
Antelope Valley Ostomy News

atw@antelecom.net

<http://www.avosg.org>

March 2010

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

Hello, everyone...

I hope you are all doing well and getting out between rains! What a beautiful day, today was (Sunday).

In case you missed the last meeting, we were saddened with the passing of one of our long-term members, Lawrence "Butch" Godde. I am so grateful for having known Butch. His kind, quiet smile was so endearing. When I first became involved with the Ostomy group, I remember Butch telling me about the pistachio trees he "knocked" (I hope this is the right word) every year. His battle with Alzheimer's is done, but the fight to find a cure is still going. I know that his wife Gerri will work diligently to help spread the word and offer support to anyone touched by Alzheimer's as well as continuing her support of those with an ostomy. I'll miss you, Butch, but I thank God for having known you! Our thoughts and prayers are with the Godde family.

Our next meeting will be on **Sunday, March 21, 2010 at 2:00 PM** in the conference room at Antelope Valley Home Care.

Meeting location: Antelope Valley Home Care
– 44335 Lowtree Ave. Lancaster

Directions: From J and 15th St. West take Ave. J east one block to Lowtree. Turn right on Lowtree into the business park, then the first driveway, take a right. Look for the address and AV Ostomy sign on the door.

KEEP A MEDICAL JOURNAL ~ Via: Cleveland Ostomy Association

Often a problem has been nagging at your body for weeks or months. Sometimes a piece of equipment doesn't work properly. When you finally break down and go to the doctor, or consult an ET nurse, you find that they ask questions about the history of the problem that you can't answer. As a result, their diagnosis is not based on complete information. To avoid a faulty or inadequate diagnosis, it is wise to write down the symptoms of problems as they occur. Often, you will find that by writing down these symptoms and the events which precede them, you, yourself, can spot some obvious solution (or at least, causes). A medical journal can help you to avoid false assumptions about your problems; it can also aid you when similar problems crop up in the future. Accurate information is always welcomed by your doctor or ET.

CONTROLLING ODOR ~ UOAA UPDATE 11/09 Kansas, via Metro Maryland

Because it is important that the new ostomate feels good about himself and feels secure in relationships with others, a very important part of the new ostomate's rehabilitation is learning to control odor. The

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ostomate is extremely sensitive to odors and the reactions of those around him, especially family and friends. Colostomies tend to emit more odor than ileostomies because of the abundance of bacteria in the colon.

In ileostomates, almost continual peristaltic waves sweep the ileum and prevent stagnation of the intestinal contents, thereby eliminating the major cause of odor, i.e., bacterial growth. Extreme and persistent odor from an ileostomy could be an indication of a secondary problem, such as a stricture or blockage which leads to stagnation, bacterial growth and subsequent odor.

Urine has a characteristic odor, but a foul odor could be a sign of infection, again from an overgrowth of bacteria. Certain foods will affect the odor of both feces and urine and the individual's elimination of the specific odor-producers will help. External and internal deodorants are available, but the two most important aspects in odor control are: good personal hygiene and meticulous appliance care.

For Fecal Ostomies:

- * Use odor proof pouches.
- * Change pouch immediately if leakage occurs.
- * Soak re-usable pouches; air-dry
- * Rinse open-ended pouches with cool water after emptying. External Deodorants - to be placed in the pouch; Banish, Chlorophyll tablets and mouth washes.

Diet - Eliminate odor-producers, such as cabbage, onions, fish, and spicy foods; eat parsley and yogurt.

For Urinary Ostomies:

Pouch care: vinegar rinse twice a day; solution 1 cup vinegar and 4 cups water. Empty pouch and instill 1/2 of above solution,

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lie down and let solution bathe stoma and pouch and then empty pouch. (This acetic acid solution will lower the pH inside the pouch therefore decreasing the opportunity for bacterial growth.) ,

Clean and soak pouches in Uri-Kleen.

Diet: Avoid asparagus and onions. Eat parsley.

Drink cranberry juice twice a day.

Deodorants ordinarily are not used because they would mask an odor which could signify infection.

With proper appliance care and personal hygiene, odor should be no problem for any ostomate.

WANT TO LIVE LONGER?~ UOAA UPDATE *11/09 Mercer County, via Metro MD*

Want to live longer? Then go out and mingle, mingle, mingle. A recent community health study reveals that socially active people lived longer than their quieter neighbors. Reported in the American Journal of Epidemiology, the study took into account such variables as cholesterol, drinking and height-to-weight ratio, as well as others, such as smoking, which could be expected to have an effect on longevity. For men, passive solitary leisure activities such as television viewing and reading were "positively associated with mortality." Frequent social contact with other people substantially lowered the risks of dying in the 12 years the study has been in existence. For women, the association between solitary leisure activities and the risk of dying was even more positively associated. Marital status for women was less significant than for men in the study.

BLUE STAR ALERT NIP COLON

CANCER !! Join the cause with the Colon Cancer Alliance (CCA) by participating in **Dress in Blue Day on March 5, 2010**. The fight takes place 365 days of the year, but by coming together on this one day we can bring the nation's attention to the importance of getting a screening test. In addition, it's important for survivors to have their cancer journey recognized. The CCA is a national patient advocacy organization dedicated to ending the suffering caused by colorectal cancer. In order to increase rates of screening and survivorship, the CCA provides patient support, education, research and advocacy across North America. The CCA helps hundreds of thousands of people each year through our help line and support networks. The growth and success of the organization is due in large part to caring volunteers who devote considerable time, skill and energy to achieving CCA's vision. Find out more about the Colon Cancer Alliance by visiting www.ccalliance.org.

HINTS AND TIPS FROM EVERYWHERE

~ Via: Rose City Ostomy News

For Colostomates: If you use a Stomahesive wafer and cut your own center hole, save the leftover pieces and use them to fill any skin indentions around the stoma underneath the wafer. Apply the pouch standing, lying or sitting down, but do not allow abdominal wrinkling or this will break the seal when you straighten out. Colostomy diet is fairly normal. You will discover which

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foods may not agree with you by trying everything, a little at a time, wait a few weeks and try it again. If it doesn't work then, leave it alone for a few months, or forever if necessary. If you have difficulty with constipation, apple juice in the morning and evening may be helpful. If you prefer, you might try taking your apple juice heated (add a little cinnamon.) Colostomates who take antihistamines during the allergy season may find that certain drugs have a tendency to slow down intestinal action and the irrigation process becomes slower. Some report relief from the drug reaction by increasing the fluid intake the day they irrigate, or eating laxative foods (in moderation). Especially in hot weather, wear protection between the pouch and your skin to prevent rash from perspiration. You can make a pouch cover with an old handkerchief, a baby's bib, etc. Pouch covers can be purchased also. If you are taking a bismuth preparation, try to stop taking it for one day before having an intestinal x-ray or tell the doctor, because it sometimes shows up opaque on an x-ray.

Spearmint is one of the gentler mints. 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. To slow down stoma activity, before changing appliances, eat a tablespoon of creamy peanut butter beforehand or eat four or five marshmallows, fifteen minutes before changing. Vinegar added to fish dishes helps to eliminate the traditional fishy odor, and also helps get rid of fish smells at clean up time. Rounding off the square edges of a firm wafer, or skin barrier, will decrease the chance of the belt catching on the corners. Skin Prep rubbed or sprayed on the hands before using your garden rake, etc., can help prevent blisters, and on mosquito bites will seal the bite and take away the itch.

WHAT WOULD YOU DO IF?

By: Ellice Feiveson, Metro MD. Via: Dallas Ostomatic News

Trust me, every ostomate has had or will have an “ostomy accident.” By accident, I mean a pouch leak of some kind. The question is, “are you prepared in case an accident occurs away from home?” Not so much prepared as far as having a change of clothes and extra pouches, but prepared emotionally to deal with the unexpected mishap. The reality of it is that every ostomate must think of what he or she would do if at a party, in a restaurant, work or anywhere else, your pouch leaked because it wasn't on securely, or the clasp came off and the contents were spilling out. The question is, “What do you do if you feel your pouch is not on securely or you feel wet around your pouch? First of all, you think that everyone is noticing you and knows what's happening. Stay calm. Go to the nearest bathroom and take care of business. Most likely, your friends are continuing their conversation in the restaurant or in your workplace and no one knows you are temporarily missing. When I encountered an accident while I was in a group situation, I just removed myself and took my time in freshening up and rejoined my friends. No explanation is ever necessary! The more outings you take and the more public situations you are in, the more confident you will be as time goes on.

AV Ostomy News STROKE: LOOK FOR THE SIGNS!

Remember the 1st Three Letters....S.T.R.

If everyone can remember something this simple, we could save some folks.

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening

Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 PM Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours,

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which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR . Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

**T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)
(I.e. It is sunny out today)**

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

EARTHQUAKE SAFETY!

~ Doug Copp

Remember that stuff about hiding under a table or

standing in a doorway? Well, this guy has a completely different opinion. This is very interesting, different from what we were all taught.

TRIANGLE OF LIFE

My name is Doug Copp. I am the Rescue Chief

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and Disaster Manager of the American Rescue Team International (ARTI), the world's most experienced rescue team. The information in this article will save lives in an earthquake. I have crawled inside 875 collapsed buildings, worked with rescue teams from 60 countries, founded rescue teams in several countries, and I am a member of many rescue teams from many countries. The first building I ever crawled inside of was a school in Mexico City during the 1985 earthquake. Every child was under its desk. Every child was crushed to the thickness of their bones. They could have survived by lying down next to their desks in the aisles. It was obscene; I didn't know that the children were told to hide under something.

Simply stated, when buildings collapse, the weight of the ceilings falling upon the objects or furniture inside crushes these objects, leaving a space or void next to them. This space is what I call the 'triangle of life'. The larger the object and the stronger, the less it will compact. The less the object compacts, the larger the void, the greater the probability that the person who is using this void for safety will not be injured.

TIPS FOR EARTHQUAKE SAFETY

1) Most everyone who simply 'ducks and covers' WHEN BUILDINGS COLLAPSE is crushed to death. People who get under objects, like desks or cars, are crushed.

2) Cats, dogs and babies often naturally curl up in the fetal position. You should too in an earthquake. It is a natural safety/survival instinct. You can survive in a smaller void. Get next to an object, next to a sofa, next to a large bulky object that will compress slightly but leave a void next to it.

3) Wooden buildings are the safest type of construction to be in during an earthquake. Wood is flexible and moves with the force of the earthquake. If the wooden building does collapse, large survival voids are created. Also, the wooden building has less concentrated, crushing weight. Brick buildings will break into individual bricks. Bricks will cause many injuries but less squashed bodies than concrete slabs. **(Continued on page 6)...**

CONFIRMATION OF MEMBERSHIP

Name _____ Date _____
Address _____ M _____ F _____
City _____ State _____ Zip _____ Home Phone _____
Business Phone _____ Date of Birth _____ Ostomy Type _____
Reason for Surgery _____ Year of Surgery _____
E-mail address _____

Please consider joining the Antelope Valley Ostomy Group. To do so, please send this completed form with a check for **yearly dues of \$10.00** to **Gerri Godde, 6510 W. Avenue L, Lancaster, CA 93536**. Make checks payable to AV Ostomy Support Group. Meetings are held every other month (January, March, May, July, September and November) on the third Sunday of the month from 2:00 to 4:00 PM. (***Note: See below for meeting dates.**)

For additional information contact: Ann Wright, RN, CWOCN, CNS 269-9509 or e-mail: atw@as.net

EARTHQUAKE SAFETY: (cont. from page 5)

- 4) If you are in bed during the night and an earthquake occurs, simply roll off the bed. A safe void will exist around the bed. Hotels can achieve a much greater survival rate in earthquakes, simply by posting a sign on the back of the door of every room telling occupants to lie down on the floor, next to the bottom of the bed during an earthquake.
- 5) If an earthquake happens and you cannot easily escape by getting out the door or window, then lie down and curl up in the fetal position next to a sofa, or large chair.
- 6) Most everyone who gets under a doorway when buildings collapse is killed. How? If you stand under a doorway and the doorjamb falls forward or backward you will be crushed by the ceiling above. If the door jam falls sideways you will be cut in half by the doorway. In either case, you will be killed!
- 7) Never go to the stairs. The stairs have a different 'moment of frequency' (they swing separately from the main part of the building). The stairs and remainder of the building continuously bump into each other until structural failure of the stairs takes place. The people who get on stairs before they fail are killed. Even if the building doesn't collapse, stay away from the stairs. The stairs are a likely part of the building to be damaged. Even if the stairs are not collapsed by the earthquake, they may collapse later when overloaded by fleeing people. Stairs should always be checked for safety, even when the rest of the building is not damaged.
- 8) Get Near the Outer Walls Of Buildings Or Outside Of Them If Possible - It is much better to be near the outside of the building rather than the interior. The farther inside you are from the outside perimeter of the building the greater the probability that your escape route will be blocked.
- 9) People inside of their vehicles are crushed when the road above falls in an earthquake and crushes their vehicles; which is exactly what happened with the slabs between the decks of the Nimitz Freeway. The victims of the San Francisco earthquake all stayed inside of their vehicles. They were all killed. They could have easily survived by getting out and sitting or lying next to their vehicles. Everyone killed would have survived if they had been able to get out of their cars and sit or lie next to them. All the crushed cars had voids 3 feet high next to them, except for the cars that had columns fall directly across them.
- 10) I discovered, while crawling inside of collapsed newspaper offices and other offices with a lot of paper, that paper does not compact. Large voids are found surrounding stacks of paper. Spread the word and save someone's life. The Entire world is experiencing natural calamities, so be prepared! been zero percent survival for those doing duck and cover.

MARCH Meeting: Sunday, March 21, 2010 at 2:00 pm in the conference room at A.V. Home Care.
