
Antelope Valley Ostomy News

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July/August 2008

*Local News...~ by Ann Wright, RN,
CWOCN, CNS, Editor Lancaster News*

A belated Happy 4th of July to you all!
I hope you all enjoyed a nice 4th.

This newsletter is for July and August, and is a reminder that we will not have a meeting in July. However, we will have a meeting **Sunday, August 10, 2008** at the AV Home Care conference room. I hope you can join us.

As some of you know, I will be leaving Thursday, July 10th for Uganda in the south-eastern part of Africa. The donations are so appreciated – we were able to purchase several boxes of medical supplies to take with us to the village we are visiting. The name of the village in Mawanga and it lies not too far from the eastern border of Uganda, near Kenya. I know the medical supplies will be so appreciated – there is so much they need! Thank you one and all!

Our very best wishes to Evelyn Anderson and Marty Graham-Anderson who both had hip surgery over the last several weeks. Our thoughts also go out to Joanne Williams who was also scheduled to have some surgery. We send them good thoughts and prayers for quick recovery. I'm hoping they will feel up to attending our meeting in August.

So, please mark your calendars:

- **NO MEETING IN JULY**
- August 10th – Regular meeting
- September 21: Regular meeting
- Nov. 16: Regular meeting

- December 6 (Saturday) Annual AV Ostomy **Group Christmas Party**

Beneficial Bacteria

July 08 UOAA UPDATE

“Probiotic” is the new buzz word for products that use “good” bacteria to fend off digestive troubles caused by “bad” bacteria. Some yogurt is touted as probiotic, for example, because its active bacterial cultures may fight yeast infections. Some supplements contain *L. reuteria*, a bacteria that may cut the risk of diarrhea and help you digest certain carbohydrates and lactose.

Do probiotics work? “While there’s some evidence that “active yogurt” may reduce yeast-infection risks, we need much more research to know there are enough good bacteria to be effective” explains Philip Rosenthal, M.D., of the American College of Gastroenterology.

The science behind *L. reuteria* is a bit more convincing. “Studies show it can prevent diarrhea caused by taking antibiotics and help children who have viral diarrhea,” says David A. Peura, M.D., of the University of Virginia School of Medicine in Charlottesville. In the test tube at least, *L. reuteria* also kills salmonella, staphylococcus, *E. coli*, and *Candida* yeast.

A test tube and your GI tract aren't the same, however. Some types of probiotics are wiped out by stomach acid before they reach the intestine. Others are too weak to do anything. Still, "We know *L. reuteria* can make it through stomach acid," says Dr. Peura. "I recommend it for irritable bowel syndrome—but as an addition to, not a substitute for, standard treatments—and when taking antibiotics that may cause diarrhea as a side effect."

Ostomy Surgery and Depression

July 08 UOAA UPDATE

Sleeplessness, loss of appetite, feelings of guilt or worthlessness, and irritability are some of the symptoms of depression. It can be triggered by the inability to participate in normal daily pleasurable activities, by a sense of helplessness and lack of control over your body. Medications, stress, malnutrition, anesthesia, or metabolic imbalance can also cause depression.

Patients who base their self esteem on their physical appearance, their "*always in control, take charge*" character, or their good Samaritan (always the helper or solver) behavior, have a harder time dealing with cancer, an ostomy, the perceived lack of control over their bodies, and their need to depend on others for help, even if only temporarily.

Constantly tired from efforts to cope with daily household or work routines, while learning to adapt to physical requirements this unpredictable new addition to your body, leaves little energy for enjoyment of leisure activities or romantic involvement. It takes us some time to return to our normal lifestyle. So relax—do what you are capable of doing at this time, and do not try to rush

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things. You have had enough pain and misery, and deserve the vacation. Vacation???? You do not want to return to the hospital if you can help it.

Give yourself a year for a good recovery and if it should happen to take a lot less time, consider yourself a very lucky person. In the meantime, do what you have to do in whatever way you are capable of doing it, but do not give more than a passing thought to the things you can not do right now.

You might have to take some shortcuts, do some improvising, or indulge in some healthy neglect. Do not be bashful about asking for and accepting help. You would do the same for someone else if they needed help.

Some patients conceal their ostomy from their spouse, families or lovers because they fear rejection, feel shame or embarrassment, are modest or have noticed evidence of disgust. This results in feelings of isolation, depression and chronic anxiety. Most ostomates need a few months before they feel secure about being accepted. Join the crowd!! You are not alone! We all go through this.

Editor's Note: There are some cases of depression which can benefit most from professional help. Do not hesitate to ask your doctor.

ON THE LIGHTER SIDE...

Another one from a Friend ~

July 08 UOAA UPDATE

Have you ever been guilty of looking at others your own age and thinking, "I can't look that old." Well, you'll love this one.

My name is Alice Smith and I was sitting in the waiting room for my first appointment with a new dentist. I noticed his DDS diploma which bore his full name. Suddenly, I remembered that a tall, handsome, dark-haired boy with the same name had been in my high school class some 30 odd years ago. Could he be the same guy that I had a secret crush on, way back then? Upon seeing him, however, I quickly discarded any such thought. This balding, gray-haired man with a deeply lined face was way too old to have been my classmate.

He examined my teeth and I asked him if he had attended Morgan Park High School. "Yes, Yes I did. I'm a Mustang," he gleamed with pride. "When did you graduate?" I asked. He answered, "In 1975. Why do you ask?" "You were in my class!" I exclaimed.

He looked at me closely. Then that ugly, old, bald, wrinkled, fat, gray-haired, decrepit, So-and-so asked, "What did you teach?"

OSTO HINTS & TIPS ~Via Evansville
ReRoute, July, 2002

Avoid drinking from small mouth bottles or through straws, which can cause intestinal gas. A new ileostomate should wear a transparent appliance so they can check on the stoma until everything has been healed. To avoid intestinal gas, chew food

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thoroughly, eat slowly and leisurely in a quiet atmosphere, don't gulp liquids. Coffee can often bring about bowel activity, and it tends to loosen the stool. Tea is an intestinal anti-spasmodic. It stimulates kidney action and is good for diarrhea or excessive perspiration.

SWIMMING UNDER COVER

Via: The Ostomy Promoter & GB News Review, Green Bay WI

Are you a beach bum afraid to go in the water this summer? Never fear, here are some ways to cover-up so no one has to know you are wearing a pouch. First off, select disposable child size or closed end mini pouches. This eliminates the bulkiness and line of a pouch clip. A patterned suit hides lines much better than a solid color swimsuit. Swimsuits tend to run small, so choose a size 1-2 times bigger than you normally wear. It's easy for a man to select swim trunks. A women's suit with more Lycra than nylon will be more slimming and keep a pouch in place. A two-piece is not out of the question. Women may benefit from a tankini style that fits loosely over the abdomen. Make sure the bottom has a high waist. Beware of suits with high cut legs that may not adequately cover a mini pouch. Boy leg short suits may hide more but it takes a slim figure to pull it off. Scars lighten months and years after surgery. It's up to you how comfortable you feel baring your abdomen. If a two-piece is not your style, try swimsuits with skirts or matching shorts. No one says you can't go swimming in shorts! Sarongs are great cover-ups while not in the water. Don't let a day at the beach or pool pass you by. Swimming is great for toning all muscles of the body.