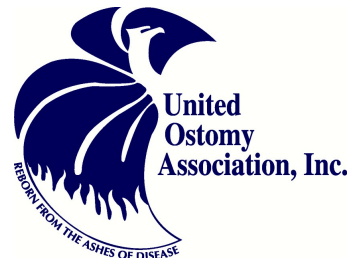


UOASL MEETING SCHEDULE

314/522-8523



marybethakers@excite.com

- March 14* St. Luke's 2:00PM -Institute of Health Education
Ostomy Skin Care-Colleen Cole RN, Rm 1&2
- April 4 St. Luke's 7:00PM -Institute of Health Education
Travel Tips - Share Your Experience, Rm 4&5
- May 2*** **St. John's 7:00 PM Von Gontard Conf Center
Annual Product Fair**
- June 6 St. Anthony's 7:00PM - Hyland Education. &
Training Building in the Great Room
- July 9-13 **Youth Rally in Boulder, CO
(Contact MB Akers for more info)**
- July 11* St. Luke's 2:00PM -Inst of Health Educ., Rm 1&2
- August 1 St. Luke's 7:00PM -Institute of Health Education
Skin Care - Dr. Richard Bell, Rm 4&5
- August 3 – 6 **UOA National Conference, Anaheim, CA**
- September 12* St. Luke's 2:00PM -Inst of Health Educ., Rm 1&2
- October 3 Christian Hospital NE 7:00PM Dietrick Building
- November 14* St. Luke's 2:00PM -Institute of Health Education,
"Are You Prepared?" Living with an Ostomy Rm 1&2
- December 5 St. Luke's 6:30PM -Institute of Health Education
HOLIDAY MEETING - Lower Atrium & Auditorium

For more information call: Bill Lawson, 636-256-7703 or
Betsy Naeger, 314-725-1888

**Any articles welcome for consideration:
personal experiences, health, obituaries, find a pen pal, etc.**

Publication Deadline: May 25, 2005

Send articles to: Mary Beth Akers
8 Harneywold, St. Louis, MO 63136

LIVE AND LEARN

Spring 2005

President's Message

Hello Members,

Spring is on the way, and our local UOA chapter has been busy. We are planning our interesting and entertaining May Product Fair to be held at St. John's Medical Center, our Youth Rally Camp in July, and our National Conference in Anaheim, in August. March will be highlighted by Colleen Cole, WOCN, to discuss skin care, a concern to members.

Our February meeting was well attended, and we had a wonderful panel of Wound Ostomy Nurses answering our questions and concerns. Thank you to Betsy Naeger, RN, WOCN, for planning this vital program.

Concerning the new dues billing system, Bill Lawson, our membership chair, and Hank Thill, our treasurer, would like to thank our members for their cooperation while we are still learning our new system for paying local and national dues. Your local board of directors feel that the National United Ostomy Association is a great partner with our local chapter. We receive the Ostomy Quarterly, an informative magazine, we can go to the Web Site www.uoa.org, and the Advocacy Program keeps us current with the insurance and Medicare issues. We encourage all members to join the National Association.

UOA Local and National are trying to help all patients that have been touched by Ostomy surgery, and continue to strive to make this organization helpful to those in need. I attended the National Board of Directors meeting in early March in Chicago as your representative, and I learned that the National Association continues to assist us in helping the local chapters. We know that working together we can get our message out to patients and medical staff.

Dean Arnold, UOA National President

Rockford Register Star on Jan. 26, 2005 -- *By Kevin Haas*

- Who is he? Dean, 54, is a chief mechanical engineer at Ingersoll Production System. He has a bachelor's degree in mechanical engineering and has worked in the Rockford area in machine tool businesses for more than 30 years. **He is president of the United Ostomy Association, a national nonprofit, self-help organization that strives to help people with ostomies live productive lives. He has been involved with the local Rockford Ostomy Association and the national organization since 1978.** He is also a fourth-degree knight and past grand knight of the local council of Knights of Columbus. He is married to Beverly, and they have two daughters.
- Happiest childhood memory: One snowy winter day I made a family of snow people and stood them on the porch so my sister could look at them. She was sick and couldn't go out to play in the white stuff. I also remember numerous family vacations spent fishing at lakes in Minnesota. It gave me a great love of the sport.
- What do you take pride in? The support my family has given me during my many years of involvement in UOA.
- Most daring act: On my first trip to Japan, the first day I arrived I went to the main Tokyo train station and took a two-hour ride north to visit my wife's relatives. I knew none of the language, customs or where I was going.
- Something you've always wanted to do: Open up my own business rebuilding older automobiles.
- An experience you will never forget: Landing in a helicopter on a glacier in Alaska and driving a NASCAR race car at 130 plus mph at Joliet speedway.
- What are you known for among your friends? Being a workaholic.
- One additional talent: To learn to appreciate the art of the world.
- What are you reading? "Good to Great" by Jim Collins.
- Trade places with someone for a day: Any one of the celebrities who has an ostomy. I would become a spokesman for UOA to tell everyone ostomy and diversion surgery are not the end of the road. In fact, you win back control of your life from the disease after you have surgery.
- Favorite saying: "I will try to do it as long as it is not illegal, immoral, and you do not mess with the paycheck."

United Ostomy Association's Annual Youth Rally

University of Colorado in Boulder, Colorado.

Saturday, July 9 through Wednesday, July 13, 2005.

We are looking for youths, 11-17 to sponsor for this trip.

For more information, please call

Mary Beth Akers, UOASL, Youth Chair 314-522-8523.

Rolla Satellite News

For meeting dates, times, and place, contact:

Retta Sutterfield RN CNS CWOCN

Phelps County Regional Medical Center

Rolla, MO 65401

retta@fidnet.com 573-458-7688

Visit the **UOA Website:** www.uoa.org

For access to information on cancer 24 hours a day, call the

AMERICAN CANCER SOCIETY

1-800-ACS-2345 or visit the web at www.cancer.org

Product Fair Information

Be watching your mail for the flyer containing all the information about the product fair. We are pleased to welcome Brenda Elsagher as our speaker. Perhaps you have read her book, "If the Battle is Over, Why Am I Still Wearing the Uniform." Her topic this year is "Living and Laughing with an Ostomy." After her talk, we will all have the opportunity to visit with our local product representatives and see some of the new products.

As we have done in the past, we will be offering a stay at a special place for our major prize. This year's destination is two night's stay at **The Original Springs Hotel and Bath** in **Okawville, Illinois**. The hotel boasts of its mineral springs and has been open since 1892.

NEW TEST SAVES LIVES

Via: The Pouch & UOA Website

Bladder cancer, a killer disease notoriously difficult to diagnose, can now be detected with 95 percent accuracy by a new test for abnormal genetic material in the urine. The test could mean early treatment for thousands of patients, say researchers. Dr. David Sidransky of Johns Hopkins University School of Medicine said, "The simple urine samples can be analyzed for the presence of abnormal DNA, a telltale sign of cancer." The DNA abnormality appears at a very early stage—a time in the disease process when there is a high likelihood of cure. Researchers report the pilot study using the new test detected 19 to 20 patients with the disease. Dr. Carlos Cordon-Cardo, a bladder cancer expert at Memorial Sloan Kettering Cancer Center in New York said, "the new test is very important in saving lives. Labs now find only 20-30 percent of bladder cancers in the early stages."

UOA GROUPS and COMMITTEES

(GAC)Government Affairs

Linda Aukett, Chair

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buffaway@snip.net

(GLO)Gay & Lesbian Ostomates

Eric Floyd, Chair

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(POC/PTN)Parents of Ostomy Children & "Pull Thru" Surgeries

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(YR) Youth Rally

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Thirty Plus Network

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TEN NOT-SO TRADITIONAL HEALTH TIPS

By Judi Sheppard Missett, Via: ThirdAge Health & Indianapolis IN Chapter UOA; Via Evansville Re-Route

OK, so you're well versed in all the traditional guidelines for good health—watch your fat intake, exercise regularly, drink lots of water, maintain a healthy weight, keep your food portions under control and so on. Well, here are a few effective, not-so traditional tips to round out your repertoire:

1. Floss daily for more than oral hygiene. According to some research, individuals with gum disease are the risk of stroke. Also, periodontal disease can increase the risk of certain respiratory infections, trigger premature delivery in pregnant women and interfere in blood sugar control among diabetics. Apparently, poor oral hygiene allows unhealthy organisms to travel to other parts of the body where they can do harm. So boost your health quotient by flossing regularly.
2. Do volunteer work. A study at the University of Michigan found that individuals who did volunteer work increased their odds of living longer. The key, it seems, is to find one organization that you believe in and offer up an hour of your time each week. Heed Ostomates!
3. Socialize. Surround yourself with friends and family, and you may avoid catching a cold this year. According to a study published in the Journal of the American Medical Association, healthy adults with six or more types of social relationships, from family to neighbors to co-workers, are four times less likely to become sick than those with three or fewer types of social ties.
4. Eat a banana before bed. Magnesium and potassium-rich bananas can help you fall asleep faster. The carbohydrates stimulate production of serotonin, which makes you drowsy.
5. Use your brain! Individuals who keep their minds challenged are less likely to suffer from senility. Mental activities like reading, crossword puzzles and balancing your checkbook strengthen neuron paths.
6. Avoid drinking too much decaffeinated coffee. A study conducted at the University of Alabama at Birmingham found that older women who drank four or more cups of decaf coffee a day were more than twice as likely to develop rheumatoid arthritis.
7. Hug your pet-or someone else's. Animals can alleviate feelings of loneliness and isolation, and help you relax and release tension. Better yet, take a dog for a walk and get some exercise too.

8. Get a massage. Human touch is healing. Tension slips away and stress hormones drop by 24 percent, according to a study at the Touch Research Institute at the University of Miami.

9. Say thank you. Being appreciative elevates your mood and makes you less vulnerable to depression, according to research from Eastern Washington University in Cheney.

10. Protect your eyes. Eyestrain can cause everything from headaches to fatigue. Make sure work and reading areas are well lit and that you take regular breaks if you spend a good deal of time in front of a computer.

VISITING SERVICES

Upon request from you, a Doctor, a Nurse, or an Enterostomal Therapist (Wound Ostomy Continence Nurse): A **VISITOR**, who has been specially trained will be sent to visit an Ostomy patient, either Pre-Op or Post-Op. The visitor will be chosen according to the patient's age, sex and type of Ostomy. There is **NO CHARGE** for this service and **WE DO NOT GIVE ANY TYPE OF MEDICAL ADVICE**. We only show the patient that his/her operation is not the end of the world, but a NEW pain free beginning to life again.

For a visitor call Betsy Naeger, 314-725-1888.



2005 UOA National Conference

August 3-6
Anaheim, CA

Anaheim Marriott
\$99.00 plus tax
single or double

Register online at
uoa.org or call
1-800-826-0826

RELAY FOR LIFE - ACS

The American Cancer Society sponsors Relay for Life at several locations in the St. Louis Area. The walk can be done in memory of a family member or friend who has had or is currently fighting the disease. The UOASL Board selected the Southwest County relay as the site where we would participate in June 2005. Cancer survivors can register between 5:30 and 6:30 PM to participate in the Survivors' Lap at 7 PM, which by tradition is the first lap. The survivors will also receive a free T-shirt. There will be a reception with snacks provided.

The purpose is to raise funds for the ACS. This year we would like to have several teams. With a team, we would solicit sponsors and have someone on the track all night until dawn. It is a great way to raise funds for helping those with cancer as well as to fund research. For us, it is a great time to gather with friends, make new ones, and remember that we are survivors.

If you would like to join us, contact Bill Lawson at 636-256-7703.

PASTE HINTS

Via: Raleigh, Via: Metro Maryland; Via Evansville, Re-Route
Paste brand names available: Coloplast; ConvaTec (Stomahesive) Hollister (Premium, Hollihesive and Karaya pastes). This product is often misused and , it could be argued, misnamed, Pastes and should not be used as adhesives. The purpose of paste is to fill in any uneven areas on the skin under the wafer to make the area level, which will help to gain a good seal to the wafer. The second function of paste is as a caulking material around the base of the stoma to keep discharge from leaking at the base and getting under the wafer. All of the pastes contain alcohol and therefore will sting some when applied to irritated skin. This stinging will subside as the alcohol evaporates. If feeling in deeper depressions in the skin surface, it will be better to layer the paste, allowing 30 seconds between each application to allow the paste to set up. Caution! Be sure to use a dampened, but not quite dripping wet, washcloth, tissue, cotton balls or your fingers to tap the paste into place, or else you will have the paste all over everything within reach. At this point, paste becomes a cement which attaches to anything dry and you become frustrated. Recap the paste tube immediately after use to prevent it from drying out.

Editors' Note: Due to requests from members, we are using a new format which will make the LIVE & LEARN experience like that of reading a book. Page numbers are handwritten this first time.

Get Your Guts in Gear: Ride for Crohn's & Colitis

We want to support the official UOA riders that will cycle 210 miles over 3 days this June to raise money and awareness for digestive disease research and treatment. To date, the following riders will represent UOA:

- a. **George Salamy**, UOA's Vice President and member of the Morris County, NJ Chapter and the Ileostomy Society of New York.
- b. **Joey Wannat**, Youth Rally Counselor and a leader of the Young Adult Network.
- c. **Terry Italia**, Executive Director, Nancy Italia's husband and a UOA donor.

To ride, crew, or make a donation, visit www.ibdride.org or call 646-536-7408.

Memorials

We have come to learn about a number of past members who have recently died. Some were well-known by many and some were in the background.

*Elnore Sturm (12/29/04) worked as a secretary for Frisco Railroad and Standard Oil, but then found a new calling. She returned to school at the age of 50 to pursue certification as a licensed practical nurse with specialized training as an enterostomal therapist. Elnore helped initiate a pioneering team that created the first Ostomy Care Program in the region at the Jewish Hospital of St. Louis. With her new-found expertise, she became not only an instructor at the Jewish Hospital School but also lectured throughout the United States. She served as Program chair, board member and president of the St. Louis Chapter of the United Ostomy Association and on UOA national committees. (Taken from her Memorial Service Program)

*Charlie Schlueter (12/31/04) Past UOASL President

*John Gibbons (1/5/05)

*Joyce Colegrove (1/16/05).

Please let us know if you hear of ones we do not.

COLOSTOMY HINTS

Metro Maryland & The Osto-mee News, Hamilton, Ohio

Save money by making your own elastic belts for holding your irrigation sleeve or appliance. Save the end attachment from the old worn-out belt and transfer to the new elastic. A cup of buttermilk in irrigation water can help control odor. If you irrigate, try adding about 1/4 cup of Vaseline Intensive Care Bath Beads into the irrigation sleeve when you are cleaning it. Rinse with clear water. Odors will be gone and fecal matter will slip out easily. Water cans with long, curved spouts are excellent for rinsing reusable appliances. If you notice a persistent odor after changing your appliance, check to see if you have cleaned the tail piece properly. It isn't necessary to clean the inside of an appliance (as it is acting like the inside of your colon), but the end of the tail flap is exposed to the outside and will cause odor if fecal material is not removed. A careful swipe with a piece of tissue will do the trick. Always carry an extra appliance and an extra closure clip for emergencies. Check it periodically to make sure that it is not showing wear and tear. When traveling, carry a collapsible plastic cup for water, a packet of tissues, and a small plastic bag for any other unforeseen need. Check your stoma whenever you change your appliance. You want to make sure that you catch any possible problems early. Look for changes in color, shape, or function. Also, look around the stoma for changes in the skin. If you spring a leak while wearing your best "dry clean only" winter whites, get them to the cleaners quickly. Explain the nature of the stain. You can help educate the public and you have the best chance of getting the stain out if you "come clean" as to what caused it. If you can't eliminate odor from your faceplate, try taking an old toothbrush and scrubbing the faceplate with toothpaste. If you find the scissors sticky when you cut Stomahesive wafers, lubricate the scissors with KY Jelly or clean the blades with rubbing alcohol. Try using one of those small seam rippers (available in any fabric store) for cutting the size you need from Stomahesive. It is quick and gives a nice smooth edge but be careful. Be careful with zippers. The pouch can get caught in the zipper when zipped in a hurry. Be careful with what you place in your pockets. Ballpoint pens, keys, nail files, tooth picks, and other sharp objects could puncture the pouch. Before you leave for travel abroad, call Intermedic, Inc. in New York City at: (212) 486-8974. They can provide you with names of English-speaking doctors abroad.

CRANBERRIES —

FOR AND AGAINST FOR UROSTOMATES

Via: Snohomish county, WA & S. Brevard FL Newsletter

FOR— The secret ingredient in cranberries that is pivotal in preventing urinary tract infections (UTIs) is concentrated tannins in the juice, called proanthocyanidins. In a Boston study published in the Journal of the AMA, cranberry juice was found to be effective in reducing the incidence of UTIs and the need for antibiotic treatments. This has important implications for persons with ostomies and continent diversions. Recurrent UTIs can be common in persons who catheterize frequently. These can be more evident if proper hand washing and cleaning of catheters is not done routinely. In addition, a large proportion of women over age 65 will experience at least one UTI per year. How does this special ingredient in cranberry juice work? The tannins from cranberries simply prevent E-coli bacteria, the main culprit in urinary infections, from adhering to cells that line the walls of the bladder and kidneys. The bacteria thus will “wash out” before infection can develop. Scientists in the Boston study believe that the routine addition of cranberry juice to dietary regimes in circumstances where UTIs have a high incidence, would be sensible. **AGAINST**—An article from the Mayo Clinic says drinking cranberry juice to prevent recurring bladder or urinary infections is an “old folk” remedy. Does it work? Maybe—but don't count on it. A key to preventing a bladder infection is blocking the growth of the bacteria that cause the infection. Researchers have two theories about how cranberry juice makes urine more acidic, discouraging the growth of bacteria. But scientists don't know whether a realistic amount of cranberry juice can produce enough change in urine acidity to affect bacteria. The second theory is that cranberry juice keeps bacteria from “sticking” to the bladder wall where they multiply and cause infections. This theory was confirmed in the laboratory and in mice, but results vary in humans. We do know that taking 500mg of vitamin C (ascorbic acid) twice a day along with cranberry juice can cause acidity of urine. Still, if you think you have a bladder infection, don't try home remedies. See your doctor. The usual treatment is antibiotics and lots of liquids.

HOSPITAL LINGO

By Pittsburgh Chapter Via “News Pouch”, Des Moines Chapter

Did you hear about the hospital that asked the doctors about a new building project?

- ❖ The *Dermatologist* said the move would be rash.
- ❖ The *Gastroenterologist* had a gut feeling that it wouldn't work.
- ❖ The *Otolaryngologist* said, “I hear what you're saying, but the cost would be hard to swallow and we'd pay through the nose for years.”
- ❖ The *Neurologist* thought the hospital had a lot of nerve.
- ❖ The *Allergist* said, “Scratch it.”
- ❖ The *Ophthalmologist* said the idea was shortsighted.
- ❖ The *Orthopedist* issued a joint resolution to prevent a knee jerk reaction.
- ❖ The *Pathologist* said, “Over my dead body.”
- ❖ The *Pediatrician* said, “Grow up, the notion is childish.”
- ❖ The *Psychiatrist* said, “In your dreams, you must be crazy.”
- ❖ The *Cardiologist* said, “The heart of the matter is cash flow.”
- ❖ The *Obstetrician/Gynecologist* said, “Who conceived of this project? It's premature and born to fail.”
- ❖ The *Podiatrist* just took it all in stride.

The doctor replied, “You're not drinking enough water.”

“More Water”

One afternoon, a man went to his doctor and told him that he hasn't been feeling well lately. The doctor examined the man, left the room, and came back with three different bottles of pills.

The doctor said, “Take the green pill with a big glass of water when you wake up, the blue pill with a big glass of water after you eat lunch and just before going to bed, take the red pill with another big glass of water.”

Startled to be put on so much medicine, the man stammered, “Jeez Doc, exactly what is my problem?”