

The New Outlook

Summer 2023



Save the Date!

Ostomy Vendor Fair
Northwest Community Hospital
Saturday, October 14, 2023
9am-1pm

The event is free, including parking, and features major product manufacturers and distributors, WOC Nurses, educational materials and support information.

Family, friends and especially those contemplating surgery are also encouraged to attend.

Watch you emails as we get closer for more details.

OAGC is a 501(c)(3) non-profit, run entirely by volunteers. We depend mostly on donations to fund our website and its ever-increasing security costs. Thank you all so much for your support!

Upcoming Meetings

July 18 - Virtual 7:00 pm
Presentation by Coloplast

August - No Meeting

September 19 - Virtual 7:00 pm

Reminders and virtual invites are emailed the Sunday before each meeting

Decisions on virtual or in person meetings will be made on a monthly basis. Please watch your emails for details and instructions to participate. Also, for guidance on meetings of other groups listed on page 2 please check with the contact person.

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

Remember, 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.



Ostomy Association of Greater Chicago (OAGC)

Established 1975

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Presence Resurrection Medical Center

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Advocate Illinois Masonic Medical Center

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Teri Coha 773-880-8198

Lurie Children's Hospital

Jan Colwell, Michele Kaplon-Jones 773-702-9371 & 2851

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Connie Kelly, Mary Kirby 312-926-6421

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Centegra-Northern Illinois Medical

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Lutheran General Hospital

Elizabeth Perry 847-618-3215

Northwest Community Hospital

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Little Company of Mary Hospital

Kathy Garcia, Jola Papiez 708-684-3294

Advocate Christ Medical Center

Sandy Fahmy 847-316-6106

Saint Francis Hospital

Barb Sadler 630-933-6562

Central DuPage Hospital

Nanci Stark 708-216-8554

(Mary Clare Hogan-Urology only 708-216-5112)

Loyola University Medical Center

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

LaGrange Hospital

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

Porter Regional Hospital & Ostomy Clinic Valparaiso, Indiana

Additional area support groups:

Northwest Community Hospital, Arlington Heights

In person 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.

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

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.

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

University of Chicago

Presently holding virtual meetings the third Wednesday of every month at 7:00 PM. Contact Laura Williamson [773-702-8575](tel:773-702-8575), ostomysupportgroup@uchicagomedicine.org

National UOAA Virtual Groups

GLO Network: Fred Shulak 773-286-4005

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

Quality Life Association: Suzette Henry Miller 662-801-5461

Pediatric Ostomy Group: Bridget Dorsey 801-829-8579

Ostomy 101: www.ostomy101.com

UOAA Discussion Board: www.uoaa.org/forum/

Apps: www.ostomy.org/apps-for-ostomates/

Please email corrections to uoachicago@comcast.net

Here and Now

with Patricia Johnson

In June my husband and I took a short trip to Arizona to see our daughter, son-in-law and our grand dog, Murphy. We stayed at the McCormick Resort because their apartment is small and the grand dog is huge!

We have not flown since before the pandemic so we were not up on things like TSA Precheck and how narrow those airplane seats are. I had the middle seat and crossing my legs was like a contortionist act. But we got through O'Hara and made it to Arizona.

I did know to pack plenty of supplies. I made individual packages so I would have everything to make a change. We packed them in Dale's carry on so no problem there. The problem came when I went to change my appliance. It was, of course, hot but we were inside so when I went to remove it I found that it had melted to my skin. (No problems with leakage.) I was literally prying it off and using adhesive remover wipes to get the wax off. I just did not expect that!

The rest of the trip was lovely. Arizona is very different from Illinois. We visited the Heard Museum and spent a very hot two hours at the botanic garden. I found the misters that were at restaurants and the outdoor mall very interesting. There is so much we didn't see that we will be going back. After we apply for TSA Precheck, and the weather is cooler. Playing games in the evenings and just being with Hilary and Michael and the grand dog was without a doubt the coolest part!



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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.

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Life is good

News briefs from Harvard Health

Appreciating golf's cardiovascular perks

By Heidi Godman, Executive Editor, Harvard Health Letter



Golf is jokingly described as a good walk spoiled. But that walk is loaded with cardiovascular health benefits — maybe even more than you'd get from an hour of brisk walking or Nordic walking, suggests a small, randomized study published online Feb. 6, 2023, by BMJ Open Sport and Exercise Medicine. Researchers asked 25 healthy, experienced golfers (men and women ages 65 or older) to complete three different types of exercise within a five-day period (just one activity per day). The exercises included one 18-hole round of golf on foot (pulling golf clubs), one hour of brisk walking, and one hour of Nordic walking (which involves the use of poles). On exercise days, participants ate identical breakfasts and snacks; had their blood pressure, blood sugar, and cholesterol measured before and after exercise; and wore activity trackers. All three activities lowered blood pressure and levels of blood sugar and cholesterol. But golf seemed to have slightly more effect on blood sugar and cholesterol, at least in the short term. Scientists speculate it's because of the game's long duration (three to four hours) and the extra energy required to drag heavy clubs around a golf course. In fact, golfing burned more than twice as many calories as the walking activities. Because the study was small, a larger, longer-term study would be needed to confirm the results.

UOAA's National Conference

August 10-12, 2023

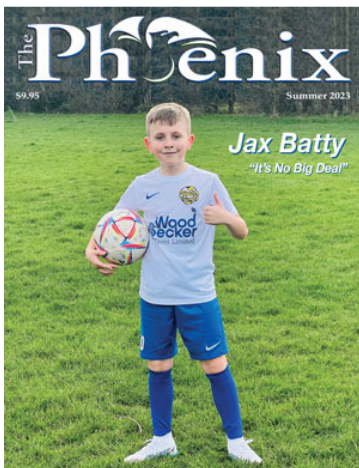
You're Invited to UOAA's 8th National Conference to be held Thursday through Saturday, August 10-12, 2023 in Houston, Texas! The Conference will take place at the Royal Sonesta Houston Galleria, Houston, close to restaurants, shopping and fun for the entire family.

Here are just a few reasons why you should plan to attend:

Ask Questions of Top Ostomy Experts
Inspirational Speakers
Free Stoma Clinic
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Surgery Specific Meet & Greet
Young Adult and Pediatric Workshops
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IBD & Crohn's Disease Program



For More information and to register, go to www.ostomy.org/2023conference/



Get Ostomy Answers!

Get answers to the challenges of living with a colostomy, ileostomy or urostomy by subscribing to *The Phoenix* magazine, the official publication of United Ostomy Associations of America. Medical professionals, clinicians and ostomy experts provide answers you won't find anywhere else. Topics include diet, exercise, intimacy, skin care, odor control, preventing leaks and so much more. Ostomy patients share inspirational stories of overcoming disease, surgery and complications to return to a full and active life.

Featuring

Really No Big Deal by Rolf Benirschke

Inspirational young boy undergoes ileostomy surgery.

Go to phoenixuoaa.org for instant access and to learn more. Included with Subscription: One Bonus Issue + New Ostomy Patient Guide + FREE Ostomy Product Samples

Securing an Ostomy for Travel

via hytape.com



Traveling with an ostomy can be difficult. Ensuring that the ostomy is secured properly, does not smell, and is convenient can be tough without the right planning. Here, we'll discuss several tips for making the travel experience easier, what to pack when traveling with an ostomy, and how Hy-Tape can help secure the ostomy no matter how long the trip.

Tips for Traveling With an Ostomy

It's always a good idea to be prepared for your travel and to take extra steps to ensure your medical needs are met. There are several steps you can take to make traveling with an ostomy much easier. Below are some guidelines for ensuring safe and simple travel when using an ostomy:

- **Pack the right supplies:** It's a good idea to pack all the ostomy supplies you think you will need for your trip. Having enough supplies for travel days as well as your time away from home can help ensure that you don't need to worry about obtaining supplies at your destination.
- **Use the right ostomy bag:** Ostomy users tend to have a preference for the type of bag that suits them best. Choose a bag that's comfortable and discreet so you can travel confidently.
- **Wear comfortable clothing:** Loose, comfortable clothing makes traveling with an ostomy much easier. Avoid tight clothing that could push or rub against the ostomy and cause issues.
- **Use a deodorizing spray:** Bring along a deodorizing spray to ensure that you don't have to stress out about odors from your ostomy. A small bottle of spray can easily be packed in your carry-on luggage if flying.
- **Be prepared for delays:** As is common with travel, delays can happen. Be sure to pack enough supplies to handle an extra day or two of travel issues.
- **Keep your bag secured:** Securing your ostomy may be the most important part of your travel experience. A variety of ostomy supplies can help keep the bag in place and attached properly.

It's also a good idea to inform anyone you travel with that you have an ostomy. In the event of an emergency, they may need to know how to reattach it or clean things up.

How to Secure Your Ostomy for Travel

Just like any other day, securing your ostomy is essential. Travel can complicate the securing of your ostomy due to the amount of movement experienced when walking, driving, or riding. Be sure to use the right items to secure your ostomy and enjoy an easy and safe travel experience:

- **Adhesives:** One of the most common ways to secure an ostomy is with adhesive medical tape. Tapes can be used to seal around the stoma and attach the ostomy bag to the skin. Many different tapes are available on the market, such as Hy-Tape which provides flexibility, low skin irritation, and a waterproof seal.
- **Support belts:** While traveling, a support belt may also be helpful. These belts allow for extra securing of your ostomy bag in addition to tape. They can be helpful for those who don't want to deal with medical tape or who need extra support for the bag.

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- **Stoma powder:** This powder can help absorb moisture at the stoma site to help ensure a strong bond between the skin and the ostomy. It's applied before attaching anything else.
- **Stoma guards:** Guards are small, flexible pouches that fit over a stoma and can be attached with medical tape. They can be helpful for those with a large or protruding stoma and offer extra security and peace of mind.
- **Stoma covers:** Covers are small, round pieces of fabric that go over a stoma. They help to avoid skin irritation at the opening and to hide the stoma when wearing tighter clothes.

With the right items, securing an ostomy during travel can be easy. Make sure to try different techniques before your trip to make sure you know the most comfortable combination of items.



Awesome Ostomy



Ostomy Teddy Bear

Awesome Ollie has a red button for a stoma and a removable Velcro pouch. Ollie is a super soft & cuddly 12-inch teddy bear looking for a forever home. Adults and children smile and giggle when they see Ollie - he has that effect on people.

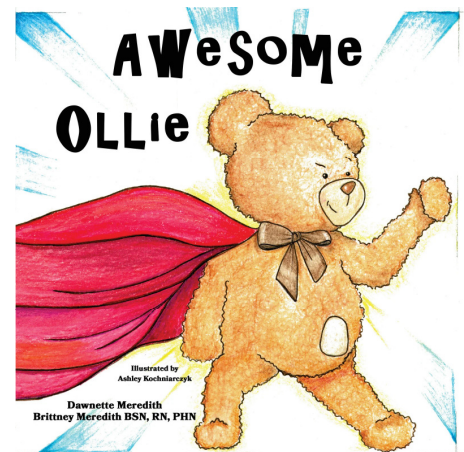
Ollie's removable Velcro Ostomy pouch is on his left side. A 3-inch beige ribbon sewn between his pouch and belly assures his pouch is removable - but never lost! He is recommended for ages 3 to 103.



Delightful rhyming children's book that follows Ollie the bear through his Ostomy surgery, stoma discovery and full recovery. This book was created at the request of Child Life Specialists and WOCN's (Ostomy Nurses) to accompany the Ollie Teddy Bear. Pediatric WOCN's and Child Life Specialists consulted in the creative process & content of this book.



Paperback. 30 full-color pages



Awesome Ostomy teddy bears and rhyming children's book can be purchased at www.etsy.com/shop/AwesomeOstomy

Getting a good night's sleep is important for everyone, but it can be especially challenging for individuals with a stoma bag. The presence of a stoma bag can lead to discomfort, anxiety, and other issues that can make it difficult to fall and stay asleep. This can have a negative impact on physical health, emotional wellbeing, and overall quality of life. In this article, we'll explore some tips and strategies for ensuring a good night's sleep while living with a stoma bag.



The Importance of Sleep for Stoma Bag Users

A good night's sleep is crucial for everyone, but it's particularly important for individuals with a stoma bag. Quality sleep can improve physical health, boost immunity, and enhance emotional well-being. On the other hand, poor sleep can lead to physical and mental health problems, such as fatigue, anxiety, and depression. It's essential for stoma bag users to prioritize sleep and take steps to ensure that they get enough restful sleep each night.

Emptying Your Stoma Bag Before Bed: A Must-Do

Emptying your stoma bag before bed is one of the most important things you can do to ensure a goodnight's sleep. This will help prevent any leaks or discomfort during the night. It's recommended that you empty your stoma bag at least once before going to bed. Make sure to clean and dry the area around the stoma before attaching a new bag.

Meal Planning Tips for Better Sleep with a Stoma Bag

What you eat and when you eat it can affect your stoma bag and, in turn, your sleep. It's important to plan your meal times accordingly to avoid any issues. For example, it's best to avoid eating a heavy meal or drinking a lot of fluids before bed as this can increase the risk of your stoma bag leaking or filling up during the night.

Finding the Right Sleeping Position for Comfort and Support

Finding a comfortable sleeping position that works for you is crucial when you have a stoma bag. Some individuals find that sleeping on their back with a pillow under their knees helps relieve pressure on the stoma area. Others may prefer sleeping on their side or stomach, but this can be more challenging as it can put pressure on the stoma and cause discomfort. Experiment with different positions to find what works best for you.

The Importance of Proper Stoma Bag Application

Ensuring your stoma bag is on properly is crucial to prevent leaks and discomfort during the night. It's recommended that you change your stoma bag every 3-5 days or when it's about 1/3 to 1/2 full. When attaching the bag, make sure it's snug against the skin and not too tight or too loose.

Choosing the Best Stoma Bag for Your Needs

There are different types of stoma bags available, and it's important to find the right one that works for you. Your healthcare provider can help you choose the right bag based on your stoma type, size, and other factors. It's also important to choose a bag that's comfortable and doesn't irritate your skin.

Other Strategies for Getting a Good Night's Sleep with a Stoma Bag

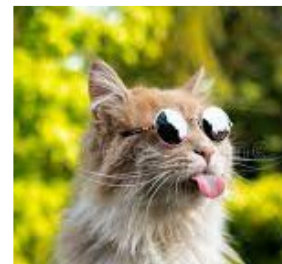
In addition to the above tips, there are other things you can try to ensure a good night's sleep with a stoma bag. Here are a few suggestions:

- Use a mattress pad or waterproof sheet to protect your mattress in case of leaks.
- Try relaxation techniques, such as meditation or deep breathing, before bed to help calm your mind and body.
- Use a heating pad or warm towel on your stomach to help relieve any discomfort.
- Avoid caffeine, alcohol, and smoking before bed

In conclusion, getting a good night's sleep with a stoma bag can be challenging, but it's not impossible. By following the tips and strategies outlined in this article, you can ensure that you get the restful sleep your body needs to stay healthy and happy. Remember, if you're experiencing ongoing sleep problems, don't hesitate to seek help from your healthcare provider. With their support, you can take steps to improve your sleep and overall quality of life.

Ultraviolet (UV) rays from the sun can damage your eyes as well as your skin. Long-term exposure to UV radiation can increase your risk of eye disease, particularly cataracts and age-related macular degeneration. The best way to protect your eyes from the sun is to wear sunglasses designed to block UV radiation and eliminate glare. Look for a pair of sunglasses that block 99% to 100% ultraviolet A and ultraviolet B light.

Wear sunglasses anytime you're outdoors for more than a few minutes, including cloudy days. Even when clouds are blocking the sun, they don't block all UV radiation. Besides wearing sunglasses when you're outdoors, follow these tips to keep your eyes protected from the sun:



- Wear a wide-brimmed hat or cap. A large amount of sunlight comes from directly overhead and can slip past most sunglasses.
- Never look at the sun directly, even through sunglasses. Doing so can permanently damage your eyes. You can also hurt your eyes by routinely staring at the sun reflected on water.
- Wear protective sunscreen on your face and around your eyes, including on your eyelids.
- Avoid commercial tanning booths. If you do use them, make sure the salon gives you special protective goggles to wear.
- Make sure you know if your medications are sun-sensitizing. If so, be extra cautious when outside. Wear sunglasses and a hat each time you go outside. Many common medications — including antibiotics, antidepressants, diuretics, statins and nonsteroidal anti-inflammatory drugs (NSAIDs) — make your eyes more sensitive to light.
- Protect your eyes whenever you go outside, no matter how briefly, if you have an eye disease, such as macular degeneration — you're at greater risk of UV-related eye damage.



Medication Rules for Summer

A pharmacist gives some helpful tips about how to properly store and keep medications in summer.

When temperatures soar, we know we are at risk for heat stroke and dehydration. However, not many people know that high temperatures can impact their medications too. “Each medication has an ideal storage temperature. If they are not stored correctly, then medications may lose effectiveness,” said Merlyn Joseph, PharmD, clinical assistant professor of pharmacy practice at the Texas A&M Irma Lerma Rangel College of Pharmacy. “Patients should pay close attention to their medications, especially in the summer heat.”

Avoid keeping medication in hot or humid places

Most medications can break down in hot and humid conditions, which cause them to lose effectiveness. “Best practice is to keep your medications in a cool, dry place. Avoid keeping medications in the bathroom and kitchen,” Joseph said.

Carry what medication you need for your trip, plus a few extra dosages

“If you keep a first-aid kit in your car with emergency inhalers or other medications, then you need to be aware how quickly they can expire when exposed to high temperatures on a regular basis,” Joseph said. “It is better to carry medications you need in an emergency on your person instead of keeping them in the glove compartment.”



If you are carrying your medications in summer, take what you need for that day or trip. It may be good to pack medications for a few extra days, in case of travel delays. This practice limits the medications' exposure to temperatures outside your home. Similarly, if you know you are going to be in really hot weather with medications that need to stay cool, like insulin, then take a cooler with you.

Pack your medications into a carry-on bag

If you are flying on a plane, the same rule applies: bring enough medications for your trip and a few extra days, in case of flight delays. Another important thing to remember when you travel with medications is to pack them in a carry-on bag. The airline may lose your checked bags, and replacing medications when you are on vacation can prove to be difficult.

Plus, you cannot control how long your checked bags sit outside waiting to get loaded onto the plane. If you carry your medications with you at all times, then you can have better control over their exposure to the heat.

"Another traveling trick is to take the original pill bottle with you," Joseph explained. "If any questions come up about your medications, then you can prove you are supposed to have those pills."

Pay attention to your medications' specific rules

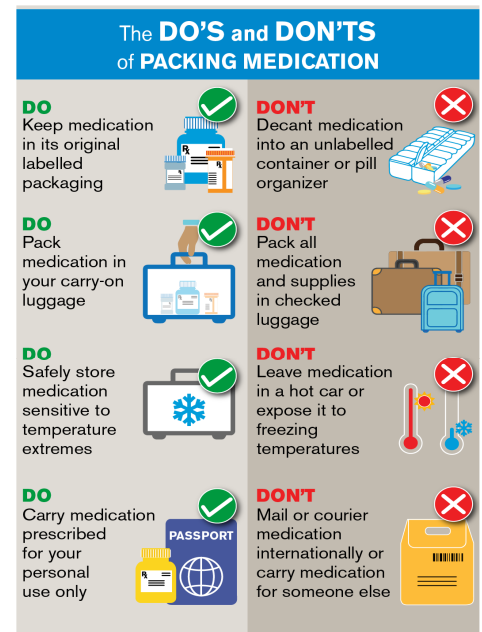
Most medications have to be stored at room temperature in a dry place. However, sometimes medications have special rules. Especially if you are starting a new medication, it is important to ask the pharmacist about different temperature requirements and expiration dates.

- **Nitroglycerin.** In addition to keeping this medication away from heat, patients need to keep it out of the sunlight. For this reason, pharmacists give nitroglycerin to patients in an amber-colored bottle to decrease the amount of light that can reach it. Keep the medication in the original bottle. If nitroglycerin is exposed to light or leaves the protection of the amber-colored bottle, the medicine declines rapidly and becomes ineffective.
- **Insulin and other injections.** Patients need to refrigerate insulin in order to maintain its efficacy to the expiration date. As a result, many people store their insulin in the fridge until they are ready to use it. After you start using an insulin vial or syringe, they are typically kept at room temperature. Document the date that it was first used, as the new expiration date is based off this date. Insulin breaks down in heat, so when patients need to take the insulin out of the house, it's a good idea to pack a small, easy-to-transport cooler to keep the medication cool
- **Inhalers and contraceptives.** Patients often overlook their inhalers when they think of their medications. Joseph says it is important to keep track of when you first used each inhaler to determine its expiration date. Similarly, patients need to keep track of how many dosages are left. Make sure you order your replacement before all the doses run out. Additionally, hormonal vaginal rings or barrier methods of birth control like condoms can become less effective when exposed to extreme temperatures.
- **Liquid antibiotics and other solutions.** Patients may need to refrigerate any liquid antibiotics, otherwise they lose effectiveness. "While many liquid solutions need to remain cold, others do well at room temperature," Joseph said. "If you are unsure, ask your pharmacist."

Be aware of expiration dates for medications in summer

"A common mistake people make is they assume their medications do not expire or they forget when they first opened the bottle," Joseph said. "Medications do expire. Furthermore, if exposed to heat, medications expire even quicker than the listed date on the bottle."

Expiration dates of multi-use inhalers or vials are commonly dependent on the date they were first opened and used. Talk with your pharmacist if you have specific questions on the expiration dates.



www.iamat.org

Bonus tip: Get expert advice about medications in summer



If you believe you accidentally exposed your medications to extreme temperatures, speak with your pharmacist. They can advise you on the best course of action. Similarly, if you regularly take your medications outside for extended periods of time, just take the medications you need to take for that day. In addition, some medications may need replacement sooner than the expiration date on the bottle. “The summer heat may make it harder to keep heat-sensitive medications in a cool place,” Joseph said. “Stay aware of where you keep your medications in summer, and keep an eye on those expiration dates. When in doubt, ask your pharmacist.”



Importance of Hydration

Regular physical activity and healthy diets are important for healthy aging. However, the body’s basic need for water is often overlooked, resulting in dehydration.

Hydration is the replacement of body fluids lost through sweating, exhaling, and eliminating waste. On average, the body loses and needs to replace about 2-3 quarts of water daily.

Luckily, many foods we eat are composed mostly of water. Foods with high water content include greens and most fruits and vegetables. Caffeinated beverages (soft drinks, tea and coffee) count, in part, toward our daily fluid intake. Though they do not dehydrate you, they can promote increased urination and should not be the primary nonfood source of liquids during your day.

The best sources of hydration are water and drinks that are primarily water (sport replacement drinks, herbal teas, lemon water and vegetable broth).

The role of water in the human body

We can last up to six weeks without food, but only one week without water.

Here are some other ways water impacts our health:

- Carries nutrients and oxygen to all cells in the body.
- Helps convert food into energy
- Lubricates joints.
- Regulates body temperature.
- Protects and cushions vital organs.
- Moistens oxygen for breathing.
- Is essential for our senses to work properly.
- Is the main property of blood, which carries nutrients to cells and carries waste out of the body.
- Is one of the six nutrients essential for life (water, fat, carbohydrates, protein, vitamins and minerals).
- Kidneys and liver need extra water to process medicines.
- Our bodies need water to balance fiber intake.

Increasing fluid intake

To meet your body’s needs, and prevent frequent urination problems, drink regularly throughout the day, rather than several big gulps at once.

Fluids are more easily absorbed when they are cooler, about 40-60 degrees.

Drink 1-2 cups of fluid 30 minutes before exercising and ½ cup-1 cup fluid every 25 minutes while you exercise. Within two hours after exercising, drink enough water to replace fluid lost during workout (for example, 2 cups for each pound lost)

Drink before you get thirsty. Thirst is a sign that your body is already dehydrated. Keep drinking regularly throughout the day even after your thirst is quenched.



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MEDICINES/OINTMENTS

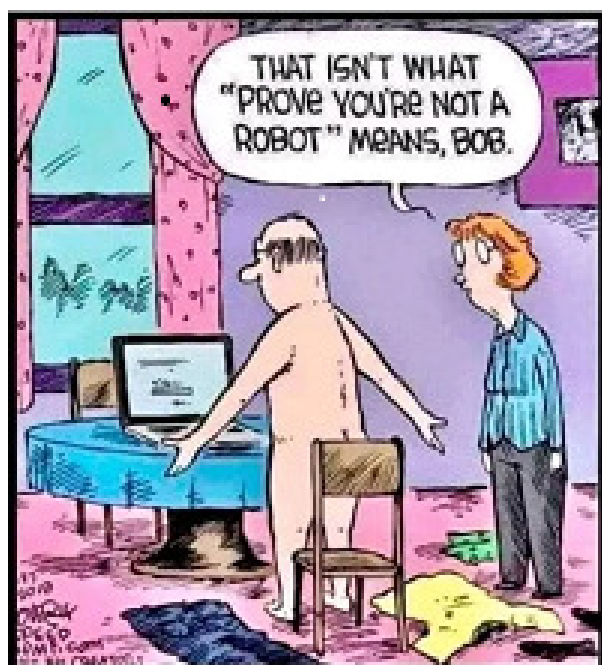


EQUIPMENT



Consider including items for an ostomy change, so that anyone in the household can assist with an emergency. Be sure to rotate items that expire or deteriorate with age.

Chuckles therapy.....



► A very special thank you to everyone who donates to our association! Our largest expenses - 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!

OSTOMY EQUIPMENT RESOURCES

The following is a list of phone numbers for manufacturers of ostomy equipment. Most will provide FREE samples!

COLOPLAST.....1-888-726-7872
CONVATEC.....1-800-422-8811
CYMED.....1-800-582-0707
HOLLISTER.....1-888-808-7456
MARLEN.....1-216-292-7060
NU-HOPE.....1-800-899-5017
SECURI-T USA.....1-877-726-4400

**"Trouble knocked at the door, but,
hearing laughter, hurried away."
– Benjamin Franklin**

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.