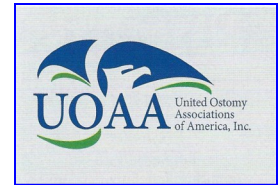




The Roadrunner



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

Next Meeting

Sunday, May 1, 2016

1 PM

Executive Board Meeting, Aspen Room (Open to All)

2 PM

Support Group Meeting

Volume 50 Issue 2

May 2016

Upcoming Meetings:

- May 1, 2016 (quarterly)
- June 5, 2016
- *July 10, 2016
- August 7, 2016 (quarterly)

Support Group Updates and Events

We were treated to a nice meeting in April with our new ConvaTec Rep. Coloplast was scheduled for May 1 Support Group Meeting but will have to reschedule due to a change in personnel and conflicting schedules.

Our member, Diane Wong, was honored this week by channel 4 (KOB) news with a pay-it-forward award. She is a military veteran who supports so many organizations and charities. Congratulations, Diane!! You deserve it!

Please pay attention to the newsletters and any update-flyers. Sometimes things change! See you all soon in support of others.

*** Please note that the July meeting will not be the first Sunday, but will instead be at a one-time location at the Public Library at Central and Unser.**

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

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Warmer weather is here! Remember to pay attention to your bodies and get enough fluids and electrolytes! Enjoy your Summer!





PRESIDENT'S COMMENTS

By Brian Leen, President OAA, NM

My gosh time flies! It seems like just yesterday that I wrote something for the Roadrunner but here we are again. Since then our group has met three times, established the Facebook and website, collected additional supplies from the closure of Albuquerque Colorectal Associates and started planning to reach out to the various medical offices who deal with (and actually create) potential members. The item in the news that was most notable was the passing of Patty Duke due to a burst intestine and sepsis. To the general public that seems an unusual and strange occurrence. But to many of us, it brings back memories and brings to light that this situation which makes us Ostomates, the thing that we share, is a blessing not a curse. While something that we have to learn to live with, it gave us life. So the best thing we can do is appreciate it, learn to live with it and move on. That realization is very hard at the beginning. And that is where we as a group can be helpful. If you are new and reading this for the first time, come join us on the first Sunday of every month. There will be people there who can understand your feelings and help you through them. If you are a person who was cruising along and something has occurred that makes you feel like someone pulled the rug out from under you, know that there is probably someone at our meeting that has experienced this before. We can use people, both new Ostomates and long standing ones.

We have lots to do too. We need to figure out what we are going to do in terms of a supply cabinet and how to get the excess up to Project CURE in Denver who will get it to the third world where it will definitely be used. We can absolutely use additional people to help with the outreach to our local medical centers, clinics and doctor's offices. So, come on down! We look forward to seeing you.



“LEAKS” How a Nurse approaches this common problem.

By Sue Mueller CWOCN/Colostomate

Its always something...Leaks from Ostomy pouches are common in the beginning of life with an ostomy. They also occur when you have gained or lost weight, when you are retaining belly fluid, sometimes when your metabolism changes with chemo therapy, when summer comes or you travel to a hot humid place and you are sweating profusely.

The point is, leaks happen... and usually with some observation and thought, the cause can be determined and the problem solved. It is always better to start your problem solving inquiries when the leak is a small problem, not at the point when you can no longer keep an Ostomy appliance on and you are desperate.

Leak investigation check list:

- ◆ What's new?
- ◆ Changed products?
- ◆ Changed application procedure (someone helping you, who has not before?)
- ◆ Changed wear time (trying to or had to extend wear time?)
- ◆ Changed diet- with change in stool consistency or output patterns?
- ◆ Change in output? Some appliances are great for soft or formed stool but leak with liquids, or are OK for thick consistency but leak for water consistency.

- ◆ Gained or lost weight? Anything that makes the shape/contours of your abdomen change (soft to a hard belly).
- ◆ Change in skin care product or soap?
- ◆ New products- new batch?
- ◆ Change of activity?

Where is it leaking?

- ◆ At the same place every time?
- ◆ When is it leaking?
- ◆ At night ?, after you exercise? At what day of wear time?
- ◆ Look for patterns. The likelihood is high that there will be a logical sequence of events that lead to the leak rather than an act of God, or bad luck.
- ◆ Once you have observed your leak occurrence and gathered information about it you are on your way to fixing the leak.

FIXES

Barrier rings

Barrier rings can be very helpful and not all barrier rings are the same. Each manufacturer has instilled a unique formula into the making of the barrier ring, so if one fails try another brand. The Hollister #7805 rings are wonderful at absorbing small to moderate leaks of stool and are a great addi-

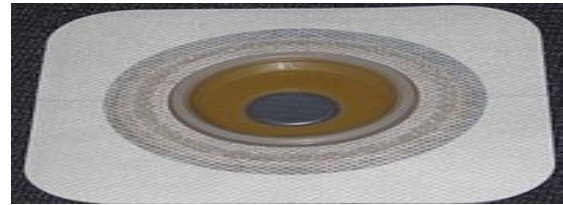
“LEAKS” How a Nurse approaches this common problem.

(continued from page 3)

tion to an existing system as a fix for change of stool consistency or to enhance a system when you have just a small amount of seepage (check out the slim rings (Eakin by Convatec and Hollister #7815). They can also be used like putty and small pieces can be used to fill in a crease. The Hollister molded firm convex barrier rings are wonderful to add convexity to a flat wafer when you need it (#795XX series, and oval 796XX series) both can be stretched larger so don't be put off by the sizes. Coloplast has barrier rings as well. Many new products from Safe and Simple and Perfect Choice have also come on the scene which have been popular with OAA members.

Barrier Strips

These are flat, skin friendly strips often shaped as half moons that can be very helpful when placed around the edge of your appliance, much like pink tape used to be used to “picture frame” your appliance. These are good insurance for an added level of protection when you are going in a hot tub or swimming. They are also good if you have a dome shaped belly and the edges tend to curl



up or wrinkle, ruining your seal. They should NOT be used if you have an ileostomy and have developed a leak-so that you are just sealing in stool that is eating away at your skin in the meantime, in that case you need to work on getting the stool into the pouch probably with convexity.

Ostomy Paste

I find paste to be messy, difficult to remove and can sting like crazy on damaged skin (most have alcohol in the formula), however in some circumstances it can be helpful. It is not however my first choice. Some of the newer pastes that are no sting might be more useful.

Call the manufacturers and discuss products with the reps and request samples, experiment, talk to other ostomates, discuss the problem at group meetings... Don't suffer in silence there are solutions its just hard to have the patience to work it out.



My Emergency Ostomy Kit

By Christine Kim: ostomyconnection.com

Winging It, Is Not An Emergency Plan

A starter kit was given to me at the hospital from my ostomy nurse who suggested that I keep extra supplies with me at all times. It was a little black carrying case that has pockets for various supplies. I remember taking that starter kit with me everywhere I went, even on quick errands, because being a new ostomate I was always afraid the ostomy bag would fall off my body.

The First Year After Ostomy Surgery

I was just starting to learn what worked and what didn't, and I remember feeling very anxious. I was constantly making sure the pouch was secured and not leaking. I didn't trust that the ostomy system would hold up, especially when doing any physical activity.

At night, I'd slept on my back with my hand over the pouch, and had nightmares of embarrassing leaks in public. There was so much anxiety about leakage that I decided to use a larger emergency kit with enough supplies for a week, along with extra clothes.

During that first year there were only a couple instances where I had an unexpected leak in a public place, and even though it was embarrassing I kept my wits and handled it as calmly as possible. Knowing I had extra supplies with me gave me peace of mind.

Ostomy Living Now

These days I rarely check on my pouch. I've learned which foods cause higher output, how dehydration affects wafer adhesion and what type of clothing constricts the stoma area. I've traveled far away from home, experienced different climate conditions

and stay very active. I am aware that it's there, but my ileostomy is certainly not at the forefront of my mind.

If you're new to ostomy surgery, you might be feeling the same anxiety that I did in the beginning. I hope this gives you hope that any fears you may have are completely normal, but as time passes you'll gain more confidence and those worries will recede.

Be On the Safe Side

It has been over 20 years since my ileostomy surgery and I still carry an emergency pack, the smaller one. I leave my house with confidence knowing I will be able to handle any situation. I don't expect an emergency, but if I have one I'm prepared.

What's Inside an Ostomy Emergency Pack?

Here are some ideas:

- Ostomy Pouches + Clips (if using non-velcro close)
- Ostomy Wafers (pre-cut)
- Moldable Rings or Stoma Paste Tube
- Bottle of ostomy deodorizer (sample size)
- Barrier Wipes (individual packets)
- Baby Wipes or Disinfecting Wipes
- Paper Towel (for clean up)
- Baggies
- ♦ Gauze Pads

Quick Tip: Always keep ostomy supplies in a cool, dry place.

WHICH DRUGS CAUSE CONSTIPATION?

Via The Ostomy Rumble, Middle GA

An array of medication can cause constipation. Some examples are narcotic pain medicines such as codeine and oxycodone; antacids that contain aluminum and calcium; antidepressants such as amitriptyline (Elavil) and imipramine (Tofranil); anticonvulsants such as phenytoin (Dilantin) and carbamazepine (Tegretol); and iron supplements. Certain blood pressure drugs – including calcium channel blockers such as diltiazem (Cardizem) and

nifedipine (Procardia), and diuretics – also may cause constipation.

If you suspect that any of these

**DRUGS CAN BE
BAD!!!**

medications is making you constipated, ask your doctor about non-constipating alternatives. Realize, too, that you have control over

other causes of constipation, such as a high-fat, low-fiber diet, a lack of physical activity, and ignoring the urge to have a bowel movement. Drinking plenty of fluids can sometimes help with constipation, as can taking a laxative, but be careful to avoid laxative abuse, which can cause the bowels to become unresponsive and cause “reflex” constipation.

The New Ostomate at Senior Age

UOAA Update 08/2014

Because the population as a whole is living longer, greater numbers of people are suffering illness that requires ostomy surgery. Problems the senior new ostomate may face (which all of us can help with) include:

1. *Fear of increasing dependence and non-acceptance by family.* Family acceptance and support are essential for complete rehabilitation.
2. *Unpreparedness for a stoma.* Surgery may often be done as an emergency procedure, and there has been little time for an older person to adjust to this change in

body image. Often the older person is confused after surgery because the hospital routine is foreign; side rails are up and he/she is confined as though a child. It is in this condition that he/she first gets acquainted with his/her ostomy.

3. *A hard-to-manage stoma.* Particularly if created in emergency surgery, the stoma may be adjacent to a wound or done in haste and poorly positioned. Experienced ostomates and caregivers can and should work to teach a new senior ostomate acceptance and self-care. It might take extra patience. Abil-

ity to learn does not diminish with age, but speed of performance and reaction time decline and it takes longer to learn new tasks. A word of advice to those working with new ostomates in a senior category: allow your student to learn one task well before proceeding to the next one.





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

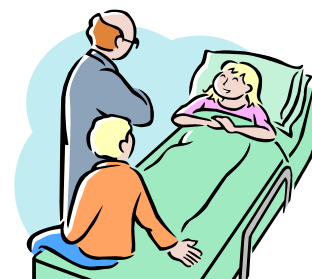
Las Cruces: Ostomy Support Group of Southern NM. Meets in Las Cruces, NM. For current info call ostomy nurse at Memorial Medical Center voicemail: (575) 640-5242 or (575) 521-5038

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

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: 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
Phone 1-888-394- 5375

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 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!

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

505-856-0203

Vice President: Richard Copeland

505-856-6045

Treasurer: Barbara Regan

703-261-3920

Secretary: (vacant)

Voicemail and Visitation Coordinator:

Diana Wong: 505- 877-4223

Ostomy Supply Closet:

(donations & supplies)

(Vacant)

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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Support Group Nurses: Susan Mueller,

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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 voicemail.

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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Thanks to the American Cancer Society for Printing and Postage!