

UOASL 2013 MEETING SCHEDULE

www.uoaa-stl.org

- April 1:** St. Luke's –
Peristomal Skin Care, Jennifer Hoffman
- **May 6:** Mercy Product Fair
- **June 3:** St. Anthony's
- July 1:** St. Luke's
July 15-20, Youth Rally, Seattle, Washington
- August 5:** St. Luke's
August 7-11, UOAA Conference- Jacksonville, Florida
- *September 9:** St. Luke's - Dinner and breakout groups
October 5 – Ostomy Awareness Day
- **October 7:** Christian NE
- November 4:** St. Luke's- Dr. Leonard Naeger Lectureship
- December 2:** Annual Banquet – Orlando Gardens South

**Any articles welcome for consideration:
personal experiences, health, obituaries, tested tips, etc.**

Publication Deadline May 25, 2013

Send articles to: Mary Beth Akers
949 Chestnut Oak Dr
St. Charles, MO 63303
636/916-3201
marybethakers@excite.com

LIVE & LEARN By Email

Are you interested in getting this publication by email? If you would like to try it, send an email to Mary Beth at marybethakers@excite.com and let her know that.

Mailing Information Update

Please let Brenda Schulte know if your info changes. Brenda's address is: 115 Pine St., Old Monroe, MO 63369 and her phone number is: 636-661-5607.

Please let us know if you have any change in home address, email address, company address or contact person.

We would really like for you to keep getting the L&L's and postcards. If you do not receive any of our information please let us know that, too.



LIVE AND LEARN

Spring 2013

President's Message

To All Members and Friends of UOASL,

It is rather odd for me to be writing this as I usually am able to just have someone else write it and I put it here in its position. As this is my first issue as President, I want to thank all those who have been president in the past and done such wonderful things to keep our local chapter vibrant and growing.

We are working on putting together another great Product Fair which will be here before you know it. Monday, May 6th at 7:00 pm we will be in the VonGontard Conference Center at Mercy Hospital. We have a dynamic speaker in Peggy Nelson, BSN, Med, LPC, who will be talking about Putting Life Back Together. We will also have representatives from Ostomy manufacturers and local Medical Supply Houses. Come and visit with old friends, enjoy the speaker, and learn about the newest equipment.

Remember that our National UOAA conference is in Jacksonville, FL Aug 6-11th. It will be a great event, so if you are looking for a vacation destination that will also bring you near the Jacksonville area, please think about attending the conference. Check out www.ostomy.org for more information.

As always, we have Ostomy nurses at our regular monthly meetings for your medical questions. Often times we have donated supplies that you are welcome to try, as well as a lending library.

Hope to see you at our meetings, and if you have questions please do not hesitate to call or e-mail me (636) 916 3201, marybethakers@excite.com

Mary Beth Akers,
President, UOA St. Louis

UOASL MEETING RECAPS

February was our meeting on **Dehydration** presented by Linda Geurin. She did a great job letting us know what to be on the lookout for as well as what to do if it happens to us.

Symptoms of dehydration include: weakness, fatigue, dizziness, low urine output or very dark urine, increased thirst, dry skin, sunken eyes or no tears, inability to sweat, increased heart rate, and low blood pressure.

One thing that can cause dehydration is gastroenteritis, a stomach bug. A normal person may be sick and have diarrhea while an ileostomate may be hospitalized because of the loss of fluids and electrolytes. For the ostomate, there is reduced fluid retention so hydration is critical. Drink 8 glasses of liquid each day normally, but when you are sick or exercising heavily, make sure some of the liquid is replacing those lost electrolytes. Suggestions include Gatorade and Pedialyte. There are also various home recipes for making your own. Make sure to check with a doctor if they cause any symptoms.

Dehydration is a serious medical emergency that can lead to shock, unconsciousness and death if not treated soon enough. Delaying treatment can also lead to kidney damage. If you have vomiting and fever that persist, have your pouch fill with fluid, and have little or no urine output, seek treatment immediately.

March gave us a new topic of **Preparing a Home for the Golden Years**. Even those who are far from preparing for themselves have relatives and friends who need the same considerations. John Wessling is a Healthy Homes Specialist with Senior Solutions, a service of St. Andrew's and St. Lukes Hospitals, and shared some great ideas with us all. He showed us things to be aware of all around the house, both inside and out.

*Area rugs are slip hazards *Lever handles are easier to use
*Higher chairs and toilets improve the ease of getting up *Mold can cause breathing issues *Check fire extinguishers and smoke detectors annually as well as know how to use them

NEWS FROM NATIONAL

We are excited to announce the Official UOAA Store powered by CafePress.com. You will find a wide selection of shirts, mugs, and many other items all with the UOAA logo. A portion of each sale goes directly to the UOAA to support our educational programs. To start shopping click on: www.cafepress.com/UOAA

Internet/Newsletter Gleanings

Via The Pouch

*Acid in soft drink may eliminate gastric blockage, report says: The acid in Coca-Cola has successfully eliminated gastric phytobezoar, a stomach blockage than can be caused by undigested fruit, University of Athens researches reported. An analysis found the soda completely eliminated the blockage in half of patients and partially treated it in others, helping many patients avoid surgery. The Daily Mail (London), 1/7/13—Digestive Health SmartBrief, 1/9/2013

*Constipation sufferers: Fiber to the rescue: While everyone's had a bout of constipation at one point, eating a high-fiber diet can help alleviate the symptoms and promote normal bowel function. Learn more about fiber, its benefits and which foods you should eat to increase your fiber intake—Digestive Health SmartBrief, 1/9/2013

*Abbott's Humira gets FDA approval for ulcerative colitis: The FDA approved Abbott Laboratories' Humira, or adalimumab, to treat moderate to severe ulcerative colitis. The drug is already approved for indications including rheumatoid arthritis and Crohn's disease. Drug Store News, 9/28/12—Digestive Health SmartBrief, 10/3/12

*Probiotics in pill form are better, gastroenterologist says—there is a higher concentration of live bacteria in the pill form of probiotics than in foods that contain the beneficial microorganisms, according to Dr. Michael Schmidt, chief of gastroenterology at New Jersey's Holy Name Medical Center. Although many questions remain about how and how well probiotics work, Schmidt says he's seen evidence of their efficacy, and data suggest probiotics are useful for treating irritable bowel syndrome, colitis and antibiotics-associated diarrhea by boosting intestinal health, reducing inflammation and promoting immune function. The Record (Hackensack, NJ, 1/16/13)—Digestive Health SmartBrief, 1/19/13

The information contained in Digestive Health SmartBrief
is not intended to be medical advice. ed

Consult your physician before making any decisions regarding your health care.

Sign-up for FREE today at: www.smartbrief.com/dhsb

Tips and Tricks Via The Pouch

□ Try strong-brewed tea before you purchase a diuretic. Hot tea, twice a day, will wake up sluggish kidneys. □ Tomato juice is lower in cost per cup than Gatorade, while providing as much sodium and five times more potassium. □ Orange juice is another alternative, providing the same amount of sodium and 15 times the amount of potassium. □ Eating Rice Krispies can help slow down stool.

Don't Suffer in Silence Via The Pouch

A whole new world will open to you by discussing your problems with others who have experienced the same doubts and reactions. We have all gone through this period of learning to live again, and in many ways, even better than before. Bring your fears and concerns out into the open and take advantage of the friendship and knowledge of others at our support group meetings.

Linda Aukett 1943–2013 “A Life Well Lived”

Linda Aukett, a beloved member of the Youth Rally and UOAA family, passed away Friday March 1, 2013. She was such a driving force in both the Youth Rally and the UOAA, that they would not have become what they did without her initiative to join with others and get them both going from what could have been the ashes. She will be missed by more people than we will ever know. Every camper as well as the parents whose hands she sometimes held to get their kid to camp. Every ostomate who got better coverage from their insurance due to the advocacy she pushed for. Every UOAA member who continues to benefit from the service and support it is able to offer ostomates, both new and old. She gives us all a great example to follow! And we will continue to do our best to carry on!

To read more of what Linda did go to www.ostomy.org.

To help the UOAA continue Linda's legacy, you can contribute in her name by going to the [UOAA donation page](#) and select **ADVOCACY** as the fund designation. To help Youth Rally do the same go to www.rally4youth.org



Colostomy Hints

UOAA UPDATE Feb 2013 via Rosebud Monthly, Chico CA 3/10

Diet: There is no such thing as a colostomy diet. A colostomy is not an illness, so try to eat the same foods you have eaten and enjoyed in the past. If you are on a diet for a condition such as diabetes or high blood pressure, of course you should stay on this diet. Foods can be acidic or alkaline, bland or spicy, laxative like or constipating. Individuals react differently to food. Try to return to your formal normal diet; those foods which disagreed with you in the past may still do so. Chew well and see the effect of each food on your colostomy output.

To maintain good health, the body requires carbohydrates, proteins, fat, minerals and vitamins. Water is not nutritious but is absolutely necessary. Having a balanced diet is a fitting way for people to maintain good nutrition and keep bowel activity normal. Every day your body needs meats or fish, dairy foods, vegetables and fruits, cereals and bread and liquids.

If you wear a pouch all the time, you will suffer no embarrassment if something you eat produces an unexpected discharge. You will soon learn which foods produce gas or odor, which cause diarrhea and which are constipating. With this knowledge, you can regulate the bowel's behavior to a certain extent. You cannot prevent intestinal activity by not eating. An empty intestine produces gas. No matter what your plans might be, eat regularly, several times a day, with perhaps a small meal before going to bed at night. Your colostomy will function better for it.

Daily Life. Once you have recovered your health, you may continue a normal day's routine, as you did before surgery. A colostomy is not an impediment to most activity. When its care has been properly determined, it will not interfere with your daily schedule.

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Work. Colostomates can do most jobs; however lifting can cause the stoma to herniate or prolapse, especially soon after surgery. A sudden blow in the appliance area could cause the faceplate to shift and cut the stoma. Still, there are some colostomates who do heavy lifting, such as firefighters, mechanics and truck drivers. Check with your doctor about your type of work. As with all surgery, it will take time for you to regain strength after the operation. A letter from your doctor to your employer may be helpful should your employer have doubts about what you can do.

Sometimes colostomates find that their employers think that the colostomy will keep them from doing their jobs. This also happens to some colostomates who are applying for new jobs. You should know your right to work is protected by parts of the US Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 as well as by sections of your state laws. If you feel you are being unfairly treated because of your colostomy, call the UOAA office at 800.826.0826.

A Suggestion for Urostomates

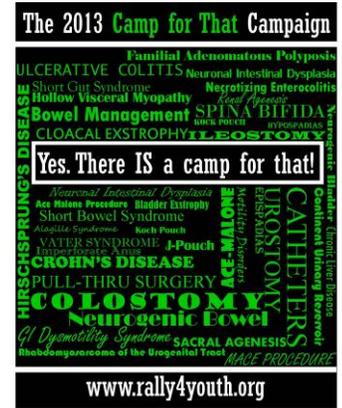
By Peter W. Shanon, MD, Evansville, IN via The Pouch

“I have been a urostomate since 1980, so I am an old-timer in dealing with urostomy problems. I have recently been using “Dial Antibacterial Hand Sanitizer” to sterilize the skin around my stoma when I am changing my appliance. This gel states that it kills over 99.99% of harmful germs in 15 seconds. Since I starting using this gel, the skin around my stoma never looked better. The wearing time with my appliance is also about a day longer than before. Also, I may have fewer urinary tract infections. (I am susceptible to these because of hydronephrosis and dilated ureters.) I change my appliance when I am in the shower. I clean the skin around the stoma with soap and water as I have in the past. I then apply the gel to the skin and wait 30 seconds before rinsing it off. It comes off very easily and my skin is squeaky clean when I am finished. I then step out of the shower, dry the skin and put on the new appliance. In the past, the skin around my stoma has frequently been slightly raw and inflamed. After I started using this gel, the skin cleared up almost immediately.”

YOUTH RALLY 2013

As you know, we are always looking for youth to send. This year will be in Seattle, Washington. We have three possible new campers already but would love to send ten! Don't let them find out about it when they are past the age. Spread the word!

Please share this information with any youth who has any issue with the bowel or bladder. St. Louis Chapter UOAA pays first year sponsorships (Tuition and airfare minus \$75 Registration Deposit). If you know of an interested youth, have them contact Mary Beth at 636-916-3201 or marybethakers@excite.com for more info or log on to www.rally4youth.org



MATCHING GIFT TO YOUTH RALLY

Two of your current UOASL Members, Herb and Jim, have agreed to match the contributions received for the YOUTH RALLY from your DOCTORS (not from you personally) up to a total of \$300.00. This should be an incentive to every member to talk to your doctors about this very worthwhile cause. Their office is not Bashful about collecting theirs fees. This is also a great way to get the word out and find youth to send!

Member Looking for a Ride to Meetings

JoEllen Lewis would like to come to meetings but lives in Festus. If you live down south and haven't come to a meeting because it is so far, perhaps you would consider coming if you had someone to bring. Please call Mary Beth at 636-916-3201 if you are able to help or if you would like to get the same message out for yourself.

UOASL Gutsy Folks has not found a leader for our team. Therefore we will be having a “Ghost” team. That means we will still fundraise and send in our support, but we will not have a site at the **Relay for Life** on June 21st at Moss Field. We are so thankful for all the American Cancer Society does for us, both by providing cancer patients with education and support and by sending out our quarterly newsletters. If you would like to support them even more by picking up the heading of the team, please contact Mary Beth at 636-916-3201 or marybethakers@excite.com



Gutless Wonders is our team for the annual **Take Steps Walk** with the **Crohn's and Colitis Foundation**. Many of our members are affected by an inflammatory bowel disease and CCFA does wonders for research on these ailments. If you would like to join our team, contact Mary Beth. The date for the walk is May 5th at Creve Coeur Lake Park.



Three Essential Ostomy Accessories

<p style="text-align: center;">INTEGRITY Skin Barrier Rings</p>  <p style="text-align: center;">Extraordinary Comfort & Security</p> <ul style="list-style-type: none"> • Durable - Product does not melt down from excessive moisture • Stretchable & fills in skin gaps • Affordable - Costs less than market leading brands <p>2" Ring Product No. SNS68002</p>	<p style="text-align: center;">peri-STOMA and Adhesive Remover Wipes™</p>  <ul style="list-style-type: none"> • No Alcohol in Formula - No Sting • Large Wipe, 5"x7" - Easy to Handle • No Oils or Aloe in Formula • No Rinse Required - Saves Time <p>Product No. SNS00525</p>	<p style="text-align: center;">SKIN BARRIER No-Sting Wipes</p>  <ul style="list-style-type: none"> • No Alcohol in Formula - No Sting • Large Wipe, 5"x7" - Easy to Handle • Economically Sensible • Protects Skin <p>Product No. SNS00807</p>
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All items covered by Medicare & most insurance plans.
Insurance plan coverage may vary and may not apply to all individuals.

Please let us and them know what you think of their product. ed.

New Outpatient WOCN Available

Sheila Kramer, RN, BSN, CWOCN, has opened an outpatient ostomy and wound service at Mercy Hospital. Call 314-251-7942 for information.

Know About Blockage

UOAA UPDATE Feb. 2013 via Sterling Area Ostomy Association 3/10

The small and large intestines are as different in function as are the arm and the leg. The primary function of the small intestine is to take nutrition from digested foods. The function of the large intestine is to absorb water out of the food residue. Consequently, there is a difference in the discharge from an ileostomy, a colostomy or a rectum.

This discharge from the small intestine, which functions on liquid material and moves contents forward quickly, is liquid and soft. In the large intestine, the contents are changed from liquid to solid, through the process absorbing water. The movement is much less rapid, and the discharge is solid or even hard.

Movement of the food mass through the small intestines is never more than a few hours. Movement through the large intestine frequently takes from 36 to 48 hours. Thus, when anything blocks the forward motion of the stream of the small intestine, an immediate chain of events is set up.

There is pain, then cramping. Later, if there is no forward motion, a backward motion of fluid causing vomiting. The most frequent cause of the onset of this chain of events is blockage at the ileostomy stoma.

Usually, this is precipitated by undigested food; a bean, pea, peanut, stringy vegetables, shrimp, lobster, coconut, raw vegetables or similar food.

The best way to handle a blockage is not to allow it to occur in the first place. This is done by chewing foods well and drinking plenty of water. However, if symptoms of blockage occur, notify your doctor and follow his/her advice. As blockages may arise from causes other than undigested food particles, observe the following two cautions:

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1. Do not take any laxatives without your doctor’s specific order; any laxative may cause additional complications and pain.
2. Do not take any medication for pain without your doctor’s specific order. Pain medication may mask a symptom that the doctor needs to know about.

Urostomates must be sure to take particular precautions in order to prevent blockages. Where the ileum or colon are joined after a segment is removed to make the conduit, a stricture can occur which is not as extendible as the normal intestines.

Keep some grape juice and mineral oil around your home just in case. Some symptoms of a blockage can be relieved with a glass of white grape juice or a tablespoon of mineral oil. It can work wonders sometimes, even to the extent of loosening the blockage enough to pass.

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. Call Betsy at 314/725-1888.

FOR THOSE WHO USE FACEBOOK AND TWITTER

The National UOAA is on both!
To find us on Facebook, go to Facebook.com/UOAAinc.
To follow us on Twitter, go to Twitter.com/UOAA,
or while logged in, search for @UOAA.
UOAA also has a Social Blog! You can find our blog at
blog.ostomy.org.

UOAA National Conference

Our next biannual conference will be here before we know it. Make plans now to join us in Jacksonville for a fun, informative, enlightening time. Susan Burns is on the Conference Planning Committee and has been keeping us posted on the many opportunities that it will include. We have guaranteed room rates of \$99 plus tax at the Hyatt Regency and it is right along the riverfront with great restaurants and shops to fill any otherwise unoccupied time. It is a great chance to meet new friends and reacquaint yourselves with those from past conferences or Youth Rallies.

- While the posted dates are August 7-10th, we encourage planning on the 6-11th if you are flying so as not to miss out on anything. For more information, chat with any of our members who have attended a conference in the past, including most of the board.
- We will be offering two paid registrations as attendance prizes at the May Product Fair.
- For more information or to register go to www.ostomy.org



COLORECTAL CANCER SCREENING OPTIONS



brought to you by the American Society for Gastrointestinal Endoscopy
Colorectal cancer screening saves lives in two important ways:

- By finding and removing precancerous polyps before they become cancerous
- By detecting the cancer early when it is most treatable

Both men and women should undergo testing for the disease beginning at age 50. People with a high risk for colorectal cancer and those with a family history should talk with their doctor about being screened at an earlier age. A study by leading cancer groups found that colorectal cancer deaths have declined nearly five percent (2002-2004), in part due to prevention through screening and the removal of precancerous polyps.

UNITED OSTOMY ASSOCIATION
OF GREATER ST. LOUIS

Our mission at UOASL is:

- To offer the opportunity to persons who have had colostomies, ileostomies, urostomies, or alternate procedures to meet with others who share similar challenges of adjustment and for sharing of ideas and knowledge.
- To aid the ostomate in recovery and rehabilitation.
- To provide educational opportunities to medical, nursing, and lay groups through lectures, demonstrations, and exhibits regarding care of the Ostomy patient.
- To provide the ostomate with volunteer services and social activities.
- To provide hospital visits to the patient, before and / or after surgery, at the request of the patient's physician.
- To maintain close contact with appliance manufacturers, also local pharmacies.
- To provide information about the availability of products to ostomates and the medical profession.

ARTICLES AND INFORMATION PRINTED IN THIS NEWSLETTER ARE NOT NECESSARILY ENDORSED BY THE UOASL AND MAY NOT BE APPLICABLE FOR EVERYBODY. PLEASE CONSULT YOUR DOCTOR OR WOCN (ET) FOR THE ADVICE THAT IS BEST FOR YOU.



AFFILIATION
UNITED OSTOMY ASSOCIATIONS
OF AMERICA
1-800-826-0826 www.ostomy.org

SPONSOR
AMERICAN CANCER SOCIETY
4207 Lindell Blvd.
St. Louis, MO 63108
1-800-ACS-2345 www.cancer.org



Membership Benefits:

Education Mutual Support from Fellow Ostomates
Visitation Program Conferences Country-Wide
Product Information Local Meetings and Programs
Ostomy Guide Books and Informative Literature
“Live And Learn” Our Own Publication

CHAPTER MEMBERSHIP APPLICATION FORM

NAME: _____

SPOUSE'S NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP CODE: _____ - _____

PHONE: HOME: (____) _____ OFFICE (____) _____

OCCUPATION _____ e-mail _____

YEAR OF SURGERY: _____ DATE OF BIRTH: ____/____/____

Please check all applicable information

Type of ostomy: Colostomy Ileostomy Urostomy
 Continent Ileo Continent Uros
 Other (Specify): _____

Meetings: Send meeting notices Don't send meeting notices

Help: Would like to help on Phone Committee

Other Activities _____

Assistance Request *Complimentary Membership*

Medical Profession Doctor RN,WOCN Other _____

UOASL Chapter Membership Dues: (Effective Jul 2006)

\$12.00 annual

Make check payable to U.O.A.S.L.

SEND CHECK TO: Hank Thill, Treasurer U.O.A.S.L.
 970 Imperial Point
 Manchester, MO 63021
 Phone: 636-225-5099

(ANY CONTRIBUTIONS OVER \$12.00 ARE TAX-DEDUCTIBLE
AS WE ARE A NON-PROFIT ORGANIZATION)

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Local website is www.uoaa-stl.org

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“I am not what happens to me.
I am what I choose to become.”
— Carl Jung

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**LIVE AND LEARN – Spring 2013**



**Officers and Board of Directors**

**President:** Mary Beth Akers 636-916-3201  
**Vice President:** Susan Burns 636-926-2737  
**Secretary:** Linda Geurin  
**Treasurer:** Hank Thill 636-225-5099

Our current **Board Members** include  
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Brenda Schulte      Les Anderhub  
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