Every month when I compile the newsletter, I am so thankful when I have put the last article in place. Then, to my surprise, I always forget that I have to write this message.

A big thank you to Jeff Burcham for presiding over the meetings while I’ve been busy with my little ones. He’s doing a great job in my absence and presence, for that matter.

I hope you all can make it out to the meeting on Tuesday, May 3rd to hear about the new products of Hollister. The sales rep, Antoinette, is so knowledgeable and will help you find the right ostomy product for your needs. Even if you know what product you love, use a different brand, or have heard Antoinette before, please come out for a great evening.

There were so many new members at the April meeting that I’m hoping May will be the same. Your attendance and knowledge of ostomy products and living with an ostomy is so beneficial for both new and existing members.

See you on Tuesday!!!!

Jennifer Higdon, President
MISSION of the Triangle Area Ostomy Association:
The mission of our organization is to assist people who have or will have intestinal or urinary diversions: including a colostomy, ileostomy, urostomy, and continent diversions including j-pouches. We provide psychological support, educational services, family support, advocacy and promote our services to the public and professional communities.

MEETING INFO:
Meetings are held the first Tuesday of each month (except July and August) at 7:30 PM in the Rex Surgical Center Waiting Room, 4420 Lake Boone Trail, Raleigh, NC. Enter through the Rex Hospital Main Entrance, which is near the Parking Garage.

REMINDER:
In the event of inclement weather on the day of a scheduled meeting, please contact Rex Healthcare at 919-784-3100. If Wake County schools are closed due to weather, then we will not meet.

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CALENDAR OF EVENTS:
May 2 Ostomy Meeting, Rex
May 5 Cinco de Mayo
May 8 Mother’s Day
May 16 CCFA Meeting, Rex
May 30 Memorial Day

DISCLAIMER:
Articles and information printed in this newsletter are not necessarily endorsed by the Triangle Ostomy Association and may not be applicable to everybody. Please consult your physician or WOC Nurse for medical advice that is best for you.

GROUP OFFICERS AND CONTACT INFO:
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Website: www.RaleighUOA.org
Email: TriangleUOAA@EmbarqMail.com

MINUTES OF THE April 5, 2011
MEETING OF THE TRIANGLE AREA OSTOMY ASSOCIATION

Jeff Burcham, Vice President, opened the meeting at 7:45 PM by welcoming 33+ members and guests, including our President, Jennifer Higdon who was enjoying a “night out! Refreshments were provided by Blanche Hamonde and enjoyed by all. Jeff also welcomed WOC nurses Mary Garrett (who is back at the VA Center), Joanna Burgess from Wake Med, Cary, and Stephanie Yates, our sponsor from Duke. We had seven new visitors so everyone introduced themselves by stating their name, type of ostomy and when they had ostomy surgery. Welcome back long time members Alison Cleary (former Vice President), Larry Price, and Dot Hoover. It was good to see so many members and guests.

Jennifer passed around copies of an airline card for ostomates provided by the UOAA which will be helpful during flights.

Stephanie Yates announced that the speaker for our May meeting will be the Hollister rep and Joanna Burgess will be our June speaker. Joanna will talk about traveling with an ostomate and fashion. Stephanie then introduced Terri Kuczynski, the family counselor for Rex Cancer Center. Terri entertained us and helped our guests with feelings about their new or upcoming surgeries. She told us that no matter what type of stoma we have, we are still the same person.

The meeting was adjourned at 8:30 PM.

The May meeting will be at 7:30 PM on Tuesday, May 3 with Ed and Sonya Withers providing refreshments.

Respectfully submitted,
Bonnie Sessums
### JOIN US in RENO
August 7—11, 2011
John Ascuaga’s NUGGET

www.janugget.com

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- For Hotel Reservations:
  - Telephone 800-648-1177 and mention “GOSTOMY”
  - On-line at www.januggetsecure.com/jump/1052/

- For Conference Registration: (for more info E-mail UOAA at ua@uoaa.org
  - Fee before June 15...$90 single, $50 spouse; after June 15...$110 single and $70 spouse
  - Use the form in the Spring Issue of The Phoenix magazine, or
  - On-line at www.UOAA.org

- Featured Events Include,
  - 8th – First Timers Orientation and Coloplast sponsored Reception; First Night Ceremonies and Hollister sponsored Fashion Show and Welcoming Social
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  - 9th - Awards and Keynote speaker; Edgemark Sponsored “Ostomy Basics” workshops; Exhibition Hall; Spouses Chat; ConvaTec sponsored GALA Evening
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    - All attendees; 30+; Young Adults; those with Continent Diversions; gay and lesbian ostomates; ostomy support group leaders
  - 11th – Closing Ceremony with motivational send-off and Conference photographic wrap-up; Reception followed by Dining and Dancing with live music at the closing Banquet

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**WOC NURSES**

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<tr>
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<tbody>
<tr>
<td>Wake Med</td>
<td>919-350-5171</td>
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<tr>
<td>Melanie Johnson</td>
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**Wake Med, Cary**

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<tr>
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<tr>
<td>Joanna Burgess</td>
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**UNC Hospital**

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<td>Michael Kalos</td>
<td>919-843-9234</td>
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<tr>
<td>Barbara Koruda</td>
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<tr>
<td>Lara Leininger</td>
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<td>John Worsham</td>
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**Durham Regional**

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<tr>
<td>Tom Hobbs</td>
<td>919-470-4000</td>
</tr>
<tr>
<td>Felicia Street</td>
<td>919-471-4561</td>
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**Duke**

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<tr>
<td>Jane Fellows</td>
<td>919-681-7743</td>
</tr>
<tr>
<td>Michelle Rice</td>
<td>919-681-2436</td>
</tr>
<tr>
<td>Angela Richardson</td>
<td>919-681-2425</td>
</tr>
<tr>
<td>Leanne Richbourg</td>
<td>919-681-6694</td>
</tr>
<tr>
<td>Stephanie Yates (wound)</td>
<td>919-668-0124</td>
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**Duke Health Raleigh Hospital**

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<tr>
<td>Krys Dixon</td>
<td>919-954-3446</td>
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**Maria Parham Hosp.**

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<tr>
<th>Name</th>
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<tr>
<td>Kathy Thomas</td>
<td>919-431-3700</td>
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**Durham VA Center**

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<tr>
<td>Mary Garrett</td>
<td>919-286-0411</td>
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<tr>
<td>Reba Giles</td>
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**Rex Hospital**

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<tr>
<td>Ann Woodruff</td>
<td>919-784-2048</td>
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<tr>
<td>Susan Beyer</td>
<td>919-784-2048</td>
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**The Phoenix**

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.

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Antacid Users Beware  
By Elizabeth Smoots, M.D. Edited by B. Brewer UOAA Update 4/11

Almost everyone has indigestion occasionally, and it is probably alright to take an antacid pill now and then; but many health authorities warn that taking antacids regularly may not be wise, especially for ostomates. Here’s why:

Magnesium hydroxide causes diarrhea and reduced absorption of vitamins and minerals.

Aluminum hydroxide causes constipation, reduced phosphate levels leading to fatigue, poor appetite and bone loss. It also contains aluminum which has been linked to Alzheimer’s disease.

Calcium carbonate may cause acid rebound where, when the antacid wears off, stomach acid suddenly shoots up. It may also cause constipation, a potential disturbance in the body’s calcium and phosphate levels called milk-alkali syndrome, which in turn may lead to nausea, headache, weakness and kidney problems.

Why Cranberries Help Prevent Urinary Infections  
via North Central Ostomy Outlook Edited by B. Brewer, UOAA Update 4/11

The secret ingredient in cranberries, which is pivotal in preventing urinary infections, is concentrated tannins in the juice, also known as Proanthrocyanidins. In a significant study conducted in Boston and published in the Journal of the American Medical Association, cranberry juice was found to be effective in reducing the incidence of urinary tract infections and the need for antibiotic treatments.

How does this special ingredient in cranberry juice work? The concentrated tannins from cranberry juice prevent E. Coli bacteria, the main culprit in urinary infections, from adhering to the cells that line the urinary tract. Scientists believe that the substance blocks the growth of the part of the bacteria that is necessary for it to stick to the walls of the bladder and kidney.

What are the implications of this for persons who may be more susceptible to urinary tract infections? Scientists in the Boston study state that the addition of cranberry juice to dietary regimens in circumstances, where urinary tract infections have a high incidence, would be sensible. In addition, it would probably reduce both the incidence of infections and need for antibiotic treatments and be a useful adjunct to treatment in high-risk groups.
Allergic Reactions

By Kathryn Hoyman, RNET
Edited by B. Brewer
UOAA Update 4/11

Many times I hear that people are allergic to adhesive tape or paper tape or skin prep or any number of different products that are used in ostomy care. Allergies may occur with any product. They may occur with the first use of a product or after years of using a product without problems. Actual allergic reactions to ostomy products are not common. But, some people do have issues relating to an allergic reaction to certain products at certain times. And many people have sensitivities at one time or another. Allergic reactions are usually severe. They will cause blistering and wet, weeping skin wherever the products touch you. Two situations are frequently labeled as allergic by mistake:

1. If a skin sealant wipe is used, it needs to dry completely to allow the solvents to evaporate. If the pouch is applied while the solvents are still on the skin, sore skin can easily occur. Since the solvents can’t evaporate through the skin barrier as they can through the paper tape collar, this will look like an allergy to the skin barrier.

2. Each time you remove a pouch, the adhesive takes with it the top layer of dead skin cells. This is called—skin stripping. Everyone’s skin reacts differently to having tape removed. But it’s important to be gentle and not remove a pouch more frequently than necessary. Skin that is stripped will be sore in some spots and not in others. Sometimes skin around the stoma becomes fragile and strips easily. A barrier, tape and pouch with a very gentle adhesive must be found.

To test whether you are really allergic, take a small piece of the test material and place it on any convenient part of your skin far away from your stoma. After 48 hours, take it off and see whether you are reacting. If pain, itching or blistering occurs, take it off immediately.

If it’s an allergy you will react. If you have a history of allergies, test in this manner before trying on any new ostomy product. It is better to have half an inch of sore skin on your leg than around your stoma. You need healthy skin around the stoma for a good seal and satisfactory performance from an ostomy pouching system.

If you develop an allergy to a product you have used for a long time, you can call the manufacturer. They may have made changes in the manufacturing process. Calls from users are sometimes their first notice that the new improvements are or are not working.

What’s Normal For Your Stoma

Original Article by Liz O'Connor, RN, CETN
Edited by B. Brewer
UOAA Update 4/11

Color should be a healthy red. Usually the stoma is the same color as the inside of your intestine. If the color darkens, the blood supply might be pinched off. Make sure your skin barrier or wafer is not too tight. This can vary according to the barrier type, as some require a small gap between your stoma and the barrier material, while others are intended for a snug fit where the wafer material actually touches your stoma. If, in the unlikely occasion, the stoma turns black, seek treatment at once. Go to the emergency room if you cannot locate your doctor.

Note: Blockages should be evaluated by a physician to determine if it is from food impaction... or from other reasons, such as a kink in the bowel or adhesions/scar tissue.

Possibility of a little blood when cleaned: This is to be expected. Do not be alarmed. Just be gentle when cleaning.

Ileostomy stomas will flow intermittently and stool will be semi-solid: If you notice that the stoma is not functioning after several hours and if you develop pain, you might be slightly —clogged. Try sipping warm tea and try getting in a knee-chest position on the floor. (Have your shoulders on the floor and your hips in the air. Gently rock back and forth in this position, in an attempt to dislodge any food that might be caught). If you do not begin to function after a couple of hours and have nausea or pain in the abdomen, call your physician. If you cannot localize your physician readily, go to an emergency room.

In the meantime, your stoma might begin to swell. Remove any pouch with a tight barrier/wafer and replace it with a flexible one with slightly larger stoma opening.

Colostomies located in the descending or sigmoid colon: Colostomy stomas should function according to what your bowel habits were before surgery (daily, twice daily, three times weekly, etc.). Some individuals manage their colostomy with diet and some prefer irrigation (process to wash out a storage area in the colon). Pouching systems may vary according to your management method. (open end drainable, or closed end security pouch).

Urinary Diversions: Urinary diversions function almost constantly (with slow, light output) The urine should be yellow, adequate in volume and will contain some mucus. If the urine becomes too concentrated or dark, try increasing your fluid intake. If the mucus becomes more excessive than usual, you might have an infection. (It will probably also have a stronger odor and you may have a slight fever). Consult your physician if this happens.

In Summary: At any time, if you have concern that your stoma is not functioning normally, please seek help. The cause needs to be evaluated. If your problem is a serious one, it needs to be corrected. If it is not serious, you will be relieved to know that your stoma is alive and well.
Agenda

8:30-9:30 Registration, Continental Breakfast and Exhibits
9:30-10:00 Welcome and Overview
10:00-11:00 Medical Mistrust and Research Outcomes in North Carolina - Wisdom Powell Hammond, PhD
UNC-Chapel Hill School of Public Health
11:00-11:30 Break and Exhibits
11:30-12:15 Local Survivors and Advocates Share Their Experiences
12:15-1:45 Luncheon & Keynote Speaker - Psychosocial Interventions for African American Prostate Cancer Survivors and Partners: Providing Supportive Care after Treatment. Lisa Campbell, PhD, East Carolina University
1:45-2:45 Breakout Sessions
  • Survivorship — Mary Anderson, Prostate Cancer Coalition of North Carolina
  • Advocating for Prostate Health — Keith Corbett, North Carolina Institute of Minority Economic Development
  • Health Disparities in Eastern North Carolina — Bill Robinson, Black Men’s Health Initiative
2:45-3:00 Break
3:00-3:45 What We Do Next. Men Taking the Lead — Bill Robinson, Black Men’s Health Initiative
3:45-4:00 Door Prizes

Registration

Registration Deadline: April 29, 2011

There is no cost for participants to attend or receive lunch, however, you must register.

Directions to Conference

Rock Springs Center is located on Highway 43 — North. 3 miles outside Greenville, North Carolina. Highway 264 Bypass intersects with Hwy 43-N just 2 miles from the center and Highway 13/11 also intersects with Hwy 43-N in Greenville just 4 miles from the location.

Telephone number at the center is: 252-830-8900

* This event is free and open to the public.
* Lunch is included.
* Registration is required.