



AFFILIATED SUPPORT GROUP

Affiliate Group #004

# Clearwater Ostomy Support Group

www.clearwaterostomy.org  
clearwaterostomy@gmail.com  
SUPPORT LINE 727-490-9931



November 2024

## Next Meeting

**Saturday, November 16, 2024**

**Support Meeting 10:30 am**



**The Largo Public Library**  
201 Highland Avenue N  
Largo, FL 33770

## UPCOMING EVENTS

2024 MEETING SCHEDULE

*Subject to change!*

**December 7th-Holiday Party**

**January 18, 2025**

Future dates and locations are still to be determined and confirmed.

## the President's Message

Hi Everyone,

Welcome to Autumn! We are excited about our new meeting location.

### REASONS TO COME TO MEETINGS ...

"We come to our local chapter meetings to take comfort in the fact that we are not alone; to bolster up our morale; to be educated in options regarding ostomy management and equipment; to receive practical hints on skin and health care; to help ourselves by helping others."

Looking forward to seeing you there!

Blessings,

*Marilyn*



Our meetings are open to new ostomates, the experienced ostomates, the caregivers, the families, the healthcare workers, the support persons, the nursing students, the social workers and anyone who has a connection with ostomies and would like to join us. We welcome you all!

## TIPS & TRICKS

### 5 Tips for Self Care

*The Buddhist monk Haemin Sunim recommends the following five tips to take care of yourself.*

1. **Breathe.** Take a deep breath and become mindful of the air moving into and out of your lungs. By slowing down, focusing on your breaths and trying to breathe more deeply, you will feel more centered and focused on the present.
2. **Accept.** Things will happen every day that you may find difficult or anxiety-inducing, but try to accept these feelings. Your mind will be able to rest and in the long term, you will learn to cope better.
3. **Write it down.** When you are having feelings of stress, often the case is simply that there are too many thoughts going on inside your brain: tasks you have to complete, worries about people in your life, even what's for dinner tomorrow. If you write it all down, you will be able to visualize your list. From there, you should start with the easiest task to complete, which will give you momentum to work on the second task, and so on. This will help you to feel less overwhelmed.
4. **Talk about it.** Sometimes you just need an opportunity to talk about your problems with a close friend. Try to find a non-judgmental person that you are able to share with (and you never know when they might need an open ear to share with as well!)
5. **Take a walk.** Breathing fresh air to clear your mind is a simple way to release stress. Moving around and using physical energy will allow you to relive built-up mental energy.

### WHEN TO CALL A DOCTOR OR WOC NURSE

1. If cramps last more than two or three hours.
2. If you get a deep cut in your stoma or bleeding at the juncture of the skin and stoma.
3. If you have excessive bleeding from the stoma opening or a moderate amount in the pouch after several times emptying.
4. If you have a strong odor lasting more than a week.
5. If you have severe skin irritation or deep ulcers.
6. If you have severe watery discharge lasting more than five or six hours.
7. If you have an unusual change in the size or appearance of your stoma.





## HEALTH CARE AND OSTOMIES

What do health care personnel need to know about ostomy surgery? Communication is the key. Now that you have an ostomy or an internal diversion, some changes have occurred in the normal routines of life. This is especially true of medical treatment and hospitalization.

Some medical and hospital assumptions and routines applicable to regular people without an ostomy may no longer apply to you. For your comfort, well-being and in some instances, your

health and personal safety, it is important that you know how you need to be treated differently. You need to communicate this information appropriately to doctors and medical attendants who need to know.

Your doctor, ostomy nurse and others who normally attend your ostomy are no doubt well informed of the differences in treatment you require and will help you communicate with medical personnel uninformed about ostomy matters.

## CLEARWATER OSTOMY SUPPORT GROUP

The fact that some health care personnel may be uninformed is quite understandable. The staffs of the thousands of hospitals in North America see relatively few ostomy patients. Few nurses and other hospital attendants have ever cared for an ostomy patient. Many of those who have are not aware of the different types of ostomies and the special consideration each requires.

Doctors have become highly specialized to bring more expert care to patients. Therefore, many rarely have the occasion or the time to develop expertise in ostomy, which is very much a specialty in itself. Do not be shy about communicating your condition and its special requirements to all who attend you for non-ostomy ailments. This is for their benefit as well as your own. If strong insistence should fail to bring about understanding, you have the right to refuse any procedure you consider harmful to yourself.

Dr. Marshall Sparberg, author of the excellent book *Ileostomy Care* and a frequent writer on ileostomy matters, has this to say: "It is within the individual patient's right to refuse any hospital procedure, and no amount of insistence from an uninformed individual should change this decision.

Ostomies are different. One of the most serious misunderstandings is that all stoma represent colostomies and that all colostomies are the same. This can be disastrous for the patient who has an ileostomy or urostomy. It can cause trouble for the person with a transverse colostomy when treated as a sigmoid colostomy. In addition, even those with

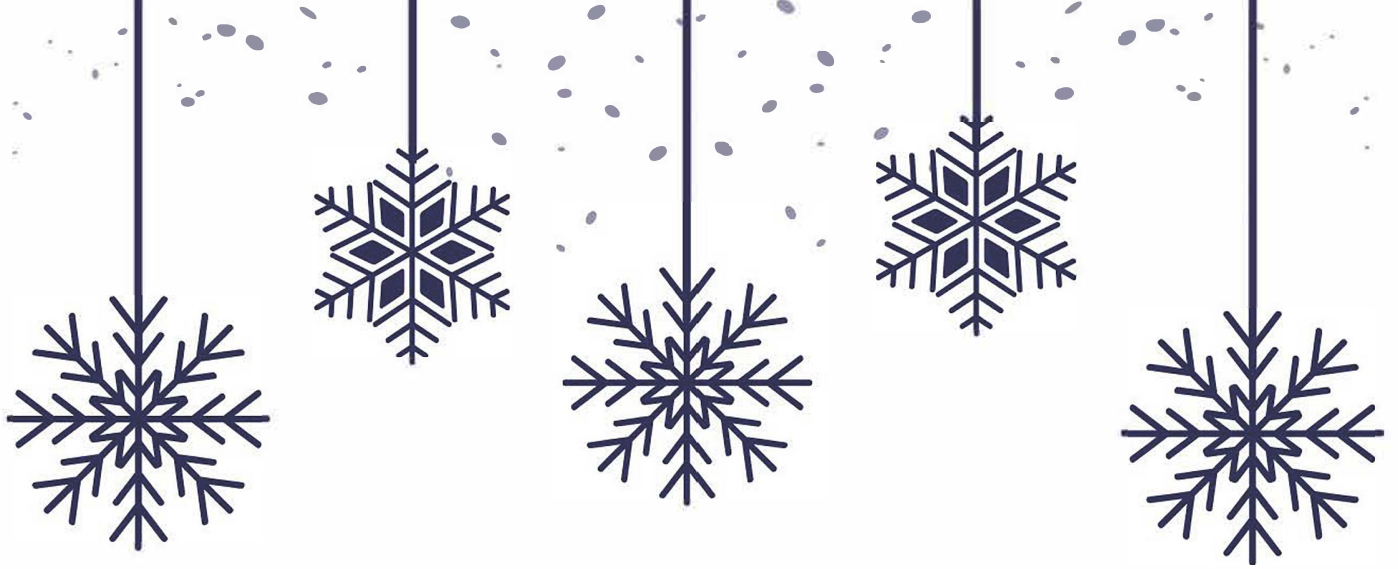
the same type of ostomy require variations in care and treatment. Ostomies vary greatly in nature just as individuals vary.

**Irrigations and enemas:** Those with urostomies should never be given an irrigation or enema through the stoma. Irrigation could cause serious kidney infection and damage.

Those with ileostomies should never be given an irrigation unless a doctor, WOC nurse or other expert provides one to break up a blockage, or for other compelling reasons. An irrigation or enema of the small intestine may cause the person with an ileostomy ill effects. However, a person with a colostomy may require irrigations; this poses no danger if it is done properly.

A stoma is not an anus. Some medical students do not realize the difference between a stoma and an anus. They may treat a stoma as roughly as they treat an anus. If an enema or irrigation with a catheter is involved, care must be taken to avoid bowel injury. Some catheters, though streamlined on the end are stiff and should not be inserted into a stoma unless performed by a physician or ostomy nurse. A cone is much safer, easier to use and does a better job than a catheter.





# HOLIDAY

## *Luncheon*

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December 7, 2024

Alfanos Restaurant  
1702 Clearwater-Largo Road  
Largo FL 33856

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Starts at 11:30 am  
Price per person \$30

# Menu

## STARTER

### *Insalata*

Alfano's house salad with antipasto garnish and Chianti vinaigrette dressing

## MAIN

### *Penne Bolognese*

Traditional sauce of ground beef, sausage and marinara over penne pasta

### *Cannelloni Florentine*

Crepes filled with ground veal, spinach, and béchamel sauced with marinara and alfredo

### *Salmon Piccata*

Fresh Atlantic salmon filet with lemon, butter and capers

### *Chicken Tetrazzini*

Grilled chicken and crisp bacon served over fettuccini alfredo

### *Eggplant Parmesan*

Fresh eggplant baked with provolone cheese served with marinara

### *Chicken Parmesan*

Lightly breaded chicken breast baked with provolone cheese, sauced with marinara

## DOLCI

### *Chocolate Silk Pie*

## BEVERAGE SELECTIONS

*Coffee*

*Iced Tea*

*Hot Tea*

*Soda*

# Sensible Eating for Ileostomates

It is several months since you had your surgery and you have become adapted to your new plumbing. You have a beautiful stoma, changing your pouch is almost routine, your skin has now accepted the wafer you apply and you can wear your pouch four to five days before changing. Boy, this is living again — no more pain, you can go out without worrying about bathroom locations. You accept an invitation to a party for the first time in two years and really rejoice in being out with your friends again. You drink with freedom and down handfuls of peanuts, you wander to the table set with raw vegetables and dip and join in; the dinner is delicious, including the corn. This has been a truly good night just like old times.

Two o'clock in the morning and you haven't been asleep yet. There has been a persistent pain around your stoma that won't let you sleep. And now it is increasing. You recall that you have not had much effluent in your pouch and what you had was almost plain water. By three, it is much worse and by four you are considering calling your doctor, but you decide to tough it out. You remember remedies that were mentioned. You drink some warm tea; pull your knees to your chest and rock back and forth. You drink some more and get on your hands and knees and rock. You eat some crackers, drink, and knead your stomach. You drink some more, eat a piece of bread and get in the shower and let the warm water roll down

your back.

About the time you are ready to pack it in for the emergency room, things seem to ease up a bit and then you notice that your pouch is no longer empty. When you finally empty your pouch, it's like pouring a bag of peanuts in the toilet.

You have learned a valuable lesson! You may be able to eat nuts, or popcorn, or raw vegetables, or even corn on the cob — but common sense will tell you in the future not to eat them all at the same time. Eat them in moderation and chew, chew, chew!!



## Food and Your Ostomy

There used to be, and to some extent still are, some out of dated theories about what foods people with ostomies should and should not eat. Mushrooms, onions and fresh vegetables were considered troublesome, along with some meat. Today, we find that the old food “taboos” do not necessarily apply.

In moderation, most foods need not be avoided, If you have any questions about food and the way your body reacts to it, consult your doctor. Here are some common foods and hints on how to enjoy them without causing excessive gas, irritation or stoma blockage.

**Fibrous vegetables**—Vegetables like celery, asparagus and broccoli have long, fibrous strands running through them. Onions can produce odors in the stool. Such strands are hard to digest and can form a “ball” behind the stoma. When eating celery choose the hearts. These are tender and the fibers are not as thick as those on the outside stalk are. If you must eat the other stalk, Peel down the outside strands. Always chew, chew, chew and drink lots of water.

**Asparagus**—Medium stalks are usually the most tender. Start at the tip and work down. As soon as the spear gets tough to cut, go down to the next one and you should have no blockage concerns. Asparagus causes odor in the urine, which may be a bit bothersome to a person with a urostomy.

**Broccoli**—The same principal applies as

to asparagus. Vegetables like broccoli, cauliflower and turnips are considered “gas producers” and may require an extra tip to the restroom to relieve the pressure. However, they are worth the trip.

**Fresh fruit**—In moderation, fresh fruit can and should be included in a well balanced diet. If you have trouble digesting oranges and grapefruit, then try squeezing the juice and discarding the skin. Apples, pears and peaches are great without their skins if you find them hard to digest. Fruit is a natural cathartic. Keep this in mind when you are having a picnic at the beach or anywhere bathroom facilities are not readily available.

**Oysters, clams and mussels**—Though delicious treats, mollusks can be more difficult to digest than other types of seafood and can cause a minor blockage behind the stoma. Be sure to chew them well, and avoid tough mussels (the major offenders). Seafood of all kinds can cause odor in the stool. Pouch deodorants are most helpful in controlling this problem.

**Nuts**—The most difficult nuts are the hard ones, such as peanuts, almonds and hazelnuts. Chew them well, and be careful not to overindulge, no more than a handful at a setting. Even on-ostomate nut-lovers can experience discomfort after enjoying more than a reasonable share of nuts.

**Meat**—Most meat and poultry do not present any concern, however, those with fat content or heavy casings can be somewhat more difficult for the bowel to



handle. Try sausage patties instead of links or hot dogs with the skin removed. When eating fatty cuts of pork, lamb or beef, cut it into small pieces, do not eat the gristle, chew well and limit your intake.

**Corn on the cob, popcorn, dried foods and coconut**—When it comes to obstruction behind the stoma, these are the major offenders. In fact, even people without ostomies can suffer major tummy aches after indulging. Chew, chew. Chew and remember to limit your intake.

**Spices and carbonation**—Heavily spiced foods and sauces can act as cathartics for people and can produce gas. Carbonated beverages

are gas producers, too. One great way to get the bubbles out of the carbonated drinks is with a dash of sugar. It will cause a frenzy of fizz and leave the beverage safely flat.



## TIPS & TRICKS

# Avoiding Backsplash

If you find that emptying your bag results in splashing of toilet water, try flushing just as you empty. Emptying into the bowl as the water rushes down may help prevent backsplash.

Another technique is to try sitting on the toilet backwards in order to empty the bag. Lay some toilet paper down over the water and up onto the front of the toilet seat. Empty down onto the paper instead of directly into the water.



©DESIGNALBIE

Nurses will tell you to stay away from baby wipes because they contain chemicals that can leave a film on skin and prevent the wafer from sticking properly. Even wipes that claim to be all natural still may cause problems.

The best thing to use is a washcloth and plain water, but in a pinch, a sterile saline wipe can be used on the skin if it's truly needed.

Sterile wipes can be found in medical supply stores and online resources such as Amazon.

## Pouch Changes—How Often?

This question is among those most frequently asked, particularly by ileostomates and urostomy patients. Like any other question, there is no one answer that applies to all ostomates.

An informal survey revealed that people change their appliances as much as 3 times a day, and as infrequently as every 2 to 4 weeks.

Obviously, there must be reasons for this great variation. After pointing out that the great majority of ileostomy and urostomy patients change in the range of once daily to once a week, let us explore some of the reasons.

People on either side of this spectrum can have a skin problem or skin which is nearly indestructible. Some of the reasons for the variation in time between

changes include:

### **Stoma length:**

A short stoma exposes the adhesive material to moisture which decreases wearing time.

### **Amount of consistency of effluent:**

Profuse effluent tends to loosen the seal.

### **Skin type:**

Moist or oily skin tends to decrease adhesion time.

### **Experience:**

Good technique, such as allowing glue (adhesive) to dry well, increases adhesion.

### **Personal experience:**

Preferences, convenience, and odor control.



# Clearwater Ostomy Support Group

**2024 - 2025 It's Renewal Time !!!**

Membership in the Clearwater Ostomy Support Group (COSG) is open to all people with ostomies, as well as those with incontinent, intestinal, or urinary diversions. Family members, friends, and professionals are also encouraged to join. Membership includes our monthly newsletter and access to medical professionals, the [www.ostomy.org](http://www.ostomy.org) website and the latest product information and samples. Annual dues are \$20.00 and **membership dues are tax deductible**. Memberships renew annually in October.

The Board of Directors is making efforts to have an accurate accounting of all members. Please fill out both sides of the form and mail to the address below. **Your thoughts and comments are important to running this group.**

PLEASE PRINT

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Alternate (other) Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Membership Classification – Procedure (circle all that apply)

Ileostomy    Colostomy    Urostomy    Continent Diversion    J-Pouch

Other: \_\_\_\_\_

Relationship: Self    Spouse    Family Member    Parent    Other: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

How did you hear about us: \_\_\_\_\_

\_\_\_\_\_ Enclosed is \$20.00 for membership in the Clearwater Ostomy Support Group

\_\_\_\_\_ Enclosed is an additional donation of \$\_\_\_\_\_ (tax deductible donation)

\_\_\_\_\_ Total enclosed

Please make checks payable to **COSG #004**. Mail form along with the payment to:

**COSG #004  
ATTN: JoAnn Barr  
106 Cedar Elm Dr.  
Safety Harbor, FL 34695**

# Annual Membership Additional Information

How would you like to receive your newsletter?  Mail  E-mail (e-mail helps to reduce costs of printing and postage)

Would you like a reminder before each meeting?  Yes  No If so, how would you like to be contacted?  
(Choose one)  E-mail  Primary Phone  Other Phone

Are you interested in having the meetings on a different day of the week and time  Yes  No

If so, what is your preferred day and time \_\_\_\_\_

In future meetings with speakers, are there any topics that you would like to hear about?  
\_\_\_\_\_  
\_\_\_\_\_

Do you have talents ... and would you like to volunteer? We have many ways that you can participate (check as many as you have interest in):

Help check in at the meetings

Social Media (Facebook, etc.)

Calling for reminder calls

Greeters for meetings

Find speakers for meetings

Additional comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please note that all information provided is kept confidential and your name and address will NOT be shared.

**Thank you for supporting the COSG!**

COSG 4804  
ATTN: JoAnn Barr  
100 Cedar Elm Dr.  
Safety Harbor, FL 34695

## CLEARWATER OSTOMY SUPPORT GROUP

*Lots of information can be found at the United Ostomy Association of America website.*



UOAA's Main Website -  
[www.ostomy.org](http://www.ostomy.org)

UOAA Discussion Board -  
[www.uoaa.org/forum](http://www.uoaa.org/forum)

Facebook: [Facebook.com/UOAA](https://www.facebook.com/UOAA)

Twitter: [Twitter.com/UOAA](https://twitter.com/UOAA)

Phoenix Ostomy Magazine:  
<https://phoenixuoaa.org/my-account/>

Keep Hydrated!

Keep Hydrated!

Keep Hydrated!

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VACANT

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Wound Ostomy Continence Nurses (WOC) 462-7243

Follow us on Facebook and Twitter for lots of great information and some humor.



<https://www.facebook.com/clearwaterostomysupportgroup/>



[https://twitter.com/clwtrostomy\\_grp](https://twitter.com/clwtrostomy_grp)

## Need Emergency Ostomy Help?



Bay Breeze RX is a proud sponsor of the Angel Closet in affiliation with the Clearwater Ostomy Support Group. The Closet offers free supplies for all types

of Ostomy and wound care. Bay Breeze also provides consultation services by appointment. These services are offered by Karen Burdewick BSN, RN, CWOCN at no charge.

Appointments can be made directly with Lila Jane at 727-744-2660. **Bay Breeze RX** is located at 3350 East Bay Drive. Largo, FL 33771. [www.baybreezerx.com](http://www.baybreezerx.com)

COSG #004

12931 88th Avenue  
Seminole, FL 33776

## Get Ostomy Answers!

The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

Your satisfaction is guaranteed and your personal information will never be disclosed to a third party.

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ASG052016

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