Ostomy Support Group North San Diego County

P.O. Box 3019, Vista, CA 92085 **OstomySDC.com**

September 2019

Solving Ostomy Problems

Solutions to Problems That May Occur

Many people with an ostomy find that once their stoma has settled and they are in a normal routine, they are able to live their life with few ostomy related issues. However, as you are adjusting to life with a stoma, you may experience some problems that are quite common. We have put together a list of some common ostomy related problems and solutions so you can be well prepared if and when they occur.

Many ostomates continue to live with stoma issues and problems unaware that there are solutions available to them. Learning how to care for your stoma and understanding these common problems will help you to find normalcy and routine after your surgery. Access to this information will help you to take charge of your life and increase your confidence.

Before we get into the common problems and solutions, it might be helpful to mention proper cleaning and application. With proper care of your stoma and the skin around your stoma you may reduce the risk of the below problems. Proper care begins with proper application. Make sure your barrier hole fits tightly around your stoma, and that the skin is clean and dry for application. When removing your barrier, it is important to lift it gently off of your skin while using your other hand to press down on your skin. Ripping the adhesive off quickly can cause redness and irritation that can lead to other problems. To clean your stoma and the area around it, use a soft cloth or towel and warm water. Be gentle when cleaning, as aggressive rubbing or wiping can irritate the skin. It is not necessary to use soap, as soaps can leave residue and irritate the skin.

Welcome New Member

Paul Wick

Next Meeting

OstomySDC Website

September 27, 1-3pm

Tri-City Medical Center

4002 Vista Way

Oceanside, CA

Lower Level AR 1

Full meeting Schedule pg. 4

No Meeting in December

Resources & Services

Ostomy Supplies for the Under-Insured

The Ostomy Support Group of North San Diego County maintains a closet of supplies for under-insured ostomy

HOW: Contact **Leslie Schwartz 760-470-9589** email: LBschwartz@prodigy.net to make arrangements to pick up supplies or donate un-opened supplies. We'll need the size of your stoma and the type of surgery (ileostomy, colostomy, urostomy) to provide the appropriate supplies. Call ahead and pick up or donate your supplies at our monthly support group meetings.

Other Resources for Free Supplies

OstoGroup. https://www.ostogroup.org Ostomy supplies are free, patient covers shipping costs

Ostomy 101 Classes gives you the confidence you need to live abundantly after ostomy surgery. This is a collaborative program between UCSD and the Ostomy Support Group of North San Diego County, designed to address the lifestyle needs of pre-operative and post-operative ostomy patients. Monthly classes are free and are taught by people living vibrantly with an ostomy. Registration is required due to limited space.

View product samples from all major manufacturers

Get tips for wardrobe, swimming, traveling, going back to work or school and MORE!

For information and registration visit:

Ostomy101.com or call Dawnette 858-336-4418

Upcoming classes: **2019**- Oct 12 *Nov 9 *Dec 14 **2020**- Jan 11* Feb 8*, Mar 14*

Online Classes Coming Soon……..!!!!

Certified Patient Visitor Program

Visiting new and recent ostomates is an important service. The Ostomy Support Group of North San Diego County trains and certifies ostomate members who offer encouragement and support to individuals and their families both before and after surgery. Patient Visitors answer non-medical questions about living a vibrant life with an ostomy. Visits take place per the patients request, by a visit to the hospital, home or by phone. The goal is to reassure individuals that they can look forward to a normal, satisfying life after ostomy surgery. Any and all medical questions, which may arise during a visit, are refereed to medical practitioners.

Reminder: There will be NO Support Group Meeting in Dec.

(Continued from page 1)

When changing your pouching system, it can be helpful to use a small hand-held mirror to see all around it. If there is leakage, use the mirror to check all areas of your barrier and stoma for gaps and creases. Once you've identified the problem area, it will be easier to address.

Leakage

Two of the main factors of leakage problems are: how you prepare your skin before you apply your barrier, and your barrier size. You should make sure to clean and dry your skin completely before applying a new pouching system. If you are having trouble getting the area dry, an absorbing powder might be a good solution for you. If your pouch gets too heavy and tends to pull away from your skin, or if your barrier does not fit correctly, a protective seal between your stoma and the barrier can prevent leakage and seal the pouching system.

Skin Problems

The skin that surrounds your stoma is called peristomal skin—it should be smooth and healthy and look like the rest of your skin. If it is red or irritated, you should address the problem immediately. If you have problems with adhesive residue or are unable to get the area completely clean before application, you may want to try to use an adhesive remover.

Odor

New sound and smells coming from your pouching system can be embarrassing and induce anxiety. Many new pouching systems have filters to neutralize the odors caused by gasses in your pouch. What you eat can have an effect on gasses you produce. It is recommended to avoid carbonated beverages and limit high-fiber foods. If the filter in your pouch gets blocked, you may experience ballooning. Ballooning happens when air from your stoma cannot escape the bag and it fills up like a balloon. Depending on the type of system you are using, you may want to release air from it throughout the day. If the odor is strong when you are changing your pouch, you may want to try a lubricating deodorant which can help mask, the smells during a pouch change. Simply place 6-10 drops into the pouch when you change and empty it and spread it around inside the pouch by rubbing the inner sides together, avoiding the filter. This helps the output to make its way more easily to the bottom of the pouch.

Should you need more assistance dealing with a problem you are having with your ostomy, consult your healthcare professional. For more assistance and personalized support, check out Coloplast® Care, which is an ongoing comprehensive support program that gives people with an ostomy support

Sunshine Report by Dodie Wilson

September

Birthdays: Connie Mendoza, *Nancy Schwartz, Bill Parks, Sue Davis, Dick Woolsey, *James Caldwell, Donna Stark, Matt Sarin, Phillip Pirofalo.

Stomaversarys: Dick Woolsey=12yrs, Cecelia Cowles=22yrs, Harvey Shouf=9yrs, Camille Lemieux=10yrs, Lisa Birney=1yr, Donna Stark=11yrs

Get Well/Thinking of You: Ruth Voyzey, Judy Woosley, Matt Sarin

Sympathy: We have lost long time member and larger than life personality Matt Sarin.

*=Spouse/Support Person

Stomy BC Meetings

11:00 am in Tijuana

1st Saturday of every month.

Visit: Stomybc.org

President's Message

Hello Friends,

I'd like to take this opportunity to thank you for your Ostomy Support Group Membership. Your annual, tax deductible $30 membership, does
6 IMPORTANT THINGS…

1. Enables us to hold monthly meetings to provide support & education.
2. Allows us to hold free monthly Ostomy 101 classes for new patients from 5 hospital systems.
3. Produce a monthly newsletter.
4. Provide free ostomy supplies for the uninsured in San Diego county & Tijuana.
5. Enables us to gift and Ostomy Teddy Bear and book to the children who undergo ostomy surgeries in San Diego county.
6. Maintain the Ostomysdc.com website so people looking for support can find us! We get multiple calls from patients, caregivers & clinicians every week!

Whether you regularly attend our meetings or not, I hope you will continue to support these free, life changing programs in our community by maintaining your membership. You can even donate a little extra to the project you feel most passionate about!

Thank you for your continued support.
Dawnette

Officers

President: Dawnette Meredith

858-336-4418 Terrabusy@yahoo.com

Vice President & Supply Closet Coordinator:

Leslie Schwartz 760-470-9589

Treasurer: Lou Drexel

760-749-6656 LMrnch@gmail.com

Secretary: Ruth Voyzey

Directors: Val Alley, Tammy Davis, Paulette Frazelle, Michelle Tracey, Mona Villa, Dodie Wilson, Dick Woolsey

Honorary Board Members: Dr. Dhruvil Gandhi, Al Nua, Connie Medoza, Lorena Eckart, WOCN

Money Corner by Lou Drexel

Aug 1 – Aug 31, 2019

INCOME: $38.00

EXPENSES: $437.88

Jan. 1 – Aug 31, 2019

INCOME: $5,457.22

EXPENSES: 5,022.66

General Meeting Schedule 2019

Time: 1:00pm. Location: Tri-City Medical Center

Oceanside, CA Lower level room AR1

Jan 25	July26
Feb 22	Aug 23
March 29	Sept 27
April 26 Vendor Fair	Oct 25
May 31	Nov 22
June no meeting	Dec no meeting

Board Meeting Schedule 2019

Time: 1:00 pm

Tri-City Medical Center meeting room

Jan 7	July 8
Feb 4	Aug 5
March 11	Sept 9
April 8	Oct 7
May13	Nov 11
June 10	Dec 9

Meeting News by Tammy Davis

August Meeting:

Program: UOAA National Conference Overview

Lorena Eckert WOCN introduced two new nurses training for WOCN

Total in attendance: 27

Leading the Meeting: Dawnette

ELECTIONS ARE COMING SOON!

We need assistance with checking people in at general meetings, help with the newsletter, ideas for meeting programs & More!

Let us know how you want to help.

Ostomy Supply Manufacturers

FREE Samples

B. Braun Medical. 800-854-6851

Coloplast Corp. 800-533- 0464

ConvaTec. 800-422-8811

Cymed Ostomy Co. 800-808-7456

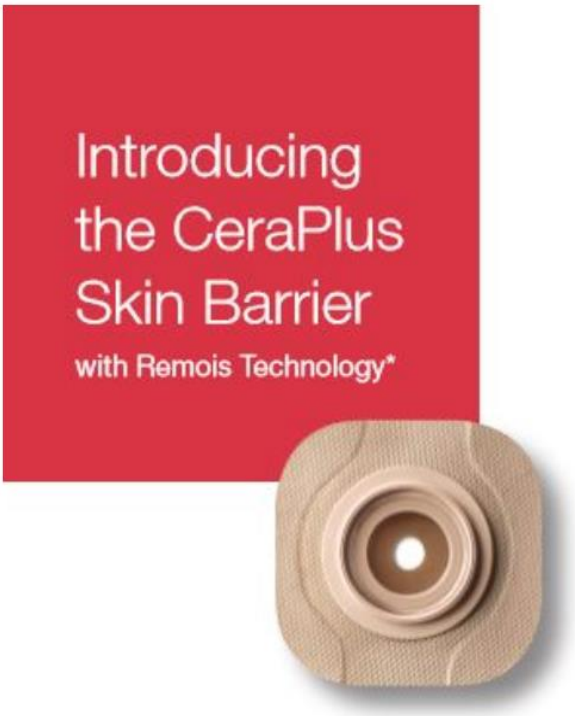
Hollister Inc. 888-808-7456

Marlen Manufacturing. 216-292-7060

Perfect Choice Medical Technologies 800-665-4312

Safe n' Simple 844-767-6334

Securi-T USA. 877-726-4400



Hollister

Believe it or not, the skin around your stoma can be as healthy as the skin on the rest of your body.

Introducing the CeraPlus™ skin barrier with Remois technology*. Our newest skin barrier is infused with ceramide to help keep moisture in and protect against dryness.

Does your skin deserve better? Learn more about how the CeraPlus skin barrier supports healthy skin from the start. Call us today at 1.888.808.7456.

Hollister Ostomy. **Details Matter.™**

Remois

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*Remois is a technology of Alcare Co., Ltd.

Ostomy Support Group of North San Diego County

Membership Application

Membership is open to all ostomates and individuals with continent diversions, persons contemplating or scheduled for ostomy surgery, family members, caregivers, medical professionals and other interested persons.

Membership Includes:

Newsletter: Our Group's monthly newsletter containing useful information on how to live a satisfying life as an ostomate, helpful hints for caregivers and other relevant information.

Monthly Meetings: Attend our monthly meetings to hear interesting speakers, exchange ideas, answer questions, receive support, share the camaraderie of fellow ostomates and enjoy refreshments.

One-on-one Visits by one of our Certified Patient Visitors to prospective or new ostomates, and to others as needed.

Ostomy 101 Patient Education Classes: These monthly classes address the practicalities of living everyday life with an ostomy (wardrobe, swimming, travel, intimacy).

Tax deductible annual dues are **$30**

Name_____ Date of Birth_____

Date of Surgery_____Spouse/Caregiver_____

Phone_____Email_____

Address_____City_____State_____

Type of Ostomy: Colostomy___ Ileostomy___ Urostomy___ Continent Ileostomy ___ Ileoanal Reservoir___

Continent Urostomy___ I do not have an ostomy___ I am a parent of a child with an ostomy__

How would you like to receive your newsletter?

By Mail_____ By Email_____

Please attach your check for $30 made payable to: OSGNSDC or Ostomy Support Group of North San Diego County

Submit your payment at the next meeting or mail to: P.O. Box 3019, Vista, CA 92085

Thank You

Ostomy Resources San Diego County

Tri City Medical Center: 4002 Vista Way Oceanside, CA 92056

Appt call 760-940-3793 * Lorena Eckhart RN, MSN, WOCN* Eckartlr@tcmc.com 760-851-7491

Adrianna Kovacs RN, BSN, WOCN KovacsA@tcmc.com 760-851-9903

XIMED Wound/Ostomy Care Clinic: 9850 Genesse Ave suite 360 La Jolla, CA 92037

Justine Johnson WOCN 858-283-8959, Barb Twombly WOCN 858-688-6601

Scripps Hospital: 10666 Torrey Pines Rd La Jolla.CA

858-554-9148 Mandy McDonough, RN, WOCN

Scripps Mercy 4077 5th Ave San Diego 92103

Appt call 619-260-7244 Sandy Whitlock RN, WOCN Whitlock.sandy@scrippshealth.org

Julia Ringhofer RN, WOCN Ringhofer.Julia@scrippshealth.org

Palomar Medical Center: 15615 Pomerado Rd Poway, CA 92064

Palomar Medical Center: 2185 Citracado Parkway, Escondido, CA 92029

Susan Mason WOCN 442-281-4128, 760-809-1252 Susan.Mason@palomarhealth.org

Sharp Mission Grossmont Hospital: 5555 Grossmont Center Dr. La Mesa, CA 91942

619-740-4953 – Ostomy Clinic

Sharp Memorial Hospital (no clinic) questions Jessica.schroeder@sharp.com

Sharp Coronado 619-522-3966

Rady Children's Hospital

No Clinic. Questions 619-200-4797 Mary Ann Dilloway RN WOCN

UCSD

Hillcrest Clinic & UCSD Moores Cancer Center Clinic La Jolla 858-246-3214

Star Harrison RN, BSN, WOCN Eharrison@ucsd.edu

Kaiser

Garfield Specialty Center 5893 Copley Dr. San Diego 92111

Viewridge Clinic 5251 Viewridge Ct San Diego 92123

San Marcos Clinic 400 Craven Rd San Marcos 92078

Appointment line for all ostomy clinics 619-622-1222

United Ostomy Associations of America Affiliated Support Group

The Ostomy Support Group of North San Diego County
P.O. Box 3019
Vista, CA 92085

Address Service Requested

Dated Material

Next Meeting – Sept 27 at 1:00 pm

Program: Leslie Schwartz / Our Group's New Avenue for Reaching Ostomates