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# Antelope Valley Ostomy News

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http://www.avosg.org

January 2011

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## *Happy New Year...and Thank You!*

To all my dear friends of the Antelope Valley Ostomy Support group:

What a wonderful time I have had being able to serve as coordinator, confidante and friend to so many of you in the group. As you know, I have moved to northern California...surely not without sadness, but with excitement and anticipation of new things and events ahead. You have been such a blessing to me as I learned so much from you over the past years; the glory is to God, the reward to me as an ostomy nurse and friend to ostomates all over.

My sincere thanks to everyone for the wonderful good-by parties, and the generous Home Depot gift card! You can be assured it will be used well on our new home in Penn Valley.

Please, please call or get in touch with me when you can, or if you would like to visit this area – it is beautiful and we would love visitors!! I wish you all good things, great health and prosperity for the New Year...I will miss you all and I send my love and hugs to each of you.

My new address is:  
15401 Indian Ct., Penn Valley, CA 95946.

My email currently is: [abwright2010@gmail.com](mailto:abwright2010@gmail.com) .

My new home phone is 530-432-8641.

As things change, I will make certain you are updated. Take care, and thank you again from the bottom of my heart!

With love,  
*Ann Wright*

## *Local News... by Teresa Gentry RN, MSN, CWON, Editor Lancaster News.*

Hello everyone and Happy New Year!!

It is hard to believe we are now in the year 2011. I hear you had a nice time at the annual Christmas party that was held at Hometown Buffet on December 10<sup>th</sup>. Thanks to all of you that helped with coordination and I am sorry I could not attend. Some of you know that I was busy preparing for a colonoscopy (NOT FUN). Well I made it through it and everything turned out fine. Healthy Homes sends their appreciation and gratitude for your generous donations to help those in need over the holidays.

I must tell you all that I am so excited to get to know you and to learn from you at our meetings. I have finally finished my training and passed my certification exam. To Ann and everyone in the AVOSG thank you for your support through my training.

I'll tell you a little about myself. I am happily married to my husband Mike who is from Oklahoma and proudly calls himself an Okie and we are about to have our 21<sup>st</sup> anniversary. We have a 13 year old daughter who thinks she is 21 and I'm sure I'll be asking you your advice on how to handle teenage girls and their drama. I've been a nurse for about 14 years and absolutely love it. Currently I am working full-time at AV Hospital and do some home health for AccentCare Home Health company. I think that is about it and I will see you all at **our next meeting is: Sunday January 16<sup>th</sup> 2011 at 2 pm** in the conference room at AV Home Care. Directions are on the last page. Don't forget January is yearly dues month!

My contact info:  
Office phone 661-726-6231  
Cell Phone 661-547-2961  
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### **Travel Alert...**

UOA A 2011

A man passing through security at the Detroit airport was subjected to an intensive pat-down procedure. In the process, the wafer on his urostomy was dislodged, causing his pouch to drain urine into his clothing.

In an effort to correct the problem and prevent this from happening again: **Know your rights and you may want to keep one of the new health condition travel cards in your wallets:**

#1 You do NOT have to go through the scanner if you don't want to, but if you elect not to, you will be patted down.

-- If you go through the scanner and they note something under your clothing – which is very likely they will need to ask what it is and will need to carry out a pat-down.

#2 You have the right to ask that the pat-down be carried out in a private place. If you ask for such a private pat down, there will be TWO TSOs in the room with you. It may seem intimidating, but it is for your protection as much as theirs.

-- Please do not feel they are picking on you because of the pouch all they know is that there is something there and they have to find out what it is. It could be a wadded handkerchief in a pocket, papers, a bandaged wound, or something more dangerous – but they have to find out.

#3 You can use this as a teaching opportunity, and overcome any embarrassment you might feel by showing pride in your status as a survivor against great odds.

The new **TRAVEL CARD** can be printed front and back, or printed and folded, and laminated if desired [http://www.ostomy.org/ostomy\\_info/pubs/Travel\\_Card\\_2010.pdf](http://www.ostomy.org/ostomy_info/pubs/Travel_Card_2010.pdf)

## **AV Ostomy News**

### **ILEOSTOMATES ALERT!**

UOAA 2011

A major distributor of acetaminophen is now advertising "GEL CAPS," declaring "It's not a capsule, it's better. NOT TRUE for ileostomates and some colostomates. These gelatin coated tablets, shaped and colored to look like a capsule, have a hard, firmly pressed core that may not dissolve fast enough to be absorbed by those who have little or no colon. They are by no means a replacement for fast-dissolving capsules. They were developed to be tamper-proof and easy to swallow, not quickly absorbed. Coated aspirin and other products may be easier to swallow, but again may not be easily dissolved. If you are concerned about a pill or tablets absorption rate, simply place one in warm water and see how long it takes to break down. The faster, the better. Medication in hard tablet form must be crushed and taken with applesauce and in juices, etc., an inconvenient and unpleasant way to ingest medications.

### **Antacid Users Beware**

by Elizabeth Smoots, M.D. via UOAA 8/2010

Almost everyone has indigestion occasionally, and it is probably all right to take an antacid pill now and then; but many health authorities warn that taking antacids regularly may not be wise, especially for ostomates. Here's why:

**Magnesium hydroxide** causes diarrhea and reduced absorption of vitamins and minerals.

**Aluminum hydroxide** causes constipation, reduced phosphate levels leading to fatigue, poor appetite and bone loss. It also contains aluminum which has been linked to Alzheimer's disease.

**Calcium carbonate** may cause acid rebound where, when the antacid wears off, stomach acid suddenly shoots up. It may also cause constipation, a potential disturbance in the body's calcium and phosphate levels called milkalkali syndrome, which in turn may lead to nausea, headache, weakness and kidney problems.

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All antacids may reduce absorption of certain medications such as digitalis, iron and tetracycline. Many antacids contain lots of salt, which can elevate blood pressure.

### **Eight Surefire Ideas to Make Life Easier!!**

Thanks to Baltimore Ostomy Association

- Accept that some days you're the pigeon and some days you're the statue.
- Always keep your words soft and sweet in case you have to eat them.
- Drive carefully. It's not only cars that can be recalled by their maker.
- Remember that it's the second mouse that gets the cheese.
- Never put both feet in your mouth at the same time, because you won't have a leg to stand on.
- Accept that you may be only one person in the world—but you may also be the world to one person.
- Realize that a truly happy person is one who can enjoy the scenery on a detour.
- Sleep late; it's the early worm that gets eaten by the worm.

### **NINE REASONS FOR OSTOMY POUCH LEAKAGE**

UOAA UPDATE 12/09

**Poor Adherence to Peristomal Skin** – Make sure that your peristomal skin is “bone dry” before applying your pouch. Hold a warm hand over the pouch and stoma for 30-60 seconds after application to warm it and assure a good initial seal.

**Wrong Size Pouch Opening** – If the size of your stoma has changed (due to postoperative shrinkage or change in body weight) and you

### **AV Ostomy News**

have not remeasured and adapted the opening accordingly, undermining of the wafer and leakage may be the result.

**Folds or Creases** – If folds or creases develop in the skin and leakage always occurs along the crease, wafer pieces or ostomy paste can be used to build up the area. Consult your WOCN nurse for proper methods.

**Peristomal Skin Irritation** – Pouches will not stick well to irritated skin. So practice meticulous skin care in order to avoid irritated or denuded skin. If any of these problems develop, consult your WOCN nurse or physician at once so that the problem can be nipped in the bud.

**Improper Pouch Angle** – If the pouch does not hang vertically, the weight of its contents can exert an uneven, twisting pull on the wafer. Ostomates must find an optimal angle for their own individual body configurations.

**Too Infrequent Emptying** – Pouches should be emptied before they become half full. If they are allowed to overflow, weight of the effluent may break the seal and cause leakage.

**Extremely High Temperatures** – Wafer meltout may cause leakage in warm weather. Try more frequent pouch changes or change wafer material.

**Pouch Wear and Tear** – Disposable wafers do wear out. If you are stretching your wearing time, leakage may be due to the wafer wearing out. Change your pouching system more frequently.

**Improperly Stored Appliances or Aging Materials** – Store your

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ostomy supplies in a cool dry place; humidity may affect your pouch adhesive. Also, pouches won't store forever. Ask your vendor what the shelf life is for your supplies and keep some extra pouches on hand.

**As always, consult your WOCN nurse if the problem persists!**

### TOP 10 SIGNS YOU'VE BEEN AN ILEO/COLOSTOMATE FOR TOO LONG

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1. You get gleeful at the ease of emptying your bag the first time after changing it.
2. (For men) You find scratching under the bag to be as natural as scratching your ass in the morning.
3. (For women) Spare bag clips make dandy hair accessories in a pinch!
4. You draw upside down smiley faces on your bag so something is smiling at you whenever you go to the bathroom.
5. You can strip your bed, change your bag and put clean sheets on while still sleeping.
6. You name your stoma and your bag and celebrate their birthday. (My bag's name is Phil, my stoma's Thpbbt and their birthday is March 24th ... I have a "Bring Your Own Bag" party every year!)
7. If someone smelt it, you can prove you hadn't "dealt" it.
8. You drink a lot of beer and/or soda just to see how quickly the bag will fill with gas.
9. You eat certain foods, like red licorice or lots of pesto, to watch your output change color.
10. When someone says "Man, I gotta take a dump", you proudly say "I'M taking a dump RIGHT NOW!"  
.... [Lauren](#)
11. You absent-mindedly feel the bottom of your bag to see if it needs emptying in front of strangers. (Yes, I've done it!) ([Bill](#))

## AV Ostomy News

### Ostomy Supply Coverage Under Standard Medicare

Medicare coverage depends on the healthcare setting – home, home health care, skilled nursing facility, custodial nursing.

For home and custodial nursing (residing in a nursing home or assisted living facility without the need for skilled care) the rules are outlined below:

- Can order up to 3 months of product at a time
- Ostomy supplies are covered for people with a surgically created opening (stoma) to divert urine, or fecal contents outside the body

- The quantity of ostomy supplies needed depends on the type of ostomy, its location, its construction,

and skin condition around the stoma

- Variation according to individual patient need will occur, and needs may vary over time

- A physician order is required for payment of the supplies and is usually obtained by the ostomy supplier. An order is

required in the following circumstances:

- This is the first time you require supplies
- There is an increase in your supply need
- There is a change in the type of supplies required

- You choose to alternate between drainable and closed pouches

Hollister Ostomy. **Details Matter.**

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  - There is a change in the type of supplies required
  - You choose to alternate between drainable and closed pouches
- Utilization Guidelines:
  - Medicare allows a usual maximum quantity of supplies each month. The table below provides the general allowable amounts
  - If you require more ostomy supplies than what is listed in this table, your physician will need to provide a medical justification for the additional supplies
  - The ostomy supplier will need