



AFFILIATED SUPPORT GROUP

Affiliate Group #004

Clearwater Ostomy Support Group

www.clearwaterostomysupportgroup.org

clearwaterostomy@gmail.com

SUPPORT LINE 727-490-9931



APR 2023

Next Meeting

Sat, April 15, 2023

Support Meeting 10:30 am

The Masonic Lodge

1145 Highland Ave NE

Largo, FL 33770

UPCOMING EVENTS

2023 MEETING SCHEDULE

Subject to changel

May 20th—Roundtable

June 17th—Michael Baldwin (Hollister)

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

the President's Message

Hi Everyone,

This month we will be having our Lila Watkins, from Bay Breeze Pharmacy, and Karen Burdewick, a Wound Ostomy Care Nurse, speaking. They help many people that have ostomy problems in addition to managing our Angel Closet. Be sure to bring all of your issues and questions regarding your ostomy.

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

Ostomy Eating Tips

Here are some general guidelines for eating with an ostomy:

Eat five-to-six small well-balanced meals daily instead of three large meals daily as this tends to help reduce gas.

Avoid drinking from straws as that can contribute to gas production .

Eat slowly and chew your food well.

Avoid foods that are difficult to break down due to their tough texture as they may cause a blockage/obstruction.

Replace fried/greasy foods with low fat alternatives, such as air fried or baked foods.

Avoid sugar alcohols (sorbitol, mannitol, etc.), artificial sweeteners, and highly sugary foods and beverages (soda, ice cream, cake, etc.) as they may increase output.

Add foods that tend to thicken up stool, such as bananas, oatmeal, or peeled potatoes.

Stay hydrated – drink eight-ten glasses (8 oz) of fluids throughout the day, ideally sipping fluids in between meals.

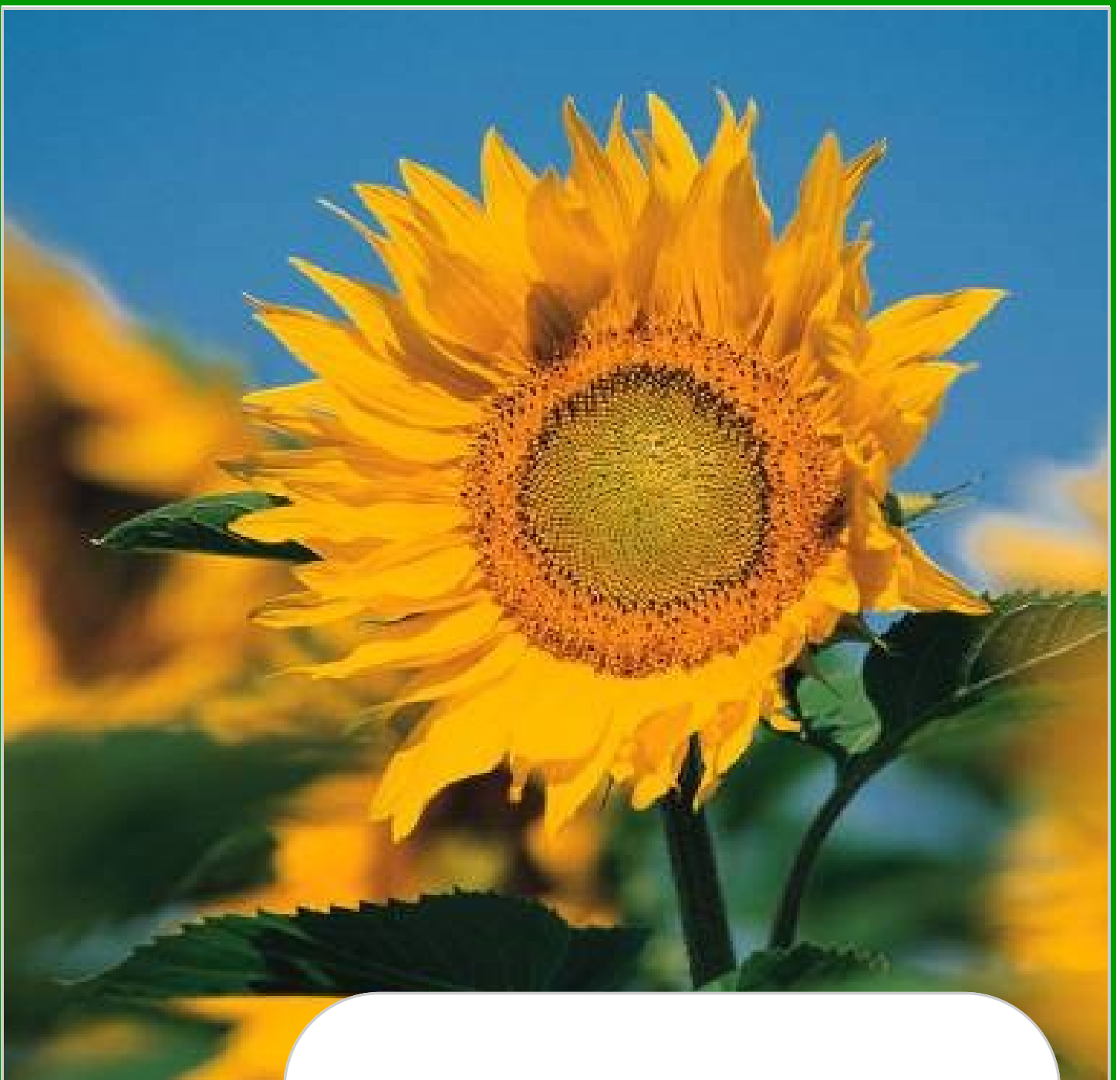
Avoid alcoholic and caffeinated beverages.

Add new foods gradually to learn which may produce excess gas, odor, constipation, or loose stool .

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.





Thriving With an Ostomy Bag

By the Cancer.net Editorial Board



Thriving with an ostomy bag.

An ostomy is a surgery that makes a temporary or permanent opening in the skin called a stoma. A stoma is a pathway from an internal organ to the outside of your abdomen. A colostomy starts in the large intestine, and an ileostomy starts in the small intestine. They both help solid waste and gas exit the body without passing through the rectum. A urostomy helps urine leave the body without passing through the bladder. In all ostomies, the waste is usually collected in a pouch worn on the outside of your body.

Most people who need a cancer-related colostomy or ileostomy only need it for a few months while the small or large intestine heals. But some people may need a permanent ostomy. A urostomy is typically a permanent surgery and

cannot be reversed.

Whether permanent or temporary, an ostomy will bring some changes to your life. However, ostomy products are designed to be as convenient as possible.

If you need help finding or ordering products, ask your health care team for help. For example, an ostomy nurse can explain the different types of ostomy pouches that are available and help you find the one that is right for you.

Clothing. You should be able to wear the same type of clothes you wore before the ostomy. Pouches are designed to blend in and fit close to the body. They also have an odor-barrier film that traps bad smell. The smell only releases when the ostomy pouch is

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being emptied.

You can find specialized clothes online that can make you feel more comfortable. For example, you can buy underwear and wraps that can hold your ostomy bag.

Activities. You should be able to do the activities of your daily life. People with ostomies go to work, play sports, and engage in sexual activity. Reasonable activity will not hurt you or your stoma. Sweating may cause the tape that holds your pouch in place to loosen. If this happens, you might consider buying a specialized pouch for working out.

Bathing. You will need to keep the skin around the ostomy clean and dry. Avoid applying products that contain alcohol as they can cause dry skin. Do not use

skin products made with oil. They will make it difficult for the pouch to stay attached. If you have hair on the skin surrounding the ostomy, you may need to keep it shaved so the pouch will stick. Talk with your health care team about any special bathing considerations for your ostomy.

Diet. With a colostomy or ileostomy, you will not be able to control when stool and gas move into the pouch. Amounts of stool and gas that go into the pouch will vary based on the type of ostomy and your diet.

Avoid foods that commonly cause gas. These include beans, cabbage, onions, and spicy foods. Some foods can cause cramping or may be difficult to pass through an ostomy if they are not chewed well. These include nuts,

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popcorn, and corn. Also, be aware of which foods may cause diarrhea or constipation. It is important that you stay hydrated, especially if you have an ileostomy, because stool is usually more watery.

Medications. Some medications that are taken by mouth may not be as effective in people with a colostomy or ileostomy. This is because the medications take longer to absorb. A liquid medication can be absorbed faster and may work better.

Be aware of the medications that can affect the frequency of your bowel movements. Some sedatives and pain medications can cause constipation. And some antibiotics and antacids may cause diarrhea.

Some medications may cause urinary stones or increase the amount of urine your body makes. These could cause issues for people with urostomies. Talk with your doctor about any medications you are taking.

Avoiding accidents. You will need to empty your ostomy bag several times throughout the day. It is best to empty the bag when it is less than half full. Keep your ostomy supplies with you at all times. They can help in case of a leak or other issue. Learn how to plan your meals and

fluid intake to cut down on the output of your ostomy ahead of a big or lengthy event. This may include a long work meeting or car or plane trip.

During cancer treatment. Some people with cancer may need an ostomy while they are receiving other cancer treatments. You may need help caring for your ostomy if you are too tired or sick after a treatment. If you are receiving radiation therapy in the area of your ostomy, you may need to remove the pouch during treatment. Radiation therapy may also cause skin changes near your ostomy. Ask your health care team about any special precautions you should take to care for your ostomy during cancer treatment.

Emotional support. Some people may feel depressed or embarrassed because of the ostomy. Consider finding a support group of people with ostomies. These relationships may help answer your questions and provide emotional support. Also, consider counseling if you are struggling to cope with changes to your body.

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*

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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/>

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OFFICERS

President

Marilyn Bossard 391-5682
rbossard1@verizon.net

Vice President

VACANT

Treasurer & Membership

JoAnn Barr 669-3820
clrwestmy.jabarr@gmail.com

Secretary

VACANT

Newsletter Editor

Mary Beth Makrianes
ClearwaterOstomy@gmail.com

COMMITTEE CHAIRPERSONS

Program Chairperson

VACANT

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Margit Sereg 727-772-9536

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John Buchanan 651-967-1045

Information Chairperson

VACANT

Medical Advisor

Romel T. DeMoraes, M.D. 441-8618

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/clearwaterostomysupoSrtgroup/>



https://twitter.com/clwtrostomy_grp

Need Emergency Ostomy Help?



Lila Watkins at Bay Breeze RX has graciously set up a beautiful private room where she can see people and help them with problems they may be having with their ostomy.

Bay Breeze RX is located at 3350 East Bay Drive. Largo, FL 33771
P: 727-614-9933 | www.baybreezerx.com

We'd love to see you at the next meeting!! Everyone is welcome!!

COSG #004
12931 88th Ave. North
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.

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