



The Roadrunner



Newsletter of the
Ostomy Association of Albuquerque, NM

Next Meeting

Sunday, May 7, 2017

1 PM

Executive Board Meeting, Aspen Room (Open to All)

2 PM

Support Group Meeting, Aspen Room

Volume 51 Issue 2

May 2017

Upcoming Meetings:

- May 7, 2017
(quarterly)
- June 4, 2017
- July 2, 2017
- August 6, 2017
(quarterly)

Support Group Updates and Events

Our March support group meeting had a presentation on peristomal hernia anatomy and formation by Barbara D'Amore, one of our WOCN nurses.

April was a regular support group meeting. We seem to have between zero to three new persons at our meetings.

Please note: We hope to have a great turnout for our May 7 meeting as we have a doctor planning to attend and talk about hernias. Dr. Heidi Miller is a general surgeon in Albuquerque and Rio Rancho. She specializes in Endoscopic, Bariatric, and Hernia Repair surgeries. She has previously practiced surgery in Ohio and Pennsylvania. She is an assistant professor of Surgery at UNM. Dr. Miller belongs to the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES) and the American College of Surgeons (ACS). Please don't miss this event!

Members please stay alert to emails and/or post mail for updates on upcoming topics and speakers.

Thank you for attending meetings to help support others. Keep well hydrated and have a happy Summer! Hope to see you all soon!

*Meetings are at 2 PM
in Aspen room
at Kaseman Hospital
unless otherwise stated.*

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PRESIDENT'S COMMENTS

By Brian Leen, President OAA, NM

Spring has sprung and Summer is on its way. As we move into the new year we will continue to reach out to new comers via the Professional Outreach Committee which is working to get information into the appropriate medical offices. In addition, we will continue to work the issue of Ostomies and Assisted Living. Most important is that members both new and old meet monthly to learn new things and provide support to each other.

In that regard, I would also like to encourage all to consider attending the United Ostomy Association of America (UOAA) National Conference in Irvine, California, August 22-26. These conferences offer an incredible amount of information and the ability to see new products and even test them if you desire. A number of folks from the group are planning on attending. UOAA also offers "scholarships" to members who attend for the first time. If you are interested in that let us know and we will get you the information. We are also very excited about our own Susan Mueller being a member of the UOAA Advocacy Committee.

There appears to be a trend where in today's world, Organizations move from regular meetings to being a "virtual" organization existing through interaction mostly on the internet. It seems to me that without a real organization there can be no basis for the virtual organization existing. Thus we all have a role in keeping the "real" organization alive. We also would love additional participation in the board. We are currently without a secretary and badly need one and can use all the help we can get in keeping our Group active. Regardless, we hope to see you at a meeting soon.

THANKS SO MUCH

Diana Wong

By Sue Mueller

Diana Wong is a hero to me; she has worked our OAA voice mail line and set up Ostomy visits forever and forever, seriously for years. Unfortunately for OAA she needs to move on from being our voice-mail/visitor coordinator so she can serve in other ways. What she has done is fielded the calls that have come in on the voice mail and provided information to callers about meetings, about what to do about donated supplies and very often has picked up and delivered supplies to the supply closet herself. You may not know her because she is so busy she cannot make the



meetings as she devotes so much time to cancer survivor events all over the state such as Relay for Life where she performs as a DJ. She usually finds time for the Fiesta lunch so keep your eyes open for her there, and don't forget to thank her when you see her.

I would like to THANK her right now, for the time and energy she has devoted to this behind the scenes job that we have not acknowledged often enough. We sincerely appreciate all you have done to support OAA and our mission. We wish you well.



My New Journey...by Sue Mueller

I am not sure when I thought of volunteering with the national ostomy organization, but when I was in Montreal for the WOCN conference I spoke with Susan Burns UOAA president and she said that I should speak with Jay Paciti, then executive director (he has since resigned). I guess life went on and it wasn't until Brian and I started communicating with Jay and Jeanine about assisted living rules and ostomates that the pace picked up. So now I am happy to be one of 4 members of the UOAA Advocacy Committee. I am communicating with the committee and sub committee by email and video conference as we sit in our respective states of NJ, California, North Carolina, Ohio, and NM. It is fun and actually a good amount of work as you need to come up with creative ideas and come to collaborative solutions for the projects on timelines.

The UOAA Advocacy Committee (from this point I will call it the Committee) is newly formed and I am happy to be a part at the onset. Let me tell you about this Committee composition. The Committee reports to the UOAA Management Board of Directors. It is composed of the UOAA Advocacy Manager Jeanine Gleba, an employee of UOAA and very experienced in advocacy, chair (person) Joanna Burgess-Stocks, Heather Thompson -Brigstock and me as 2 other volunteer members. All the volunteer members are people living with ostomies, nurses and either CWOCN or CWOCA to be.

The Committee is full of energy to expand the role of UOAA in advocating for people living with ostomies by legislative action, through expanded alliances, through new educational materials, and via a new web page. It is expected that there will be action alerts and ostomy awareness events... So get your pens ready!

And keep your eyes on the UOAA website.

I am learning so many new things since I started this journey. I was not aware that a position paper had been developed which is well supported by many organizations. This paper called Guiding Principles For Sustainable Access to Ostomy Services** serves to educate the readers about living with an ostomy and current issues with care.(** Check it out by searching the title on the internet). There are also similar documents in Europe that your search may reveal to you. I find it very interesting and it reminds me how big the community of people living with ostomies is. I plan to share new information and make you aware of advocacy opportunities as they present. Lets go on this journey together!





Bowel Obstruction

by Marshall Sparberg, MD; via Middle Georgia *Ostomy Rumble*; Springfield (MO) *Ostomy Family Newsletter*; and North Central OK *Ostomy Outlook*

Obstruction of the bowel may result from a variety of complications which prevent the normal passage of intestinal contents. As the flow becomes blocked, backpressure builds up, causing the bowel to enlarge and produce pain. Since everyone swallows a lot of air which is normally passed from the bowel, continuation of the obstruction soon causes vomiting, and dehydration becomes a problem. A danger of the obstruction, other than severe discomfort, is that swelling of the bowel can eventually cut off blood supply and lead to death of small intestine tissue.

An obstruction can be detected very soon after it starts in ileostomates, because the normal constant flow of intestinal waste suddenly stops, causing cramping discomfort.

Occasionally, the ileostomy works intermittently with passage of particularly foul-smelling contents. Cramping doesn't always mean obstruction, but can simply indicate gas or spasm in the small bowel. Often an obstruction is temporary, with a sudden cessation of cramps and rush of intestinal waste heralding the end of the problem. Perhaps, one-third or more of ileostomates have experienced some degree of intestinal obstruction, while a small proportion of ileostomates have required one or more operations because of obstructions. Causes of obstructions include scar-tissue formation, stenosis (constriction) of the stoma, and food blockage.

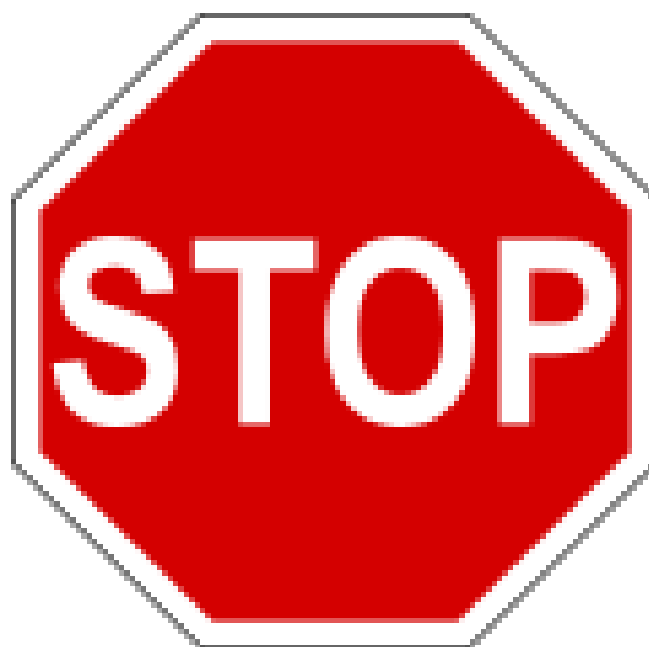
Scar tissue or adhesions can form rough cord-like bands across the bowel, narrowing it to a point where slight swellings or food particles can close off the passage entirely.

Food blockage is probably the most common type of

obstruction encountered by individuals with an ileostomy, particularly in new ostomates. Fibrous foods, such as tough meats and raw vegetables must be thoroughly chewed; the only teeth in the digestive system are in the mouth! Fibrous food should be avoided initially by the new ileostomate and consumed only after determining by trial and error what foods should be avoided and how long the food should be chewed.

Obviously indigestible items, such as pits and seeds, should be avoided, because they may form the center to which particles cling, producing a large wad of material which is capable of blocking the bowel.

As with many principles of ostomy life, prevention of food obstruction is much better than treatment.





4 Reasons Why Having An Ostomy Can Be Exhausting

UOAA Facebook post, ostomyconnection.com

Feeling tired all the time after ostomy surgery?

Being an ostomate simply means your body works differently. In the case of a colostomy or ileostomy, you're functioning with little or no colon. That alone is truly remarkable, but before the applause, it can also be exhausting.

Watch out for these four common energy zappers:

1. Trips To The Bathroom

While non-ostomates probably have one bowel movement per day, you might be in the bathroom several times to empty your pouch. This can happen more with an ileostomy or urostomy versus a colostomy. It's unavoidable, so just know that this ongoing need can leave you feeling pooped, especially for ostomates dealing with high-output. And on days where you're changing your system, don't forget that this task also takes extra time and energy.

Quick tip: Drink fluids after each restroom trip. Rehydrating your body can help restore some lost energy.

2. Lack Of Sleep

In the weeks following surgery, you may wake at least once per night to empty the ostomy bag. For some ostomates, it takes months for their bodies to heal or for output to slow down. Plus, if you were a stomach sleeper prior to surgery, adjusting to a side or back sleep position can be challenging. If days of broken sleep are turning into weeks or months, it's no wonder why you're feeling exhausted.

Quick Tip: Avoid eating large meals at night and know which foods run through the system faster. Don't lean on caffeine – try taking a 20 minute power

nap to help boost your energy. Get the best quality sleep possible to reduce fatigue.

3. Nutritional Deficiencies

Lack of proper nutrients can directly affect our bodies energy levels. If we don't get enough nutrition from food, we tend to feel tired and sluggish. Vitamins for ileostomy patients is highly recommended because some essential nutrients can be absorbed through the large intestine, an organ that's missing.

Quick tip: Eating healthy is important to getting proper nourishment for energy. Talk to your doctor about blood tests for deficiency of specific nutrients, such as vitamin B6, vitamin B12, folic acid, thiamine and niacin.

4. Endless To-Do Lists

Engaging in too many daily activities—even fun activities—can sometimes leave ostomates feeling completely drained. Know your limits. Remember to reserve some energy for completing daily responsibilities. Over-scheduling yourself can equal over-exhausting yourself, and may leave you feeling guilty or inadequate because you can't keep up.

Quick Tip: Ask for help. Every ostomate should have an extra set of helping hands around for times when life gets crazy busy.

Having an ostomy can come with a huge responsibility – always taking care of yourself. This may seem like a full-time job at first, but it's an important step to creating a happier and healthier life. Remember that you're absolutely unique; learn what works best for you.



MAYO CLINIC –DRINKING WATER

Springfield's Ostomy Family Newsletter February 2017

A cardiologist determined that heart attacks can be triggered by dehydration.

Good Thing To Know. From The Mayo Clinic. How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - Drinking one glass of water before going to bed avoids stroke or heart attack. Interesting.....

Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time.

Answer from my Cardiac Doctor: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack.

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic on Aspirin -Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night. When the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

If you take an aspirin or a baby aspirin once a day, take it at night.

The Reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

Aspirin lasts a really long time in your medicine chest; for years. (when it gets old, it smells like vinegar).

Please read on.

Something that we can do to help ourselves - nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks - There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be **NO** pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Afterwards: - **Call 911.** - Phone a neighbor or a family member who lives very close by. Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival and**DO NOT LIE DOWN!**

A Cardiologist has stated that if each person after receiving this e-mail, sends it to 10 people, probably one life could be saved! I have already shared this information. What about you? Do forward this message. It may save lives!

"Life is a onetime gift" (Let's share this and hope this will help save someone!!!)





Medical and Support Group Resources

New Mexico Ostomy Support Groups:

Albuquerque: Ostomy Association of Albuquerque meets monthly in Albuquerque, NM. For current info call voicemail: (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

Other Hospital Contacts in Albuquerque, NM

(not having a support group):

Lovelace Medical Center Ostomy Nurses:

(505) 727-8250

Presbyterian Main Hospital Ostomy Nurses:

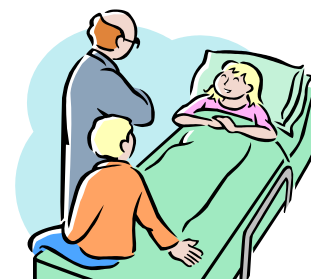
(505) 841-1251

Presbyterian Outpatient Wound Care Clinic:

(505) 823-8870

University Medical Center Hospital Ostomy Nurses:

(505) 272 9098



Manufacturer Resources

Coloplast Ostomy Supply Manufacturer:

Local Representative: Duriel McDonnell

1 (480) 220-9921 usdmed@coloplast.com

Coloplast Care Program

1-(877) 858-2656

ConvaTec Ostomy Supply Manufacturer:

Local Representative: Christin Hungerford

1 (720) 412 8203 christen.hungerford@convatec.com

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

www.cymedostomy.com 1 (800) 582 0707

For samples: samples@cymedostomy.com

EDGE PARK Medical Supplies:

www.edgepark.com 1-888-394- 5375

Hollister Ostomy Supply Manufacturer:

Local Representative: Randall Boord

1 (405) 819- 5635

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
Hotel Irvine, Irvine,
California
Aug. 22-26, 2017

UOAA's Mission

UOAA is an association of affiliated, non-profit, 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 non-profit 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.

1-800-826-0826

Website: www.ostomy.org

Get Ostomy Answers!

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Officers and Chairpersons of OAA Chapter

President: Brian Leen

505-856-0203

Vice President: Richard Copeland

505-856-6045

Treasurer: Barbara Regan

703-261-3920

Secretary: (Vacant)

Voicemail and Visitation Coordinator:

Brian Leen, 505-856-0203

Telephone Reminder:

Gerry Copeland: 505-856-6045

Ostomy Supply Closet:

(donations & supplies)

Eunice Hoeft

Call ahead; 505-889-9705

5012 San Pedro Ct. NE

Albuquerque, NM 87109

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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 monthly at 2:00 PM in the Aspen Conference Room at Presbyterian Kaseman Hospital. Meetings are usually held on the first Sunday of every month. Since there are occasional changes due to holidays, please

refer to *The Roadrunner* for information or call the association's voice-mail.

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: Address: Kaseman Hospital, 8300 Constitution Pl., NE; Albuquerque, NM. 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!

Contact Information:

United Ostomy Association of America
P.O. Box 525

Kennebunk, ME 04043-0525

1-800-826-0826

Web: www.ostomy.org

Find them on Facebook and Twitter.

Postmaster: Contains Dated Material.
Please do not delay.

P.O. Box 35598
Albuquerque, NM 87176

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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