



Ostomy Outlook



NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume XVII, Issue III January/February 2009

Date:	Monday, January 19, 2009	 <p>Questions & Answers</p>
Time:	"6:30 PM"	
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South	
Program:	Julie Powell Rap Session "After the Holidays"	
Date:	Monday, February 16, 2009	 <p><i>" It is an honor to reach, teach and reflect on what my journey has taught me and will heal and touch you with renewal and lasting goodness." Grant Watkins</i></p>
Time:	"6:30 PM"	
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South	
Program:	Grant Watkins Author: <i>CPR for Caregivers</i>	

Mailing Address; Ostomy Association of the Minneapolis Area
P O Box 385453, Bloomington, MN 55438-5453

The Ostomy Outlook is printed and circulated for people with Colostomies, Ileostomies, Urostomies and alternative procedures, their families and other interested Persons.

Consult your physician before using any product or procedure published in this newsletter

Have a Subject for a meeting? Have a Question? Need General Answers?

Please Call a Minneapolis Chapter Board Member, see below.

If a Medical need, please call your doctor or ET/WOCN ASAP. If an Emergency, Call 911

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Local Web Site:			www.geocities.com/mplsuoaa101
UOAA Web Site:			www.uoaa.org

“When you see someone without a smile L, give them one of yours! J”

Remember: Bring your Ostomy supplies you no longer use to the meeting, or call any board member to arrange pickup or ship those supplies to

**FOW-USA
1500 Arlington Avenue
Louisville, KY 40206-3177**

If you know any members who are hospitalized or ill, Please call Marilyn Carlson, 952-941-9148, so a card can be sent.

Do you need a ride this winter? Would you be willing to car pool with others close to your home or be a driver? Please contact Fran Edelson 952-941-7065

Our Web site: www.geocities.com/mplsuo101

Ostomy Association of the Minneapolis Area Membership Creed

As members of this group, it is important to be ever mindful of our many blessings: our understanding families and friends, our homes, and our way of life.

Most of all, as ostomates, we need to be ever mindful of the life which has been given back to us and to find the courage to face our daily challenges.

Let us continue to be concerned for people who need our help, our support, and the knowledge that we have gained. Let it be our task to reach out to others and to ourselves. May we do this in a spirit of fellowship and fond regard.

Attitude

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head.

'Well,' she said, 'I think I'll braid my hair today.' So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. 'H-M-M,' she said, 'I think I'll part my hair down the middle today.' So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. 'Well,' she said, 'today I'm going to wear my hair in a pony tail.' So she did, and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head.

'YAY!' she exclaimed. 'I don't have to fix my hair today!'

Attitude is everything.

Be kinder than necessary, for everyone you meet is fighting some kind of battle.

Live simply,

Love generously,

Care deeply,

Speak kindly.....

Life isn't about waiting for the storm to pass...

It's about learning to dance in the rain!!!!

Message from the Presidents

Hi Friends,

On November 17, we had another memorable evening. Dr. Frederic Nemer, esteemed doctor of Colon and Rectal Surgery Associates, Ltd., spoke to us for one hour at our monthly meeting. For years, Dr. Nemer has been chosen by the *Minneapolis/St. Paul* magazine as one of the “Top Doctors” in the Twin Cities area.

He gave a frank and informative talk about the state of the art concerning the advances in the treatment of Crohn’s disease, and inflammatory bowel disease. There has been much progress, since the first ileostomy created in the 1940’s, and at this time, there is a significant reduction of the necessity of creating an ostomy because of these diseases. While this is good news, the problem exists that this may result in less care provided for those of us who have an ostomy now. Along with this concern is the fact that fewer patients are getting direct care from their doctors and there is a trend toward reducing enterostomal nurses. Dr. Nemer emphasized how important good surgeons are needed to create stomas, and that enterostomal nurses have reduced specific aftercare problems by acting as an interface between the doctors and the patients.

We were given short explanations of the Kock pouch, the “J” pouch, and the characteristics of a “perfect stoma”: not one iota of trouble, no rashes, no leakages, and enough of the intestine protruding through the abdominal wall so that waste material flows freely into an appliance.

Dr. Nemer encouraged us to speak up for our rights, to demand the best care we can get, including experienced surgeons and enterostomal care, and to always remember we are in control of our health care.

Are you warming up for winter? We have some great meetings planned: On January 19, Julie Powell will be leading a “Rap” on “After the Holidays.”

Carol's book, *Lifelines-Stories of Hope and Healing* will be available in January. The book will be free if accompanied by a \$10 tax-deductible donation if made out to our chapter-OAMA. If unable to attend the meeting, you may contact Carol at Caroldavidlarson.aol.com Ann Marie Kronick, Darlene Hafner, Brenda Elsagher and Anita Summers have contributed to this book.

On February 16, Grant Watkins, author of the book *CPR for Caregivers* will be our speaker. Feel free to bring someone who is a caregiver.

Happy New 2009!

Your presidents, Brenda Elsagher and Carol Larson

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Let The Good Times Roll

Just For Laughs

Comments by Children

1) NUDITY

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, 'Mom, that lady isn't wearing a seat belt!'

2) OPINIONS

On the first day of school, a first-grader handed his teacher a note from his mother. The note read, 'The opinions expressed by this child are not necessarily those of his parents.'

3) KETCHUP

A woman was trying hard to get the ketchup out of the bottle. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. 'Mommy can't come to the phone to talk to you right now. She's hitting the bottle.'

4) MORE NUDITY

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, 'What's the matter, haven't you ever seen a little boy before?'

5) POLICE # 1

While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about

6 years old. Looking up and down at my uniform, she asked, 'Are you a cop?' 'Yes,' I answered and continued writing the report. 'My mother said if I ever needed help I should ask the police. Is that right?' 'Yes, that's right,' I told her. 'Well, then,' she said as she extended her foot toward me, 'would you please tie my shoe?'

6) POLICE # 2

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me 'Is that a dog you got back there?'

he asked. 'It sure is,' I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, 'What'd he do?'

7) ELDERLY

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, 'The tooth fairy will never believe this!'

8) DRESS-UP

A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, 'Daddy, you shouldn't wear that suit.'

'And why not, darling?'

'You know that it always gives you a headache the next morning.'

9) DEATH

While walking along the sidewalk in front of his church, our minister heard the intoning of a prayer that nearly made his collar wilt. Apparently, his 5-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole and made ready for the disposal of the deceased. The minister's son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his father always said: 'Glory be unto the Faaather, and unto the Sonnn, and into the hole he gooos.' (I want this line used at my funeral!)

10) SCHOOL

A little girl had just finished her first week of school. 'I'm just wasting my time,' she said to her mother .. 'I can't read, I can't write and they won't let me talk!'

11) BIBLE

A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages. 'Mama , look what I found,' the boy called out. 'What have you got there, dear?' With astonishment in the young boy's voice, he answered, 'I think it's Adam's underwear!'

“all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon - instead of enjoying the roses that are blooming outside our windows today.”

Dale Carnegie

Ostomy Resources

Here is a list of phone numbers for Ostomy Supply manufactures. Most will supply **FREE** Samples.

Coloplast	800-237-4555
Convatec	800-422-8811
Cymed	800-899-5017
Hollister	800-232-4060
Kem Enterprises – Osto-EZ-Vent™	888-562-8802
Marlen	216-292-7060
Nu-Hope	800-899-5017

ADD SPACE AVAILABLE

Help us pay for the publication of the newsletter and post cards and for general expenses of this chapter

Newsletter ads for Ostomy Products

Only will be:

Full page	7.25" x 9.5"	\$250
.75 page	7.25" x 7.25"	\$210
.5 page	7.25" x 4.75"	\$150
.25 page	3.5" x 4.75"	\$80
.125 page	2" x 2.5"	\$50

A Positive Image for Ostomies

By Pat Murphy, CWOCN

Each of us can make life better—for ourselves and for those we meet who might someday have to face ostomy surgery for their own good. I would like to suggest two ways to do this.

First, support your local ostomy association—not only financially but especially by offering your talents as a volunteer. New people come to each meeting and seeing a well-adjusted, positive and enthusiastic person with experience in ostomy issues is a wonderful inspiration. Your involvement keeps your local ostomy association strong while making it interesting and fun.

Second, become aware of the image you project to others of a person with an ostomy. Be sure it is a positive one! Whether a person with an ostomy or not, everyone at some point in life chooses between life and death. You can deduce which one a person has chosen by observing his/her attitude and lifestyle. We advise and recommend that you choose life. That involves taking the responsibility of projecting a positive image to others.

President Bush’s brother, Marvin, said in an article that his ostomy surgery had given him a “second chance” to live. What a marvelous thing to be able to have—a second chance! To be able to live, enjoy family, friends, work and play, is the greatest joy. Marvin Bush wrote how grateful he was to have a second chance to live.

We should all feel this way, because we have chosen life. Sometimes, though, we can stumble on a negative track and focus on our problems instead of our joys. We lose our humility, which is gratitude. Look at yourself today. Have you been focusing on your complaints and problems? What kind of image do you project to others?

Here is a simple plan to help us all become more positive and project a better image: Watch yourself for a few days; see if negative thoughts and feelings keep repeating. Replace negative thoughts with thankful thoughts. You cannot just remove negative thoughts; that leaves an empty spot, and they will just come back. You must replace negative images with positive ones or else it just will not work.

You must put positive thoughts in their place. Express your thankfulness to those around you. Be optimistic in what you say, instead of saying, “I am so busy, I do not know what to do,” for example, you could say, “I have so many interesting challenges I do not know which one to take on first.” Make thankfulness a habit. If you do, you will project a wonderful, powerful, positive, attractive image to all you meet. This will help others to choose life—or an ostomy, if need be—in their future.

Dear Friends,

Would any of you volunteer to bring treats for one of our meetings? If we had two people per meeting, each person could bring or make two dozen cookies or brownies, for instance.

Any memoriam to a person who has passed away, if the family has not designated a specific cause, could be donated to our Ostomy group.

In December, we sent out 131 postcards to members who have not paid for their subscriptions and we had a total of 52 replies. In February a bill will be sent to the remaining 79 members, if you pay before that date it will save our organization about \$1 per bill. So if the date on your address on the cover does not say 2010, please send in your payment. If this crosses in the mails, I am sorry.

H. Austin Hummel, Editor, hah7800@q.com

Plants Ease Recovery from Surgery



Patients recovering from abdominal surgery benefited from having plants in their hospital rooms. They had less pain, needed lower doses of pain medicine, and had lower heart rates and blood pressure. As they got better, they spent time watering and tending the plants.

In addition, patients with plants were less fatigued and anxious. They were happier with their rooms, and 93 percent of them said that the plants were the best part of the room.

Patients without plants said that watching television was the most positive aspect of their hospital stay. Horticulturalists from Department of Horticulture, Recreation and Forestry at Kansas State University randomly assigned 90 patients recovering from appendectomies to rooms with flowering and foliage plants or rooms without them. Plants were considered better than cut flowers because they lasted longer. They studied the amount of pain medicine used, vital signs, and measures of pain intensity, anxiety, fatigue, and distress from pain. They also asked patients about their satisfaction with their hospital room. Overall, patients with plants in their rooms had less pain, anxiety, distress, and fatigue. Their vital signs were lower, and they used less pain medicine. They also were happier with their hospital rooms. Seong-Hyun Park and Richard H. Mattson concluded,

Findings of this research suggested that plants in a hospital environment could be noninvasive, inexpensive, and an effective complementary medicine for patients recovering from abdominal surgery.

SOURCE: Park et al., *HortTechnology*, published online October 1, 2008.



Inflamed Gallbladder More Common After Colorectal Cancer

Cancer increases the risk of gallbladder attacks (cholecystitis), particularly in the first six months after diagnosis. In a study of over 50,000 cancer patients in Denmark, the risk of a gallbladder infection was twice that of the general population in those first six months.

Risk for people with colorectal cancer was nearly five times that of people who didn't have cancer.

After six months, risk went down, but there was still about a 25 percent greater chance that someone with cancer would have pain from an inflamed or infected gallbladder

Danish researchers compared over 50,000 people with cancer to another large group of over half a million who didn't have cancer in their medical databases. They found 280 cases of cholecystitis.

The greatest risk was for cancer patients between 51 and 70. People with pancreatic cancer had the most risk, increased almost 10 fold. The second largest increase was among people with colorectal cancer who had five times the risk of the general population.

In concluding, Reimar W. Thomsen, M.D., Ph.D. and colleagues wrote,

The results of the current study indicate that cholecystitis occurs more frequently among cancer patients than in the general population, particularly within the first 6 months after a cancer diagnosis. Clinicians who treat cancer patients should remain vigilant about this type of infection.

SOURCE: Thomsen et al., *Cancer*, Volume 113, Number 12, December 15, 2008.



"Wisdom doesn't automatically come with old age. Nothing does - except wrinkles. It's true, some wines improve with age. But only if the grapes were good in the first place."

Abigail Van Buren

The Phoenix

The official publication of UOAA

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



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Annual dues are \$15 and are due by January. 1st. Membership in the *Ostomy Association of the Minneapolis Area* and a subscription to the *Ostomy Outlook Newsletter*

SEND TO: Ostomy Association of the Minneapolis Area
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Bloomington, MN 55438-5453

Name: _____

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City: _____ **State:** _____ **Zip:** _____

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Annual dues are \$15 and are due by January 1st following your submittal of this form. Membership in the Ostomy Association of the Minneapolis Area includes 8 informative meetings, subscription to the "Ostomy Outlook" newsletter and an "Antless picnic" in June.

OAMA
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The Anniversary of my stoma is ____/____/____, and in order to celebrate my return to good health, I am contributing the sum of _____ or \$_____ per year for my stoma.

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Name _____ Years _____ Amount \$ _____

Send this form with your check, Payable to OAMA

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