

Inflammation can continue after ostomy surgery due to things like infection, irritation of the stoma or underlying disease like Crohn's.

Journal of Wound, Ostomy, and Continence Nursing, Bender, 2020



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.



## Inflammation Insight

Prevention coupled with regular conversations with WOCNs can help those with ostomies recognize and react to inflammation problems early so treatment can be more effective.

This edition of *the Sparrow* dives into the problem of inflammation to help identify problems, and possible solutions (talking to your doctor and WOCN nurse being No. 1).

Inflammatory bowel disease represents the reason for up to 75% of ostomy surgery (NIH.gov). The surgery can cause inflammation and tissue damage around the stoma leading to skin irritation, infection, and leakage.

Stoma sites can be inflamed for multiple reasons like mechanical irritation, bacterial or fungal infection, aller-

gies, and more. In some cases, inflammation can lead to granulomas, small nodules of inflamed tissue causing stoma interference. (NIH.gov).

Some of the treatments mentioned by NIH.gov include stopping smoking and losing weight. Topical anti-inflammatory agents like corticosteroids may be a treatment. Adding vitamin D and zinc are also mentioned as ways to promote healing.

WOCNs specialize in ostomy care because every individual seems to require individual care. Even inflammation issues are diverse and require a number of treatments.

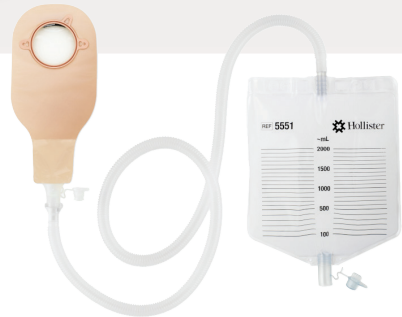
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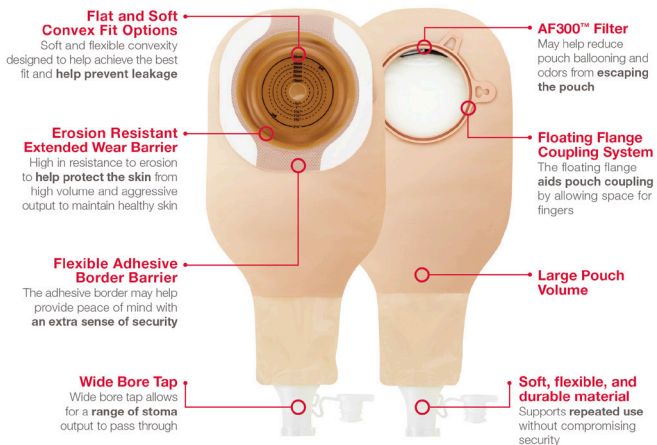
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### Hollister High Output Pouch Product Features



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# INFLAMMATION FOOD

(NIH.gov)

While inflammation is one way the body shows it's healing itself, it's also a sign you should be talking to a doctor and/or WOCN.

Think about your food during those conversations:

- Fatty fish like salmon and tuna are rich in omega-3 fatty acids and are shown to reduce inflammation.
- Dark greens like kale and spinach are rich in anti-inflammatory compounds.
- Strawberries, blueberries, and raspberries are rich in antioxidants with anti-inflammatory properties.
- Ginger contains gingerols good for inflammation.
- Nuts like almonds and walnuts are rich in omega-3 fatty acids and good for anti-inflammatory use
- Rice, grain, and barley are rich in fibers and help with inflammation.

*\* Every body is different. Those with ostomies must consider health, ostomy, and inflammation when consulting with a doctor about diet and inflammation.*

# INFLAMMATION DID YA KNOW

- **Depression:** Chronic inflammation can lead to depression by triggering cytokines that affect mood (NIH.gov).
- **Food taste:** Inflammation alters our taste receptors and makes us less sensitive to sweet and bitter tastes (sciencedirect.com).
- **Benefits:** Swelling and redness occur after an injury and is a normal part of healing. It helps clear away damaged tissues and fights off infection (NIH.gov).
- **Sleep:** Inflammation can interfere with sleep hormones, leading to insomnia and other sleep disorders.
- **Microbiome:** The collection of bacteria and microorganisms in our gut can affect our immune system and the level of inflammation in our body (NIH.gov).



# INFLAMMATION TALES

## Jack & Susan Tom & Mary

Inflammation can appear in many ways, check our fictional friends and their inflammation struggles:

Jack had ulcerative colitis leading to an ostomy. He suffers swelling of the stoma area, fatigue, joint pain, and other symptoms of systemic inflammation. Eventually, Jack is diagnosed with ankylosing spondylitis which affects people with IBD. Jack treats the condition with anti-inflammatory drugs to manage it.

Susan's skin around her stoma is irritated and she experiences leakage. She is diagnosed with contact dermatitis which inflames the skin due to irritants or allergens. Susan now avoids certain foods and toiletries that trigger her dermatitis. She also focuses on ostomy products that are gentle for her skin.

Tom's stoma is frequently blocked and he has cramps and pain. He was diagnosed with an inflammatory stricture. In this case, Tom went back for surgery to fix the stricture.

Mary's output is thicker than usual. She experiences pain around her stoma. Her doctor said she has peristomal pyoderma gangrenosum which is a rare disorder and is treated with surgery.



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## TIPS FOR PAYING WITH CASH

by Adam Page, Medical Monks

Purchasing ostomy supplies out of pocket can be surprisingly complex. Even if you know which specific product you need, there are seemingly endless places to buy them and prices can vary wildly.

Any new or experienced ostomate can be excused for feeling overwhelmed. Read on and you'll be an ostomy pro in no time.

### BEWARE OF THIRD PARTY SELLERS

High out-of-pocket prices of most medical supply companies – especially the ones that bill Medicare and private insurance – often lead prospective shoppers to eBay or Amazon looking for deals. Be careful, because those sites are often, third party sellers who use their platforms to sell their own stock of ostomy products. There is no way to know for sure where these sellers' products come from, if they're genuine, how they've been stored or even if they're expired.

It's impossible to know if you can trust any certain seller. The sheer size of some online marketplaces make it impractical for them to effectively impose standards, which too often means the consumer loses.

It's best to seek out a reputable out-of-pocket seller with great prices. Medical Monks, a longtime LOA supporter, sources stock directly from the major ostomy manufacturers. **KNOW YOUR ITEM NUMBERS**

Every barrier strip, protective seal, every type and size of pouch deodorant has its own distinct product code number to simplify the shopping process.

Manufacturers designate a unique code for each brand, model and size of wafers and pouches. Be sure that you're getting exactly the product you mean to order. Better still, most websites that sell ostomy products offer a "search by item number" function, allowing a quick match.

Product codes are usually prominently displayed on product packages.

### LOOK BEYOND HOSPITAL PRODUCTS

Often folks will stick with ostomy systems they were given in post-surgery. This will typically be a basic one-piece, flat-flange, transparent pouch. Hospitals stock up on those types because they will be most applicable to the largest

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# JOIN US! Lincoln Ostomy Association

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>.

## How much to join Lincoln Ostomy Association? Ten bucks a year!

That includes all the education, networking and support we bring to the table. Five years? Fifty buck-a-roonies! Let's go. Bring your money to the next LOA meeting. Next meetings are May 7 and June 4, 1:30 p.m. at Aldersgate Church in Lincoln, Neb.

## CASH CONTINUED

number of people, and the transparent pouch will allow doctors and nurses to monitor the patient's output. Which brand of pouch provided will depend on the hospital's business arrangements.

These semi-generic pouches are a perfectly serviceable option, and

sticking with them isn't by definition a mistake. But if you have issues that need to be addressed, there is a larger world of ostomy pouches and accessories available.

### CONSULT WITH EXPERTS

If you're still at a loss, reach out for help from product experts. Medi-

cal Monks customer care team is well versed in ostomy supplies from a major manufacturers. They help mix and match barriers with pouches, choose accessories, and determine which products are best for you.

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H Y N A P M O C S E E R H T E O L I M  
O O R A G N A K N I A T P A C Y W E N

## Old TV Shows 1

Find and circle all of the old TV shows that are hidden in the grid. The remaining letters spell the name of an additional old TV show.

ALICE  
BEN CASEY  
BEVERLY HILLBILLIES  
CHIPS  
CANNON  
CAPTAIN KANGAROO  
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FLIPPER

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FUGITIVE  
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GOOD TIMES  
GREEN ACRES  
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## You're not alone

725,000 people live with ostomies in the U.S.

1.4 million people have IBD and about 20% of those will eventually get ostomy surgery.

Every year 120,000 ostomy surgeries are performed.

The Lincoln Ostomy Association proudly serves people looking for ostomy support and information. Come for a visit, no pressure, just information and snacks. (see pg 5).

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## Talkin' bout your ostomy

It's important to remember that while your loved ones are undoubtedly concerned for your wellbeing, it's totally up to you how much information you want to share about your ostomy journey. Don't feel pressured to go into detail if you don't want to - a simple explanation that you had a serious illness or injury and now wear an ostomy pouch will usually suffice. And if people see that you're open and upfront about it, they'll likely take their cues from you.

As for meeting new people, it's totally up to you whether or not you want to share about your stoma. You don't owe anyone an explanation, but if you do decide to share, just remember that practice makes perfect! Rehearsing out loud can help you feel more comfortable and prepared for unexpected situations where you may need to talk about your health issue.

And for those of you in the dating game - don't stress! If things start to get serious with someone, it's okay to have a conversation about your ostomy and any concerns you may have about how it could affect your sex life. Remember, being open and honest can only strengthen your connection.

Finally, if you have little ones in your life, it's important to consider their age and level of understanding when talking about your ostomy. But don't worry, age-appropriate books and dolls from ostomy manufacturers can be helpful tools in explaining your situation.

So keep on rockin' that ostomy, and remember - the more you talk about it, the easier it gets!

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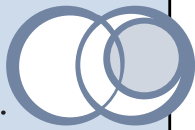
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Communications John 402-310-3496

### 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/>  
May 7-Hollister  
June 4-Urgo Medical

### 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](mailto:lincolnostomy@gmail.com)

### Ostomy Nurse Contacts

Beatrice Community Hospital  
Makayla Wiese, APRN, COWCN

Bryan Medical Center 402-481-2018  
Cindy Skinner RN, BSN, CWOCN

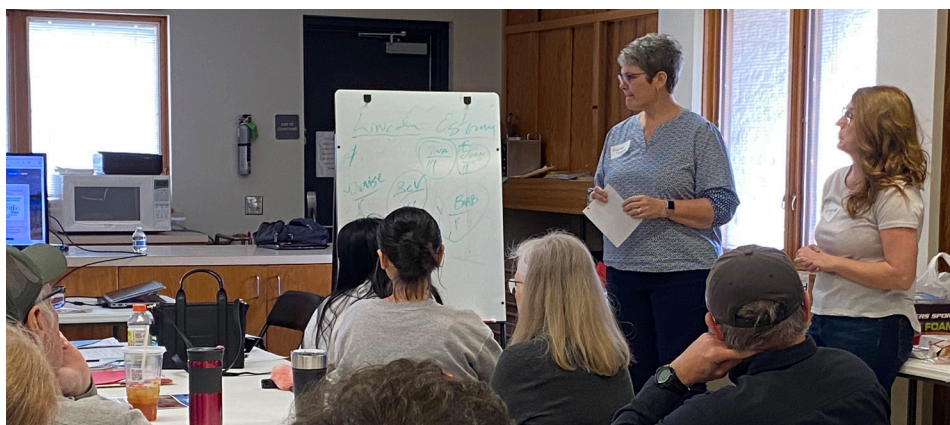
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General Surgery Associates  
Amanda Paprocki RN, BSN, CWOCN

"Are not two sparrows sold for a penny?  
Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows."

### Lincoln Ostomy Association Sparrow

1847 Atlas Ave  
Lincoln, NE 68521  
[lincolnostomy@gmail.com](mailto:lincolnostomy@gmail.com)



*Lincoln Ostomy Association welcomed students from SECC for an ostomy trivia education event in April. Ostomy nurses/experts Rhonda Soucek and Amanda Paprocki were on hand to answer questions and bolster group participation.*

## LOA welcomes WOCNs, nursing students

Unfortunately, many home care providers, including certified nursing assistants (CNAs), do not receive adequate education on ostomy care. This can be a real problem for people with ostomies who rely on these providers for assistance with daily needs.

A study published in the Journal of Wound, Ostomy and Continence Nursing found that only 17% of CNAs surveyed received formal education on ostomy care, and only 12% felt confident in their ability to care for ostomy patients.

So, what can be done to improve ostomy education? One solution is to educate ostomates themselves. By sharing their experiences and knowledge with their caregivers, ostomates can help ensure they receive the best possible care. Additionally, working with wound, ostomy, and continence nurses (WOCNs) can also be helpful. WOCNs are experts in ostomy care and can provide training and support to home care providers.

So, let's spread the word about ostomy care! Educating home care providers can help improve the quality of life for people with ostomies. And who knows, maybe we'll even spark some interest in the field of wound, ostomy, and continence nursing!