

The New Outlook

July 2015



NEXT MEETING

Wednesday, July 15, 7:30 pm

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

Special Functions Dining Room
10th Floor

Last Months' Meeting (our 450th)

Our special guest was Hedy Holleran, who demonstrated a new **Hollister** barrier (wafer) with ceramide. Ceramides are natural lipids which are a major component in surface skin structure. They serve as part of the "glue" that holds the top layer skin cells together. It is estimated that at least 63% of new ostomy patients experience peristomal skin problems. Incorporating ceramides within the barrier composition promotes improved healing. Of course we ordered samples!

Hedy was joined by Hillary, Ryan and Kyle who presented a comprehensive look into Hollister's Secure Start services which provide a lifetime of personalized support, for as long as you need it, whenever you need it; right after surgery or at anytime later on. And it's FREE! You can reach the Secure Start team Monday - Friday, 8am - 5pm (CST) at 1.888.808.7456.

Attending your first meeting? Simply park in the underground garage, enter the Parkside Center and take Elevator B to the 10th floor, then hallway to the right. There are always supportive ostomy veterans to chat with you.

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.

We're going GREEN! Paper is so 20th century! Thanks to everyone who voluntarily receives 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.**

Our next meeting, July 15 is our popular *Pizza Party*. Featured guest is Steve Vandevender with new products and samples from **Convatec**. Steve will order any samples you wish to try.

Ostomy Association of Greater Chicago (OAGC)

Established 1975

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North Shore University Health System

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Northwestern Memorial Hospital

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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, Nanci 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

July 15, 2015 – Steve Vandevender, Convatec

August 5, 2015 – Special regional meeting at Loyola

August – No Regular Meeting

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. 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, Nov. Contact Barb Canter 847-394-1586, barb1234@sbcglobal.net

Loyola University Health System, Maywood

The 2nd Wednesday of the month at 7:15 in the Cardinal Bernadine Cancer Center 2nd floor Auditorium A. Contact Robin Handibode 708-205-6664 or Nanci Stark, WOCN 708-216-8554, nhstark@lumc.edu

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

In Praise of a Two Piece

Recently while changing the appliance the little thought ran through my head "why do I use a two piece pouching system?" I finished what I was doing and didn't give it another thought.

In June we went to a wedding. It was so much fun! The bride was beautiful, the groom handsome. The wedding Mass a celebration, bringing memories of our wedding Mass 29 years and 9 months ago. The reception was awesome. It was held on a big boat at the Chicago Yacht Club. The food was great. It was a time of reconnecting with family. My husband and I danced the night away. All that time I was drinking water. I must have downed a gallon over the course of the night. I wondered where it went because I wasn't running to the bathroom.

Sunday morning I got up and the pouch was FULL! When I went to empty it gushed out everywhere. The pouch, me, the bathroom were covered in brown liquid. I took off the pouch, cleaned myself off and put on a fresh one. I didn't need to do a complete change. I didn't have to try to clean the pouch. The convenience was so nice have. I mopped up the bathroom and went back to bed feeling clean and fresh.

At the end of the reception we watched the fireworks over the lake by Navy Pier. The colors reflected in the water made for a spectacular show. It was a lovely send off for the bride and groom and everyone there. It was indeed a reminder that.....

Life is good!



Loyola University Health System, Maywood to our family of area support groups. Meeting details on page 2.



Reminder - all 2015 Northwest Community Hospital Support Group meetings will take place in the Kirchoff Center. (901 Kirchoff Building)



Living life to the fullest. You've never been one to let life slow you down. Every challenge is met with the confidence that comes from knowing life is all about the journey. And that confidence is an inspiration to us every day at Hollister.

For more than 50 years, we've been delivering customer-inspired innovations that have helped make life more rewarding and dignified for those who use our products. Because for us, there's nothing more inspiring than seeing people like you getting back to doing what you love.

Hollister Ostomy. **Details Matter.**



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Wednesday, August 5, 2015, 6:30 pm
Loyola University Health System
2160 S 1st Ave, Maywood, IL
Cardinal Bernadine Cancer Center
2nd Floor Auditorium A

Special Meeting with Shield Healthcare featuring their Ostomy Lifestyle Specialist Laura Cox. You may remember Laura from her helpful Utube videos, her appearance on Tosh.0 or her lifestyle session at our Regional Conference last November. In her role as an ostomy lifestyle specialist, Laura provides valuable support to the ostomy community through her first-hand knowledge, inspiration and optimism. Topics include travel, swimming, dating, explaining your ostomy, and much more.

Hosted by the new Loyola Support Group, this meeting is open to everyone interested in ostomy lifestyle issues, including family, caregivers and medical professionals.

The Cardinal Bernardin Cancer Center is on the east side of the Loyola University Medical Center campus, facing First Avenue and south of the main hospital. Parking across from the Center is free.

"This isn't the life I anticipated, but it's a gift."



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- Does the pain occur while eating, right after eating or in the middle of the night?
- Did the pain come on suddenly or slowly?
- Is the pain sharp, or is it more of a dull ache?
- Is the pain steady, or does it come and go?
- Where does the pain seem to be located? Near the navel? In the lower part of the abdomen?
- Is the pain only in your abdomen, or does it seem to be spreading to your back or chest?
- Do you do anything to make the pain better or worse?

Some conditions that can cause abdominal pain as a **major** symptom include:

Acute pancreatitis: Sudden pain in the upper abdomen, which often penetrates to the back. The two most common causes are excessive alcohol use and gallstones. Pain is usually constant and accompanied with nausea or vomiting. Eating or drinking makes the pain worse.

Appendicitis: Pain starts as a generalized pain, fairly constant, possibly localized at or above the navel. Within hours, the pain and inflammation become more severe and localized in the lower right part of the abdomen.

Bowel obstruction: Pain can come and go, with spasms that last a minute or so, recurring every few minutes. Pain may be weak or strong, depending on the extent of the obstruction. Nausea and vomiting are common.

Chronic pancreatitis: Pain similar to acute pancreatitis but may persist for longer periods of time.

Crohn's disease: The pain of Crohn's disease varies and may occur anywhere in the abdomen. Sometimes the pain is most intense in the lower right side of the abdomen, and the symptoms can be similar to appendicitis. Pain may be crampy or constant, and it may be accompanied by bloody diarrhea.

Diverticular disease: Pain most often occurs in the lower abdomen, usually on the left side. The pain tends to be constant and moderate in severity.

Gallstones: Severe, sometimes crampy, pain in the upper right portion of the abdomen. Pain can spread from the abdomen to the back and shoulders. Pain is often worse after eating, especially fatty food.

Symptoms That Involve The Whole Abdomen

Intelihealth.com, reviewed by Harvard Medical School

Abdominal Pain and Abdominal Cramping

Abdominal pain is a common symptom of gastrointestinal problems. It may signal anything from food poisoning to cancer. It is distinguished from abdominal bloating or distension, which also can cause pain, but which is associated with the "ballooning" feeling caused by excess gas or other internal pressure.

Because abdominal pain is often a symptom of serious illness, it is important to see your doctor as soon as possible. A clear description of the pain will allow your doctor to make a quick diagnosis and begin treatment. Some questions your doctor may need you to answer include:

- When did you first notice the pain?
- Had you been doing or eating anything different when the pain occurred?

Hepatitis: Mild to moderate pain in the upper right portion of the abdomen. In acute hepatitis, it often is accompanied by loss of appetite and nausea.

Irritable bowel syndrome: The pain of irritable bowel syndrome is often felt in the mid- to lower abdomen, and it is relieved after a bowel movement or passage of gas. Symptoms tend to be crampy, although they may be constant and often worsen in times of stress.

Pancreatic cancer: Sometimes cancer occurs without pain, and at other times pain develops slowly in the upper abdomen and can radiate to the back. The pain may be the worst three to four hours after eating and may be relieved by sitting up or bending forward.

Other conditions that may cause abdominal pain include:

Gastro-esophageal reflux disease (GERD)

Peptic-ulcer disease

Ulcerative colitis

Abdominal Bloating or Distension

Bloating or distension is the sometimes painful swelling of the abdomen caused by excess gas, fluid buildup or constipation.

Conditions that can cause abdominal bloating, swelling or distension as a **major** symptom include:

- Bowel obstruction
- Cirrhosis
- Colon cancer
- Diverticulitis
- Flatulence
- Food intolerance
- Too much fiber
- Gallstones
- Irritable bowel syndrome
- Liver cancer
- Ovarian cancer
- Viral gastroenteritis - swelling or inflammation of the stomach and intestines from a virus. Often called stomach flu.
- Giardiasis - an intestinal infection caused by a microscopic parasite that's found worldwide, especially in areas with poor sanitation and unsafe water. Giardia infection is marked by abdominal cramps, bloating, nausea and bouts of watery diarrhea.



The language of friendship is not words, but meanings.

Henry David Thoreau

Tips For New Urostomy Patients

Greater Seattle *The Ostomist*

Train yourself to shut the pouch valve as soon as you have emptied the pouch. If you forget, the resulting disaster within the next 10 minutes could ruin your day.

Be sure to take the plastic waste basin and clear measuring container home from the hospital. They are very helpful as you establish a daily routine of washing your night time equipment. Gallon bottles of white vinegar and cheap liquid detergent make the daily wash-up an inexpensive chore.

If you change the pouch first think in the morning there is less chance of the stoma misbehaving as you do the change.

Irrigate the pouch daily with a solution of 4/5 water and 1/5 vinegar.

A five quart pail with metal handle (found at Home Depot, Walmart, etc.) is a great night bottle or bag container by the bed and also a safe way to carry this equipment to the bathroom in the morning.

The hospital wash basin is an ideal container for supplies when traveling and can be used to hold the night drainage bag. In the morning it is handy for washing up wherever you are. It fits nicely into most carry on bags and is not heavy.

In most cases urostomy patients enjoy a completely normal diet. Cranberry juice, yogurt or buttermilk will help combat urinary odors. Asparagus might be avoided as it produces a strong odor in urine.

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I Have An Ostomy - So What!

by Fred Shulak

In my capacity as Chairperson of the GLO Network I receive many questions from people who have had or are going to have some form of ostomy surgery. The most prominent concerns pertain to intimacy and sex. It is only normal for a person to be concerned about their body image and rejection.

I have had my Ileostomy since I was 18 years old. Like any teenager I had raging hormones. I began to have these same concerns. Having an ostomy is no reason to stop seeking affection or partaking of sex. Being an ostomate was relatively new to me, but I knew that one thing I wanted was to share my life with someone else and have a partner. I wanted to be as much like other guys as possible even if I did wear a pouch.

The most important factor in getting there was good hygiene. After all what man in his right mind is trying to make himself attractive to others if he does not bathe on a regular basis or has a body odor. A very important part of hygiene was the control of pouch odor. At that time there were not many deodorants available and they were not very effective. To make matters worse, pouches were made out of rubber and not conducive to odor control. I tried many different things to control odor and most of them didn't work that well.

The best products to control odor are those currently available. I use different deodorants depending on what I have eaten. Some foods caused a lot of odor while others very little. You have to try the products available and see what works best for you.

The next important factor was clothing. Depending on type of food eaten a pouch has a tendency to bulge and as a result I sometimes wore baggier pants or a shirt not meant to be tucked in. I was a little sensitive about the bulge on my stomach and in the beginning I felt that anybody who looked at me knew I had an ostomy. I quickly learned this was not the truth and wearing loose clothing did give me a sense of security.

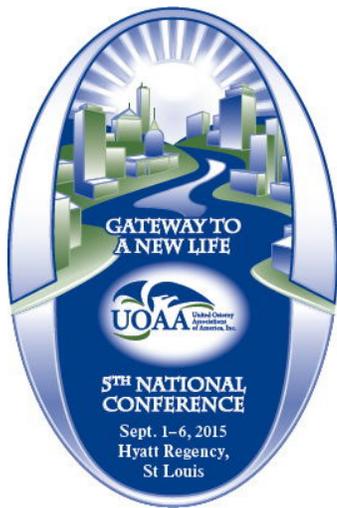
I was very much in the closet about my ostomy and didn't make a habit of telling other people about it. My ostomy was not something that I wanted to share with someone I knew only casually. I would tell only the one with whom I wanted to share intimacy.

I believe having an ostomy shouldn't be any reason to stop dating or becoming intimate with someone. When you find someone with whom you want to be intimate, whether for an evening or a long term basis, you will want to tell him/her about your surgery, the fact that your body has been significantly altered and why. Another person cannot possibly accept your pouch if you cannot accept it first.

Regardless of whether your pouch is clear, opaque or colored, the appearance of the pouch will have some effect on the person with whom you want to be intimate. One way to lessen the effect of an ostomy is to wear a pouch cover. There are a large variety of covers available and you can get a good selection by checking the Phoenix Magazine or searching the Internet.

There will be times when that person will not be able to accept your surgically altered body. That will happen. You have to bear in mind that if he/she really cares for you then your body image is only a secondary circumstance. You are the wonderful person that you are and the fact that you are also an ostomate is just a little kink along the way.

In the last several years I have become more comfortable telling friends that I have an ostomy and being able to do so has made me more comfortable about myself and set me free from the possibility of stigma.



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.

Featuring:

- First Timer's Reception
- Free Ice Cream Social
- Education Sessions
- Stoma Clinic
- Ostomy Product Exhibit Hall
- Farewell Celebration

Visit www.ostomy.org for continually updated information and to register online.



Did you know...

Pears were used as a natural remedy against nausea in ancient Greece.

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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What We've Lost - What We Have

by joanntremblay1

Submitted by Dave Rudzin

So many changes occur for anyone and everyone when they face illness, a significant emotional event, or life alteration(s), whether chosen or thrust upon them. Ostomates such as myself are not an exception, and we at one time had to face all of them.

There are many reasons why a person will undergo surgery to become an ostomate, and none of them are easy. Whatever it was or will happen that will bring a person to a life alteration, they will experience feelings of being bent and broken. Our body, mind, emotions and human spirit screams for a second chance at life.

Whatever our life situation may be, one thing is for sure, living is not for wimps, and none of us can

Should You Drink Your Vitamins?

Sources: Eatright.org, Mayo Clinic



You are hot and thirsty and need a drink. What is your go-to drink to quench your summer thirst? Many Americans in search of health on the go have turned to so-called “vitamin water” drinks. These enhanced

waters boast popular ingredients such as vitamins A and C, yerba maté, acai and cranberry extract. Are these drinks really that good for you?

Some of the added ingredients found in vitamin waters have been linked with health benefits. For example, vitamin A promotes healthy vision. Vitamin waters also provide hydration. But health experts are not convinced that the drinks actually improve health.

The American Dietetic Association (ADA) notes that generally, people do not benefit from the low levels of vitamins and minerals found in these types of drinks. If you're eating a balanced diet, you won't likely benefit from drinking vitamin water, which is water that's been fortified with nutrients such as vitamins and electrolytes. Some types of vitamin water also have flavorings, caffeine and sweeteners.

And the drinks don't typically provide the nutrients that people are more likely to have low levels of, such as calcium and vitamin D. Some drinks contain ingredients that have not been fully studied for health benefits. What's more, the drinks can be high in calories and sugar.

Eating a healthy and balanced diet is the best way to get the vitamins and nutrients you need. And don't forget that water does the body good. Without any unnecessary calories, it helps your muscles and brain stay hydrated for optimal physical and mental performance. If it's more taste you are after, consider adding slices of citrus fruit, strawberries or cucumber to water to make the flavor more appealing. The ADA suggests that you may be better off taking a daily vitamin/mineral supplement than drinking vitamin water. But if you have a thirst for these drinks, be sure to read the label carefully.

change the past. We cannot take away or erase the incident or circumstance that started everything. What we can do is, put one foot in front of the other, and then continue on our way, in spite of it all.

There are very few of us who are fearless in the face of loss, and the memory of what we once had. With each foot moving forward we march to the beat of our recovery drum, and sway to the rhythm of our new normal, all the while, doing everything possible to shake off the terrible fear.

When a significant emotional event occurs in a lifetime, and every life I know has had at least one, and most often, people have had many, our way of looking at ourselves, our lives, and the people around us is forever changed. Some of us feel trapped by the life altering condition, and for others, we experience a grieving process that eventually leads us to the promise of a full life, even in the face of uncertainty.

All life is fragile and limited. Before our life altering and significant emotional event, (SEE), life wasn't always fair. We didn't know how long our lives would be, no one really knows. We at times lived without peace, and the journey was not always smooth. Then the SEE happened, and we lost something, for some of us we even lost the use of body parts. And, we will never look at ourselves and life the same way again. Yet, life is still fragile, limited, and precious. Life isn't always going to be fair. We don't know how long we will live, no really knows. At times we will live without peace, and the journey will not always be smooth. This is what we have.

Before and after our SEE, we navigate along our life path, and it takes a lot of time and work to nourish our body, mind, emotions and human spirit. The potential energy that can fuel our progress lies in discovering the pleasure of living each moment to the fullest. The appreciation of life's smallest pleasures, and the all out, no holds barred grandest of life's happenings. What we've lost is gone.

What we have, is precious and can be easily lost again. Life inhales, and then exhales again. There are times when we feel hurt, isolated, and angry. There are times when we are energized, awake, and alive. We need to allow ourselves to grieve, and even take a time out.

Probiotics and Prebiotics

Sources: BCBS, Mayo Clinic

You have more than 100 trillion bacteria living in your stomach. Some of these bacteria are harmful, but many of them are good. Helping good bacteria thrive may benefit your digestion and health.

You don't need special pills or powders to give good bacteria a boost. Many common foods, like yogurt, can help beneficial bugs. Look for yogurt that says it has "live active cultures." Fermented foods like aged cheeses, sauerkraut, miso and tempeh also contain good bacteria.

What Are Probiotics?

Probiotics are live organisms similar to the ones in your body. They are available in some foods or as supplements.

Probiotics may:

Boost your immune system

Keep your skin healthy

Help ease inflammatory bowel disease symptoms

Reduce the frequency of respiratory infections

Relieve diarrhea

What Are Prebiotics?

Prebiotics help feed the good bacteria in your stomach. Particular types of fiber and carbohydrates are prebiotics. Prebiotics occur naturally in a variety of foods, especially high-fiber foods, including certain fruits, vegetables and grains. They may aid your digestion and help your body absorb calcium.

Add these prebiotic foods to your grocery cart:

Bananas

Onions and garlic

Asparagus

Artichokes

Soybeans

Whole-wheat items

Almonds

Berries

Putting It All Together

Prebiotics and probiotics work together. Prebiotic foods help probiotics work. For the biggest benefit, eat them together. For example, try yogurt topped with bananas and almonds. Or top grilled asparagus with aged Parmesan cheese.

Swimming with an Ostomy

Vancouver Ostomy *Highlife*, Winnipeg OA *Inside/Out*

Summer is once again upon us and every year at this time we are asked if you can still swim or do water sports with an ostomy. The



answer is YES! With a little planning ahead you can continue to enjoy the water as you did before.

Swimming with an ostomy is great cardiovascular activity that is easy on your joints and back. It might be wise to check with your WOCN or doctor first but otherwise if you feel well enough for some gentle water work, go for it.

The first thing people worry about is if the appliance is going to stay on. With proper preparation you can be confident it will. First, you might want to replace the appliance (ideally the day or night before) whether it be one or two piece, before you go swimming. Most brands are capable of withstanding the twisting and friction involved in swimming. but if you are an especially active 'water sporter' you might ask your supplier, manufacturer or WOCN what they might recommend.

Wafers with waterproof tape can be a good choice, or you can tape the edges yourself with pink tape. You make a 'picture frame' around the barrier edges. Tape the filter shut as water might get into the pouch. It won't hurt you if it does, but it can get sloppy, plus who wants chlorinated, salt water or unclean lake water next to the stoma? If you do elect to change brands, it would be wise to wear the new gear for a few changes before you commit to a public splash.

Snug spandex/lycra shorts under swim shorts are an excellent choice for men; snug spandex/lycra swimsuit bottoms for the ladies will help hold things in place. (OstoMy Secrets has new swim products) You can also use an ostomy belt but cinch it firmly. These belts aren't going to be very comfortable when you get out because they'll stay damp a long time.

Consider packing an extra pouch and flange to change into once you're finished. Knowing that you have that extra gear available will assure peace of mind if you aren't comfortable for some reason.

For those with an ileostomy or busy colostomy, time your meals so that your swim can evolve with the least discharge possible. Avoid gas producing foods and drink plenty of water.

Now having said all this, you know what? Some people don't need to do anything different at all with their routine when they want to get in the water. Wafers are meant to stay affixed and seal the stoma. Everybody's anatomy and skin is different so you might have to try a few options before finding the right one for you.

*Your ostomy appliance is hermetically sealed...
an anus is not.*

The Simple Breathing Technique That Will Help You Sleep

By Andrew Weil, MD, Prevention.com



Persistent insomnia becomes more common as we age. It's a risk factor for weight gain and can disrupt the body's regulation of blood sugar, increasing the

risk of type 2 diabetes. Continued lack of sleep can also affect cognitive function and increase stress-hormone levels that raise blood pressure and promote inflammatory changes associated with chronic disease. In other words, this is one problem you need to address.

For better sleep, try a technique like this relaxation breath exercise when you get into bed tonight.

- Exhale through your mouth
- Close your mouth and inhale through your nose for a count of 4
- Hold your breath for 7 counts
- Exhale for 8 counts
- Repeat the sequence 3 times

Ostomy ~ The New Normal

Happy Independence Day!



**As we celebrate our nation's freedom,
we honor the courageous men and women
dedicated to preserving it.**

Hunger or Dehydration?

Health.com

"Mild dehydration is often masked as feelings of hunger, when really your body just needs fluids," says Alissa Rumsey, RD, spokesperson for the American Academy of Nutrition and Dietetics. The confusion happens in the hypothalamus, the part of the brain that regulates both appetite and thirst. When dehydration sets in, wires get crossed in the hypothalamus, leading you to grab a bag of chips when you really need a bottle of water. "Prevent it by staying on top of your fluid intake, starting with a glass of water first thing in the morning," advises Rumsey. "If you feel hungry, and you haven't drank much that day, try drinking a glass of water and waiting 15 to 20 minutes to see if your hunger subsides."



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

► 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

Congratulations to our Stanley Cup Champion Chicago Blackhawks!



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).