

New Product.....

We would appreciate some assistance. Ostomy Privacy Protection, LLC is a new, small business. We make the "Freedom Belt" here in Jeffersonville, IN. All Belts are hand sewn by relatives or friends of Ostomates.

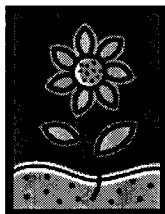
Here is our dilemma!! We would like to get our information into the hands of as many Ostomates as possible. We are more of a philanthropic company than a profit oriented organization. Can you give us some ideas, as we would rather save the Ostomates money, than spend alot on advertising.

Other belt providers charge anywhere from \$34.95 to \$110.00. Our single Belt sells for \$14.95 each or a package of three for \$43.85.

If you would be so kind as to send us a mailing address and your waist size, we will forward to you a complimentary Belt for you to use.

Thank you for your kind attention.

Sincerely,
Pam Dixon



FIND AND PREVENT COLORECTAL CANCER

Via: Loraine County, OH Ostomy Assoc.

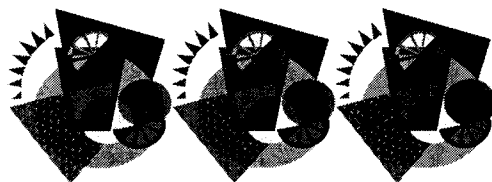
If thoughts of being screened for colorectal cancer make you a bit nervous, that's understandable. But screening is a powerful way to guard against this major cause of cancer deaths, and it can bring peace of mind too. Screening can find colorectal cancer early, when treatments are more successful. In many cases, screening can even prevent cancer from starting. That's because most colon and rectal cancers begin with abnormal growths called polyps. Doctors can often find and remove these polyps before they become cancerous. Most people should get regular screenings starting at age 50, according to the American Cancer Society, but people at increased risk may benefit from earlier and

Lancaster UOA Newsletter

more frequent testing. Several options are available. Each test has advantages and disadvantages.

The screenings include:

- * Fecal occult blood test (FOBT) looks for hidden blood in stool samples.
- * Flexible Sigmoidoscopy uses a lighted tube to check the lower colon.
- * Double-contrast barium enema uses liquid and air to form an outline of the colon so X-rays can be taken.
- * Colonoscopy uses a tube longer than the sigmoid scope to examine the entire colon. Screening can save lives. Talk to your doctor about the options as well as when and how often you should be tested.



ANTACIDS & ORANGE JUICE DON'T MIX

Dayton Ostomy Chapter & GB Support Group

"Avoid drinking orange juice for at least three hours after taking antacids that contain aluminum, such as Maalox or Mylanta," cautions William Ruderman, MD, chairman of the Department of Gastroenterology at the Cleveland Clinic in Ft. Lauderdale, Florida. Orange juice increases the body's absorption of the aluminum in these antacids as much as tenfold and aluminum accumulation can cause calcium loss, which contributes to Osteoporosis.

TOP TEN TIPS FOR HANDLING LEFTOVERS

Via: South Beach website & Greater Orlando, Central FL Ostomy Chapter

There's nothing like eating a great dish two (or three or four) nights in a row. At the same time, it's better to rid your fridge of some leftovers before they turn into a dangerous meal. If you're wondering

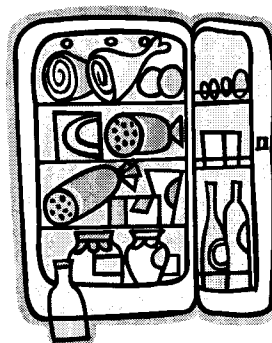
3

whether to eat or to toss what's left of last week's dinner, check out this list of answers to 10 frequently asked questions about leftovers.

- 1. How long before I need to refrigerate my leftovers?** Within two hours of purchase or preparation. Be extra careful about getting meat and dairy products into the fridge promptly.
- 2. How long can I keep refrigerated leftovers?** About three to five days.
- 3. How do I store leftovers?** Store in airtight shallow (1-to 2-inch deep) containers to allow adequate circulation of cool air.
- 4. How long can I keep cooked lean meat and meat dishes?** Three to four days in the refrigerator and two to three months in the freezer. Raw beef can be stored for six months to a year in a freezer set below zero degrees F.
- 5. How long can I keep cooked lean poultry and poultry dishes?** Three to four days in the refrigerator and four to six months in the freezer at below 0 degrees F. Raw poultry can be stored for nine months to a year in a freezer set below 0 degrees F.
- 6. At what temperature should I keep my refrigerator?** 40 degrees F (or slightly lower)
- 7. What's the best way to keep track of how long my leftovers have been in the fridge?** Label and date every container and keep the older containers toward the front of the fridge.
- 8. What if I'm unsure how long my leftovers will keep?** Check them daily for signs of spoilage, such as an odd odor or color, and be on the lookout for any indication of mold.
- 9. Can I taste leftovers to see if they are still fresh?** If in doubt, throw it out. Never taste a questionable leftover.
- 10. What if my refrigerator is too full for everything?** (*Editor's note: If you can't*

Lancaster UOA Newsletter

figure out what to do in this event, you really need a vacation!!) Clean it out, getting rid of old leftover containers or questionable foods. Cold air needs to circulate to keep foods fresh.



BLUE JEANS & THE OSTOMATE

Via: New Outlook Excerpted & Modified by the Editor

Most ostomates can wear blue jeans just as normal people do. We have some concerns about wearing tight fitting clothes around the stomas and this is legitimate. But, if your jeans are tight around your stoma, they will also be tight around your waste. You will be more uncomfortable with pants squeezing your waist than your stoma. We have members coming to our meeting wearing jeans all the time. Most do not wear the waistband across the stoma. This might restrict the normal operation. There are many brands of blue jeans that are comfortable for a person with a stoma. Some jeans don't have a very high rise, and the belt line hits right across the stoma. This is a problem. It is better not to wear any type of pants that have a waistband across the stoma. Khakis and most other pants have a high enough rise that this isn't a problem. Also, some pants are pleated and allow room for expansion of the pouch as it fills—which isn't the case with some jeans. The following is some information on brands that some of our members wear:

- * LL Beans most relaxed fit blue jeans with some elastic on the waistband, has the

waistline too low and they weren't very roomy in the midsection.

* Try Lands' End—they have an elastic waist and pleated jeans. They are comfortable. You can look for them at www.landsend.com or just call 1-800-356-4444 to order a catalog. They also have all shades of sports pants. Big and Tall men's store has options. The waistband of their jeans has a higher rise. They are comfortable and allow room for expansion. Try wearing shirts on the outside. You only need to tuck in with pleated slacks.

* J.C. Penny has some nice casual pants with full elastic waistband that are quite nice.

* Calvin Klein has high quality jeans that have a high rise and may be worn comfortably.

* Ralph Lauren also has quality jeans that are form fitting but have sufficient room to be comfortable to wear and yet be gentle around the stoma.

* Levi's and Lee have a wide variety of pants that are stylish and may flatter one's figure.

* Ladies may want to wear stretch jeans, and if all else fails, the good old maternity one without that cotton panel. *Docker's makes a pleated jean that works very well with an elastic waist band. Likewise, Haggard makes an elasticized side button adjustable jean and slacks that are very comfortable and can be worn by ostomates immediately after ileostomy surgery. They can be purchased single or double pleated in almost all department stores. These suggestions are just a few based on experiences of many ostomates. Wearing clothes is very much a personal preference, just like it is to non-ostomates. Some ostomates may have issues because of the placement of their stoma or for other special reasons, but most of us do not. We wear whatever we like. If your stoma is above your waist, you will have special

Lancaster UOA Newsletter

challenges to meet. You may also talk to your ET nurse. He/she can help. But if your stoma is lower than your belly button, like most of us, you can wear virtually any jean you want.



HINTS AND TIPS

Via: Hemet-San Jacinto, CA

- One cause of obstruction you don't think about is from too many "soft drinks". The gas from carbonated drinks can distend the bowel to a point that kinking can occur.
- The tea bag is an ostomate's best friend. Tea is an anti-spasmodic and soothing to an upset stomach. It also provides fluids containing electrolytes and potassium so frequently lost from diarrhea.
- Gas problems can be relieved by eating several spoonfuls of yogurt or applesauce. - Much air is swallowed at night while sleeping and this will result in gas. A few swallows of club soda will help to get rid of gas bubbles. You just burp them up. The manner of eating is also a factor in relieving gas problems. If you can avoid drinking while eating, the effluent will become thicker, and liquids can be ingested before and after the meal.
- If one can avoid greasy foods, this may serve to lessen gas problems. Also some roughage in the form of grain cereal will move food more rapidly through the digestive tract and lessen gas formation.
- Vitamin E and Fatty Soaps (Dove for Example) may be great for the skin but they can cause the appliance to fall off.
- Polident and Efferdent are very effective to soak your appliances: to deodorize, remove stains and clean. If it's good for your teeth, it is good for your appliance.

5

- Does your stomach gurgle? Try eating solid food first at meals and then drink. But be sure to get enough fluids too, so you don't become dehydrated.

- Eating bran muffins is a simple and delicious way for colostomies to solve a constipation problem.

- If stool sticks to the pouch and is hard to rinse out, spray the pouch with PAM before applying.

- When the lock is broken on the restroom door, a wad of folded tissue will sometimes hold it shut.

- Carry an extra tail closure or rubber band with you in case yours "goes down the drain". It could prove critical to your entire program.

- Ziploc sandwich bags are useful for disposing of used pouches and taking care of odor of used pouches.

- Don't be afraid to take a shower without your appliance. Soap cannot hurt the stoma. Just rinse well.

- After bathing with the faceplate off, hold a cold compress over the peristomal area for a few seconds to close the pores before replacing the appliance.

- A bit of spearmint vinegar in a glass of water calms the stomach and digestive system. It also relieves gas and adds a tangy zest to iced tea.

- A good rule to follow—if it is safe to put in your mouth, it is safe to put in your pouch. Try GREEN MINT MOUTHWASH as a pouch rinse.

- Trouble with itching under the tape or Stomahesive? Mix 50% white vinegar and 50% water, apply gauze sponges and soak the skin for 5 to 10 minutes when changing your appliance. Be sure the skin is washed and rinsed well to remove the vinegar before applying the new appliance.

- PEPTO-BISMOL is an effective deodorant. Take one tablet immediately after meals. Its effectiveness is lessened the longer you wait after a meal.

Lancaster UOA Newsletter

- Eat parsley to eliminate odors.

- You do not have to be a baby to discover the merits of Johnson and Johnson diaper liners. You may try them as a barrier between ostomy pouches and the skin. They come 60 to a box and cost under a dollar. (Editor's Note: I don't know how old this tip is, or if they are still available.)

- Don't behave as if having an ostomy makes you less of a person or some freak of nature. There are lots of us and most of us are glad to be alive!

- Build a support system of people to answer questions when you have a problem.

- Don't play the dangerous game of making your appliance last by over taping or putting off a change. There aren't any prizes given for the longest wear time except accidents!

- Don't wait until you see the bottom of your supply box before ordering more. Always count on delays in shipping, holidays, etc. when calculating what is needed.

SEE YOU ON MARCH 19TH!!!

