

The New Outlook

April 2015



NEXT MEETING

Wednesday, April 15, 7:30 pm

Lutheran General Hospital
1775 Dempster St., Park Ridge, IL

Different location - this month only
Johnson Auditorium
G Level - Enter Parkside Center

Last Months' Meeting (our 447th)

What an inspirational meeting! Bret Cromer, President of the DuPage County Support Group and Youth Rally Counselor, gave an informational presentation on the annual Youth Rally camp for children with ostomies and other intestinal or bladder issues. We thoroughly enjoyed hearing the stories, and health challenges overcome, of these remarkable young people. Read more in Pat's *Here and Now* column, page 3.

Our next meeting, Wednesday April 15, is our chapter's 40th Anniversary! Our featured guests will be **Eric Morrow and Registered Dietician Aimee Jaremowicz from Shield Healthcare**. Although Aimee will focus on healthy eating, we're sure she'll allow us a piece of cake on our Anniversary! You can read the story of our chapter's inception on page 6. We are blessed to have this solid foundation that has served well for 40 years and will continue for many years to come.

Don't forget to let us know if your physical address or email address has changed. Our member list is private, never shared or sold.

Occasionally we are assigned a different meeting room by the Hospital. **This month we will meet in the Johnson Auditorium on the G level of the Parkside Center.** If you park in the attached underground garage and enter the Hospital through the Parkside Center, the Auditorium is on the left. There are no stairs to navigate.

We're going GREEN! Paper is so 20th century! Thanks to everyone who volunteered to receive this newsletter via email. If you have Internet access, you can save us money by joining our electronic distribution list. To try the electronic version, send e-mail request to: uoachicago@comcast.net

Be sure to add us to your address book or safe sender's list, and check your email inbox.

Ostomy Association of Greater Chicago (OAGC)

Established 1975

President

Judy Svoboda uoachicago@comcast.net 847-942-3809

Treasurer

Tim Trzaznik trazpargolf@gmail.com 630-736-1889

Secretary/Program Director

Nancy Cassai cassainancy@gmail.com 847-767-1447

Director/GLO

Fred Shulak thadbear@sbcglobal.net 773-286-4005

Visiting Chairperson

Peggy Bassrawi, RN pbassrawi@gmail.com 847-251-1626

Chapter WOCN

Mary McCarthy marysean@comcast.net 847-231-5485

Hospitality

Sandy Czurillo

Wound Ostomy Continence Nurses (WOCN)

Bernie auf dem Graben 773-774-8000

Resurrection Hospital

Nancy Chaiken 773-878-8200

Swedish Covenant Hospital

Teri Coha 773-880-8198

Lurie Children's Hospital

Jan Colwell, Maria De Ocampo, 773-702-9371 & 2851

Michele Kaplon-Jones

University of Chicago

Jennifer Dore 847-570-2417

Evanston Hospital

Karen Blum 312-942-7088

Rush University Surgeons & Ostomy Clinic

Robert Maurer, Laura Crawford 312-942-5031

Rush University Medical Center

Madelene Grimm 847-933-6091

Skokie Hospital-Glenbrook Hospital

North Shore University Health System

Connie Kelly, Mary Kirby 312-926-6421

Northwestern Memorial Hospital

Kathy Krenz & Gail Meyers 815-338-2500

Centegra-Northern Illinois Medical

Marina Makovetskaia 847-723-8815

Lutheran General Hospital

Carol Stanley 847-618-3125

Northwest Community Hospital

Nancy Olsen, Mary Rohan 708-229-6060

Little Company of Mary Hospital

Kathy Garcia, Jola Papiez 708-684-3294

Advocate Christ Medical Center

Sandy Fahmy 847-316-6106

Saint Francis Hospital

Nancy Spillo 847-493-4922

Presence Home Care

Colleen Drolshagen, Becky Strilko, Barb Stadler 630-933-6562

Central DuPage Hospital

Kathy Thiesse, Nancy Stark 708-216-8554

(Ginger Lewis-Urology only 708-216-5112)

Loyola University Medical Center

Alyce Barnicle (available on as needed basis only) 708-245-2920

LaGrange Hospital

Sarah Grcich 219-309-5939 or 219-983-8780

Porter Regional Hospital & Ostomy Clinic

Valparaiso, Indiana

National UOAA Virtual Groups

Continent Diversion Network: Lynne Kramer 215-637-2409

Familial Adenomatous Polyposis (FAP) Foundation: Travis Bray 334-740-8657

Friends of Ostomates Worldwide - USA: Jan Colwell 773-702-9371

GLO Network: Fred Shulak 773-286-4005

Ostomy 2-1-1: Debi K Fox 405-243-8001

Pull-thru Network: Lori Parker 309-262-0786

Quality Life Association: Judy Schmidt 352-394-4912

Thirty Plus: Kelli Strittman 410-622-8563

Upcoming Meetings at Lutheran General Hospital

April 15, 2015 – Our 40th Anniversary with Aimee

Jaremowicz & Eric Morrow, Shield Healthcare

May 20, 2015 – Jan Colwell, Shelly Miller, FOW

June 17, 2015 – Hedy Holleran, Hollister

July 15, 2015 – Steve Vandevender, Convatec

Additional area support groups:

Northwest Community Hospital

Arlington Heights. 2nd Thurs at 1:00 pm every other month. 4/9, 6/11, 8/13, 10/8, 12/10. All 2015 meetings will be in the Kirchoff Center, 901 Kirchoff, Conference room 1. Contact Carol Stanley 847-618-3215, cstanley@nch.org

Southwest Suburban Chicago

The third Monday at 6:30pm, Little Company of Mary Hospital, Evergreen Park. Contact Edna Wooding 773-253-3726, swscost@gmail.com

Sherman Hospital, Elgin

The second Wednesday of each month at 2 pm. Lower level Conference B. Contact Heather LaCoco 224-783-2458, Heather.Lacoco@Advocatehealth.com or Tom Wright, tomwright122@att.net

DuPage County

The fourth Wednesday at 7:00pm, Good Samaritan Hospital, Downer's Grove in the Red and Black Oak Rooms by the cafeteria. Contact Bret Cromer 630-479-3101, bret.cromer@sbcglobal.net

Aurora

The second Tuesday at 7:00pm, Provena Mercy Center. Contact John Balint 630-898-4049, balint.john@yahoo.com

Will County

2:00 p.m. the last Saturday of Feb, Apr, Aug and Oct in the Riverside Medical Center Board Room, next to the cafeteria. Also a June picnic and December holiday party. Charlie Grotevant 815-842-3710, charliegrtvnt@gmail.com

Lake County Illinois

Hollister in Libertyville, 10:00am the 3rd Saturday, every other month. Jan, March, May, July, Sept, November. Contact Barb Canter 847-394-1586, barb1234@sbcglobal.net

Valparaiso, Indiana

Porter Regional Hospital, 1st floor Community Room. 6:30 pm the 4th Thurs., Jan – Oct. Contact Sarah Grcich 219-309-5939, Sarah.Grcich@porterhealth.com

Here and Now with Patricia Johnson

The New Normal

The "new normal"? Huh?! What's normal about a stoma sticking out of an abdomen? Or poop in a pouch? More like the new horrible!

For some, to whom the stoma represents freedom from constant pain and illness the adapting comes easily.

For others to whom the acceptance of change comes slowly feeling normal may take a long time.

Whatever the case may be, or somewhere in between, what we want and hope for is to be healthy and live normal lives. We want to be busy, active and productive. We don't want to be acquainted with every bathroom in the mall or along the highways and byways. We want to pursue a dream or accomplish a goal. Now, the possibilities are endless. We have been given a second chance at life, at living. We are blessed.

I wrote this before the March meeting at Lutheran General, before Bret Cromer presented his slideshow about Youth Rally. So, I am writing an addendum:

Bret spoke with enthusiasm, from personal experience and with compassion for the kids. He was informative and it was exciting to see pictures of the camp.

Youth Rally is a one week camp for kids 11 to 17 with any kind of bowel or bladder illness. It is a week to be normal. Away from parents who may be over protective. A time to make new friends who understand each other. A time to experience and explore new things. A time to be accepted. A week not to be forgotten.

The pictures were great! Busy, happy, smiling kids at camp. They looked, well, normal. Isn't that what we all want for ourselves, for each other, to be normal.

YA, the NEW NORMAL! *Life is Good!*

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The 2015 Youth Rally will take place July 13th - 18th at the University of Colorado at Boulder in Boulder, Colorado. For more information or to donate visit [www.rally4youth.org](http://www.rally4youth.org)



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## Ostomy and your child

National Institutes of Health

Your child had an injury or disease in their digestive system and needed an operation called an ostomy. The operation changed the way your child's body gets rid of waste/stool.

Now your child has an opening called a stoma in their belly. Waste will pass through the stoma into a pouch that collects it. You and your child will need to take care of the stoma and empty the pouch many times a day.

### Introduction

Seeing your child's ostomy for the first time may be difficult. Many parents feel guilty or that it is their fault when their children get ill and need this operation.

Parents also worry about how their child will be accepted now and later in life.

This is a difficult transition. But, if you are relaxed and positive about your child's ostomy from the beginning, your child will have a much easier time with it. Talking with friends, family members, or a mental health counselor may help you.

### **Caring for Your Child's Ostomy**

Your child will need help and support. Begin by having them help you empty and change their pouch. After time, older children will be able to gather supplies and change and empty their own pouch. Even a young child can learn to empty the pouch by themselves.

Be prepared for some trial and error in taking care of your child's ostomy.

### **Possible Complications**

It is normal to have some problems with your child's ileostomy. Some common ones are:

- Your child may have trouble with some foods.
- Your child may have skin problems near the ostomy.
- Your child's pouch may leak or get messy.

Help your child understand how important it is to take good care of their ostomy and to clean up the bathroom after ostomy care.

### **Living with an Ostomy**

Children do not like to be different from their friends and classmates. Your child may have many difficult emotions, including frustration and embarrassment.

You may see some changes in your child's behavior at first. Sometimes teenagers have a harder time accepting their ostomy than younger children. Try to keep a positive attitude and use humor when it fits the situation. You being open and natural will help your child's behavior stay positive.

Help your child learn how to handle problems with their ostomy on their own.

Help your child decide who they want to talk to about their ostomy. Talk with your child about what they will say. Be firm, calm, and open. It can help to do a role play, where you pretend you are one of the people your child has decided to tell about their ostomy. Ask questions that person might ask. This will help your child prepare to talk with other people.

Your child should feel that you understand what it

like to have an ostomy. Help them learn to take care of themselves, and let them know they will be able to live a full life.

When problems do happen, stay calm and ask for help from your child's health care provider.

### **Returning to School and Activities**

Be flexible with your child as they adjust to school and everyday situations.

When your child returns to school, have a plan to deal with problems or emergencies. If your child knows what to do when there is leakage, it will help them avoid embarrassing situations.

Your child should be able to take part in recess and sports, go camping and have other overnight trips, and do all other school and after-school activities.



### **The Lie: "I should be fearless."**

**Why the lie:** "This is the bravado anthem of out-of-touch motivational speakers everywhere!" states Danielle LaPorte, author of *The Fire Starter Sessions: A Soulful + Practical Guide to Creating Success on Your Own Terms.* She believes that similar phrases like "Conquer fear" and "surpass your limits" fall under the lying category, as well—because they are not realistic. "Here's an update for your consciousness: Fearlessness is a myth!"

**Change it to:** "I respect my fear—and then I'll put it in its place." According to LaPorte, fear is not only natural and inevitable, it's also useful. "It has something to tell you," she explains. "When you pay closer attention to your fear to see what's driving it, then you take the 'charge' out of it. And with this kind of understanding and clarity, you can then choose to focus on more productive feelings, like enthusiasm and courage."

## Pancaking

Vancouver Ostomy Highlife

Pancaking occurs when stool does not fall into the bottom of the appliance and instead collects around the top near the stoma. This can build up to the point where it gets under the flange or bulges under your clothing. Pancaking affects almost all colostomates at some time or other. (and some ileostomates)

The most common cause of pancaking is stool that is too dense or sticky to slide cleanly down the inside of the pouch. Clothing that is too restrictive across the top of the appliance can also cause pancaking. In some cases, it's believed that if the pouch has no air in it, this causes a vacuum which prevents the stool from going to the bottom. Whatever the cause, it's really annoying. How can you prevent pancaking?

The first and easiest solution is to lubricate the inside of the bag near the top. Apply some lubricating deoderant - any of the brands made by the manufacturer's will do - to the inside top of the bag and smear it around. If you don't have any ostomy lubricant, baby oil or olive oil will do, or non-stick cooking spray, though these don't have any deodorant qualities. Whatever you use, don't get lubricant on the flange or the stoma itself. None of these products will hurt the stoma but oil around the stoma base will most likely decrease wear time.

Another trick is to put scrunched up tissue inside the bag. This will help eliminate the vacuum effect and hold the sides apart so things don't get stuck so easily.

Consider changing your diet to include more roughage or old standbys like prune juice. Drink more water! If the problem is really persistent, you might consider a bulk-forming type of laxative - ask your pharmacist to recommend a mild form of this laxative. (check with your doctor or WOCN before trying this)

Last - are you getting enough exercise? Lack of movement can contribute to, well, lack of 'movement'. Get off that couch and get some exercise!

Conversely, have some applesauce at breakfast. It's an old standby that helps thicken watery discharge.

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We would like to welcome Valparaiso, Indiana to our family of area Support Groups. Lead by WOCNs Sarah Grcich and Michele Kaplan-Jones, the UOAA affiliated **Valparaiso Ostomy Support Group** meets the 4<sup>th</sup> Thursday of the month at 6:30 pm from January through October. Meetings are held in the 1<sup>st</sup> floor Community Room at **Porter Regional Hospital**, 85 E US Hwy 6, Valparaiso, IN. Contact Sarah at 219-309-5939 or 219-983-8780 and Michele at 219-406-0019



Sarah is also the WOCN for Porter Hospital's Ostomy Clinic in Valparaiso, and can also be reached at [Sarah.Grcich@porterhealth.com](mailto:Sarah.Grcich@porterhealth.com)

**Reminder** - all 2015 Northwest Community Hospital Support Group meetings will take place in Conference Room 1 of the Kirchoff Center.

## Happy 40<sup>th</sup> Anniversary!!

### Our History

Rhoda Gordon, the founder of our group, was a young mother of twin boys when she was diagnosed with colon cancer. As she recovered from ostomy, she was contacted by a local officer of the United Ostomy Association, who asked her to organize a group in this area.

Her own surgery experience made her realize the need for a support group. Spending hours on the phone, Rhoda rallied Doctors, nurses, Lutheran General Hospital, and the few ostomates she came to know. With her urging and planning, the group, which became our group, was organized.

Though often asked, Rhoda never accepted the Presidency - always preferring to contribute behind the scenes and "out of the spot light." She was warm and encouraging. At each meeting she welcomed ostomates, new and old alike. She discovered their interests and abilities, and was expert at involving them in the activities of the group. Rhoda's support went beyond our local group to the UOAA Youth Rally and Friends of Ostomates Worldwide.

A wonderful example of how life can go on, Rhoda took a devastating blow to a young mother, busy with twin boys, and turned it into an ongoing effort to improve life for ostomates worldwide.

**First printed in The New Outlook, April 1978, Rhoda in her own words:**

On this, our third anniversary issue of our newsletter, we are happy to present you with the history of our still growing organization. Rhoda Gordon, our present Vice-President and Program Chairman, who has done such an outstanding job this past two years, agreed to share with us her:

### RECOLLECTIONS

Three and one-half years have gone by, and I can almost remember the entire interchange: "Rhoda, how would you like to start an ostomy chapter in your area?" asked Nadine Presley, now one of the Board of Directors of U.O.A. "I wouldn't know where to begin," I retorted impulsively. Nadine countered, "But I'll help you." I looked at her

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skeptically and uttered, "Yes, I know you say that now, but how long can I count on your support?" Nadine continued "I sincerely promise to give you as much help as I can." Nadine was so insistent, and as I looked back on how lost and insecure I was when I left the hospital after my surgery, there was only one answer that I could give her. So, in effect, that was the inception of our organization. Nadine never did let me down. There were many calls, letters and several trips to the Northwestern Station to pick her up so that we could plan for our first meeting.

In the interim, I started contacting the medical personnel at Lutheran General Hospital whom I had met when I had my surgery. The first and foremost was Dr. Serritella. I had been informed that he was interested in forming an ostomy group. On December 16, 1974, with great trepidation and the shyness that many of you never see, I called Dr. Serritella and told him of my intentions. His enthusiastic response was almost overwhelming, and he certainly made that call easy for me. He pledged his support and that of his new associate, Dr. Don Larson. He asked me what I needed, and I told him the following: a meeting place and people to attend. We agreed that with both our schedules, along with the planning I had to do, that we would begin around April, 1975. I also called Barbara Schaefer, my nurse, who informed me that she was going to school to become an E.T. At that point I told her she

was going to be the E.T. for our group! How do you like that for “Chutzpah”? (Yiddish word for “nerve,” which I learned to cultivate in the ensuing months.) In the meantime, Nadine sent me my Bible, the Organization Manual, written by U.O.A., along with the names of ostomates and people who might be interested in helping. I called anyone, any name that was given to me from any source in order to invoke support and help.

On March 25, 1975, I received a call from Marlene Greenberg who volunteered, “all the help I needed.” Marlene became my “sounding board,” since I would bounce off her all my ideas. I called Clarence Davis, who told me of Margie Deisenroth and her visitation program. Now I was really getting confused. Visitation already? The American Cancer Society? How do they all fit in? I opted to concentrate on setting up our first meeting which was held in mid-April, 1975, in the Board Room at Lutheran General Hospital.

The illustrious group consisted of doctors: Serritella, Larson, Goldfarb, and Caldwell; two nurses: Barb Schaefer and Debbie LiCastro Anderson; Five ostomates: Bonnie Bachmann (who brought her husband, Bill), Clarence Davis, Marlene Greenberg, Florence Klein, and myself; an interested person by the name of Barbara Riley who volunteered her time by typing; and of course, Nadine Presley. A lot of things emanated from that meeting. One of the most important being that Lutheran General is (was) a member of a group of hospitals in the northwest suburban area which also includes Alexian Brothers, Northwest Community, and Holy Family. One of our greatest advances came when we contacted Lil Strezishar of Northwest, and Marilyn Tousignant, then of Holy family and Resurrection, and met with them and ostomates from their hospitals. The other hospitals joined the “bandwagon” and we were “in business.” I must say that the support of the E.T.s and their hospitals were the mainstay of our growth and existence. At the same time, four of us became tentative officers. Bonnie and I were co-chairmen; Marlene, Treasurer; and Florence Klein, secretary (who was later succeeded by Eleanore Koss. We also decided on a meeting date and the first name of our group, “the North Suburban Ostomy Association,” which was later changed to “the North Suburban Chicago Chapter of U.O.A.” We were very busy: having meetings, writing our first constitution,

sending our flyers to doctors to inform them of our existence, and trying to meet the requirements for affiliation with U.O.A.

On May 27, our second meeting, we voted on our first constitution which has since been revamped. Margie Deisenroth also came and explained her visitation program and what the American Cancer Society could do for us. What more could we ask? A ready-made visitation program that fell into our laps, thanks to Margie.

After some coaxing on all our parts, Bonnie Bachmann agreed to become our first President. I agreed to be our Vice-President, Marlene Greenberg our Treasurer, and Eleanore Koss our Secretary. Our elections were held in August. Barbara Grespan Fischer became our first Newsletter chairman, and Florence Klein our program chairman until Florence resigned and the program chairman fell under the duties of the Vice-President. From then on there was an avalanche. New committees and committee chairmen were added, our membership increased, and our newsletter became more sophisticated. There are so many other events to be recalled and recounted, but because of limited space, I tried to concentrate on the very early beginnings. Also I want to leave room for some personal comments. I am very proud to be a member of NSCC. (North Suburban Chapter Chicago of the United Ostomy Association) Even though you can say that I was at its “conception”, no one person can take credit for or create an organization. I saw Bonnie, who was hesitant, but who really grew and did a magnificent job as our first President. I watched Marlene who, though microphone-shy, quietly but diligently and accurately performed her duties. And who could forget Eleanore, who “floored” me when she passed out those very professionally typed minutes at our board and general meetings?

But what makes our organization work and continue to survive is the cooperation and interaction that we have between our seven E.T.s, the American Cancer Society and our own Doris Curtis, our visitation program, and of course YOU, the membership. It is like a continuum: the E.T.s inform the doctors of our existence and visitation program. They contact the American Cancer Society. The ACS contacts Margie, who gets the visitor to see the patient. And very often, once discharged, that person becomes a part of our membership. So, as you can

see, each one of you has an important role to play within our group.

Our chapter is unique in that all of us work together with a minimum amount of friction and the maximum amount of cooperation and enthusiasm. So, thank you - **all of you** - for making our organization a smoothly working, ongoing entity dedicated to our main objective: helping ostomates adjust to their ostomies.

Happy Third Anniversary.  
Fondly, Rhoda

#### Founding Members

Bonnie Bachman  
Marge Deisenroth  
Marlene Greenberg  
Rhoda Gordon  
Florence Klein  
Dr. Donald Larson  
Nadine Presley  
Barbara Schaefer  
Dr. Alfred Serritella

#### Past Presidents

Bonnie Bachman May 1975 - April 1977  
Marilyn Mau May 1977 - April 1979  
Eleanor Koss May 1979 - April 1980  
Inez Des Jardins May 1980 - April 1981  
Al Sarno May 1981 - April 1983  
Mary Lantz May 1983 - February 1984  
Shirley Levin (Pro-tem) March 1984 - April 1984  
Al Sarno May 1984 - April 1986  
Sue Snyder May 1986 - October 1987  
Marilyn Mau (Pro-tem) November 1987 - April 1988  
Al Sarno May 1988 - February 1989  
Kimberly Siegel (Pro-tem) Feb 1989 - April 1989  
Jane Michnik May 1989 - April 1991  
Rhoda Gordon & Bonnie Bachmann  
(Co-presidents) May 1991 - April 1992  
Dick Dorman May 1992 - April 1994  
Gerry Kuntz May 1994 - April 1997  
Joan Loyd May 1997 - April 2000  
Dave Rudzin May 2000 - April 2003  
Jane Michnik May 2003 - April 2005  
Gayle Gilchrist May 2005 - October 2005  
Jane Michnik October 2005 - July 2011  
Judy Svoboda January 2012 - Present

**Friends of Ostomates Worldwide (FOW)** - is requesting that you send new or unused ostomy products to FOW USA, 4018 Bishop Lane, Louisville, KY 40218, phone # is 502-909-6669. FOW sends ostomy supplies to many countries where products are not readily available and having the correct pouching system makes a huge difference in the life of the person that has undergone ostomy surgery - **Supplies Save Lives.**

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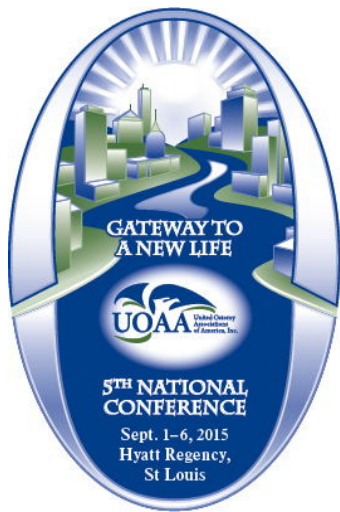
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## Fifth UOAA National Conference in St. Louis

September 1-6, 2015  
Hyatt Regency, St.  
Louis at the Arch  
Educational and  
Social Programming  
Sept. 2 - 5

### Conference Registration

Individual: \$125, Spouse/Companion: \$75

Children: 5-17 \$25, under 5 free

One day only: \$75

### Hotel Reservations

Rate is \$109 +tax if reserved by August 10.

### *Highlights of Sessions and Speakers*

- **ASG Leadership Academy** ... the 5 most critical problems facing ASGs, as determined by a survey of ASG leaders, will be addressed in this inaugural 7 hour session. Attendees will be recognized with a certificate of course completion.
- **1<sup>st</sup> Timers Orientation and Reception** sponsored by **Coloplast** ... for those attending their 1<sup>st</sup> UOAA National Conference this session will explain the Conference's "What, Where, When and How." At the reception meet other "1<sup>st</sup> Timers" and the UOAA Board members in a social setting.
- **1<sup>st</sup> Night Ceremonies** with featured speaker **Joanna Burgess** ... a heart warming speaker whose ostomy journey of 45 years began when she was just three years old suffering from a rare type of bladder cancer and given only a 10% chance of survival. Joanna underwent many surgeries and medical challenges and will never regain full motion

in her legs, but has a passion, and as a WOC Nurse, the ability to give back and be a source of strength for many people needing hope and guidance.

- **Ice Cream Social** sponsored by **Hollister Incorporated** ... socialize while you enjoy an ice cream sundae with all of your favorite toppings being served by the UOAA National Leaders. A surprise entertainment event will round out this special evening.
- **Stoma Clinic** ... a free opportunity for those who would like to meet one on one with a WOC Nurse, have their ostomy examined and have guidance regarding their pouching system and skin care issues ... appointment times can be obtained when registering on-site.
- **Young Adults Workshops** ... educational programming will be presented to meet the needs of ostomates in the 20 to 30 age range.
- **Coloplast Medical Chair** with featured speaker **Dr. Katherine Jeter** ... a most engaging, energetic, world renowned educator, will discuss what you as an ostomy patient should expect from a WOC Nurse and how to make the most of your visit with a WOC Nurse. Dr. Jeter is also into physical fitness and will share some of her insights about the 3,100 mile charity-benefiting cross-country bike ride she made at age 73.
- **Exhibition Hall** ... a "kick the tires" opportunity to meet with representatives from our major ostomy pouching system manufacturers, suppliers and retailers, specialty manufacturers, related non-profit associations and many others. They will be on hand to talk about their services, answer your questions, demonstrate their latest products and, of course, provide samples.
- **Educational Workshops** including "Basic Ileostomy," "Colostomy," "Urostomy" and "Continent Diversion;" "Intimacy and Dating;" "Ask the Doctors" and "Ask the WOC Nurses;" "Social Media Update;"

“Advocacy Update” and “Medicare and Private Insurance Reimbursement Issues;” Spouses Meetings and Caretakers Boot-camp; “Basic Ostomy Nutrition” and “Nutrition and Short Bowel Syndrome;” “Anxiety and Other Ostomy Related Psychological Issues.”

- **Visitor Training, “Train the Trainers”** ... a workshop for ASG representatives to learn how to conduct a Visitor Training Session in their local ASG.
- **Closing Ceremonies** with featured speaker **Bo Parish** ... a dynamic ostomate with a compelling story to tell. Bo was diagnosed with Crohn’s Disease when 12 years old and for the next 13 years fought the disease and resisted surgery. After ostomy surgery he was determined to overcome his weakness and is now a triathlete completing his first triathlon 5 months after his surgery.
- **“Till We Meet Again” Festivities** sponsored by **ConvaTec** featuring a dessert bar, vocalist **Tom Kelly** and dancing.

Visit [www.ostomy.org](http://www.ostomy.org) for continually updated information and to register online.

## UROSTOMY REVIEW

Via GAOA Newsletter: UOAA Update March 2015

**Diet:** There are no eating restrictions as a result of Urostomy surgery. (If the kidneys have been severely impaired, your physician will monitor your protein and salt intake, but the functions of your kidneys are not affected by the surgery.)

The urinary tract and digestive tract are separate. A few foods and certain medications may cause urine odor or a change in urine color (such as asparagus, fish and certain spices). Drink plenty of liquids each day following the health care team's recommendations.

**Mucus:** You normally have some mucus shreds in your urine. If the amount increases, if the urine changes color and has a strong odor, it may signal that you have a urinary tract infection. Be sure to drink six to eight glasses of liquid a day, unless your

physician instructs you otherwise. Drinking fluids helps to decrease the amount of mucus in your urine.

**Acidic Urine:** Drink cranberry juice in place of orange juice or other citrus juices which tend to make the urine more alkaline. Take vitamin C daily (if approved by your physician). Keeping your urine acidic may help to: (1) prevent urinary tract infections, (2) prevent damage to your skin, and (3) decrease odor. Check the pH of your urine about twice a week to be sure the urine is acidic, with a pH of less than 6.0.

Most fruits and vegetables actually give an alkalinized ash and tend to alkaline the urine. Meats and cereals will usually produce an acidic ash. Unless otherwise indicated, the urine should be maintained in an acid state.

**Fluid & Infection Management:** People with urinary diversions no longer have a storage area, a bladder, for urine. Urine should flow from the stoma as fast as the kidneys can make it. If your urinary stoma has no drainage after even an hour, it is of serious concern. The distance from the stoma to the kidney is markedly reduced after urinary diversion surgery. Any external bacteria have a short route to the kidney. Since kidney infection can occur rapidly and be devastating, prevention is essential.

- Wearing a clean pouch and frequent emptying are vital.
- Adequate fluid intake, particularly fluids that acidify the urine, will decrease problem odor.
- In warm weather, with increased activity or with a fever, fluids should be increased to make up for body losses due to perspiration and increased metabolism.
- It is important that you be aware of the symptoms of kidney infection. Elevated temperature, chills, low back pain, cloudy bloody urine and decreased output. If you experience these symptoms, see your physician.

Urine samples should never be collected from an existing pouch. The best way to collect a urine specimen is for a medical professional to obtain it by catheterizing the stoma under sterile conditions.

## Ostomy ~ The New Normal

# Ostomy Association of Greater Chicago

## Confidential Membership Application

We invite you to join our association. You are especially welcome if you have an ostomy, are preparing for surgery, are a healthcare professional and/or have a loved one who has had surgery. We are a completely volunteer-operated ostomy support group. Our mission is to support, educate and advocate for people with ostomies.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Type of Ostomy:      Colostomy      Ileostomy      Urostomy      Continent Procedure

Date of surgery \_\_\_\_\_ Age Group <21 22-36 37-50 51-65 66-80 80<

Attend one of our general meetings. There are always friendly people to talk with you. You may even want to participate in our association's leadership. We always need talented people to share in our good work. Membership is free (our funds come primarily through donations). Please mail this application to

Judy Svoboda, President  
605 Chatham Circle, Algonquin, IL 60102  
Or sign up online at: [www.uoachicago.org/membership](http://www.uoachicago.org/membership)

► A very special thank you to everyone who donates to our association. Our largest expense, the cost of printing and mailing this newsletter, is continually increasing and is only made possible through the generous donations of our members.

To make a tax-deductible donation, please make check payable to Ostomy Association of Greater Chicago or OAGC and bring to a meeting, or send to

Tim Traznik  
Treasurer/OAGC  
40 Fallstone Drive  
Streamwood, IL 60107

Donations can also be made online using a credit card: [www.uoachicago.org/donations](http://www.uoachicago.org/donations)

## Happy Spring!

(finally)



**Three things in human life are important**

**The first is to be kind**

**The second is to be kind**

**and...**

**The third is to be kind**

*~Henry James*

The information contained in this newsletter and on our website is intended for educational purposes only, and is not a substitute for the medical advice or care of a doctor, surgeon, WOCN, licensed pharmacist or other health care professional.

**The New Outlook**  
**514 Knox St.**  
**Wilmette, IL 60091**

Return Service Requested



*We invite you to attend our general meetings. Relatives, friends, doctors, and nurses, as well as our members—any interested people—are invited and welcome. Our association has a team of trained volunteer listeners available to discuss the concerns of patients. Healthcare professionals and families are urged to use this free benefit. When you know of a patient who would like to talk to a person who has been there and done that, please call the visiting chairperson (see page 2).*