



AFFILIATED SUPPORT GROUP

Affiliate Group #004

Clearwater Ostomy Support Group

www.clearwaterostomysupportgroup.org

clearwaterostomy@gmail.com

SUPPORT LINE 727-490-9931



OCTOBER 2023

Next Meeting

Saturday, October 21, 2023

Support Meeting 10:30 am

The Masonic Lodge

1145 Highland Ave NE

Largo, FL 33770

UPCOMING EVENTS

2023 MEETING SCHEDULE

Subject to changel

November 18th

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

the President's Message

Hi Everyone,

This month we will be having our Roundtable sessions. Be sure to bring all of your questions regarding your ostomy. Caregivers are welcome to bring their questions too. We encourage that all ostomates, family members, support persons and caregivers attend.

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

Tips and Tricks for Ostomates

1. Avoid 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 back-splash.
2. Removing hair around your stoma. Most people have at least some fine hair on their abdomen, and some may have longer or coarser hair. The hair may not only impede the wafer from sticking to your skin, but it may also get pulled when you remove your appliance. To avoid this problem, talk with your WOC nurse about the best hair-removal methods.
3. Change on an empty stomach. The best time to change without any output is when you first wake up. If you change first thing upon waking, the output from your stoma should be minimal. If you stop eating a few hours before bedtime and get a full night's sleep, output should slow down enough for you to get a change done.
4. Change after a shower. One way to change your appliance is to do so as part of your showering routine. You can remove the appliance while standing in the tub, and then take your shower bagless. Re-attach your appliance after stepping out of the shower. This can help you get extra time out of your appliance because you are not showering while wearing it. In addition, exposing your skin to air helps it stay healthier.
5. Rinsing out your appliance. Some people like to rinse out their appliance with clean water after emptying, or whenever it is convenient. This can be especially helpful when solids cling to the inside. Use a squeezable bottle, syringe, dropper, or even a turkey baster to gently squirt a little clean water inside the appliance, swish it out, and empty again.
6. Trick for a lumpy belly. Not every belly is perfectly flat, especially ones that have been through several surgeries. If you have trouble fitting your wafer over a bump or a lump, try making a small cut on the outside of the wafer, towards the inside hole. This lends a little more flexibility to the wafer.

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.



Handy Reference Numbers You Should Have!

Ostomy Product Manufacturers:

- Coloplast..... 800-533-0464
- ConvaTec 800-422-8811
- Cymed 800-582-0707
- Dansac..... 800-538-0890
- Genairex 877-726-4400
- Hollister 888-470-8999
- Marlen Manufacturing..... 216-292-7060
- Nu Hope Lab 818-899-7711
- Ostaway x-Bag 800-774-6097
- Ostomy Secrets 800-518-8515
- Torbot 800-545-4254
- C&S Pouch Covers..... 877-754-9913
- Coloplast Cares (Advisor)..... 877-858-2056

Ostomy Product Distributors:

- American Ostomy Supply 800-858-5858
- Bruce Medical Supply 800-225-8446
- Byram Healthcare 877-902-9726
- Edgepark Supplies 800-321-0591
- Liberator Supplies..... 866-761-0534
- Medical Care Products 866-761-0534
- Ostomy Care Supply 866-207-5909
- Parthenon 800-453-8898
- SGV 800-395-6099
- Shield Healthcare 800-675-8847
- TOTAL eMedical..... 800-809-9806
- UOAA..... 800-826-0826



Ostomy Apps for That

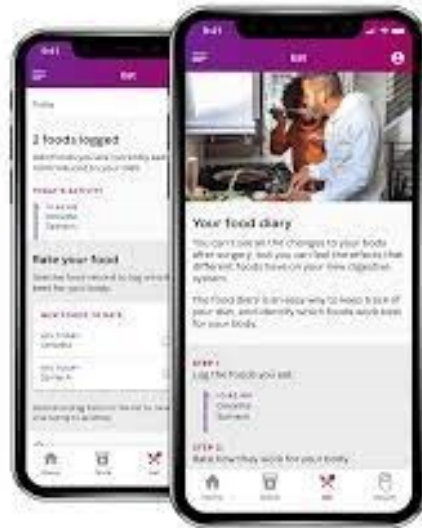
By Linda Coulter, BSN, RN, CWOCN

A thorough review of the four most comprehensive ostomy apps.

These days, it seems like there are apps for everything including living with an ostomy. Let's explore four "ostomy apps" that you can download right now. Please remember that information from any app should not be considered a substitute for the advice of your medical professional.

We'll start our journey by discussing apps developed by ostomy pouch manufacturers, Convatec, Coloplast, and Hollister. Geared specifically to individuals living with ostomies, all are free, though they require registration, and ask you to agree to receive company-related information. All three companies consulted medical professionals to develop tools useful for people who have stomas. Whether you use the sponsoring company's products or not, these apps are available to you and you'll find them valuable.

My Ostomy Journey



My Ostomy Journey from Convatec is easy to use and allows you to track your fluid intake, meals, and pouch changes in a diary-like format. Since it's on your phone, your ostomy diary is paper-free and you can keep it right in your pocket. Additionally, as you explore the Convatec app you'll find a number of opportunities to link to Convatec's me+ support program, where you will find tips, tools, advice, and even a community, to help you along your ostomy journey.

The ability to not only track fluid intake, but to set an intake goal and

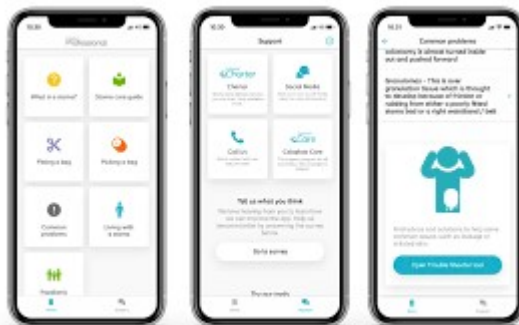
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get reminders to meet that goal can be especially valuable. While staying hydrated is important for everyone, it is especially critical for individuals who are living with ileostomies and urostomies. In fact, dehydration, which can impair kidney function, is the most common cause for readmission to the hospital for people with new ileostomies. Proper fluid intake is critical for people with urostomies because it helps reduce the chance of urinary tract infection.

It's usefulness does not end there, because it also provides a convenient way to track food intake, which is important for anyone who undergoes abdominal surgery. Whether they've had ileostomy, colostomy, or urostomy surgery, individuals are discharged from the hospital with instructions to avoid roughage, including nuts, seeds, fresh fruits and vegetables. At about 4-6 weeks, post-surgery, individuals start adding those foods back into their diets. MyOstomyJourney allows people to track foods, when they ate them, and then rate how they feel on a 3-point scale. A diet can then be easily reviewed to identify foods that work well or not so well.

The final diary entry on the MyOstomyJourney provides tracking of products used and frequency of pouch changes. In this section there is also a handy pouch change checklist, and folks can get help locating a supplier, learn about Convatec products, and request samples. A notification can be set to remind users to order supplies. After all, nobody wants to get caught without supplies whether traveling abroad or just to work.

MyOstomyLife



Coloplast's app, MyOstomyLife, looks and operates like its Mio products: sleek, well designed, and easy to use. From the home pages there is a "Journey" link that leads you through three key stages of living with an ostomy: "Before surgery," "Coming home," and "Managing your ostomy." Each stage contains three elements: a checklist, instructional videos, and

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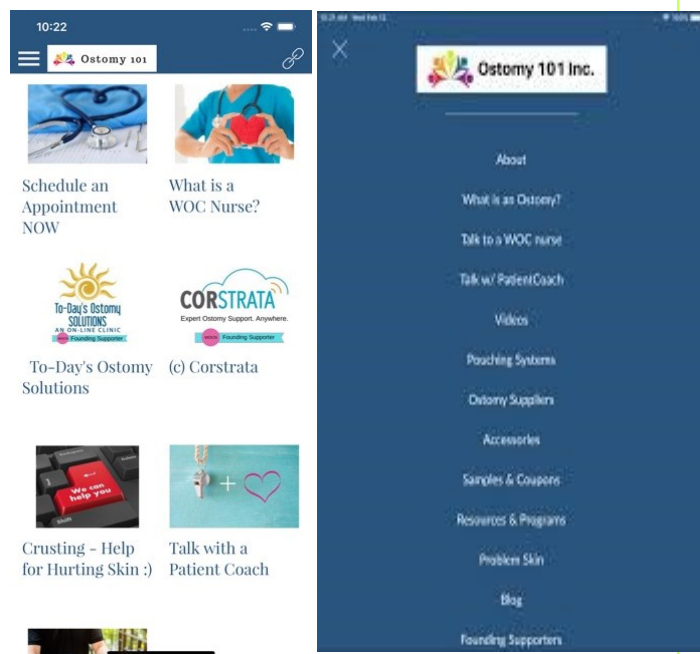
informative articles. For example, in “Coming Home” the checklist reminds you of eight important tasks, such as organizing your supplies, reviewing hernia prevention tips, drinking and tracking fluid intake, and turning on app-based notifications. Videos let you know what to expect while recovering from surgery and articles detail ostomy care, diet, and coping. Each is presented in an easy to understand, informative, and reassuring manner.

The app contains a carefully curated library that is divided into several categories, including “daily life,” diet and nutrition,” intimacy,” “helping your child,” and “physical activity,” to name a few. In each section you will find information and tips to help you or your loved one live life fully and with peace of mind.

MyOstomyLife provides tools to keep you organized, motivated, and aware that your pouching needs may have changed. Checklists and a pouch change diary can keep you organized. The diary allows you to document your pouch change with photographs, a useful tool for communicating with your ostomy nurse. Setting goals, either those prompted by the app or one you

choose yourself will keep you motivated. Links to Coloplast’s “body check” and “ostomy check” tools will help you use the right products to keep your pouch secure and your skin healthy. As expected from a manufacturer designed app, there is a link to obtain samples of Coloplast pouches and accessories.

Ostomy 101



True to its name, Ostomy 101, is like an introductory course for folks living with an ostomy and their caregivers. Developed by the nonprofit organization Ostomy 101 Inc. this free app is a virtual encyclopedia of ostomy resources from the basics (“What is an ostomy?”) to the complex (Parastomal hernias, navigating insurance). On first

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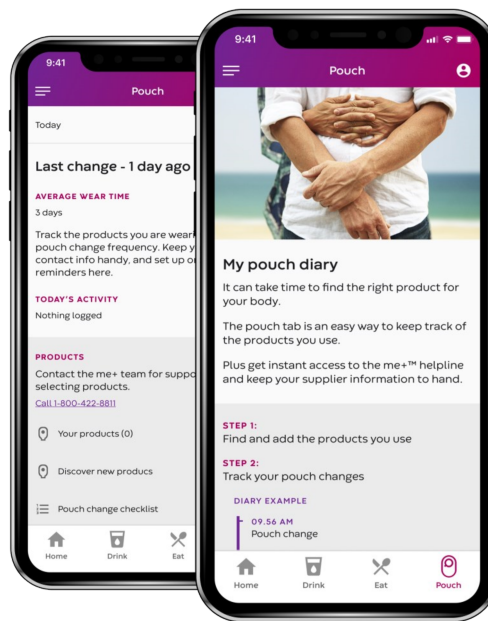
glance the amount of information provided by Ostomy 101 can be overwhelming, so it's a good idea to start with what you need most. Just starting living your life with an ostomy? Click on "What is an Ostomy?"

Through a series of videos and short articles you'll learn not only what an ostomy is, but also about types of ostomy surgeries and what to expect following the surgery. Because the articles and videos are produced by and include Certified Ostomy Nurses as well as people living with stomas, the information is reliable as well as useful. It's impossible to mention all the topics covered in Ostomy 101, so here are some particularly useful and set this app apart from the others.

First, if you'd like to attend ostomy-related classes, there are links to virtual and in-person options. Among the videos and articles packed into Ostomy 101, you can learn the difference between a manufacturer and a supplier, ostomy supply basics, and how to purchase those supplies. One gem lodged in the middle of the table of contents is Clinical Assist, you just might be able to pass the Ostomy Nurse Certification exam!

Though we have covered several resources available on Ostomy 101, we have barely scratched its surface. We encourage you to go to your app store to download and explore the app yourself. Whether you or a loved on have an ostomy or if you are a medical professional, you're sure to find something of interest. The app doesn't require registration or account set-up, but you can register and create a personalized profile. One other valuable feature to point out in the Ostomy 101 its link to resources "En Espanol."

Ostomy Journey Companion



Hollister's Secure Start Service Ostomy Journey Companion app is designed as a digital extension of the company's

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Secure Start Program. Like the program, the app provides personalized support about products, supplier information, education, and more. Creating an account in the app provides full access to the Secure Start Program, including the ability to message a Secure Start Advisor for personalized assistance through links found on nearly every page. The app is packed full of information important to a person living with an ostomy. This may sound overwhelming, but information is presented in a step by step fashion, making the journey of getting and living with an ostomy more manageable and less stressful.

From the homepage, the task list guides the user through their ostomy journey from the preoperative stage to beyond surgery. Tasks can be completed at a comfortable pace and surveys along the way will help users understand their confidence level with managing their stoma, products, skin health, stress/anxiety, and daily life. There are links to informative educational materials within the tasks lists and the education table. These include videos, instruction sheets, and the Hollister Ostomy Learning Center. Notes, thoughts, and photos can be recorded in the app's

diary.

The "my profile" tab is great for keeping stoma information (e.g. size, shape, contour, etc.), pouching products, supplier information, Care Team contacts, and appointments in one handy location. The interesting thing about the Secure Start app. is that, even though it was produced by Hollister, it is hard to find the Hollister name within the app. Additionally, the lavender color scheme isn't reflective of the company's traditional red and white palette. It is clear that the app is meant for all ostomates and it truly is valuable for everyone who is journeying through life with a stoma.

Whether you 're just starting your life with an ostomy or if you've been traveling through life with one for years, you are encouraged to explore one or all of the four ostomy-related apps. You're sure to discover something valuable that may make your ostomy journey more enjoyable.

IMPORTANT NOTICE: *Articles and information printed in this newsletter are not necessarily endorsed by the Clearwater Ostomy Support Group and may not be applicable to everyone. Please consult your doctor or Nurse for the medical advice that is best for you*



It's membership renewal time!

Attached is the Annual Membership paperwork.

Membership 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 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.

Complete the application and return it at our October meeting or return it by mail to the address on the application.

Thank you for supporting the Clearwater Ostomy Support Group!

Clearwater Ostomy Support Group

October 2023 - 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 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



We need your help with some positions within our Ostomy Support Group. Volunteering for these positions will help our organization run more smoothly. None of these positions require a substantial time commitment from you, but each is an important role.

Before volunteering for a position, we thought you might like to know which positions we really need filled and their role within the organization.

- ◆ Vice-President—serves as a back up to the President when needed. Will need to regularly communicate with President to ensure you are up to date on organization details.
- ◆ Secretary—serves to take notes during Board of Director meeting. The meetings occur prior to the Support Group meeting on the 3rd Saturday of the month as needed.
- ◆ Raffle Coordinator—conducts the 50/50 raffle ticket sales prior to the Support Group meetings on the 3rd Saturday of the month. Counts monies received and ensures appropriate transfer of funds to Treasurer.
- ◆ Speaker Coordinator—provides ideas on different speaker engagements. Provides ideas to President to determine if coordinator should move forward on making contact and arrangements for speaker to appear at Support Group meeting. Provide details to Newsletter Editor for publication in newsletters.

Please volunteer and make our organization stronger!

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



UOAA's Main Website -
www.ostomy.org

UOAA Discussion Board -
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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VACANT

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

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

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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