



The Roadrunner



Newsletter of the
Ostomy Association of Albuquerque, NM

Next Meeting

Sunday, February 3, 2019

1 PM

Executive Board Meeting, Aspen Room (Open to All)

2 PM

Support Group Meeting, Aspen Room

Support Group Updates and Events

In November, besides the support group meeting, we viewed the new three levels of exercise programs offered with the Me+ Program from ConvaTec.

In December, in addition to the support group meeting, we had an educational program by Nurse Barbara about forces and weaknesses that lead to parastomal hernias. We examined various hernia support belts and garments.

January was our annual Fiesta luncheon celebration. A good time was had by all!

Upcoming Events

- ♦ February 3, support group meeting followed by a speaker, Theresa Jaramillo, from Sandia Surgical, Inc. who will explain how they are able to partner with ostomates for medical supplies here in the local area.

Happy St Valentine's Day!



- ♦ March 3, regular support group meeting. .

Happy St Patrick's Day!



- ♦ April 7, regular support group meeting. Nurse Barbara will show some ConvaTec, Marlen, and Cymed- Microskin products. **Happy Easter!**

Volume 53 Issue 1

February 2019

Upcoming Meetings:

- February 3, 2019 (quarterly)
- March 3, 2019
- April 7, 2019
- May 5, 2019 (quarterly)
- June 2, 2019

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

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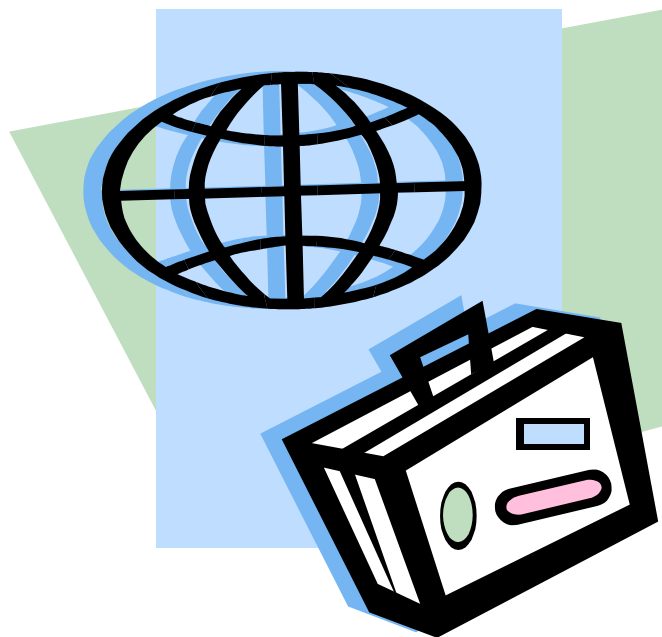


PRESIDENT'S Message

By Brian Leen, President OAA, NM

I wrote in November 2018 about the desire to “Forget about my Ostomy and move on with life.” I still think that is a great goal but there are in the background, some things which must become second nature. I guess this is like those things we adjust to match our aging issues. While I said I no longer carry my emergency kit everywhere, it is critical to know when you need to have it along. I did not carry one to the Ostomy Fiesta. And doggone if I did not have a blowout. Now isn't that appropriate, a blowout at the Ostomy Fiesta. But thankfully, it was at the very end and I just hit the bathroom, lined the area with paper, said my “goodbyes” and headed home with minimal effect on undergarments and belt. On the other hand, a few weeks earlier we flew to Spain to spend Christmas with my wife's family. As we left the third airplane, in Madrid's Barajas airport, I could tell something was not right. We had to keep walking until we got to the baggage collection area where I verified it was indeed a bottom blowout. So I stopped the flow, got my backpack and headed to the handicapped bathroom where I changed the bag and put on my emergency clothes. These are a pair of black nylon athletic pants, a spare belt, underwear and a pullover shirt. I did not need the upper wear and could put my shirt and sweater back on. Actually, no one noticed. You would be surprised how many people wear those types of pants! The point is I was prepared. In fact, I still had a second change kit in the backpack. From there we got two trains and a taxi before hitting our hotel six hours later in Valencia, Spain. In these cases, the earlier you catch it the less the problem it causes. But the message, is clear, you must have in your mind what you are going to be doing and what

your response will be. Around Albuquerque, I simply am not interested in changing in a strange bathroom and I would minimize damage, say goodbye if necessary and head home. But if we are going someplace where my leaving would be a problem to me or my wife, that there is a kit and maybe change of clothes in the car. And for a trip to somewhere like Santa Fe there is a kit.....if I remember. I must confess I have forgotten it more than once but have been blessed not to have to pay for that. And I had gone ten months without a major blow out prior to the one in Madrid dealing with only minor leak or two. Bottom line: Don't overreact but be prepared





Remembrance

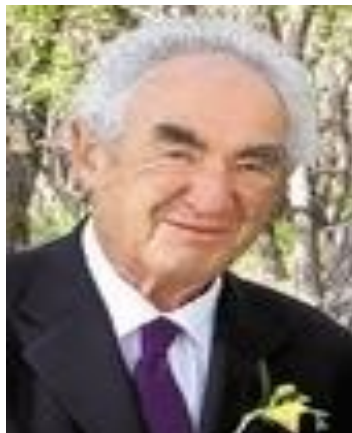
Geraldine "Gerry" Mae Copeland



MAY 25, 1947 ~ DECEMBER 9, 2018 (AGE 71)

Remembrance

Leonard Felberg



October 1, 1931 - November 4, 2018 (age 87)



Continuing Your Social Life with an Ostomy

Via Life's Diversion, November 2015

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 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 relationships 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, a sexual al-

liance or even marriage, this relationship was not built upon trust and mutual respect and probably would have crumbled sometime in the future anyway.



OAA Roadrunner Newsletter

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.



Using a Hot Tub when you are an Ostomate

via Regina Ostomy News Sept Oct 2015.

Wear time: if you are only going into the hot tub once, put on a new appliance a day or two before you visit the spa so that you are not near the beginning or near the end of the wear time.

- Staying in the hot tub for a long time may shorten appliance wear time, as the appliance may lose some of its ability to adhere to the skin. This means you may need to change the flange sooner than usual.

- 15-20 minutes is probably a good maximum time to spend in the water (whether or not you have an ostomy) · No one is aware of any unique issues depending on the type of ostomy; the issues for ileostomates, colostomates, and urostomates are similar in this regard.

- There are several products that can add an additional layer of security. One is a very thin membrane-like film that goes over the flange and “picture-frames” it. Try it before you need it, as it is tricky to get used to; it has a tendency to stick to itself and not come apart. Several companies make a product of this type; inquire at your supplier and explain what you want it for.

- For an even further level of security, wear a pouch cover or bathing suit with a pocket on the inside that you can tuck the bag into, so in the very unlikely event that the flange does come loose, it will stay close to your body until you can apply another one. Both pouch covers and bathing suits for male and female ostomates are available commercially on-line, or make it yourself. You can see pictures online -- try searching for “ostomy pouch pocket”. Custom-made bathing suits are also available.

- Have extra supplies (this is always a good idea!)

with you. Putting these in a sealable plastic bag that can double as a waste bag is helpful. You could also bring an extra (small) towel and a fan, to dry off before you apply a new flange, should that be necessary.

- With a little planning and common sense you can enjoy your hot tub experience. Many of our members love their hot tubs!





Ask a WOC Nurse

by Lauren Wolfe RN, BSN, CWOCN; via Vancouver (BC) Ostomy HighLife

The most common question I get asked post-op or in clinic is: “How can I have a shower?” The answer is fairly simple: with your pouch on or off. I recommend not showering with only a flange (of a two-piece system) in place, as this may decrease your wear time.

Showering with your pouching system off:

On days that you are planning to change your pouching system, I would recommend that you remove the pouching system prior to showering or while in the shower. Unless you have a very strong shower there is no concern of the shower water touching your stoma so enjoy your shower. If you wash your peristomal skin with soap make sure you wash well to remove any soap residue as this may prevent your new pouch from adhering to your skin. If your stoma has been active during the shower no need to worry, just wash your shower/bath as you usually would.

Showering with your pouching system on:

On days that you don’t change your pouch, there are many options available on the Internet to keep your pouch dry and some of you may even use Saran Wrap all around. I suggest not wasting your money on these. There is no need for this, as your pouching system is designed to withstand water and can get wet. The fabric/cover and or tape border will get wet but a dry towel can be used to pat it dry or you can use a hair dryer on a low setting. If using a hair dryer be very careful not to burn through the pouch as plastic can melt with heat. Most pouching systems dry fairly quickly if patted with a dry towel. If you have a pouch with a filter remember some companies require you to cover the filter to prevent it from getting wet.

Too Much of a Good Thing

via Middle Georgia The Ostomy Rumble

Many accessory items have been developed to take care of specific needs. Ostomates should determine which items are best for their ostomy management, remembering there can be “too much of a good thing.” Here are a few hints to help achieve a successful ostomy management system.

Keep it simple.

Do not use extra cement, skin-care products, etc., unless absolutely necessary. Sometimes, extra products actually interfere with pouch adhesion or create skin problems. Plain water is still the best cleaning agent for skin around the stoma.

Do not continue to use therapeutic products after the problem has been solved.

As examples: Kenalog spray and Mycostatin powder should not be used routinely when changing the pouching system. These products are prescribed for particular skin problems. Kenalog is usually recommended for its anti-inflammatory effects and symptomatic relief of the discomfort associated with skin irritation. However, continued and prolonged use of Kenalog after the problem is resolved may lead to “thinning” of the outer layer of skin, thus making it more susceptible to irritations. Myco- statin powder is useful for yeast infection. However, using Mycostatin after the infection clears serves no purpose.

Seek Advice.

See your physician or WOC(ET) Nurse if you find yourself a victim of the syndrome. They can provide assistance in selecting the most appropriate and economical ostomy management system for your needs.



Support Group and Medical 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
Website: (coming soon!)
- ♦ Albuquerque: VA Ostomy Support Group for military veterans. Meets at the VA Hospital, Albuquerque, NM. For current info call ostomy nurse at VA Medical Center Hospital voicemail: (505) 265-1711, Ext. 5171 or 5232 or 4411
- ♦ 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

Ostomy Care in Albuquerque, NM

- ♦ Lovelace Medical Center Ostomy Nurses:
(505) 727-8250
- ♦ Lovelace Medical Group—General Surgery — Ostomy Outpatient Clinic— Savanna Noel
(505) 727-7096
- ♦ Presbyterian Main Hospital Ostomy Nurses:
(505) 841-1251
- ♦ Presbyterian Outpatient Wound and Ostomy Care Clinic: (505) 823-8870
- ♦ University Medical Center Hospital Ostomy Nurses: (505) 272-9098
- ♦ Veteran's Administration Hospital Ostomy Nurses:
(505) 265-1711 Ext: 5232 or 5171 or 4411

Manufacturer Resources:

- ♦ Coloplast Ostomy Supply Manufacturer:
(855) 385-3991 Web: www.coloplast.us
- ♦ ConvaTec Ostomy Supply Manufacturer:
(800) 422-8811
Web: www.convatec.com/ostomy
- ♦ Cymed Ostomy Supply Manufacturer:
(800) 582-0707 W: www.cymed.ostomy.com
- ♦ Hollister Ostomy Supply Manufacturer:
(888) 808-7456 Web: www.hollister.com
- ♦ Marlen Ostomy Supply Manufacturer:
(216) 292-7060 Web: www.marlenmfg.com
- ♦ Nu-Hope Labs Ostomy Supply Manufacturer:
(800) 899-5017 Web: www.nu-hope.com

Local Supply Resources:

- ♦ HME: (Home Medical Equipment) 2 Locations:
-611 Osuna Rd. NE Albuquerque, NM
-10801 Golf Course Rd., NW Albuquerque, NM
Web: www.hmespecialists.com
Cust. Svc. for both locations: (505) 888-6500
Toll free: (866) 690-6500
- ♦ Phillip's Pharmacy: carry some ConvaTec supplies for over-the-counter purchase
-5510 Lomas Blvd NE Albuquerque, NM 87110
Cust Svc.: (505)-265-6868
- ♦ Sandia Surgical, Inc.: carry Coloplast, ConvaTec, and Hollister supplies for ongoing or OTC purchases
4431 Anaheim Ave. NE, Ste. A, Albuquerque, NM
Cust Svc.: (505) 883-2817 or Toll free: (800) 753-1589
Web: www.sandiawheelchairs.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
August 6-10 2019
Philadelphia, PA

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

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Officers and Chairpersons of OAA Chapter

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505-856-0203

Vice President: Ben Palmer

505-828-0936

Treasurer: Barbara Regan

703-261-3920

Secretary: Mark Walker

505-242-2173

Voicemail and Visitation Coordinator:

Brian Leen, 505-856-0203

Telephone Reminder:

Vacant

Ostomy Supply Closet:

(donations & supplies)

Eunice Hoeft

Call ahead; 505-889-9705

Meeting Facilitator and Programs:

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damorebd@aol.com**Sunshine Committee:**

Bernice Newman: 505-298-2323

bernicenewman836@hotmail.com**Support Group Nurses:**

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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

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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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