



# The Roadrunner



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

## Next Meeting

**Volume 58 Issue 2  
May 2023**

### Support Group Updates and Events Recent Events

In March we had a guest speaker, Cassandra Wunschel, Territory Manager - Ostomy (AZ/NM/Las Vegas, NV,/El Paso) Ostomy Field Sales Trainer, North America. Ms. Wunschel, shared information about her products and new things coming on the market.

Our April and May meetings have been support group discussions with both months adding new members to our list. For those of you who were present at these meetings thank you for your participation.

### Upcoming Meetings:

Cherry Hills Library

- June 4, 2023

Cherry Hills Library

- July 2, 2023

Cherry Hills Library

- August 6, 2023

Cherry Hills Library

- September 3, 2023

Meetings start at 2 p.m. and end approximately at 3 p.m.



### Inside this issue:

President's Message	2
Living a Normal Life	3
Summertime	4
8 Nutricion Tips	5
Nutricion Tips continued	6
Resources	7
Resources	8
All About OAA	9
Contact Us	10

### Upcoming Events

**Our June 4th meeting will be held at 2 pm, at the Cherry Hill Library in Albuquerque.**



## **PRESIDENT’S Message**

**by Ben Palmer, OAA, NM**

Over the last few months of sitting in meetings with ostomates or members of the UOAA and affiliate group leaders, I have found that the topic most often discussed is how to get information about ostomy subjects out to where it can be most easily accessed by the members and anyone else who needs it. I few weeks ago I logged into a zoom meeting of affiliate leaders sponsored by the national association. The presentation was by the Advocacy committee, they have been working on such things reaching out to congress and other medical support organizations.

The group has prepared a “Tools and Resources Library” if you log into the UOAA website you will find topics such as the ones listed here.

### **Ostomy and Continent Diversion Patient Bill of Rights**

**Restroom Access Self-Advocacy Tools**

**Swimming with an Ostomy**

**Workplace Resources**

**Travel Tips + TSA Communication Card**

**Mythbusters Infographic**

**Assisted Living Facilities**

We are hoping to be able to use a projector and speaker from one of our members, so that we can view their site and review the information they have put together from some of the top authorities in the nation.

I have come to the conclusion that a support group is most effective when each and every one of us learns everything they can about our common surgeries and then shares everything they have learned with others every chance they get both the best ideas and the ones that do not work as well. Those personal stories are the treasure we share.

Though our weather has not warmed up very much yet. Very soon we will have to begin thinking about dehydration and the importance of knowing when your body is showing the effects of dehydration.



## “Living a “Normal Life”

by Ellyn Mantell, [morethanmyostomy.com](http://morethanmyostomy.com)

From the moment I had my ileostomy in March 2014, I knew it would change my physical life, but I had no idea it would change the entire trajectory of my place in the world. I share this not because I have achieved something others cannot, but because I have achieved something everyone can. Never would I have imagined that I would read this recent text from the wife of an Ostomate, “you gave Peter the confidence he needed to live normally!” (Thank you, Ilene, I read your text with tears of gratitude.)

Having spoken over these past close to nine years, to hundreds new or potential Ostomates at various phases of their experience, I always do my best to meet them where they are. As I have mentioned many times in my blog posts, I would never presume to know how long it will take another to arrive at the place I truly believe they will. Therefore, I weigh their responses carefully. Overwhelm and I may lose them, retreat and they will not win their battle with normalcy.

What is “normalcy?” For each of us, it is unique, but for each of us, it is being able to reach our dreams, live our best lives, and even support another through their efforts. Many times, during my conversations, I will ask a new Ostomate if they would like to speak with another in their situation so they garner even more support than my (attempt to motivate) posture. I find that men relate better to other men at the onset of their recovery for obvious reasons, in the same way that women bond over clothing and intimacy. There are enough of us to make it happen for any Ostomate.

The key to recovery and acceptance may be in the concept of living a “normal life,” because that really is within our grasp. It may also be in acknowledging that there are between 750,000 million of us in the country. I recommend reading THE PHOENIX MAGAZINE, checking in with the United Ostomy Associations of America website, [ostomy.org](http://ostomy.org), connecting with an Ostomy Support Group, reading blogs or books, and talking openly with others in our situation. Most of all, I encourage all to remember that our ostomy is a LIFE-SAVER!!! We, who are fortunate enough to have had our lives saved by this incredible surgery, are neighbors, physicians, glitterati and professors, and our return to “normal” is ours to obtain!



## Summertime...and the Living is Easy

by Bobbie Brewer, Greater Atlanta Ostomy Association

Summertime fun may include many outdoor activities and travel, but may also lead to some concerns about ostomy management. Let's review:

**Swimming** is an excellent exercise and activity you can enjoy with family and friends. So, why are so many of us afraid to get back into the water? Check out these tips:

- Don't go swimming immediately after you have put on a new pouching system.
- Make sure your pouch is empty and has a secure seal.
- Picture framing your wafer with water-proof tape isn't necessary, but may give you the extra confidence you need.
- Take precautions against sunburn. Besides being bad for your skin; a bad sunburn can result in diarrhea and sometimes vomiting, thus depleting electrolytes.
- When sitting and soaking up the sun, protect/shade your pouching system by placing some covering across the outside area (e.g., hat, towel, magazine).

Monilia is a common summer problem. This raised, itchy, red rash on the peristomal skin is uncomfortable and keeps the pouches from holding well. If you suspect a monilia rash, consult an ostomy nurse.

**Fluids and More Fluids** are needed during the hot summer months. Review the following:

- Water is an essential nutrient needed by each and every body cell. Up to 75% of the body's mass is made up of water. Water controls body temperature, serves as building material and solvent, and transports nutrients. Thirst is a signal that the body needs fluids. Daily losses must be replaced. Encourage fluid intake of eight to ten (8 oz) glasses of liquids each day.

Any liquid containing water (soda, milk, juice, etc.) helps to meet your daily requirement. You can also get water from the food you eat (e.g., tomatoes have a total of 94% water content). *[North Central OK Ed. note: And don't worry if liquids contain some caffeine. It's a [myth that caffeinated drinks are dehydrating.](#)]*

Water is an excellent natural beverage; however, over-consumption of water can wash away electrolytes in the body. Drink a combination of water and electrolyte beverages. The glucose ingredient in electrolyte drinks aids in the absorption of electrolytes. *[North Central OK Ed. note: To emphasize this point, runners in marathon races have collapsed, and sometimes even died, due to [hyponatremia—low blood sodium caused by drinking too much plain water.](#)]*

### Summer Diets

- Remember the fiber content of those fresh fruits and vegetables—enjoy but chew, chew *[ileostomates, especially]*.

Add only one new food at a time to determine the effect (if any) on your output.

### Tips for Traveling with Medications and/or Ostomy Supplies

- Keep your medicines (and emergency pouches) with you—not in the checked luggage.
- Bring more than enough medicine and/or ostomy supplies for your trip.
- Keep a list of all your medicines and/or ostomy supplies with you.





## Eight Nutrition Tips for Ileostomy Patients

by Robert Velasquez via Chicago (IL) The New Outlook

Although you should be careful with what you eat the first few weeks after your surgery, remember that your digestive system is adjusting to a new way of processing food. In no time, you'll be able to eat all the foods you used to enjoy pre-surgery. Here are the top eight tips for healthy nutrition when living with an ileostomy.

**#1. Go bananas** As children, we were often told that an apple a day will keep the doctor away. In your case, have a banana. Rich in potassium, bananas will help you restore potassium levels that are lost through your stoma. Bananas can also help harden loose stools, making you more comfortable. Potassium (K) is an essential dietary mineral and major intra-cellular electrolyte and osmolyte necessary for fundamental processes such as membrane excitability, ion and solute transport and cell volume regulation.

**#2. Carry peppermint tea bags** Affordable, practical, and found in most stores, peppermint tea helps prevent gas. While nobody is immune to gas (and the embarrassment that comes with it), it is more frequent among patients living with a stoma. Peppermint tea or oil can help you cope and prevent discomfort. Peppermint tea is a delicious and refreshing way to boost your overall health in a number of ways, due to its ability to improve digestion, reduce pain, eliminate inflammation, relax the body and mind, cure bad breath, aid in weight loss and boost the immune system. Its impact on the digestive system is considerable, and its base element of menthol is perhaps the most valuable part of its organic structure. Peppermint has been traditionally considered to have carminative effects, generally used as tea or digestive tablet or candy. Peppermint is a plant. The leaf and oil are used as medicine. Peppermint is one of the most popular flavoring agents used for the common cold, cough, inflammation of the mouth and throat, sinus infections, and respiratory infections. It is also used for digestive problems including heartburn, nausea, vomiting, morning sickness, irritable bowel syndrome (IBS), cramps of the upper GI tract and bile ducts, upset stomach, diarrhea, bacterial overgrowth of the small intestine, and gas. When peppermint is taken after a meal, its effects will reduce gas and help the digestion of food by reducing the amount of time the food is in the stomach. This is one reason after-dinner mints are so popular.

**#3. Eat throughout the day** This is good advice for everybody. Eating smaller portions during the day will help boost your metabolism. Eat heavier meals during the daytime, preferably lunch. Sleep well by keeping dinner light, as large meals before bedtime can increase stoma output. The exact mechanism is not known, but it is proposed that one way is the essential oils relax the esophageal sphincter, which then releases the gas. Essential oils used directly in the stomach, however, give many people heartburn, especially if hiatal hernia is present.

**#4. Drink plenty of water** It is essential to keep hydrated throughout the day. Your body will release higher levels of fluids through your stoma and it is important for you to compensate by drinking water, at least 8 to 10 glasses a day. If you are one of those people that have a hard time remembering to regularly drink water, a good tip is to carry a water bottle with you; set a reminder every hour to keep you on track, or download an app (yes there is an app for that).

**#5. Introduce new foods gradually** All bodies are different; what sits well with you may not sit well for somebody else. Were you able to eat broccoli, cabbage, and other gassy foods before your surgery? You may still be able to enjoy them post-surgery, just make sure to incorporate these foods one at a time into your diet. This way, if you experience any discomfort, you can easily identify which food is best to avoid. It's recommended to keep a simple and bland diet for the

*(Continued on page 6)*



## Nutrician Tips continued from page 5

first few weeks after your surgery to give your body time to adjust and then slowly add new foods to your diet. You will quickly learn that living with an ileostomy is not tantamount to boring tasteless meals.

#6. Pass the salt, please Yes, salty foods are actually good for you if you have an ileostomy. Add a bit more salt to your diet to help you recover the sodium loss from your stoma. Carry a bag of pretzels to satisfy salty cravings; it will also help you thicken loose output.

#7. Yogurt is your new super-food Yogurt can help you control gas, harden stools, and prevent unpleasant smells. The nutrient composition of yogurt is based on the nutrient composition of the milk from which it is derived, which is affected by many factors, such as genetic and individual mammalian differences, feed, stage of lactation, age, and environmental factors such as the season of the year. Other variables that play a role during processing of milk, including temperature, duration of heat exposure, exposure to light, and storage conditions, also affect the nutritional value of the final product. In addition, the changes in milk constituents that occur during lactic acid fermentation influence the nutritional and physiologic value of the finished yogurt product. The final nutritional composition of yogurt is also affected by the species and strains of bacteria used in the fermentation, the source and type of milk solids that may be added before fermentation, and the temperature and duration of the fermentation process.

#8. Properly chew your food Eating should be one of life’s biggest pleasures. Eat slowly, savor the flavors! By chewing each mouthful 20 times, you can prevent blockage in your stoma.

## Ostomy Supply Resources — for low-cost options

**Local Resources:** The Ostomy Association of Albuquerque (OAA) maintains a supply closet of donated supplies at no cost to people who need them. Since the supplies are donated the available supplies vary. These supplies are helpful to people who have emergency needs, or who want to try a different product and are flexible. It is not a good source to fill regular long term needs. To make an appointment and get directions contact the OAA by voicemail or email.

**Manufacturer’s Assistance Programs:** All the major manufacturers sponsor programs for people without insurance coverage. They vary in the amount and length of time they offer assistance and you must complete a form to qualify.

**Convatec 800-422-8811**

**Coloplast 877-781-2656**

**Hollister 800-323-4060**

**National Groups (Provide supplies but require shipping and handling costs)**

Osto Group 877-678-6690

Ostomy 211 [ostomysupplies.ostomy211.org](http://ostomysupplies.ostomy211.org) (emergency supplies, donation requested)

Kindred Box- Resource on Facebook, [kindredbox.org](http://kindredbox.org)

**Lower Cost Options**

Best Buy Ostomy Supplies 866-940-4555

Mercy Supply Collaborative 888-637-2912

Ostomy4less 877-678-6694

Parthenon Ostomy Supplies 800-453-8898

Stomabags: 855-828-1444

## 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](mailto:oa.albuquerque@gmail.com)  
Website: [ostomyalbuquerque.com](http://ostomyalbuquerque.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 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 wound care center: (575) -532-4399 or Rebecca Kroll, ostomy nurse, at C: 575-649-8249

### 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
- ♦ UNM Hospital Inpatient Ostomy Nurses:  
(505) 272-9098
- ♦ UNM Outpatient Ostomy Clinic M-F need referral sent to Fax (505) 935-1191  
ph: (505) 272-2336
- ♦ 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](http://www.coloplast.us)
- ♦ ConvaTec Ostomy Supply Manufacturer:  
(800) 422-8811  
Web: [www.convatec.com/ostomy](http://www.convatec.com/ostomy)
- ♦ Cymed Ostomy Supply Manufacturer:  
(800) 582-0707 W: [www.cymed.ostomy.com](http://www.cymed.ostomy.com)
- ♦ Hollister Ostomy Supply Manufacturer:  
(888) 808-7456 Web: [www.hollister.com](http://www.hollister.com)
- ♦ Marlen Ostomy Supply Manufacturer:  
(216) 292-7060 Web: [www.marlenmfg.com](http://www.marlenmfg.com)
- ♦ Nu-Hope Labs Ostomy Supply Manufacturer:  
(800) 899-5017 Web: [www.nu-hope.com](http://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](http://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 (OTC) purchase  
5510 Lomas Blvd NE Albuquerque, NM 87110  
Cust Svc.: (505)-265-6868
- ♦ National Seating and Mobility: (formerly Sandia Surgical, Inc.) carry Coloplast, ConvaTec, and Hollister supplies for ongoing orders or OTC purchases  
4431 Anaheim Ave. NE, Ste. A, Albuquerque, NM  
Cust Svc.: (505) 883-2817 Toll free: (800) 753-1589  
FAX : (505) 355 6691 Web: [www.nsm-seating.com](http://www.nsm-seating.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

#### 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

United Ostomy Associations of America  
**8th NATIONAL CONFERENCE**  
**2023**  
**HOUSTON**  
**TEXAS**  
 Embracing New Frontiers  
 August 10-12

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

Note\* there is a less expensive e-version available.





## Officers and Chairpersons of OAA Chapter

**President:** Ben Palmer, Interim

**Vice President:** Ben Palmer  
505-828-0936

**Treasurer:** Barbara Regan  
703-261-3920

**Secretary:** Vacant nominations open

**Voicemail and Visitation Coordinator:**

Phone 505-830-2135 (VM)

**Telephone Reminder:**

Marjorie Abbott 505-263-5301

[sweetscat2008@gmail.com](mailto:sweetscat2008@gmail.com)

**Ostomy Supply Closet:**

(donations & supplies closet)

Vacant, volunteer needed

Call ahead: 505-830-2135

**Programs:**

If you have a program suggestion please submit it to me.

**Sunshine Committee:**

Marjorie Abbott 505-263-5301

[sweetscat2008@gmail.com](mailto:sweetscat2008@gmail.com)



**Support Group Nurses:**

Susan Mueller, ret. BSN, RN, CRRN, CWOCN, OAA Interim advisor

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

**the Roadrunner Newsletter Staff:**

**Editor:** Ben Palmer

505-828-0936

[benhpalmer@gmail.com](mailto:benhpalmer@gmail.com)

**Nominations Committee:**

Diana Wong, Board Liaison

505-540-3042

Chuckie McHenry, ret. RN

505-440-9475

## 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 meeting room of the Cherry Hills Library 6901 Barstow St NE 87111. 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 Quarterly and as needed. All members are welcome and will be notified by email as to time and place.

**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. UOAA has 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 (UOAA)

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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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](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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