

Ostomy perspective:

LIFE saving



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Supportive and positive people create a great environment at the Lincoln Ostomy Association gatherings on the first Sunday of the month at Bryan Health East Medical Plaza.

While no one would choose to be an ostomate, a healthy perspective can create a positive attitude.

An ileostomy is a life-saving surgery that enables individuals to enjoy a full range of activities including traveling, sports, family life and work, even though they have a stoma and wear a pouching system.

Ileostomy surgery is performed for many different diseases and conditions. Some of the indications for ileostomy surgery are ulcerative colitis, Crohn's disease, familial polyposis and complications of cancer.

"I've been privileged to work with numerous people for whom ostomy surgery was life saving," said Joan Junkin RN, MSN. "Some examples are those who have an ileostomy which cures ulcerative colitis, or can remove the certain threat of colon cancer for those with the genetic condition called Gardeners (familial colorectal polyposis)." Junkin said those with colon or rectal cancer can be cured if the tumor is caught at an early stage.

Dealing with a new ostomy is difficult, but that is one reason we have an LOA- to help with that part. Many times, once adjusted, the person truly has a new lease on life.

Ostomy products continually evolve and

many are introduced at Lincoln Ostomy meetings. Ostomates should give new products a fair trial, but be willing to look at options if they fail to provide adequate comfort. What is good for someone else may not be good for you.

Taking part in an ostomy support group allows you to share your feelings and ask questions as you make progress with your adjustment. It also allows you to share your successful adjustment with others who may need the benefit of your experience.

LOA meeting announcements are found at:
ostomynebraska.com/lincoln.

**Every year, 130,000 people in America undergo
life-saving ostomy surgery**

St. E's brings barrier research to Lincoln

CHI Health St. Elizabeth Hospital is working on a research study for a new barrier product by 3M according to Rhonda Soucek, wound, ostomy and continence nurse, who updated the Lincoln Ostomy Association on her findings in March.

"Lincoln has a great medical community and St. E's has a great facility who is able to help with research new products," Soucek said.

Now on the market, the Advanced Cavilon™ Barrier, is designed to help people who experience skin problems associated with incontinence. St. E's is helping with the trial for people with redness and irritation. Soucek said the study can only work with a very specific control group to ensure consistent results.

"It's exciting to be a part of something new, something that will eventually provide another good option for our patients" she said.

St. E's is the nation's top hospital for study enrollment, Soucek said. In later stages, the study may involve ostomates, but that could take some time, she said.

Soucek said the product is delivered using a square sponge on the irritated area. She said the application method works well and she anticipates more companies going with that packaging.



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Coloplast representative Darcy Helder visited the Lincoln Ostomy Association March 5 to discuss the latest technologies for ostomates.

Helder represents Coloplast in Nebraska, North Dakota, South Dakota and Minnesota. She said feedback she receives from groups like the LOA helps her company create better products.

“The medical community in Lincoln

is simply outstanding,” Helder said. “The hospitals and nurses and home health supply companies are doing great things to support their community. I really like the energy that the Lincoln Ostomy Association brings as well. That kind of networking cannot be replaced.”

Helder then discussed the new Brava® Protection Seals designed to create a solid seal while protecting skin during removal.



Coloplast representative Darcy Helder visited the Lincoln Ostomy Association March 5

Helder talks convexity and comfort

“We listened to our customers who said that seals are great up until it is time to take them off,” she said. “The new seals provide the same protection while allowing the user an easier experience when taking them off the skin.”

As always, Helder said, any product change or concern ought to be a topic between a patient and their ostomy nurse.

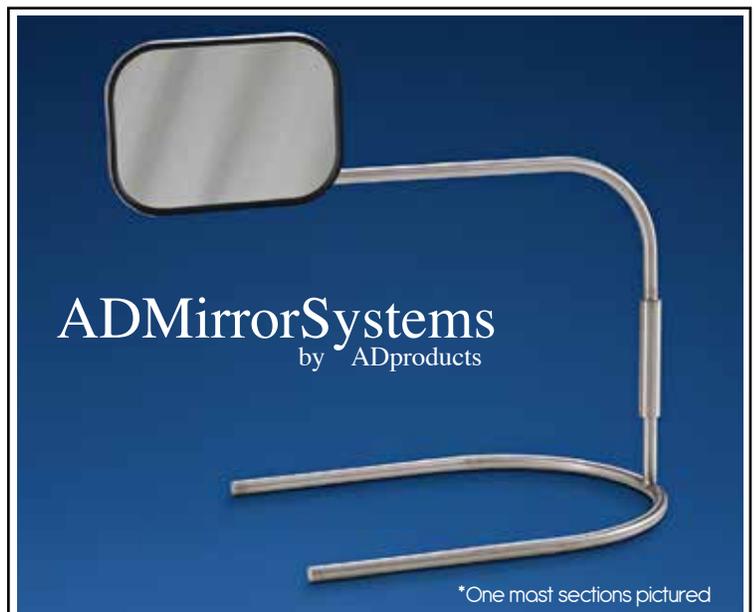


SCIENTIFIC REASON TO LOVE DOGS

According to a 1989 case study, a specially trained eight-year-old black Labrador named Panda correctly detected colorectal cancer in 33 out of 37 samples of people’s breath and stool that scientists had collected. Moreover, Panda appeared to be highly accurate at detecting early-stage colorectal cancer.

HEART REASONS TO LOVE DOGS

According to a 2005 review in the British Medical Journal, dogs act as “social catalysts,” leading to greater interaction between people and alleviating feelings of loneliness, especially among elderly patients with physical disabilities. Dog owners are also better at dealing with stressful events, and therefore helping them avoid anxiety-related illnesses, the study said.



*One most sections pictured

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LOA launches on the web!

ostomynebraska.com/lincoln

Lincoln Ostomy Association is stepping up its communication game with a new website catering to ostomates in Lincoln and surrounding areas.

The site provides up-to-date information on meetings, ostomy resources and providers who provide the latest in supplies and support.

The website (and this newsletter) was conceived by a committee at the Lincoln Ostomy Association looking for a communication vehicle to reach new ostomates and inform current members. The site also provides a membership forms for people to join LOA. Visit your new Lincoln Ostomy home at: ostomynebraska.com/lincoln.



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Ostomy innovation started in printing industry



The roots of Hollister date to 1921, when 23-year-old entrepreneur John Dickinson Schneider founded a small printing company in Chicago, which he named JDS Printer Craftsman.

In the decades that followed, Schneider's company evolved from the printing industry to the medical products industry — developing quality medical products and services under the name Hollister.

In the 1960s, an employee who had a family member with an ostomy came to Schneider. Hollister revolutionized ostomy care and provided much-needed solutions for people who had undergone ostomy surgery.

Hollister continued to expand its range of medical products and services to include Continence Care Wound Care and Critical Care.

Today, Hollister Incorporated is still independent and employee owned with manufacturing and distribution facilities on three continents.

Hollister remains a strong supporter of the Lincoln Ostomy Association and is sponsoring the printing and distribution of our *LOA Sparrow*.

“Can-do attitude” helped 1938 ostomate

In 1938, “Grandma Mabel” had ostomy surgery and went home with no supplies.

How? Try to imagine 1938... before the internet, before cellphones, before TV, before plastics.

This era was also before flanges and pouches or any other ostomy gear was invented. Ostomy patients were sent home after surgery with no collection device.

Grandma Mabel lived on the prairies in Western Canada, with a coal stove and water pumped from a well.

With no bathroom, Mabel used an outhouse – a seat perched over a pit, in a small building 50 yards from the house.

Personal ostomy clean-up was in the outhouse, with a pail of cold water. Mabel made do with rags or towels.

Mabel's husband, Walter, was a practical and inventive man.

He devised a tin-can with a belt-strap to contain the stool. It was leaky and stinky, but a big improvement over

the messy rags. The tin-can was strapped tightly around her waist to reduce the leakage (not prevent leakage... just reduce). The edge of the tin-can bit harshly into Mabel's skin, and left a nasty red compression ring. Walter was a horseman who made his own horse-harnesses, so he built a leather collar to cover the tin-can edging.

The 4-inch circle around her stoma was constantly covered with stool. She suffered many rashes, breakdowns, infections, and skin damage. For relief, she used for salve harness-burns on horses.

Grandma Mabel was one tough lady. She was the sole steward of a 1-acre vegetable garden. She dug the entire garden with a shovel, planted seeds and hoed weeds. In the fall, she dug out the potatoes and carrots, harvested and preserved corn and peas and beans for each cold winter ahead. For 15 years, from ages 52 to 67, she worked that garden with an ostomy.

Mabel was diagnosed with Acute

Ulcerative Colitis and hospitalized from Dec. 18 through to Feb. 13. There was no written record of her type of ostomy.

Mabel's story brings a little perspective for today's ostomates and the technologies available to make their lives easier.

From LivingBiggerWithColostomy.com.



“Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says I’ll try again tomorrow.”

—Mary Anne Radmacher

322,000

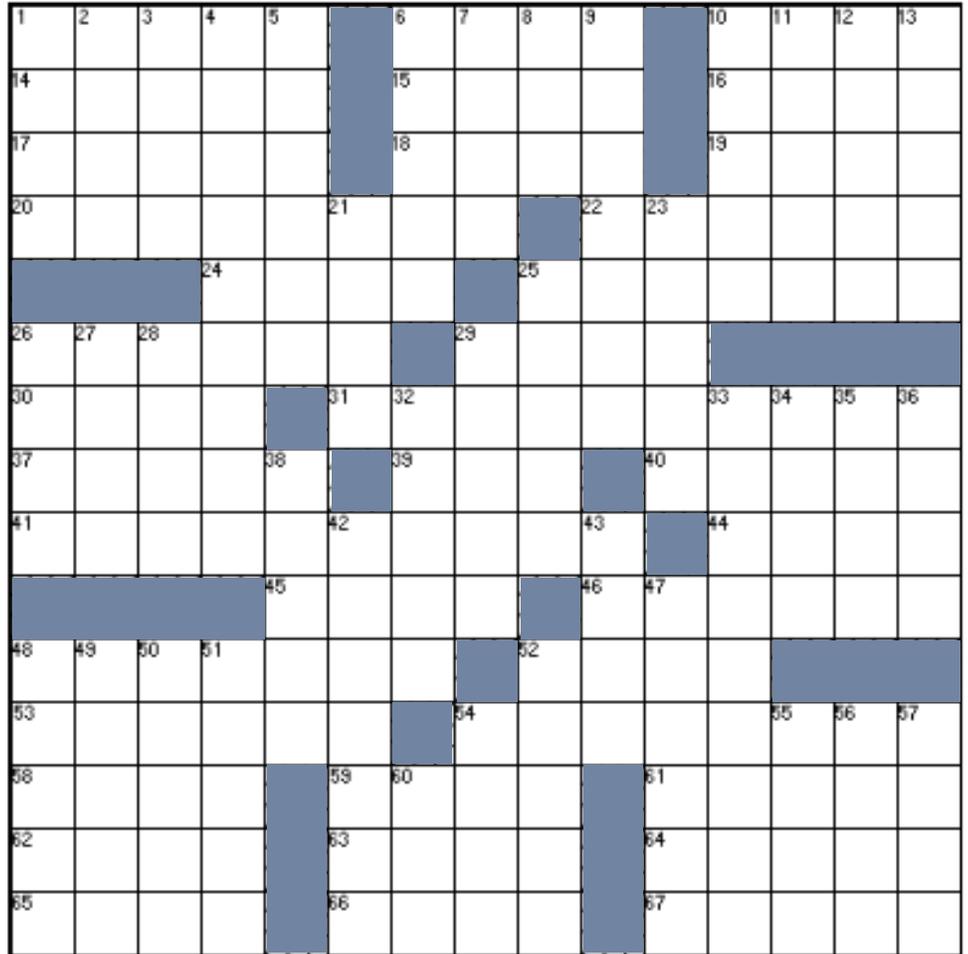
pounds of supplies sent to ostomates worldwide.

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.

In addition to monetary gifts, Friends of Ostomates are in constant need of donated supplies including any any new non-liquid ostomy supplies. People need one-piece pouching systems, two-piece pouching systems (even if you don’t have a pouch or matching flange), skin barrier paste, skin barrier rings, belts, skin barrier strips and pediatric supplies.



ACROSS

1. Brazilian ballroom dance
6. Dutch cheese
10. Inventor of the polio vaccine
14. Also known as
15. Ancient Roman garment
16. ____ Bator, Mongolia
17. Was not (contraction)
18. Tills
19. Spanish for “Crazy”
20. Place where an ill employee may rest
22. Method of printing
24. Cylindrical bars
25. Removes
26. 70s singing family
29. “Inter-____”
30. Ring (a bell)
31. Decorative room painting
37. US symbol
39. Historical period
40. Detection technology
41. Intersect
44. Memo
45. Marine gull-like bird
46. A geological epoch in the Paleozoic Era
48. Expertise
52. Haughty manners
53. Bring in
54. Without recourse
58. Comedian ____ Sahl
59. Helicopter inventor ____ Sikorsky
61. Pertaining to the ebb and flow of oceans
62. Great Lake
63. Typeface
64. Swelling under the skin
65. Collections
66. Hindu system of meditation
67. Revive or restore

DOWN

1. Wood cutting tools
2. Jai ____, sport
3. Miscellaneous (abbrev.)
4. Provides financial backing
5. ____ omy = study of the stars
6. Community spirit
7. Grim fate or destiny
8. Mature
9. Relating to Freemasonry
10. Indicating sulfur
11. Shad fish
12. Tied or fastened
13. Speed in nautical miles
21. Probabilities
23. Natural talent
25. Forearm bones
26. Oil cartel
27. Char
28. Wise men
29. ____autics = science of flight
32. Cloth used in towels
33. Overwhelming victory
34. False god
35. International organization
36. Became larger
38. A class of organic compounds
42. Formally attest
43. Slide unintentionally
47. Urinary tract
48. Silent actors
49. Italian for “Love”
50. Small diagonal spar
51. Carries
52. Heart artery
54. ____ Kong
55. Biblical garden
56. Identical
57. Shredded cabbage
60. Sticky stuff

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Many even think that skin problems are a normal part of living with a stoma. We disagree. Patients do not need to suffer, and our goal is to help maintain healthy peristomal skin from the start.

Hollister Incorporated

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Thank you!

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LINCOLN OSTOMY ASSOCIATION

- President Denise 402-464-7544
- 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

Lincoln Ostomy Home Visits

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.

Visitation Coordinator:

Sally (402) 419-8817

UOAA National Conference

Aug. 22-26 in Irvine, California

Support group meetings

Bryan East Medical Plaza Classroom #1
1600 S 48th St., Lincoln, NE

- June 4, 1-3 p.m.
Program TBD
- July - NO MEETING
Happy Independence Day!
- Aug. 6, 1-3 p.m.
Inside picnic potluck
- Sept. 3, 1-3 p.m.
Amanda Paprocki, Bryan LGH
- Oct. 1, 1-3 p.m.
Jason Hackel, Hollister
- Nov. 5, 1-3 p.m.
Convatec Speaker Chris 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 is a quarterly publication for the Lincoln Ostomy Association. If you'd like to advertise or to submit an article, email lincolnostomy@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*

Lincoln Ostomy Association Sparrow

7400 Helen Witt Dr
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Nurses earn special training for you

Wound, Ostomy and Continence (WOC) nurses are trained clinicians who treat complex wounds, ostomy issues and incontinence. WOC nurses serve in a variety of roles, to help patients like you, including educator, consultant, researcher and administrator.

The Wound Ostomy and Continence Nurses Society® provides education and certification to specifically address the needs of Ostomates.

Lincoln nurses who specialize in ostomy include:

- Christine Shank, RN, BSN, CWON..... CHI Health St Elizabeth's.....402-219-8770
- Ann Lif RN, BSN, CWOCN Bryan Medical Center402-481-2018
- Amanda Paprocki RN, BSN, CWOCN Bryan Medical Center402-481-2018
- Cindy Skinner RN, BSN, CWOCN Bryan Medical Center402-481-2018
- Lisa Jones RN, MSN, CWOCN, CFCN Bryan Medical Center402-481-2018
- Annie Ocampo BSN, RN, CWOCN, DAPWCA..... Madonna Rehab.....402 413-3652
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