The Lincoln Ostomy Association provides critical tools that people with an ostomy need to build their lives. LOA, and its newsletter, Sparrow, is a link to latest supplies, treatments and a community of others who can provide support and experience.

According to the Mayo Clinic, it takes time to be comfortable with an ostomy. Connecting with community can help.

Due to challenges with medical coding, determining the number of people with ostomies can be tough, but a report by the United Ostomy Association estimates that 500-800,000 people have a stoma in the U.S. and 120,000 new surgeries are performed each year.

Many questions may run through the mind as a new ostomate plans their first activities outside of home. Can you go back to work? Can you ride your bike? Will everyone figure out you’ve had a surgery just by looking at you?

You can do many of the same activities you enjoyed before your colostomy or other ostomy surgery. UOA suggests ostomates get in touch with other people with ostomies. Whether it’s a support group, like the Lincoln Ostomy Association or on-line, getting advice from people who’ve been there is a great way to boost your confidence.

You can ask questions that you might be embarrassed to ask your doctor or nurse. And you can get tips to help you adapt to life with an ostomy.
Reaction to surgery varies from one individual to the other. To some, it will be a problem, to others, a challenge; where one person considers its life-saving, another finds it a devastating experience. Each person will adapt or adjust in their own way and in their own time, according to the United Ostomy Association.

Permanent and significant changes in the body’s appearance and functional ability may change the way the person internalizes their body image and self-concept.

Fear of loss is normal and facing any loss is difficult. What are patients giving up by having this operation? Is there any gain? How changed will they be? Such thoughts may lead to weeping or depression, or they may be denied.

It’s important to understand the impact of ostomy on self-image and how people perceive themselves. It may be accepted as the lesser of two evils, or they may refuse to acknowledge its existence, or may hold onto the belief that it is a temporary situation.

Within the rehabilitation process there are times patients should express or deny their feelings, about their surgery, the changes in their body or their self-image.

According to market research “Global Market Study on Ostomy Care Accessories: High Demand for Safety and Ease Of Use Accessories to Drive the Market During the Forecast Period,” the ostomy accessories market is estimated to be valued at $347.2 million by the end of 2015, and is expected to expand at 6.8 percent to account for $503.7 million by 2021.

Cost of Colitis:

According to CHI Health colorectal cancer detected early holds a five-year survival rate of 90 percent. However only four out of 10 patients are diagnosed early.

Directory of services

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>AD Mirror</td>
<td>National</td>
<td>888-959-6770</td>
</tr>
<tr>
<td>Bryan Health</td>
<td>1600 S 48th St</td>
<td>402-481-1111</td>
</tr>
<tr>
<td>Celebration Ostomy Belts</td>
<td>National</td>
<td>413-539-7704</td>
</tr>
<tr>
<td>Children's Home Health Care</td>
<td>4445 S 86th St</td>
<td>402-486-1511</td>
</tr>
<tr>
<td>CHI Health, St. Elizabeth</td>
<td>555 South 70th Street</td>
<td>402-464-8755</td>
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<tr>
<td>CHI Health Home Medical Equip.</td>
<td>East Park Plaza</td>
<td>402-464-8755</td>
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<tr>
<td>Coloplast</td>
<td>National</td>
<td>877-858-2656</td>
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<td>Frontier Home Medical Inc</td>
<td>4550 O St.</td>
<td>402-465-0033</td>
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<tr>
<td>Gastroenterology Specialties PC</td>
<td>4545 R St</td>
<td>402-465-4545</td>
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<td>Jim’s Home Health Supplies</td>
<td>1400 N 48th St</td>
<td>402-465-9000</td>
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<td>Kohl's/Wagey Drug</td>
<td>800 N 27th St</td>
<td>402-408-1990</td>
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<tr>
<td>Lincoln Surgery Endoscopy Services</td>
<td>1730 S 70th St</td>
<td>402-484-9050</td>
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<tr>
<td>Nebraska Surgery Center</td>
<td>625 South 70th</td>
<td>402-484-6600</td>
</tr>
<tr>
<td>Triumph Home Health Supplies</td>
<td>3233 Cornhusker Hwy Ste. A</td>
<td>402-434-5080</td>
</tr>
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First steps for new ostomates

After surgery, new ostomates may fear that their social role may be changed and that others may not accept them as in the past.

One of the first concerns seems to be how to tell others about your surgery, who to tell and when.

• Ostomates can explain surgery with a few brief statements such as, “an ostomy is a surgical procedure for the diversion of bowel (or bladder).”
• Ostomates do not have to tell everyone about surgery. Be selective about who and how much to tell. It may be only to friends who will be supportive through rehabilitation.
• Returning to work place may present a concern about restroom facilities, interaction with co-workers, and feelings of being “watched.”
• A few co-workers may need to know in the event of an emergency.
• Employability and insurability are issues for some individuals. If these issues develop, seek help from healthcare professionals and/or talk with others who have found solutions.
• Sexuality issues are common concerns for the new ostomate. Linked closely to our feelings of sexuality is how we think about ourselves and our body image.
• Any sexuality concerns should be discussed between the patient and his/her partner. An intimate relationship is one in which it matters how well two people can communicate about the most personal of human functions, that is, bodily elimination and sex.

Lincoln partners with Friends of Ostomates Worldwide

Friends of Ostomates Worldwide-USA is a non-profit organization that collects donated ostomy supplies from individuals and organizations in the United States and sends them to those in need worldwide.

Bring your extra supplies to LOA meetings and we’ll handle the logistics.

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Specialists in DIGESTIVE DISEASE
Joshua’s surgery now inspires others

There’s something special about those of us who tackle life’s roadblocks.

Joshua spent years enduring pain and bleeding and embarrassing symptoms that accompany ulcerative colitis.

His pain eventually escalated and left him nearly paralyzed in the emergency room one night. Besides his UC, Joshua was found to have a tumor which breached his intestinal wall and embedded into adjacent muscle tissue.

“Nothing can prepare you to hear you have cancer,” he said. “It’s one of those words that just rips into your heart.”

Joshua’s battle with UC just got more complicated including ileostomy surgery.

“I knew it might happen eventually, but now it was real,” he said. “Would I still be able to do the things I like to do? Can I wear the same clothes? Can I eat the same? What about exercise and sex?”

Six weeks of chemotherapy and radiation shrunk the tumor before surgery. Joshua poured over information on ileostomy. He found few resources for young adults.

Fortunately, Joshua was surrounded by family and friends and a great team of doctors to navigate those difficult days.

By the time Christmas rolled around, Joshua had finished his cancer treatments and was learning to live with his ileostomy.

“I experienced a lot of loss because of the cancer and UC, but I also learned a lot. I experienced things that showed me what I really want to do,” he said. “I want to benefit others going through this.”

As he healed and started rebuilding his life, Joshua never forgot the lessons and now he volunteers at his hospital to help others fighting cancer. He’s in college taking classes in the medical field.

“I’m married now and my wife and I are pretty active putting our story out there,” Joshua said. “I want to bring a sense community out there and show others they aren’t alone in this.”

Joshua, 29, enjoys cooking with his wife and taking long hikes with his German Shepherd “Barney.”

Based on a true story, name changed

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Now that’s something to celebrate!
CHI Health opens near East Park

CHI Health St. Elizabeth Home Medical Equipment is easing the burden of accessing ostomy supplies with a new store at 200 N. 66th St., at East Park Plaza.

The store’s stocked with shelves packed with various sizes and manufacturers according to Donna DiPaolo, a licensed respiratory therapist, who serves as store supervisor.

She oversees day-to-day operations for the home medical equipment department and tackles Medicare and insurance requirements.

Frances Stokes, LPN, LRCP, often works with ostomates.

She boasts years of experience with ostomy supplies and care.

“We’re backed by CHI Health so we really focus on what the patient needs,” said Stokes. “There isn’t a better place to go for continuity of care.”

Stokes said customers say parking and access have improved greatly with the new location. The store also includes more room to store product options and sizes.

The store is open 8 a.m.-5 p.m, Monday-Friday.

Visitation program

As a support group, Lincoln Ostomy Association offers moral and educational support to those who are facing or have had ostomy surgery. LOA does this through members who have learned to live with an ostomy.

LOA provide an ostomy visitors program which offers one-on-one support by a trained certified visitor. Visits can be made in person to the hospital, home or by telephone to answer initial concerns of the new patient. A visitor serves as a positive role model for a new Ostomate.

Visititation Coordinator: Sally (402) 419-8817

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Best treatment for gas is prevention

Gas is produced in all humans. The average adult produces about one to three pints of gas each day. The amount of gas varies depending upon diet and individual factors. Occasionally burping before or after meals, is also normal.

Check these tips for prevention of gas from the UOAA:

- Don't drink liquids with your meals, you lose stomach acids and they can't break down the foods as well. The acid is there for a reason. If you drink about 30 minutes before a meal, you will rev up your stomach engine, so it will be better able to digest food.
- Eat and drink slowly. When you eat or drink fast, you can swallow a lot of air. If you have dentures, check with your dentist to be sure they fit properly so you are not gasping air while eating.
- Eat fewer gassy foods. Everyone reacts differently, but common gas-causing culprits are fruits (apples, pears), vegetables (broccoli, Brussels sprouts, onions), whole grains (bran), and dairy products (milk, cheese, ice cream.) Some people also are bothered by carbonated soft drinks and fruit drinks. If you discover that these foods are causing you excess gas, eliminate them from your diet or eat them in small portions.
- Take over the counter digestive aids: Digestive enzymes are available as over the counter supplements. People who have trouble digesting foods that contain lactose may find that taking lactose enzymes (Lactaid) helps.
- Don't fill up on air. Habits like smoking and chewing gum may cause your stomach to fill with air, leading to gas.
Your Ostomy Support Resource

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- Wellness education
- Dedicated support

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Thank You!

United Ostomy Associations of America, Inc.
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lincolnostomy@gmail.com

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Vice President Melinda 402-421-7636
Secretary Ann 402-525-0986
Treasurer Val 402-489-7709
Visitation Sally 402-419-8817
Communications John 402-310-3496

Nurses
CHI Health St. E’s Rhonda Soucek
Bryan LGH Ann Lif
Bryan LGH Cindy Skinner
Bryan LGH Amanda Paprocki
Bryan LGH Lisa Jones
Madonna Rehab Annie Ocampo

UOAA National Conference
Aug. 22-26 in Irvine, California

Support group meetings
Bryan East Medical Plaza Classroom #1
1600 S 48th St., Lincoln, NE
• March 5, 1-3 p.m.
  Coloplast Speaker Darcy Helder
• April 2, 1-3 p.m.
  Convatec Speaker Chris Huebener
• May 7, 1-3 p.m.
  Hy-Vee Dietitian Becky Huebener

Lincoln Ostomy Association Mission
Lincoln Ostomy Association is a resource for information and support for people who experience an ostomy. We welcome families, suppliers and professionals as well.

Join LOA for support group networking, personal visits, connections to resources and supplies or to donate supplies you no longer need to others.

Contact or visit LOA to learn more about support group meetings, ostomy products and educational opportunities.

lincolnostomy@gmail.com

Sparrow
Sparrow is a quarterly publication for the Lincoln Ostomy Association. If you’d like to advertise or to submit an article, email lincolnostomysparrow@gmail.com

“We’re each single threads woven together in a tapestry God has created. Only He sees the full picture. Not even a sparrow falls without His knowing.”
— Francine Rivers, A Voice in the Wind

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