



The Roadrunner



Newsletter of the
Ostomy Association of Albuquerque, NM

Next Meeting

Sunday, February 7, 2016

1 PM

Executive Board Meeting, Aspen Room (Open to All)

2 PM

Support Group Meeting

Volume 50 Issue 1

February 2016

Upcoming Meetings:

- February 7, 2016 (quarterly)
- March 6, 2016
- April 3, 2016
- May 1, 2016 (quarterly)
- June 5, 2016

Support Group Updates and Events

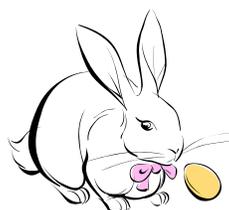
Those who were able to make it to the Fiesta celebration in January at Pelican's enjoyed a fun time with delicious food and pleasant company! Thank you Mark Warren for setting it up for us again this year.

We are looking forward to a new year of supporting those with ostomies! If you haven't renewed or become members, please see Treasurer, Barbara Regan or, Membership, Chuck Newman, at a meeting.

ConvaTec: April 3 Support Group Meeting will have a representative from ConvaTec Ostomy Products.

Coloplast: May 1 Support Group Meeting will have Coloplast Ostomy Products.

Due to difficulty in obtaining ostomy product representatives for our meetings, we will no longer be constrained to quarterly meetings for speakers. Please pay attention to the newsletters and any update flyers.



Think Spring!!

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

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PRESIDENT’S COMMENTS

By Brian Leen, President OAA, NM

As I mentioned at the Fiesta, our group exists to help others. As times goes by it gets harder to remember those days when everything seemed lost. Each one of you provided a unique perspective and offers a role model to new Ostomates. The support we provide depends on your involvement. Having long term Ostomates at our meeting is critical to the ability to provide support. Even if you fall between and are neither comfortable with the situation nor struggling mightily your presence is helpful because some of us long term folks have conveniently forgotten what that struggle is all about.

We know that there are new Ostomates, both permanent and temporary created every month. But

“We also can use more help on the Board.”

as time changes our ability to reach them can fall behind. That is why we are striving to add a Facebook page and an internet Website. The Facebook page is already up and the Website should be available shortly. Anyone who can help with the Website is welcome. We also need to reach out to the medical community to remind them that we are available for referrals.

We also can use more help on the Board. The Board meets once a quarter an hour before the regular meeting. The next meeting will be at the February meeting. We currently need a Secretary and several current committee chairs might want to pass on their

responsibilities. Office holder, committee chairperson or not, your presence at the board to help in discussions of what actions we take in the future are welcome and needed.

One of our current issues is whether to continue keeping the supply cabinet or not and even if we keep our cabinet, what to do with the mountain of supplies we currently have. Anyone who might be willing to take this on or has contacts with a private organization with space to host our cabinet would be a wonderful development.

Ostomates and their supporters, whether Uros, Colos, or Ililos: long term, new or in-between we look forward to seeing you at future meetings.



On Stomas and their Nerves

Ostomy Association of North Central Oklahoma, October 2015

Editor's Note: In view of continued misunderstanding on this topic, we're reprinting these three articles that we've published previously:

1. Does Your Stoma Hurt?

by Victor Alterescu, RN,ET; via Northwest Arkansas Mail Pouch; and North Central OK Ostomy Outlook, Jan 1999.

Quite often people tell me that their stoma hurts. This surprises me a great deal since stomas do not have any sensation. You could cut, burn, do anything to the stoma and you would not feel a thing. That's hard to believe, but true. Stomas do not have receptors for pain. Sometimes, the lack of stoma sensation can lead to problems. For example, an incorrectly fitting appliance may cut into the stoma, but no pain will be felt. A stoma can be badly damaged before the problem is noticed. For this reason, it is important not to wear your pouch for long periods of time (more than a week, in my opinion), since it is good to see if the stoma is OK.

Actually, when people talk about stoma pain, they are usually talking about pain from the skin around the stoma. That skin, the peristomal skin, is full of nerve receptors that are sensitive to such things as heat, cold, chemicals and adhesives that can cause pain. It is the skin that is sensing the pain, not the stoma. If any unusual symptoms or irritations are noticed, do not hesitate to contact your doctor or ET [WOCN] for an evaluation and, if necessary, a prescription for a specific treatment.

2. Stomas and Pain Response

by Mike D'Orazio, ET(retired); written in response to #1 above; printed in North Central OK Ostomy Outlook, Feb 1999.

While Victor's statements regarding stoma pain are, at one level, essentially correct, there are legitimate situations when one's stoma will feel pain.

In the normal condition of the intestine, of which a stoma is a part, typical pain touch receptors are not present.

However when the bowel is stretched, as when obstructed and subsequently swollen, the bowel will "feel" painful. There are stretch receptors within the bowel wall that inform us of an obstructive event. While experiencing an obstructive event other physiological phenomena occur to further inform and distress us. On rare occasions patients with stomas have strongly complained of stomal pain. Physical exams have often not been able to reveal any clear evidence of harm or obstruction to the stoma site. In these unusual situations the phenomenon of psychic pain has been put forth to explain the pain. Just thought I would add my two cents worth to this oft noted question. My intent is not to discredit any point of view, rather to be more inclusive of explanations relating to this phenomenon.

3. The nerve(s) of those stomas!

by Mike D'Orazio (aka "Mike ET"); posted on UOAA Discussion Board, May 11, 2009; printed in North Central OK Ostomy Outlook, May 2009.

The question or comment about stomas lacking sensory nerves, or the more broadly stated claim that stomas have no nerves, is a myth that dies very hard. Allow me to borrow from one of my presentations that partly addresses this issue:

"...most of the information carried by gastrointestinal primary afferent neurons is not consciously perceived. This is nicely demonstrated by tests on fistula patients who report no sensation when the healthy stomach is probed or in patients that have had the intestinal lining cut to take a biopsy." Quoted from: *Am J Physiol Gastrointest Liver Physiol* 277:922-928, 1999. John B. Furness, Wolfgang A. A. Kunze and Nadine Clerc. page G924.

On Stomas and their Nerves (continued from page 3)

Additionally, we have: “There are more than 100 million nerve cells in the human small intestine, a number-roughly equal to the number of nerve cells in the spinal cord. Add in the nerve cells of the esophagus, stomach, and large intestine and you find that we have more nerve cells in our bowel than in our spine. We have more nerve cells in our gut than in the entire remainder of our peripheral nervous system.” Quoted from: *The Second Brain* by Michael Gershon, M.D. page Xiii.

Alas, stomas do have nerves!

So, now let us put to rest the misstatement about the bowel and nerves, and bother to reeducate those who have misspoken early on. There are nerves; but the sensory nerves of the bowel between the esophagus and the rectum, for certain types of painful stimuli, such as cutting or cautery, are either very low in number and caliber or the brain is not readily able to perceive the pain.

Of course, one can still be a pain in the a**; however, this is a topic for other times and places.

Editor’s Note: Putting this all in perspective, the claim in article #1 that “stomas do not have any sensation” is false, as is the often-repeated claim that “stomas have no nerve endings.” Stomas definitely have nerves that are sensitive to stretching. However, it’s also true that stomas tend to be insensitive to certain other stimuli, notably cutting. This creates the real danger, as stated in article #1, that you can cut your stoma without being aware of it. And it’s also probably true that in most cases when people talk about stoma pain, it’s really from the peristomal skin.

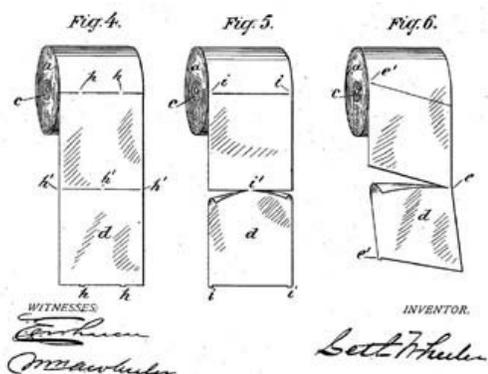
* * * *

Over or under? The toilet paper debate answered by 1891 patent by Eun Kyung Kim, TODAY

The debate is so over. The age-old argument about whether toilet paper should go “over or under” has been settled by an 1891 patent unearthed by one writer. And it’s over. Tech writer Owen Williams tweeted the original patent owned by Seth Wheeler, who “invented certain new and useful improvements in toilet-paper rolls.”

For some reason, the inventor seemed to make a big fuss about the fact that he came up with the idea of inserting perforations into the roll. But for TP users more than a century later, the takeaway is this: The drawing Wheeler submitted with the patent application clearly shows how rolls should hang. Once and for all, folks, it’s over.

Now let’s focus on that other household debate: leaving the toilet seat up or down.



THE LATEST TSA INFORMATION FOR YOU

Reprinted from Springfield's Ostomy Family Newsletter January 2016



Transportation Security Administration

This holiday travel information comes to us from Kimberly Walton, Assistant Administrator, Office of Civil Rights and Liberties, Ombudsman, and Traveler Engagement.

Office of Civil Rights & Liberties, Ombudsman and Traveler Engagement

U.S. Department of Homeland Security

601 South 12th Street

Arlington, VA 20598

Dear Coalition Members:

On behalf of the Transportation Security Administration (TSA), I want to take a moment to share some important tips to help you better prepare for security screening at our Nation's airport screening checkpoints. In light of Department of Homeland Security Office of Inspector General covert testing of TSA security checkpoint operations announced in the media earlier this year, and given TSA's continuing mission to protect the Nation's transportation systems, *you will likely see slightly longer lines resulting from modified screening procedures.*

For these reasons, I encourage you to arrive at least two hours early for domestic and three hours early for international flights, to give yourself plenty of time to get through security screening. For general informa-

tion about what to expect during security screening, you may contact the TSA Contact Center at **(866) 289-9673** or email at **TSA-ContactCenter@tsa.dhs.gov**. The TSA Contact Center has representatives available on weekdays from 8:00 a.m. to 11:00 p.m. Eastern Time and on weekends/holidays from 9:00 a.m. to 8:00 p.m. Eastern Time. Automated information is available in 12 languages. Travelers who are deaf or hard of hearing may use a relay service to contact the TSA Contact Center (Federal Relay 711).

TSA also offers the TSA Cares helpline. I encourage anyone who may need additional assistance during the security screening process, travelers with disabilities or medical conditions, and travelers who have concerns about the screening process to contact TSA Cares at least 72 hours before travel.

TSA Cares agents have received training to provide callers with specific information about the specialized screening needs in a variety of circumstances. In addition, you may provide a TSA Cares agent with your flight itinerary, and they will coordinate assistance to be specifically available for you with a Passenger Support Specialist (PSS) and/or customer service manager at the airport. Even if you do not provide your itinerary beforehand, you may ask for a PSS or supervisor at the checkpoint.

The PSS program was created to assist travelers at the checkpoint, and Passenger Support Specialists receive specialized training, including how to assist and communicate with individuals with disabilities as well as best practices on interactions with travelers from various cultures and communities. While TSA recommends contacting TSA Cares to set up

THE LATEST TSA INFORMATION FOR YOU (Continued from page 5)

PSS assistance in advance, our goal is to have a PSS in the vicinity of every checkpoint to provide assistance as needed and resolve traveler-related screening concerns on the ground, as quickly as possible.

Any traveler who needs assistance or is concerned about his or her screening may ask for a Supervisory Transportation Security Officer or a PSS at any time.

Travelers or their companions may call TSA Cares toll free at (855) 787-2227. The hours of operation for the TSA

Cares helpline are 8:00 a.m. to 11:00 p.m. Eastern Time from Monday to Friday, and 9:00 a.m. to 8:00 p.m. Eastern Time on weekends/holidays. Travelers who are deaf or hard of hearing may e-mail TSA-ContactCenter@tsa.dhs.gov or may use a relay service to contact TSA Cares (Federal Relay 711).

You may also download a Notification Card from www.tsa.gov/travel/special-procedures, which allows you to discreetly notify the Transportation Security Officer of your disability, medical condition, or other circumstance that requires assistance. This card, however, does not exempt you from screening.

TSA works hard every day to ensure that you and your loved ones arrive at your destinations safely. I assure you that TSA remains committed to ensuring that all travelers are treated with respect and courtesy, and we emphasize that screening must be conducted without regard to a person's race, color, national origin, religion, disability, sexual orientation, or gender identity in order to ensure your safety.

Sincerely,
Kimberly A. Walton
Assistant Administrator

LAWS

From *The Ostomy Outlook*, North Central Oklahoma

LAWS
you need to
KNOW

The Law of Close Encounters: The probability of meeting someone you know **INCREASES** dramatically when you are with someone you don't want to be seen with.

Doctors' Law: If you don't feel well, make an appointment to go to the doctor; by the time you get there, you'll feel better. But don't make an appointment and you'll stay sick.

Law of Logical Argument: Anything is possible **IF** you don't know what you are talking about.

Law of the Bath: When the body is fully immersed in water, the telephone will ring.



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: (vacant)

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

Telephone Reminder:

Bill Minkoff: 505-857-9972

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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