

The New Outlook

October/November/December 2019



UPCOMING TUESDAY MEETINGS

October 15, 7:30 pm

November - No Meeting

December 17, 7:00 pm

GLENBROOK HOSPITAL

2100 Pfingsten Rd, Glenview, IL

Conference Rooms C & D, 1st Floor

July's Meeting (our 487th)

We had a wonderful time with our Show & Tell meeting, sharing tips and products we've found through the years. Our members are really smart and innovative!

September's Meeting (our 488th)

Marc Gould from Coloplast presented familiar favorites and some new products of interest, particularly a new flange and belt to help those with hernias.

Our next meeting, Tuesday October 15 we will show numerous products and discuss when and how to use them. There are so many products available to us that it can sometimes seem overwhelming.

Holiday Party December 17! Prizes for the funniest apparel- sweaters, hats, shirts, pants... Holiday or any other theme. Bring a dish to share. Steve will again donate Portillo's beef.

Attending your first meeting? There are always supportive ostomy veterans to chat with you.

Remember, newsletters are now quarterly. Make sure we have your current email address to receive monthly meeting and event reminders. Our member list is private, never shared or sold.

To request the electronic newsletter, email uoachicago@comcast.net or sign up on our website's home page.



www.uoachicago.org

www.ostomy.org

Ostomy Association of Greater Chicago (OAGC)

Established 1975

President

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

Vice President/Program Director

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

Treasurer

Tim Traznik ttazpargolf@gmail.com 630-736-1889

Secretary

Patricia Johnson hereandnow@wowway.com 224-523-0509

Visiting Chairperson

Peggy Bassrawi, RN pbassrawi@gmail.com 847-602-0184

Chapter WOCNs

Madelene Grimm madelene_grimm@yahoo.com

Bernie auf dem Graben-Bailie henny311@yahoo.com

Hospitality

Sandy Czurylo

Wound Ostomy Continence Nurses (WOCN)

Julianne Ciaglia 773-990-8498

Presence Resurrection Medical Center

Ana M. Boden 773-296-7095

Advocate Illinois Masonic Medical Center

Swedish Covenant Hospital 773-878-8200

Teri Coho 773-880-8198

Lurie Children's Hospital

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

Michele Kaplon-Jones

University of Chicago

Laura Crawford 312-942-5031

Rush University Medical Center

Casey Mülle 847-657-5963

Glenbrook Hospital

Cheryl Isberto

Skokie Hospital 847-933-6091

Highland Park 847-926-5806

Agnes Brugger 847-570-2417

Evanston Hospital

Connie Kelly, Mary Kirby 312-926-6421

312-695-6868

Northwestern Memorial Hospital

Kathy Krenz 815-338-2500

Centegra-Northern Illinois Medical

Marina Makovetskaia 847-723-8815

Lutheran General Hospital

Elizaeth Perry 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, Jean Heer, 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

Additional area support groups:

Northwest Community Hospital, Arlington Heights

2nd Thurs at 1:00 pm every other month. Feb, Apr, Jun, Aug, Oct, Dec in The Learning Center, Level B1 of the Busse Center Contact 847-618-3215, Elizabeth Perry eperry@nch.org

Southwest Suburban Chicago, Evergreen Park

3rd Monday at 6:30pm, Little Company of Mary Hospital, 2800 W. 95th St., Evergreen Park - Rm 1702. Contact Nancy Olesky 708-499-4043, nanoook60@sbcglobal.net or swscost@gmail.com

Sherman Hospital, Elgin

2nd Wednesday of month at 2 pm. Lower level Conference B. Contact Morgan Coconate morgan.coconate@advocatehealth.com 224.783.1349, or Tom Wright, tomwright122@att.net

DuPage County, Downers Grove

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

Will County, Kankakee IL

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 815-252-1551, charliegrtvnt@gmail.com

Grundy County, Morris IL

Monthly Meetings at 11:00 AM, the 3rd Saturday at Grundy Administration Bldg., 1320 Union St., Morris, IL. Contact Judy Morey at 815-592-5717 or Kelly Hitt at 815-941-6818.

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

2nd Wednesday 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

Rush University Medical Center, Chicago

Professional Building 1725 W. Harrison St. Suite 1138 - Conference Room. Parking for main garage will be validated. 1st Thursday of month, 5:30p.m. Contact Rachel Hendee, rachel_hendee@rush.edu

Hazel Crest, IL South Suburban Hospital

17800 South Kedzie Avenue, SSUB-CONF-RM Dining Room 1. Lower level adjacent to the cafeteria. 4th Saturday 10am to Noon. Free Parking. Contact Herb at 708-510-7479

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

Wellness House, Hinsdale

Kay & Mike Birck Home of Hope 131 North County Line Road Ostomy Networking Group for Cancer Survivors Quarterly 7:00 pm Next meeting Oct 28. Contact Karie Milewski-Carlson, 630.654.5114 or kmcarlson@wellnesshouse.org

Here and Now

with Patricia Johnson

Cell phones... can't live with 'em, can't live without 'em. What I find most amazing is that they have incredible cameras! I take pictures of flowers that I see while walking our dog, and my garden. When I am waiting for something I scroll through them and just enjoy their beauty. My husband takes pictures of things he come across while out and about and for projects he is working on at home. I had tons of pictures on my phone of the garage ceiling and pipes he was working on insulating. I've deleted those after I said he should you use his own phone for this.

We've taken pictures while on vacation. Once we took some selfies. When Hilary looked at them she said "Mom, when taking selfies hold the phone up and look up. The pictures will be better." Well, that was news to me. All this to say that we will be hosting a Vender Fair Nov. 9th from 9am to 2pm at Northwest Community Hospital.

There will be vendors from all over showing their new products and innovations to make life with an ostomy easier. Hollister, ConvaTec and Coloplast will be there. There will also be WOCNs to answer questions you may have about your ostomy. There will not be private rooms where you can remove your appliance to show the nurse what is wrong. SO, this is where your cell phone comes in. Take pictures of your stoma and parastomal skin so the nurse can see the problem and offer advice, solutions and encouragement. They've seen it all and can work from your pictures. And as they say a picture is worth a thousand words.

I think the Vender Fair will be great. Plan on coming even if you are not in need of a WOCN. It will be a great opportunity to see what is available and meet other people and get ideas. See you at the Fair!

Life is Good!

See page 9 for Vendor Fair details.

P.S. At the September meeting Madelene Grimm recommended writing down all your issues with your appliance and then at the vendor fair go from vendor to vendor and ask how they would address your problem. If the first vendor doesn't have an answer then go on to the next one. Do this until you get an answer. This will not only help you to find a solution, it gives the vendors real life problems to work on.



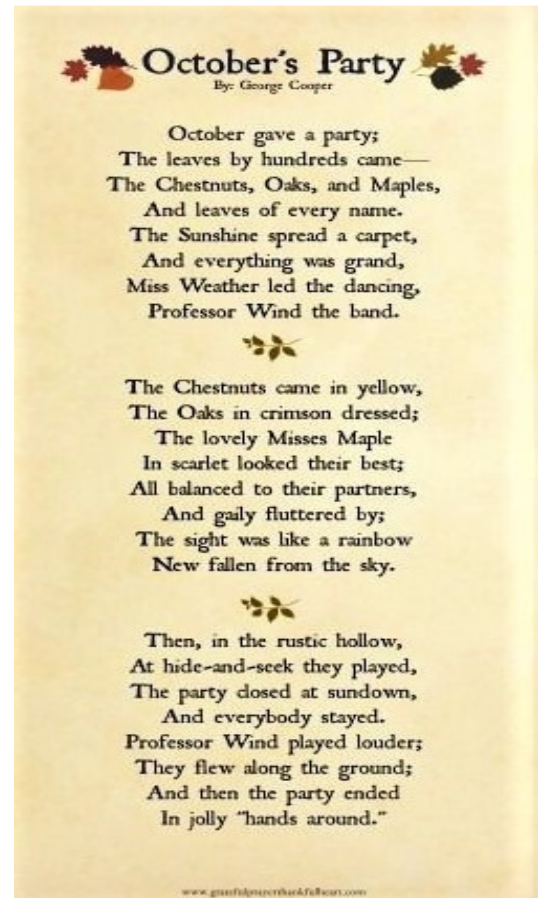
Living life to the fullest. You've never been one to let life slow you down. Every challenge is met with the confidence that comes from knowing life is all about the journey. And that confidence is an inspiration to us every day at Hollister.

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.**



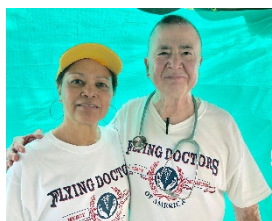
The Hollister logo is a trademark of Hollister Incorporated.
"Hollister Ostomy. Details Matter." is a service mark of Hollister Incorporated.
©2014 Hollister Incorporated. 922478-114



Dr. Chandrakant Modi; a doctor, promise keeper, a world traveler, and an ostomate.

By Patricia Johnson

You see him at our meetings quietly listening and observing. A very interesting man to know, whose areas of medical practice include internal medicine, emergency medicine, and pathology. Recently, Dr. Chandrakant Modi spent time with my husband and me talking about his life, career, ostomy and his experiences with Flying Doctors.



While in India, on a mission trip several years ago, Dr. Modi was experiencing symptoms of UTI. He came home to the States and saw a urologist. The diagnosis was an over active bladder. When it did not clear up with treatment Dr. Modi, the pathologist, decided to look at his own urine sample. He couldn't believe what he saw. It was full of cancer cells. A biopsy confirmed his findings, he had bladder cancer. He had diagnosed his own cancer. He underwent 7 hours of surgery and a very difficult regimen of chemo therapy and now lives with a urostomy. He has been cancer free for more than 5 years.

But life with a urostomy has not stopped him from practicing medicine and going on medical missions with Flying Doctors.

His involvement with Flying Doctors grew out of a promise he made to his father as a young man, just before college. In India, where he is from, it was normal for children once they could read and write, add and subtract to go into the family business. But Dr. Modi's father had a vision for his son. He told him that education was very important and that he should choose a career that would provide him with a decent income and help humanity. Dr. Modi chose medicine. After finishing medical school in India Dr. Modi came to the US to do his residency in Chicago. Thereby keeping the first part of his promise to his father.



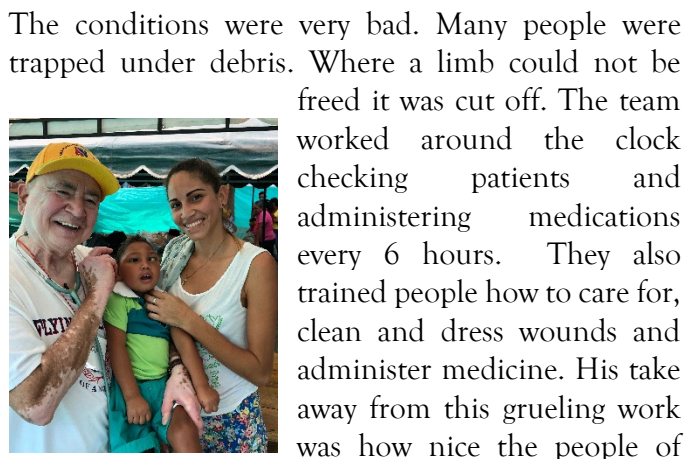
In the late 1980s, Dr. Modi connected with Flying Doctors. Flying Doctors of America was founded by Allan Gathercoal in 1990 to treat the poorest of the poor in remote areas around the world. It is a non-profit, non-sectarian organization. A trip was being planned to the Himalayas. Dr. Modi signed on thus beginning the fulfillment of the second half of his promise to his father.

The trip was arduous, to say the least. The medical team hiked to the base camp at an altitude of 16000 feet. It was cold and many suffered from altitude sickness. The name of the place was Ladakh in India, the name of the small town was Pso Murari. A sparsely populated, very remote area. There were no roads and everything was outdoors. The people were refugees from China who had no medical care. He saw many unique diseases and childhood diseases such as mumps and measles. In spite of the difficulties, Dr. Modi loved it. He liked getting to know the people who he described as very nice and humble. That was his first trip and he was hooked, going on mission trips several times a year for the past 20 years.

I asked how he takes care of his ostomy while in places with no running water, primitive bathroom facilities, no electricity, and differing climate conditions. He said he packs a lot of supplies in his bags and sends some with the medical supplies being sent to the area. In hot, humid places he takes powder to ward off fungal infections due to the ostomy bag sitting against his skin. He has also requested that he stay in his own tent for privacy at night when his ostomy drains through a tube into a large bag, thereby allowing him a full nights sleep. So far this has not been a problem.

Dr. Modi has traveled to more than 100 countries, healing the sick and getting to know the people. His love, compassion, and humor in places where these are in short supply are an inspiration. He shared with us about a month long trip to Haiti after the earthquake. How the only building standing was a church and how the Pastor offered the church to them for a hospital. The pews were removed and 40 beds were placed on the floor. There were also some rooms upstairs that the Pastor made ready for the medical team to stay in.





The conditions were very bad. Many people were trapped under debris. Where a limb could not be freed it was cut off. The team worked around the clock checking patients and administering medications every 6 hours. They also trained people how to care for, clean and dress wounds and administer medicine. His take away from this grueling work was how nice the people of

Haiti were. How nice the people are where ever he has been. How he has seen places that tourists never see. And how much he has loved these trips.

In March, Dr. Modi was off to Colombia to help treat the 150,000 refugees from Venezuela. His father's vision for his son continuing.

Both the subject, Dr. Modi, and the author, Patricia Johnson, are OAGC members.

This article first appeared in the Fall issue of *The Phoenix* magazine. To subscribe go to: www.phoenixuoaa.org

Get Ostomy Answers

The Phoenix magazine provides solutions to the many challenges of living with a colostomy, ileostomy, urostomy or continent diversion.



The Phoenix
The official publication of UOAA



**HAPPY
HALLOWEEN**

Mark Drug Medical Supply

548 W Dundee Rd, Wheeling IL 60090 847-537-8500

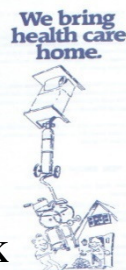
The Ostomy Store

We are local and have the largest inventory in the Chicago area

Come in and visit . . . See what is new

Manufacturers

ConvaTec
Hollister
Coloplast
Marlen
NuHope
Cymed



Accessories

Adhesive Removers
Skin Prep
Deodorants
Belts
Undergarments
Pouch Covers

847-537-8500
1-800-479-MARK
FAX 847-537-9430

We bill direct to
Medicare-Medicaid
and Private Insurance

Alan@markdrugmedicalsupply.com

Patient Safety

Northwest Community Hospital

Your Visit

Anytime you visit the hospital, clinic, or surgery center for a test or a procedure, your entire healthcare team is working to keep you as safe and satisfied as possible. But to make sure this happens, it's very important for you to be involved as well.

What you can do to help your healthcare team

- Tell your healthcare team about your overall health and health history.
- Ask questions or voice any concerns you have about your care.

You may feel uncomfortable about speaking up like this. But your doctors and nurses want you to speak up. Because when you work with your healthcare team, it can help prevent harmful mistakes and injuries.

Tell Your Healthcare Team

To keep you safe, your healthcare team needs to know as much as possible about your health. It's important to tell them about:

- Any health conditions (like high blood pressure, diabetes, or high cholesterol)
- Operations you've had in the past
- Any medical devices (like a pacemaker or an artificial heart valve)
- If you or anyone in your family has ever had a bad reaction to anesthesia

- If you're allergic to any medicines (like penicillin)
- If you're allergic to any foods or materials (like shellfish or latex)

Tell your healthcare team about everything you take.

Some medications and supplements can cause problems with your treatments and healing. To prevent any problems, bring a current list of your medications anytime you go in.

My Medication List

Your Name: _____ Date: _____

Prescription Medications

Please list the names and detailed information about your prescription medications.

Name of Medication	Why You Take It	Strength	How Much You Take	How Often You Take It	Name of Doctor Who Prescribed It	Where You Get Your Medications
Example: Lipitor (atorvastatin)	For High Cholesterol	20 mg	1 pill	Daily every morning	Dr. Greg Wilson	Local Pharmacy (555) 123-4567

Medicines You Buy Over the Counter

Include things like pain medicine, herbal supplements, and vitamins.

Name of Medicine	Why You Take It	How Often

Allergic Reactions

List any allergic reactions you've had to medications in the past.

Name of Medication	Describe the Reaction You Had

To get a copy of this form, go to: www.my.emory.com/medication/forms/med_list_patient_en.html

© 2008, Emory Solutions, LLC. All rights reserved.

Your list should include:

- All prescription medications
- Things you buy over-the-counter like cold medicine or pain medication (like aspirin, Tylenol®, or Aleve®)
- Vitamins
- Herbal supplements (like Echinacea or Ginkgo biloba)
- Tobacco products (or nicotine patches or gum)
- Alcohol (even if you just have a glass of wine with dinner)
- Recreational drugs

Privacy of your health information

When it comes to information about your health, doctors and nurses take your privacy very seriously. And there are rules and regulations in place to protect it. Again, when you talk openly with your healthcare team, it can help keep you safe.

If you've already been admitted to a hospital or surgery center, but haven't told your doctors and nurses something about your health or medication history, it's not too late. You can tell them about

anything you've forgotten the next time they check on you.

Have a family member or a friend there with you.

Think of this person as your partner in care. He or she should be able to:

- Help explain information that may be unclear
- Ask your healthcare team important questions you may not think to ask
- Give them information about your health

Just make sure your doctors and nurses know it's OK to share your health information with them.

What are "advance directive" wishes?

Advance directives are instructions you give about how much (or how little) medical treatment you'd like to receive if you're unable to make decisions for yourself later on. All patients who are admitted are asked about their wishes (no matter what kind of procedure they're having).

No one wants to think about something bad happening. But if the unexpected happens, those closest to you should know your wishes. Talk with your family and healthcare team about this.

Blood transfusions

Even though blood transfusions are safer now than they've ever been, there are a number of risks involved. If there's a chance you'll need a blood transfusion, make sure you understand what these risks are.

If you want to avoid a transfusion, there may be alternatives that can make a blood transfusion unnecessary. So ask your doctor about these.

Your Stay

When you get there

If you're going to a hospital or surgery center, you'll probably fill out a lot of standard billing and insurance forms. And you may have to give information (like your name and date of birth) over and over again.

Don't feel like there's a rush to sign any of these forms. You can take as much time as you need. So if you have any questions about what you're signing, just ask. If you're interested, ask if you can fill out any forms before you come in. That way, you can look the forms over carefully and sign them ahead of time.

Your identification wristband

Shortly after you arrive, you'll get a wristband that your healthcare team will use to identify you during

your stay. One of the first things you should do is make sure the information on your wristband is correct. If anything is wrong, let your healthcare team know right away so they can fix it.

Your doctor or nurse should check your wristband before they give you any medication or start a test or procedure. In fact, they may ask your name AND check your wristband. Your healthcare team wants to make absolutely sure you are who they think you are. So don't be surprised if they double check.

Let your doctors and nurses know if you:

- Don't understand something they're telling you
- Aren't sure why a test or procedure is being done
- Don't know about (or you're uncomfortable with) a procedure's risks
- Don't recognize a medication you're asked to take
- Want a member of your healthcare team to tell you who they are or explain his or her role in your care
- Are in any pain or feel sick to your stomach
- Can't eat certain foods
- Would like an extra pillow or blanket

Falls

Occasionally, people of all ages fall down and injure themselves. Most of the time, this happens when people try to get out of bed on their own.

To prevent a fall from happening to you, ask your nurse to help you out of bed if you want to walk around or get to the bathroom. Because even if you think you can get out of bed by yourself, keep in mind:

- You may be weak after your procedure or test
- You could have been given medications that make you feel dizzy or lose your balance

When You Go Home

As you get ready to go home, your healthcare team will explain what you'll need to do to take care of yourself after you leave. You'll also get written instructions you can take with you. So if anything is unclear or confusing, ask someone on your healthcare team to explain it.



Before you leave, you should understand:

- Which medications you should take
- How and when to take them
- When you'll hear about any test results
- The day and time of your first follow-up appointment
- When it's OK to get back to your everyday routine (like driving, going back to work, and exercise)

Know when to call your doctor.

During your recovery, it's also very important to know when to call your doctor. So make sure you know about warning signs to look out for (like a high fever, chills, or you're sick to your stomach).

The Big Picture

Staying healthy and safe is a big responsibility. And there are many simple things you can do to help make this happen.

- Tell your healthcare team about your overall health, health history, and medications you take.
- Have a family member or a friend there to be your partner in care.
- Think about your advance directive wishes.
- Make sure you understand the risks involved with a blood transfusion.
- Do NOT try to get out of bed on your own.

Also, tell your healthcare team if:

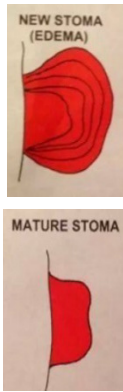
- You're confused about anything your doctors or nurses tell you.
- You're unsure about a form you're asked to sign.
- You want your healthcare team to do something like check your wristband or clean their hands.
- You don't recognize a medication or don't know why you've been asked to take it.
- You'd like something that will make you more comfortable.
- Your healthcare team wants the best for you and your family. So if there's anything that will help make this happen, all you have to do is ask.

Keep a copy of your health information at home and take a copy to your next doctor's appointment.

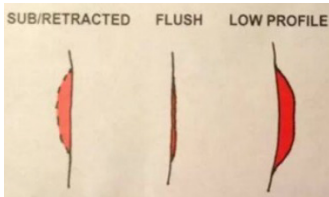
Stoma Shape

Canadian Society of Intestinal Research

Changes to the size and shape of a new stoma are normal during the post-operative period. Initially, after surgery, stomas are swollen (edematous). The swelling will gradually subside over a period of about 6 weeks after surgery. No one will be able to tell you exactly how large your stoma will be right after surgery, nor how much smaller it will be as the swelling settles. Regular measuring of the base of your stoma is important during this 6-week period so that you can maintain correct sizing of the opening of the flange/appliance that you are using. The opening of a traditional flange/appliance should be about 1/8th of an inch (3-4 millimeters) larger than the base of your stoma. Correct sizing will help to prevent irritation of the skin around your stoma, as well as prevent irritation (lacerations) to the stoma itself. Moldable flanges do not require this precision.



Changes to the size and shape of an established stoma can also occur over time. Most commonly, these changes result from weight gain. In general, weight gain of ten pounds (4.5 kilograms) or more can cause a stoma to “pull-in” and to become more flush with the surrounding skin. Weight gain may



also change the contours of the skin surrounding your stoma. Consequently, your “usual” pouching system may no longer be appropriate, particularly if you are experiencing frequent leaks or the usual wear-time has decreased. If your weight has increased by more than 10 pounds since your ostomy surgery, you may benefit from contacting an Enterostomal Therapy Nurse (ET) to re-evaluate your pouching system. Equally, dramatic weight loss can impact stoma size and skin contours, also requiring re-evaluation of pouching systems.

For women who have stomas and who become pregnant, regular re-evaluation of the stoma and pouching system is recommended throughout the pregnancy. The weight gain experienced during

pregnancy (particularly in the second and third trimesters) can cause the stoma to become flush, or even retracted during the later stages. Maintaining regular contact with an ET will help to determine appropriate changes to the pouching system as the pregnancy progresses.

A lengthening (or prolapse) of the stoma can occur.



While peristalsis will normally cause minor changes to the length of the stoma, the stoma may also excessively lengthen. You may notice that the stoma lengthens (or prolapses) while standing or after coughing, then may return to normal (reduce) after you lie down. If you notice that your stoma is prolapsing, you should contact an ET for re-evaluation of your pouching and management of the prolapse.

Some people may develop hernias around the stoma (peristomal hernias), causing a bulging of the skin. Again, this bulging may cause significant changes to the size and shape of your stoma. An ET will be able to help you reassess your pouching as well as assist with the evaluation and management of the hernia.

Lastly, changes can result simply from aging. As muscle and skin lose strength and tone, changes to the stoma and the contours of the surrounding skin may require alterations to the size and type of pouching used. Generally, it is recommended that people with established stomas have their care re-evaluated annually by an Ostomy Nurse.

Editor's note: An Enterostomal Therapy Nurse (ET) is another term for an Ostomy Nurse.

Did you know.....

After surgery, your doctor may suggest keeping a food and drink journal to help determine the intervals at which you should empty your pouch. While this is extremely helpful during the daytime, you will also want to pay close attention to what you are consuming before bedtime and how it affects your stoma's activity. Eating a copious meal or drinking in large quantities just before turning down for the evening is likely to disrupt sleep due to having to empty your pouch several times throughout the night. While you may have to wake up no matter what you eat or drink, you can keep it to a minimum by finishing meals at least a couple hours before going to bed.

VENDOR FAIR

Saturday, November 9
Northwest Community Hospital
800 West Central
Arlington Heights, IL

9:00 am to 1:00 pm



Use the **main hospital entrance**. Once inside, go to the right toward the Oasis cafeteria then take the hallway left opposite the Auditorium. Meeting rooms 6 and 7.

Vendors to include representatives from product manufacturers including Hollister, Coloplast, ConvaTec; and distributors including Mark Drug, Byram, Edgepark. Also information from some companies without local reps including Nu-Hope.

WOC Nurses will answer questions and offer assistance. You will not be able to remove a pouch. If you have a skin or stoma issue you want a nurse to see you will need to bring a picture to show.

Donated unused supplies, primarily from Hollister and ConvaTec, offered to those who can use them.

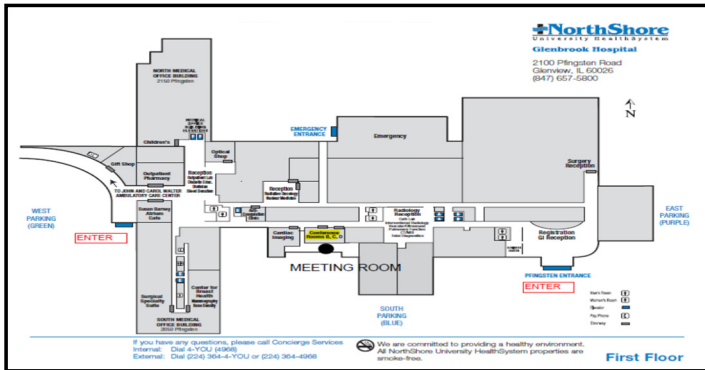
Although valet parking is not available on Saturday, Care Carts are available to move patients and visitors between the Busse Center, Day Surgery Center, South Pavilion, North Pavilion and all points in between. To request Care Cart service upon your arrival to the Hospital campus, please speak with a Guest Services volunteer or Hospital staff member at the information desks located at each entrance. Care Carts are available beginning at 8am.

Ostomy ~ The New Normal

OAGC General Meetings

Glenbrook Hospital, 2100 Pfingsten Rd, Glenview, in the **first floor Conference Rooms C-D**.

There is **abundant free parking** including many handicapped spaces directly in front of the hospital. An information desk is just inside the Hospital's Pfingsten side Entrance. Upon entering, take the hallway to the left.



Glenbrook Hospital is bordered by Pfingsten Rd east, Hospital Dr. south and Landwehr Rd. west. From I-294 take Willow Rd exit east to Landwehr Rd south. From Waukegan (43) take Lake or Willow west to Pfingsten. The parking entrance is on Hospital Dr.

*We exist to support you,
You support us so we exist.*

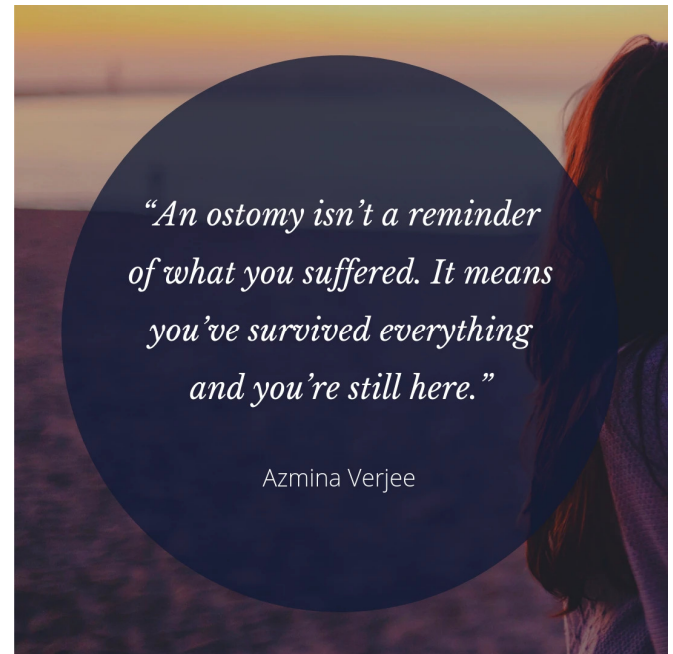


**All Veterans
Past, Present and Future
WE THANK YOU!**

**An ostomy means
I've survived everything
and I'm still here**

OstomyConnection.com Aug 9, 2019

Your mind believes everything you tell it.
Just a reminder that you are strong, resilient, and a survivor.



We aren't born resilient or with confidence. We have to earn that. We have to create it. That's only possible in difficult circumstances, and during times when we are alone and are forced to adapt and adjust to circumstances outside our control. It isn't fun, but it's essential for change.

Challenge any negative thoughts and stand up for yourself. Your mind tends to believe everything you tell it. So say to yourself... I am strong, resilient, and a survivor.

Azmina Verjee has an ileostomy because of Crohn's disease. She is a patient advocate at Macmillan in the United Kingdom.

By OC Editors – a group of writers who know exactly what makes ostomates so special.

Find many personal and informative articles like this by visiting OstomyConnection.com

Have a 'smiling at puppies kind of happy' holiday season!



► A very special thank you to everyone who donates to our association! Our largest expenses, the cost of this newsletter, our website and security for our website are 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

Without you, we don't exist!



Please remember us on Giving Tuesday! We are a totally volunteer organization that depends almost entirely on donations to continue.

2019 Meeting Dates

January 15	July 16
March 19	September 17
April 16	October 15
May 21	December 17
June 18	

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

Yes, It's Already Time for Flu Shots*



While flu viruses usually peak between December and February, cases of flu can start much earlier. In fact, it's best to get your flu shot before the end of October. It takes up to two weeks after you get the flu vaccination for your body to make antibodies against the flu. So don't put it off.

The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older should get a flu shot once a year. Getting a flu shot every year is the best way to protect yourself and your family from getting the flu.

Learn more about the flu shot at Flu.gov

**PROTECT YOURSELF
PROTECT YOUR FAMILY**

Safely Discard Expired Medicines



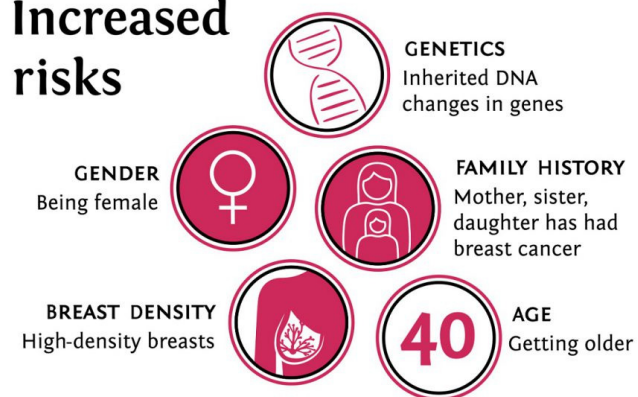
When was the last time you cleaned out your medicine cabinet? Getting rid of your expired or unused prescriptions can help protect you and your family. The National **Prescription Drug Take Back Day** aims to provide a safe, convenient, and responsible means of disposing **prescription drugs**, while also educating the general public about the potential for abuse of medications.

Most area Police Stations provide collection sites on Sat., Oct. 26 from 10 am to 2 pm. (Sites cannot accept liquids, needles or sharps, only pills or patches.) The service is free and anonymous, no questions asked.

For more information about the disposal of prescription drugs or to find area locations participating in the October 26 Take Back Day event, go to www.DEATakeBack.com

October is Breast Cancer Awareness Month

Increased risks



CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

Increase your physical activity

Mayo Clinic Staff

Even routine activities such as gardening, climbing stairs or washing floors can burn calories and help improve your health. You'll get the most benefit from a structured exercise program, but any physical movement helps. Walk or bike to the store instead of driving, park farther away at the shopping mall or take the stairs instead of taking an elevator

