



# The Roadrunner



Newsletter of the  
Ostomy Association of Albuquerque, NM

## Next Meeting

**Sunday, August 6, 2017**

**1 PM**

**Executive Board Meeting, Aspen Room (Open to All)**

**2 PM**

**Support Group Meeting, Aspen Room**

Volume 51 Issue 3

August 2017

### Upcoming Meetings:

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

## Support Group Updates and Events

**Note—August meeting will have Hollister representative, Leslie Sisk!! Bring your questions and comments. Leslie will have some new products to show.**

**Dr Heidi Miller regretted that she was unable to attend our May meeting due to an emergency call. We will keep trying to find a good time to welcome her to our meeting.**

**Please stay alert to emails and/or post mail for updates on upcoming topics and speakers. Next newsletter will be in November.**

**Thank you for attending meetings to help support others. The OAA is in need of a member who would step into the open position as Secretary and attending the quarterly board meetings. Please let Brian Leen know if you are interested in filling this important office.**

**Keep well hydrated. As you know, besides having unique body plumbings, we live in a super dry climate!**

*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

Summer is the time for family gatherings, vacations and outdoor activities. In fact, I have just returned from spending most of June with my wife's family in Spain then a quick trip to El Paso to welcome our first grandson. So, I will change my focus from what we can do as a group to a more individual one. Thought occurred to me that an Ostomy does not need to be a defining thing in our life. Many of you know that but some may not yet be at that stage. Sure, you take precautions like emergency kits but other than that life goes on. In fact, I would say my hearing problem and the associated hearing aides are a greater bother than my ostomy. But some of you reading this may not believe that could be true. Well, that is what we are here for. The medical profession saved our life in some cases, but isn't good about dealing with the mundane aftereffects. That is where the Ostomy Group comes in. Bring you problems to the monthly meeting and we can have a discussion to learn how others have dealt with it. Or call and leave message on the Group phone and we will have someone get back with you. But what about those who have



reached that stage? You are the ones we need to be available. You might just be the only one in the group that has experienced and solved a particular problem. Either way, we'd love to see you at a future meeting.

### A REMEMBRANCE...Ruth Speechly

By Sue Mueller

Butterflies, Rainbows and Edelweiss playing in the background, I am at a celebration of life for Ruth Speechly who passed away July 20, following a medical emergency. Speaking with Ruth's family and friends I realized what a small glimpse we get into the lives of our group members. We see people as they tackle the challenges that living with an Ostomy presents but not the whole picture. Six years ago Ruth went to the hospital for one thing, contracted a vicious C diff infection and left the hospital with an Ostomy, a surprise Ostomy not a good way to begin. Additionally, Ruth had what you might call "a less than ideal stoma", and that situation did not improve. The wonderful thing about Ruth is that although she was overwhelmed especially in the beginning, she rallied. She was a trooper. She continued to be a warm and giving mother, grandmother, great grandmother and friend. She did not give up on life. She did what she has always done, she learned what she needed to know and went forward. The Ostomy changed things but did not stop her from going out for the weekly pie special at the Village Inn, or from celebrating her great grandson's first birthday...she wouldn't have missed it.

"She was quite a gal, We will miss you Ruth."

## A patchwork of thoughts ....on living with an Ostomy

### by Sue Mueller

When I was working on the new Patient Bill of Rights for UOAA yesterday (in my role on the UOAA advocacy committee) I was reading some suggested revisions for the text. The suggestion was to substitute the word adaptation for limitation when describing the impact of Ostomy surgery on your life and describing areas where change needs to be made. I agree limitation is negative and needs to go away. I will suggest the word accommodate (to make fit, adjust, adapt) to describe the necessary adjustment to living with an Ostomy. Every day requires us to accommodate in some way, why is it different with an Ostomy? For example: if our vision changes we need to learn how to wear contact lenses, or wear glasses. We have to learn to care for them, not to lose them or break them. We learn the new language of lenses (scratch proof, progressive, bifocals, disposable), about frames (plastic, metal, round, square). We learn how to use our new vision equipment. We accommodate. You worry initially what others will think of the glasses, how it changes our daily routines. Eventually you adjust and don't even think twice about it. The same thing happens with an Ostomy, it is awkward and clumsy in the beginning and after a while you don't think about it so much.

**LEAKS** how do you define a leak? Does it have to extend beyond your wafer and on to your clothes or is it anything that does not go in the pouch and gathers around your stoma? Yes, the leaks that extend beyond the wafer onto clothes are a major concern, but the small leaks around the stoma are just as important. For Colostomates and Urostomates a constant moist environment around the stoma can lead to a situation called Pseudoverrucous lesions which are wartlike growths that occur in response to the moisture, they are unattractive and can be painful, interfering with pouching. For Ileostomates constant leakage around stoma leads to painful weeping skin. So please address

or get help for the small leaks too.

Do you OWN your Ostomy and the problems you may have or do you give it away? If you OWN it you understand that the Ostomy is yours to live with, you take responsibility for its care and upkeep, you educate yourself about it and its care, you seek help if you have a problem. If you GIVE IT AWAY you give any problems to your health care providers or family member/caregiver, you don't participate in seeking solutions, you don't want to deal with it so you don't, unfortunately YOU are the one who has to live with the consequences. Maybe we all have times when we certainly feel like giving it away and that's part of the journey but don't unpack and live there.

**PERSPECTIVE** Sometimes we just can't see the forest for the trees...and bouncing your thoughts off of another person can be very helpful. That person could be another person who lives with an Ostomy like you or an Ostomy nurse or maybe a good friend who knows how to listen. Sometimes by putting your concerns into words helps you to define it. Use your support group contacts, share phone numbers, get together outside of the monthly meetings...

Don't forget about the UOAA website there is so much information on the site, especially if you are new to living with an Ostomy. Don't let the fact that that you are not computer savvy deter you, someone you know has computer skills and can help you, and don't forget your local library resource.

## Tips for a Successful Recovery

By Diana Gallagher, MS, RN, CWOCN, CFCN  
Facilitator for the NWA Ostomy Support Group

For many, ostomy surgery is lifesaving but their initial feelings on living life with an ostomy are negative. For individuals with years of unresolved incontinence or inflammatory bowel disease, however, life after surgery is frequently viewed as a positive improvement. For them, an ostomy is the promise of a return to a normal life.

As you prepare for surgery, the following are important tips to help you transition into your new life and embrace living with an ostomy.

(For more information visit [www.ostomy.org](http://www.ostomy.org) or contact United Ostomy Associations of America at 1-800-826-0826.)

**Select a surgeon with valuable experience in the type of surgery that you are facing.** General surgeons as well as specialty surgeons can perform ostomy surgery. Specialty surgeons are those who have completed additional education, training, and fellowships within the specialty. These surgeons will be identified as Colorectal or Urology Surgeons. You can find a local physician through the websites for the American Society of Colorectal Surgeons or American Urological Association.

**See an Ostomy Nurse.** BEFORE surgery, your surgeon may refer you to a specialty nurse, like a Certified Wound Ostomy and Continence Nurse (CWOCN). If not, you will need to find a specialty nurse. This nurse will help ease your transition into living with an ostomy. Although education may be provided during your hospital stay it can be difficult to focus and remember because of anesthesia, surgical pain and stress. Your ostomy specialist will provide comprehensive education including practice

pouch changes before surgery. In addition, he/she will identify and mark the best location for your ostomy. This is important because during surgery it is difficult for your surgeon to know where the waistband of your pants sits, where creases or irregularities exist and other special considerations to consider when selecting that optimal site.

**Attend a United Ostomy Associations of America (UOAA) affiliated support group (ASG) meeting in your community if possible.** You may think that you do not need a support group or feel that you are the type of person who does not feel comfortable in a group setting. Put those feelings aside; listening in the beginning is a good start. Join your local group, even if you don't initially find someone your age with a similar story, there is a lot to learn. UOAA affiliated support groups are truly one of the BEST places to obtain the necessary education, helpful hints, support, and resources. Don't feel that you are alone.

**Determine which supplies will work best for you.** In the beginning, you will most likely receive sample products from a number of companies. It is helpful to keep the 2 piece products from each manufacturer separated; wafers from one company will not necessarily snap onto a pouch from another company. The sampling program will help you try a variety of products to learn which ones work best for you.

**Order your regular supplies.** Once you know what you like best, an order can be placed through a distributor. There are countless distributors to choose from and depending on insurance, your supplies can

*(Continued on page 5)*

## Tips for a Successful Recovery

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(Continued from page 4)

be delivered monthly or every three months. The first time that you order, it is logical to order a month's worth of supplies. As your expertise develops, you may fine-tune your list. Insurance normally pays 80% of supplies that are medically appropriate. If you have a secondary plan, the remaining 20% may be covered. Check for a list of the established limits for each product. Reorder supplies so that you are never without the supplies that you need.

**Select a place to keep your ostomy supplies organized.** Many people keep their basic supplies in a bathroom drawer, others buy a plastic organizer with several drawers that can be moved about. Excess supplies can be stored in a closet but regardless of where you choose to keep supplies, it is best to avoid temperature extremes and high levels of humidity.

**Be prepared.** In addition to the extra supplies that you keep on hand at home, always keep a small pouch with all the supplies necessary for a complete change with you. Like your other supplies, these should be kept away from temperature extremes and humidity. Hopefully, you will rarely need to make an unplanned change, but being prepared, makes most ostomates feel secure and confident. If you anticipate an occasional return to the hospital, keep a bag packed with your preferred supplies. The hospital may not have the brands that work best for you.

**Promptly consult your ostomy specialist for any problems.** This might be a decrease in normal wear time, a change in your stoma, or a problem with your peristomal skin. A good practice for all is to hydrate

properly to avoid complications.

**Recover from surgery and LIVE life to the fullest.** Having an ostomy does not change who you are or what you are able to do. After recovery, work to strengthen your abdominal muscles to help prevent hernia risk and enjoy all your old activities including swimming. Every October UOAA holds the Run for Resilience Ostomy 5k where people of all ages prove living with an ostomy does not need to be limiting.

**Advocate for yourself.** You will find that not everyone is knowledgeable about ostomies. Educate others when possible but always be willing to advocate for yourself and others. You can also help to advocate on the national level by supporting UOAA's advocacy program and taking part in events like Ostomy Awareness Day held on the first Saturday in October. UOAA works toward a society where people with ostomies and intestinal or urinary diversions are universally accepted and supported socially, economically, medically, and psychologically.

**Share your experience and tell your story.** Your story has the power to help others as they begin their journey. Connect with others in person or online and offer to help the next person who has this lifesaving surgery.

**What's  
Your  
Story?**

## URINARY TRACT STONES

Ostomy Halifax *Glazetter* via *Inside/Out* Winnepeg Ostomy Assoc., and *The New Outlook*, Greater Chicago Area, Springfield's Ostomy Family Newsletter. POS Traingle may/june 2017.

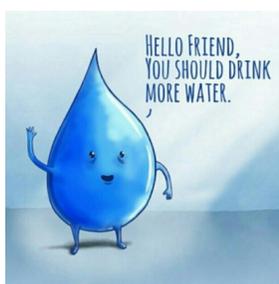
Urinary tract stones, particularly kidney stones, have been known for many, many years. The disease manifests primarily in adulthood, although its occurrence in children is now unknown.

Three times as many males suffer from the malady as females. The pain associated with the disease, the result of passing of the stones, is recognized to be the most severe known. Heredity is one factor that contributes to the disease. If one member of a family has stones, most likely another family member will also develop stones. Age is also a contributing factor, with males in the fifth decade of life being at the highest risk.

Summer time is the peak season for kidney stones because outdoor activity leads to perspiration, which, in turn, may result in dehydration.

Replacement of lost fluids with such liquids as ice tea or soft drinks does not adequately correct the tendency to form kidney stones. The ingestion (drinking) of ample amount of water is most important to help prevent kidney stones.

Ileostomates are also at risk of developing kidney stones because they have difficulty with absorbing liquids and are thus subject to dehydration and consequently stones. The currently preferred treatment for the majority of patients suffering from urinary tract stones employs shock waves, which break up the stones rapidly and with a minimum of discomfort. Usually one day in the hospital is all that is required.



## Albuquerque International Balloon Fiesta

Presented by Cannon

October 7-15, 2017



## 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](mailto: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](mailto: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](mailto:christen.hungerford@convatec.com)

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

[www.cymedostomy.com](http://www.cymedostomy.com) 1 (800) 582 0707

For samples: [samples@cymedostomy.com](mailto:samples@cymedostomy.com)

**EDGE PARK** Medical Supplies:

[www.edgepark.com](http://www.edgepark.com) 1-888-394- 5375

**Hollister** Ostomy Supply Manufacturer:

Local Representative: Leslie Sisk

Email, [leslie.sisk@hollister.com](mailto:leslie.sisk@hollister.com)

1 (405) 819- 5635

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

**Marlen** Ostomy Supply Manufacturer: [www.marlenmfg.com](http://www.marlenmfg.com)

1 (216) 292 7060

**Nu-Hope** Ostomy Supply Manufacturer:

1 (800) 899 5017 [www.nu-hope.com](http://www.nu-hope.com)

**Stomacur** Ostomy Supply Manufacturer: [www.forlife.info](http://www.forlife.info)

**TORBOT** Ostomy Supply Manufacturer: 1 (800) 545 4254  
[www.torbot.com](http://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](http://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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OFF\*



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\* Based on \$9.95 cover price. Canadian subscriptions: \$35 one-year, \$60 two-year. U.S. funds only.

## 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

Meeting Facilitator and Programs:

Barbara D'Amore, BSN, CWOCN

505-797-4388

Sunshine Committee:

Bernice Newman: 505-298-2323

[bernicenewman836@hotmail.com](mailto:bernicenewman836@hotmail.com)

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[susanmueller@fastmail.fm](mailto:susanmueller@fastmail.fm)

Barbara D'Amore, BSN, CWOCN

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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](http://www.ostomy.org)

Find them on Facebook and Twitter.

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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](mailto: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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