikki Maring

1 (602) 881 0625 usnmar@coloplast.com

ConvaTec Ostomy Supply Manufacturer:

Local Representative: John Reyes

1 (210) 317 7066 john.reyes@convatec.com

CYMED Ostomy Supply Manufacturer: (Microskin products) Local Representative: none

www.cymedostomy.com 1 (800) 582 0707

For samples: samples@cymedostomy.com

Hollister Ostomy Supply Manufacturer:

Local Representative: Caroline Smatana

1 (800) 624 5369 Ext- 1285

Cust. Svc: Richard Wysocki 1 (888) 808 7456

Marlen Ostomy Supply Manufacturer: www.marlenmfg.com

1 (216) 292 7060

Nu-Hope Ostomy Supply Manufacturer:

1 (800) 899 5017 www.nu-hope.com

Stomacur Ostomy Supply Manufacturer: www.forlife.info

TORBOT Ostomy Supply Manufacturer: 1 (800) 545 4254
www.torbot.com

Join Our Albuquerque Ostomy Support Group

OSTOMY ASSOCIATION OF ALBUQUERQUE MEMBER APPLICATION

The Ostomy Association of Albuquerque (OAA) is a member of the national American Ostomy Association. This allows us to have access to all the latest ostomy information available for our use. The OAA annual membership fee is \$20.00 and can be paid by check or cash. If being paid by check, make the check payable to Ostomy Assn. Of Albuquerque. Your payment can be mailed to OAA, PO Box 35598, Albuquerque, NM 87176-35598 or at any monthly meeting. If you are financially unable to pay this fee, please call 505-275-2470 and leave a message with your name and telephone number and someone will contact you. Please complete the form below as best as you can and all information will be used for our records and be kept confidential.

NAME: _____ DATE OF BIRTH: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

E-MAIL: _____ PHONE NUMBER: _____

OCCUPATION (If retired, enter former occupation): _____

HOBBIES: _____

CHECK ALL THAT APPLY:

☐ Colostomy ☐ Ileostomy ☐ Urinary Diversion ☐ Continent Ileostomy ☐ Continent Urostomy ☐ Pull-Through
☐ Parent with Child Procedure ☐ Spouse/Family Member ☐ Physician ☐ Nurse ☐ Other _____

Year of Surgery: _____ Reason for Surgery: ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects

I have enclosed an additional \$ _____ as a donation to support the ongoing work of the OAA

Join United Ostomy Association of America

Save the Date

The next UOAA National Conference will be held at the Hyatt Regency St. Louis at the Arch on September 1-6, 2015

UOAA's Mission

UOAA is an association of affiliated, nonprofit, support groups who are committed to the improvement of the quality of life of people who have, or will have, an intestinal or urinary diversion.

- It is dedicated to the provision of information, advocacy and service to, and for, its affiliated support groups, their members and the intestinal/urinary diversion community at large.
- It is organized to grow and develop while remaining independent and financially viable.

Membership in UOAA is open to any nonprofit ostomy support group that meets UOAA's affiliation requirements. UOAA has an IRS Group 501(c)(3) charity status that its affiliated support groups can use.

UOAA contact:

Mail: United Ostomy Association of America

2489 Rice Street, Suite 275

Roseville, MN 55113

Ph: 1-800-826-0826

Website: www.ostomy.org



Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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Officers and Chairpersons of OAA Chapter

President: Brian Leen

Vice President: Barbara Regan

Treasurer:

Chuck Newman, (temporary)
505-298-2323

Secretary:

Helen "Chuckie" McHenry,
505-268-8640

Voicemail and Visitation Coordinator:

Diana Wong: 505- 877-4223

Ostomy Supply Closet:

(donations & supplies)

Bud Hoeft: 505-889-9705

5012 San Pedro Ct. NE

Albuquerque, NM 87109

Meeting Facilitator and Programs:

Barbara D'Amore, BSN, CWOCN

505-797-4388

Sunshine Committee:

Bernice Newman: 505-298-2323

bernicenewman836@hotmail.com

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About Us

Ostomy Association of Albuquerque (OAA) is organized to support people with ostomies and their caregivers in the New Mexico region. OAA publishes *The Roadrunner* newsletter quarterly to inform and update its members.

Membership is \$20.00 a year and includes the Roadrunner newsletter and monthly informative meetings. This money is used for promotional purposes and expenses of the OAA. Although chapter membership is encouraged, anyone with financial hardship, should see the Treasurer or President for help in this matter. No one is denied based on ability to pay.

Meetings are held monthly at 2:00 PM in the Aspen Conference Room at Presbyterian Kaseman Hospital. Address: 8300 Constitution Pl., NE; Albuquerque, NM.

Meetings are held on the first Sunday of every month except for the major holidays in January, July and September. Please call an officer or refer to *The Roadrunner* for the correct week for those rescheduled meetings. They will be always be on a Sunday at 2:00 PM at the usual location.

Executive Board Meetings are held at 1 PM prior to the Quarterly meetings (Feb, May, Aug, and Nov.) in the Aspen Room. Everyone is welcome to attend and participate.

Directions: Kaseman Hospital is one block North of I-40 and Wyoming Blvd. Then it is about one block West of Wyoming on Constitution. Drive to West end of parking lot and enter the Emergency Room entrance. Take an immediate left, go through double doors and find Aspen room on the right side.

Affiliation: Ostomy Association of Albuquerque (OAA) functions as a chapter affiliate of the national organization supporting people with ostomies-- the United Ostomy Association of America (UOAA).

The UOAA holds biennial national conferences. They publish the wonderfully informative *Phoenix* magazine four times a year. There is a subscription cost for this publication. They have a great website with all kinds of information available for free. Much of it is available in any language on earth!

United Ostomy Association of America

2489 Rice Street, Suite 275

Roseville, MN 55113

1-800-826-0826

Web: www.ostomy.org

Find them on Facebook and Twitter.

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Ostomy Association of Albuquerque



Helping each other to live well and do the things we love!

How to Keep in Touch with Us

Contact us: For info please call voicemail 505-830-2135 or Email us at oa.albuquerque@gmail.com

Unsubscribe or Change to Mailing Address or Email: For any of these changes, please notify the sender by return Email. If your change concerns mailed copies, please call person in charge of mailing or send back cover page with your address and changes requested to return address. Thank You.

Supplies: If you have new and unused supplies you no longer need, please bring them to a support group meeting to be given to those who need them.

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