



AFFILIATED SUPPORT GROUP

Affiliate Group #004

Clearwater Ostomy Support Group

www.clearwaterostomysupportgroup.org

clearwaterostomy@gmail.com

SUPPORT LINE 727-490-9931



AUGUST 2023

Next Meeting

Sat, September 16, 2023

Support Meeting 10:30 am

The Masonic Lodge

1145 Highland Ave NE

Largo, FL 33770

UPCOMING EVENTS

2023 MEETING SCHEDULE

Subject to change

October 21st

November 21

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

the President's Message

Hi Everyone,

Last month's meeting had to be cancelled due to personal matters. However, we will be picking back up on September 16th. Be sure to bring all of your questions regarding your ostomy. We will have a speaker, but we will always make time to answer any questions. We encourage that all ostomates, family members, support persons and caregivers attend.

Looking forward to seeing you there!

Blessings,

Marilyn

Congratulations



Congratulations to Millie Parker, President of the St. Petersburg Ostomy Support Group, for receiving the prestigious Founder's Award from the UOAA. Millie will be our speaker at the September 16th meeting. Please join us in congratulating Millie on the award!

TIPS & TRICKS

Crusting Procedure to help with irritated or raw peristomal skin

1. Clean the peristomal skin with water (avoid soap) and pat the area dry.
2. Sprinkle skin burrier powder onto the denude skin.
3. Allow the powder to adhere to the moist skin.
4. Dust excess powder from the skin using a gauze pad or soft tissue. The powder should stick only to the raw area and should be removed from dry, intact skin.
5. Using a blotting or dabbing motion, apply the polymer skin barrier over the powdered area, or lightly spray the area if you're using a polymer skin barrier spray.
6. Allow the area to dry for a few seconds; a whitish crust will appear. You can test for dryness of the crust by gently brushing your finger over it; it should feel rough but dry.
7. Repeat steps 2 through 6 two to four times to achieve a crust.
8. You may apply a pouching system over the crusted area. Stop using the crusting procedure when the skin has healed and is no longer moist to the touch.

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.



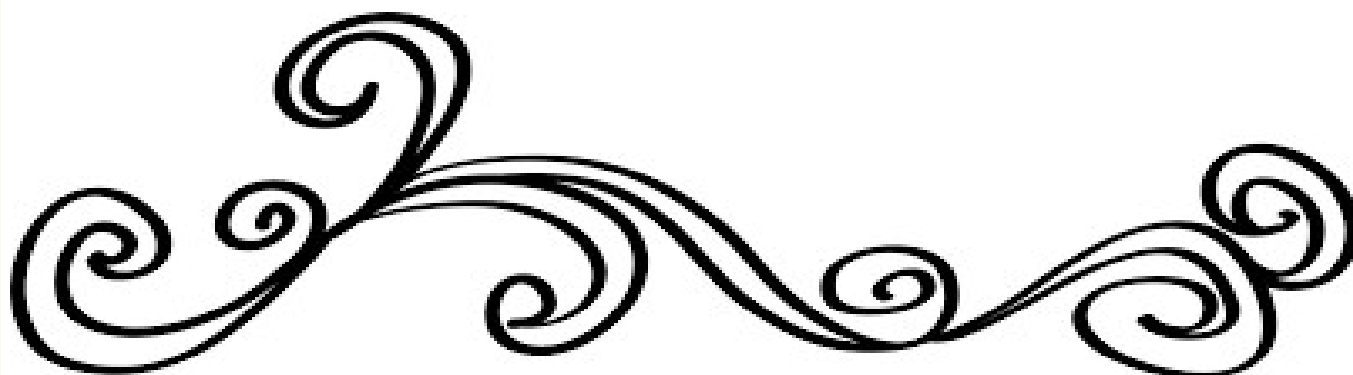
Handy Reference Numbers You Should Have!

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 Surgery and Depression

Sleeplessness, loss of appetite, feelings of guilt or worthlessness, or irritability are some of the symptoms of depression. It can be triggered by the inability to participate in normal daily pleasurable activities, by a sense of helplessness and lack of control over your body. Medications, stress, malnutrition, anesthesia, or metabolic imbalance can also cause depression.

Patients who base their self-esteem on their physical appearance, they're "always in control", take charge character, or their good Samaritan (always the helper or solver) behavior, have a harder time dealing with their disease, their ostomy, their lack of control over their bodies, and their need to depend on others for help, even if only temporary.

Constantly tired from efforts to cope with daily household or work routines, while learning to adapt to physical requirements this unpredictable new addition to your body, leaves little energy for enjoyment of leisure

activities or romantic involvement. It takes us some time to return to our normal lifestyle. So relax—do what you are capable of doing at this time, and do not try to rush things. You have had enough pain and deserve a vacation.

Give yourself a year for a good recovery and if it should happen to take a lot less time, consider yourself a very lucky person. In the meantime, do what you have to do in every way you are capable of doing it, but do not give more than a passing thought to the things you cannot do right now. You might have to take some shortcuts, do some improvising, or indulge in some healthy neglect. Do not be bashful about asking for and accepting help. You would do the same for someone else if they needed help.

Some patients conceal their ostomy from their spouse, families or lovers because they fear rejection, feel shame or embarrassment, are modest or have noticed evidence of disgust.

This results in feelings of isolation, depression and chronic anxiety. Most ostomates need a few months before they feel secure about being accepted. Join the crowd!! You are not alone! We all go through this!!

Signs of depression:

Physical — aches or pains, or other physical complaints that seem to have no physical basis. Marked change in appetite; change in sleep patterns, and fatigue.

Emotional — pervasive sadness; anxiety; apathy; crying for no reason and indifference.

Changes in Behavior — neglect of personal appearance; withdrawal from others; increased use of alcohol or drugs; increased irritability and restlessness.

Changes in Thoughts — feelings of hopelessness or worthlessness; inappropriate or excess guilt; forgetfulness and inability to make decisions to take action.

TRAVEL TIPS!

As the holidays are before us, it may be a good time to cover some travel tips — especially when traveling by plane.

Prior to leaving for the airport:

Always change your appliance a few hours before heading to the airport — especially if there is a long haul flight.

If you have a colostomy and can irrigate, it is suggested you do this the same day of your flight or the night before if you'll be leaving early in the morning. Irrigating your colon can make travel a lot more convenient and will take some stress out of having to empty your pouch before reaching your destination.

Since you don't always know how your stoma will react to the sudden changes in your routine, put a gelling product into the pouch and a squirt of pouch deodorant before leaving for the airport.

Try not to eat on the day of your flight because you don't want to have to empty your appliance too often before reaching your destination. However, there's a risk of becoming weak when

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you don't eat for prolonged periods of time.

As an alternative, some people will take Imodium to slow down their bowel movements on the day of their flight especially if you have a high-output stoma that's difficult to manage.

Do One Last Check

Before you head out the door, double-check that you've got all your supplies packed. This includes making sure that you have a small emergency stash that you keep separate from your main luggage.

If you think it helps, keep a written list of the supplies you use including the manufacturer, part number, and size. This will be useful if you need to order supplies at your destination.

Be sure you have a travel communication card for use during screening before boarding. This is intended for the passenger to inform the TSO at the beginning of personal screening—before being patted down or entering a full body scanner. TSA officers should not ask you to show your pouch. You can download this card at https://www.ostomy.org/travelcard_20230111.pdf. It is important

that the card is blue as it is a “flash-card” developed by the TSA so their own officers will recognize it and be guided to treat the traveler with discretion and sensitivity.

TSA NOTIFICATION CARD: INDIVIDUALS WITH DISABILITIES AND MEDICAL CONDITIONS

I have the following health condition, disability or medical device that may affect my screening:

I understand that alternate procedures providing an equivalent level of security screening are available and can be done in private. I also understand that presenting this card does not exempt me from screening.

Information • Assistance Requests • Compliments • Complaints

TSA Cares

1-855-787-2227 (Federal Relay 711)

Weekdays: 8 a.m. to 11 p.m. ET

TSA-ContactCenter@tsa.dhs.gov

Weekends/Holidays: 9 a.m. to 8 p.m. ET

Hablamos Español

Automated information offered in 12 languages

Call 72 hours prior to traveling to request the assistance of a Passenger Support Specialist (PSS) at the checkpoint. If a PSS is not available, you may ask for a Supervisory TSA Officer at the checkpoint.

In addition, you will also want to ensure you have the Restroom Communication Card. This card helps to discretely advise staff you need to use a restroom when no public restroom is available, such as restrooms only available for employees or the restroom onboard an aircraft when flight crews have asked passengers to stay in their seats. You can download the Restroom Access Communication Card at <https://www.ostomy.org/restroom-access->

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[self-advocacy-tools/](#)

RESTROOM ACCESS NEEDED NOW

The cardholder needs urgent restroom access to empty or change their ostomy pouch and/or catheter.

The cardholder is wearing an ostomy pouch which contains bodily waste and is carrying pouches and related supplies to manage personal hygiene.

Access to the restroom is critical for the cardholder's wellbeing and for public sanitation.

Thank you for your help and understanding.



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United Ostomy
Association
of America, Inc.

Once you are at the airport

Look for a map of the airport. This will let you know where certain things are located, such as bathrooms and flight gates. It will make life a lot less stressful before your flight or after you land.

Once you checked in and have received a boarding pass, you'll want to make your way towards the airport security. As a matter of convenience, check in using the airline app or online (usually 24 hours before the flight). It is highly recommended that you empty your ostomy appliance before reaching airport security, as having a full pouch will likely result in more questions/steps to go through. Be sure you have your Travel Communication Card.

You may need to have your personal belongings inspected, go through a body

scanner, get a pat down, and/or get tested for explosive residue. When having your belongings checked, be sure to have any liquids in your carry-on out and ready to show the airport security personnel. Most airports allow you to bring a maximum of 1000ml of liquids on the plane with you, and a maximum of 100ml per individual container.

If you are asked to be patted down, you have a right to ask that this be done in a private setting and by an officer of the same gender. Depending on your level of comfort, you can also ask them to pat you down right there which saves time.

Explain at this point that you wear a medial appliance. Nearly all the inspectors at TSA know what an ostomy is, and know how to handle it sensitively.

Now that you are on the plane

Separate from eating, you'll want to make sure that you're getting enough fluids to keep hydrated. Ileostomates will need to pay extra attention to this since dehydration is more of a concern when you don't have a colon (or a colon that isn't connected!).

Airplane cabins are known to have a dehydrating effect because of their really

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low humidity levels, and the hustle and bustle of travel can compound the problem even more.

Don't be afraid to ask your flight attendant for an extra bottle of water, and go easy on the alcohol (which will dehydrate you even more). In addition to beverages, make it a point to eat the fruit being served as another source of liquids.

Because dehydration tends to change how your stoma behaves, look for signs like really thick output to tell you that you need to drink more.

Bathrooms on airplanes are tight and cramped. This could change how you empty your bag, so be prepared to modify your position. One thing to be aware of is that these toilets aren't filled with water, and they rely on vacuum suction and a tiny bit of water to clear out the content.

Because of this, it is suggested covering the bottom of the bowl with toilet paper and aim for that when emptying your bag or risk leaving "skid marks" inside the bowl (which are not easy to flush away in an airplane toilet!). If you use pouch liners, you'll have the best luck throwing it in the toilet drain as you flush.

Many people may experience more gas in

their pouch and an increase in abdominal bloating while flying; this is also observed in pilots so it's not just you! While it's entirely possible that a change in cabin pressure may play a roll in this, here are some other factors: change of food, inactivity, irregular meal times, or stress.

If possible, make sure that you're wearing a fresh pouch with a working filter to help actively get rid of gas buildup. If you do develop pouch ballooning, don't be shy about excusing yourself to release that gas inside the bathroom. Using a product like the Osto EZ Vent may be useful in this situation.

You have arrived

Once you finally reach your destination, you may want to empty your appliance once more before retrieving your luggage and heading to security.

We hope these tips will help to alleviate your hesitancy for travel and that you have happy travels!

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/>

Keep Hydrated!

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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

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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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