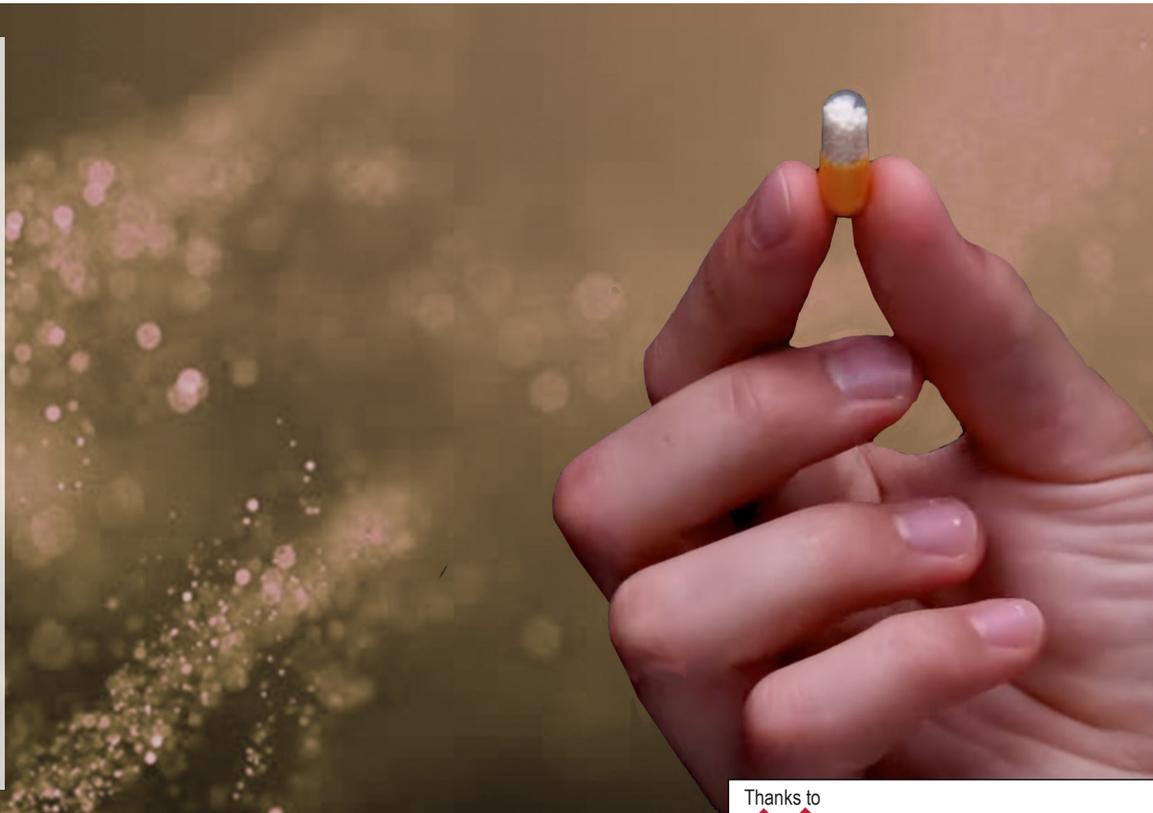


A team at John Hopkins University recently looked at pill absorption and posture. Taking pills while lying on the right side was by far the best, as pills going to the deepest stomach dissolve at a rate 2.3 times faster than an upright posture. Lying on the left side was the worst. The team was very surprised to find that if a pill takes 10 minutes to dissolve on the right side, it could take 23 minutes to dissolve in an upright posture and over 100 minutes when laying on the left side.



The information provided in this newsletter is for educational and informational purposes only. It is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment.



Absorbing pills

Does your pharmacist know about your ostomy? Perhaps they should.

According to the UOAA, an ileostomy can affect medications with coated or time-release capsules sometimes coming out whole in a pouch with no benefit to the person.

UOAA suggests discussing this issue with a health care provider who may prescribe alternate medications.

Ileostomies can cause increased intestinal transit time, which may lead to faster drug clearance and reduced absorption. That's a challenge with an ileostomy to achieve therapeutic drug levels.

Those with ostomies may experience an alteration of gut pH. Colostomies can cause a more alkaline intestinal

environment, which can affect solubility of certain medications. This may cause reduced absorption of some drugs and create a challenge for those with a colostomy to achieve drug levels, according to a 2004 article in the *Journal of Wound, Ostomy, and Continence Nursing*.

Certain medications such as iron, calcium, and certain antibiotics, are known to have reduced absorption rate in individuals with ostomies.

Medications, in many cases, can be crushed, opened, or taken in liquid form to help with absorption. Individuals with an ostomy should report changes in symptoms or side effects to a healthcare provider, as these may indicate a need for adjustments in medication dosing or treatment.

CeraPlus™ One-Piece Soft Convex Pouching System

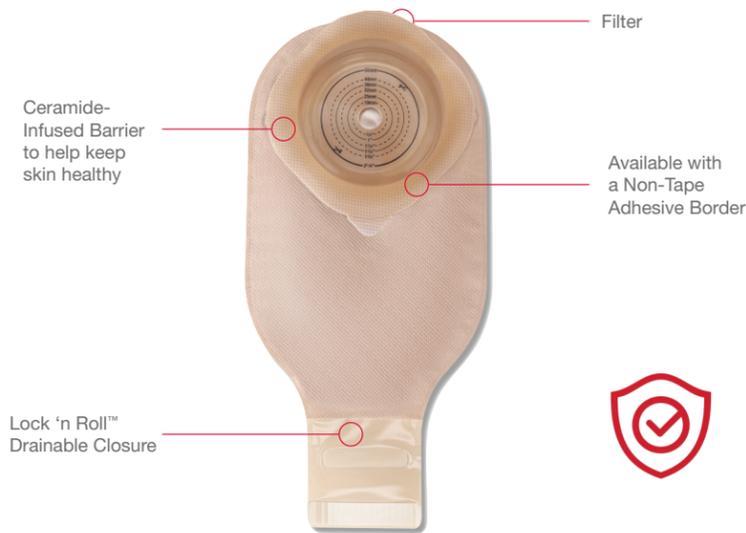
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*HCPCS registration pending

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TIPS Medication absorption

Modern techniques can help individuals with ostomies who have trouble with medication absorption. Check them out:

- Pro-drugs are inactive compounds converted into active drugs after administration. This can help increase absorption of certain medications.
- Transdermal patches deliver medication through the skin and bypass the gastrointestinal tract.
- Sublingual or buccal administration, which allows medication to be absorbed through the tissues under the tongue or inside the cheek, bypassing the gastrointestinal tract.

It's important to note that these are just examples of new techniques and individuals should consult with their healthcare providers to determine what is best for them.

References:

Novel drug delivery systems for patients with ostomies by S.J. Rowland, Journal of Wound, Ostomy, and Continence Nursing, 2004.

Transdermal drug delivery in patients with ostomies" by J.A. Smith, American Journal of Health-System Pharmacy, 2002.

"Sublingual and buccal administration of medication in patients with ostomies" by L.K. Brown, Journal of Clinical Pharmacy and Therapeutics, 2001.

"Pro-drugs: A strategy to improve the bioavailability of drugs in patients with ostomies" by T.M. Wilson, Journal of Drug Delivery Science and Technology, 2006.

"Not all those who wander are lost."
-J.R.R. Tolkien

FOLLOW THESE 3 STEPS TO FIGHT THE FLU



The flu (influenza) is a contagious disease that can be severe. Almost every year, the flu causes disease in millions of persons, hundreds of thousands get hospitalized, and tens of thousands die because of the flu. The CDCs urge you to take the following measures to protect yourself and others from the flu.

YOU AND YOUR FAMILY SHOULD GET VACCINATED!

The first and most important step to protect yourself against flu viruses is getting a flu vaccine each year. All persons 6 months of age or older should get a flu vaccine, if possible before the end of October, or as soon as possible if after October.



Flu vaccines are offered in many places, such as physician offices, clinics, health departments, drugstores, and university health centers, as well as from many employers and even at some schools.



Protect yourself. Protect your family. Get vaccinated. #FightTheFlu

Learn More: <https://cdc.gov/flu/consumer/vaccinations.htm>

If you catch the flu, antiviral drugs can be used to treat it. Antiviral drugs can alleviate the symptoms and shorten the duration of the disease. They can also prevent severe flu complications, such as pneumonia. The CDC recommend the use of antiviral drugs during the early stages of treatment for persons who are very sick from the flu (such as people who are hospitalized) and those who got it and are at high risk of severe complications, due to their age or to having a high-risk condition.

Learn more: www.cdc.gov/flu/treatment/treatment.htm

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TOP 10 WAYS TO MAKE 2023 top 22

Stay positive: Maintaining a positive attitude can make a huge difference in how you cope with a physical condition. It can help you focus on the things you can do, rather than dwelling on what you can't.

Educate yourself: Learn as much as you can about your condition. Understanding it will help you manage it better and make informed decisions about your treatment.

Communicate with your healthcare team: Don't be afraid to ask questions or express concerns. Your healthcare team is there to help you, and they can't do that if they don't know what's on your mind.

Find a support system: Having a network of people you can turn to for support, whether it's family, friends, or a support group, can make a big difference in your emotional well-being.

Stay active: Physical activity is important for maintaining overall health, and it can also help you manage your condition. Consult with your healthcare team to find an appropriate exercise plan for you.

Eat a healthy diet: Eating a diet rich in fruits, vegetables, and whole grains can help you manage your condition and maintain a healthy weight.

Get enough rest: Getting enough sleep is essential for both physical and emotional well-being.

Manage stress: Stress can make symptoms of a physical condition worse. Learn relaxation techniques, such as yoga or meditation, to help you manage stress.

Listen to your body: Pay attention to how you feel and don't push yourself too hard. It's important to know your limits and take time to rest when you need it.

Find a purpose: Having a sense of purpose, whether it's through a hobby, volunteer work, or a job, can give you a sense of fulfillment and improve your overall well-being.

Lincoln Ostomy Association here for you

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

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?

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. <http://ostomynebraska.com/lincoln>.

"Alone we can do so little; together we can do so much."

- Helen Keller

"None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful."

- Mother Teresa

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

- Mark Twain



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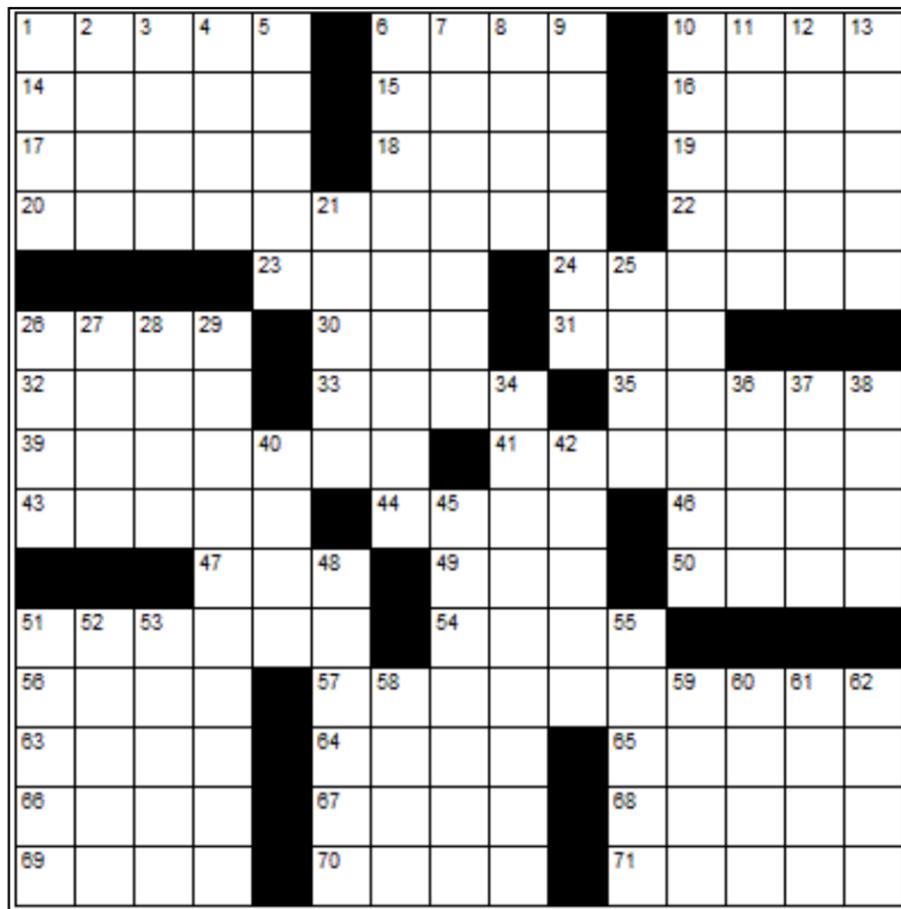
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ACROSS

- 1. Grille
- 6. Border
- 10. Stop
- 14. Moses' brother
- 15. Roentgen ray
- 16. Curved molding
- 17. Parental brother
- 18. Notability
- 19. Anger
- 20. Eviscerate
- 22. Leave out
- 23. Christmas season
- 24. A crude stone artifact
- 26. Among
- 30. Coniferous tree
- 31. Pair
- 32. Despise
- 33. Quick
- 35. Everglades bird
- 39. Author of a mournful poem
- 41. Socks and stockings
- 43. Mimeograph
- 44. Always
- 46. Went under
- 47. Greatest possible
- 49. Mistake
- 50. Tall woody plant
- 51. Agency
- 54. A dog wags one
- 56. End ____
- 57. Daughter of a step-parent
- 63. Roman moon goddess
- 64. Indian dress
- 65. Line of a poem
- 66. A certain trade agreement
- 67. "Oh my!"
- 68. Jagged
- 69. If not
- 70. Lease
- 71. Stitched

DOWN

- 1. Cheap showy jewelry (archaic)
- 2. Hindu princess



- 3. Circle fragments
- 4. Lacquered metalware
- 5. Foe
- 6. Cast off in scales
- 7. Underpants
- 8. Contest
- 9. Shoelace hole
- 10. Watchmaker
- 11. A long-legged bird
- 12. On the up and up
- 13. Fangs
- 21. Burnishes
- 25. Is indebted to
- 26. Throat-clearing sound
- 27. Timbuktu's land
- 28. Bit of gossip
- 29. Pervert
- 34. Chiropractor
- 36. Back
- 37. Sea eagle
- 38. Kid
- 40. Greek letter
- 42. German iris
- 45. Experienced
- 48. Cavalryman
- 51. Protrusion
- 52. Normal
- 53. Leases
- 55. Inhabits
- 58. Story
- 59. Arid
- 60. Anagram of "Wort"
- 61. Being
- 62. Marsh plant

Talkin' bout vitamins and ostomy lifestyles

Ostomates may have heard that a diet rich in vegetables can be beneficial for your overall health. However, you may be wondering which vegetables are appropriate for ostomates and how to incorporate them into your diet. It's important to understand that ostomates are at risk of nutrient deficiencies due to malabsorption and diarrhea (1). To ensure that you are getting all the necessary vitamins and minerals, it's important to include a variety of vegetables in your diet. Vegetables such as leafy greens, broccoli, and carrots are high in fiber, vitamins, and minerals and are considered safe for ostomates (2).

It's also important to be aware that some vegetables can cause gas and bloating for some ostomates. Vegetables like onions, peppers, and raw cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts should be avoided or consumed in small amounts (3). Blending or cooking vegetables can make them easier to digest, and some ostomates prefer to avoid raw vegetables.

Drinking water or other fluids can also help to soften the stools and prevent blockages. It is important to stay hydrated, especially when consuming high-fiber foods such as vegetables.

Incorporating more vegetables into your diet can be a gradual process. Start by adding leafy greens, broccoli,

and carrots to your meals and avoid the vegetables that cause you gas and bloating. Gradually increase the amount of vegetables you eat and experiment with different ways of preparing them.

It's also important to consult with your healthcare team before making any changes to your diet. They can provide you with personalized advice and guidance based on your individual needs.

Incorporating more vegetables into your diet can improve your overall health and well-being. By understanding which vegetables are appropriate for ostomates and how to incorporate them into your diet, you can make informed decisions about your diet and improve your quality of life.



Nebraskans and their veggies stats

Estimated Population of Nebraska: 1,896,1904

- 39.7% of adults reported consuming fruit less than one time daily
- 23.3% of adults reported consuming vegetables less than one time daily

Physical Activity

- 50.1% of adults achieved the equivalent of at least 150 minutes of moderate intensity physical activity per week.

Overweight and Obesity

- 36.5% of adults were overweight.
- 30.2% of adults had obesity.

References:

<http://www.ostomy.org/ostomy-and-nutrition/>
<https://www.ostomates.org/nutritional-information/vegetables-and-fruit/>



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Vice President Sally
Secretary Beverly 402-525-9271
Treasurer Val 402-489-7709
Visitation Denise 402-464-7544
Visitation Marie 402-750-5621
Communications John 402-310-3496

Lincoln Ostomy Home

LOA welcomes calls from ostomates, especially new people, with questions on everything from, 'how do I shower?' to 'what about clothes?' Call our visitation specialists above (Denise & Marie).

Meetings (Let's meet, shall we?)

In person meetings are at a church at 8230 South St., starting at 1:30 p.m. Zoom may be available at See http://ostomynebraska.com/lincoln

Upcoming meetings will be announced at http://ostomynebraska.com/lincoln/

Contact, Advertise

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

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ostomynebraska.com/lincoln

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'Grit is that 'extra something' that separates the most successful people from the rest. It's the passion, perseverance, and stamina that we must channel in order to stick with our dreams until they become a reality.'

- Angela Duckworth, author of Grit: The Power of Passion and Perseverance.

Ostomates got grit

Grit refers to an individual's perseverance and passion for long-term goals. Grit is a psychological trait that has been shown to be associated with better outcomes in various domains including health and well-being. Research suggests that people with high levels of grit are better able to overcome obstacles and challenges, including those related to health and medical conditions.

Studies have found that people with high levels of grit are more likely to adhere to treatment regimens, have better mental health outcomes, and report higher levels of well-being. In addition, people with high levels of grit may be more likely to engage in healthy behaviors, such as regular exercise, and are less likely to engage in risky behaviors, such as smoking.

It's important to note that grit is not a fixed trait, it can be developed and cultivated with practice. Therefore, for people dealing with medical challenges, working on building grit can be a powerful tool in overcoming obstacles.

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