




Thanks for supporting Sparrow!  
 Hollister

## Ostomy robbing your sleep? Read on...

In the area of health, sleep is like a musical conductor, directing healing, cell growth, and cognitive sharpness. It ensures our bodies are in top-notch shape. However, for those navigating life with an ostomy, this vital aspect can take an unexpected twist.

“My greatest challenge was adopting a new sleeping position,” said LOA member Amy. “I was a stomach sleeper and now I sleep on my side with an extra pillow for support. I don’t eat two hours before going to bed. I also wear a wrap, tanktop, or briefs from Comfizz.com to hold the pouch in place and keep it from

folding over on itself.”  
LOA supporter Hollister recently delved into the sleeping challenges for ostomates, exploring how a pouching systems can disrupt sleep. The findings revealed that nearly half of ostomates experienced sleep disturbances in the past 30 days due to their pouching systems.

More than 75% of surveyed ostomates reported pouch-related sleep disruptions at least once a week, emphasizing the recurring nature of the issue. Pouch ballooning, a common concern, affected 64% of participants, creating a sleep obstacle and half of respondents

identified sleep disruption arising from pouch leakage or the worry of overnight pouch failure.

Often-overlooked is the prevalence of itchy skin, with almost 20% of those surveyed citing itch as a significant disruptor. These findings shed light on the multifaceted challenges individuals with ostomies face, extending beyond the physical aspects of pouching systems.

Sally said, a long-time LOA member said, “When I first had the ileostomy surgery I found I was not comfortable or wanting to sleep on my stomach, so I got used to side sleeping. It took a bit. A tip

*continued pg 3*



We’re going techno!  
Find this edition of Sparrow complete with links and color here:  
<https://ostomynebraska.com/lincoln/> or use this fancy-schmancy QR Code

# 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.

UOAA 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.

Did you know?  
**Nursing students seek ostomy knowledge & class credit through LOA?**

Students who attend LOA meetings often use the time for class credit! and will have more knowledge to help future ostomates. Win Win!

**Wound & Ostomy Services**  
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## LOA welcomes Dietitian Whitmore

Lincoln Ostomy Association was honored to welcome Dietitian Cassie Whitmore, RD, LMNT, to discuss best practices for moderation and healthy eating, especially during the holidays during.

"Everyone's body is different, especially for those with an ostomy," Whitmore said. "It's best to find rules that you understand and



can stick with. For me, I think about serving sizes by handfulls. For protein, your palm usually holds about three ounces. That is a good size for a meal."

She said a cupped hand for vegetables or fruit also makes a nice one-cup serving.

For snacks she considers three fistfulls of popcorn a good portion.

Whitmore discussed ways ostomates excel at food management. She said many journal their diets and are accurately attuned to the clues their bodies offer for healthy choices.

Whitmore also covered food during family visits. She recommends:

- > Washing hands often, especially when switching tasks.
- > Keep cold foods cold. Hot, hot.
- > Put out food shortly before eating. Don't let it linger.
- > Use utensils for dishing plates of food.

**DRINK UP**  
Hydration is an issue for ostomates. Drink plenty of water!

**CHEW MORE**  
To avoid blockage, chew! If it looks like the same coming in as it did go in you did it wrong.

**START SLOW**  
Recent surgery? You'll be more sensitive. Use trial and error to see how foods work for you. Talk to a WOCN

**INPUT**  
Stomas don't stop. Manage it, journal it. Job interview coming up? Avoid a big meal til after.

**GET OUT**  
and exercise. Walks, bike rides, anything active can do wonders for your attitude and keep that weight at bay.

## Hollister study uncovers sleep



continued from Pg 1

I might offer for a better night's sleep is to try not to eat or drink much after 8 p.m. so that the pouch isn't filling up quite so much during the night."

Dr. Marishka Brown, a sleep expert from the National Institute of Health, said quality of sleep involves quantity, but also the benefits of uninterrupted sleep and a consistent sleep schedule.

The Hollister survey results underscore the importance of addressing sleep-related challenges in the ostomy community. It prompts a closer look at innovative solutions and support systems that can enhance the sleep quality of those with pouching systems, recognizing the broader impact on overall health and well-being.

Sleep, said Dr. Brown, is not merely downtime for a tired brain. It's an active phase where the brain functions as a cleanup crew, removing toxins and setting the stage for optimal cognitive performance.

Dispelling common sleep myths, such as the notion that adults need less sleep as they age, emphasizes the importance of understanding individual sleep needs. Additionally, the misconception that one can "catch up" on sleep over the weekend is debunked, highlighting the need for consistent sleep patterns.

For those encountering sleep challenges, whether due to ostomy-related issues or other factors, there is hope. Strategies ranging from maintaining a sleep diary to exploring cognitive behavioral therapy can contribute to better sleep hygiene. The journey may also involve embracing solutions like CPAP machines for those with sleep apnea.

Findings from the Hollister Ostomy Sleep Survey offer valuable insights into the unique sleep landscape of ostomates, encouraging a comprehensive approach to addressing their specific needs and enhancing overall quality of life.

**MARK THE DATE**  
Lincoln Ostomy Association Meeting  
1:30 p.m., Feb 4 at Aldersgate Church  
8320 South St., Lincoln

In the US, 3 in 10 adults sleep less than 6 hours in a 24-hour day. Sleeping for less than 6 hours per night increases possibility of:

Diabetes by 25%

Obesity by 21%

Heart disease by 35%

Stroke by 22%

**Sleep cycle**  
The sleep cycle consists of several stages, progressing from the initial drowsiness to deep sleep and then to REM (Rapid Eye Movement) sleep. Each stage serves different functions in maintaining overall health and well-being:

1.  
Drowsiness  
transition from wake to sleep > 5 min

2.  
Light sleep  
Heart slows, body temp decrease >20 minutes

3.  
Deep sleep  
Slow-wave sleep. Body grows, repairs

4.  
REM sleep  
Rapid eye movement. Dreams, muscle paralysis

**Warning signs you need sleep**

- > You rely on caffeine
- > You feel fatigued
- > You are forgetful or make mistakes

- > You doze off when driving
- > You are irritable, grouchy

\*projectthehealthysleep.org

**Problem: 36.7%**  
experience peristomal skin issues in first 90 days


**80%**  
experience stoma or peristomal complications within 2 years of surgery

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## Laughing heals

### Why did the pillow go to therapy?

It had too many unresolved dreams.

### I told my wife she should embrace her mistakes.

She gave me a hug and said, "You first, you forgot to set the alarm clock!"

### I only know 25 letters of the alphabet.

I don't know y.

### I asked the sandman to help me with my insomnia.

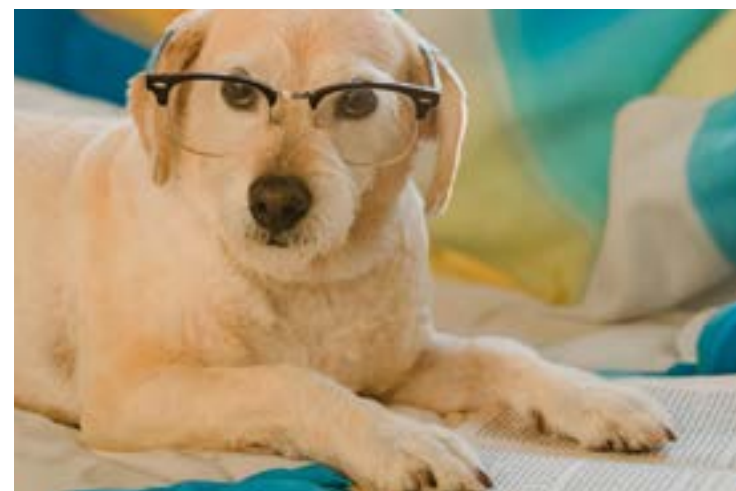
He said he could, but it might be a bit of a snooze.

### My wife told me I should embrace my mistakes.

So, I hugged her and said, "I love you, too."

### Did you hear about the guy who invented Lifesavers?

He made a mint!



### BUT SERIOUSLY

Laughter is a potent elixir for both the mind and body, possessing remarkable healing properties.

When we laugh, the brain releases endorphins, neurotransmitters that promote an overall sense of well-being and act as natural painkillers.

Moreover, laughter reduces stress hormones like cortisol, fostering a relaxed state that can enhance immune function. Physiologically, it improves cardiovascular health by increasing blood flow and improving blood vessel function.

It connects people socially, fostering a sense of community and strengthening relationships. This promotes emotional well-being and resilience, making laughter a powerful and accessible tool for healing, both physically and emotionally.

## New to ostomy?

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. Linked closely to our feelings of sexuality is how we think about ourselves and our body image.

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LOA says thanks Denise,  
welcome Amy, president-elect

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# LOA challenge

## Across

1. Rigatoni, eg.
6. Cry from a crib
10. "Back In Black" band
14. Stopped a squeak
15. Ticks off
16. Boo-Boo, for one
17. Sensory stimuli
18. Country singer Vince
19. Certain sax
20. Moving backward
22. Fish stories
23. Vicinity
24. Extra helpings
26. Richie's gal on "Happy Days"
30. Glazier's sheet
31. Costner flick "\_\_\_ Range"
32. December song
34. Organ part
37. Female soldier in WWII
38. Baby-food choice
40. NHL surface
41. Melancholy verse
43. Slangy assent
44. \_\_\_ or less
45. Surveyor's map
47. Kitchen gadget
49. Movie ship
52. Coop group
53. "Woe is me!"
54. Type of pronoun
59. Cropped photos?
60. Miscellany
61. Dentist's directive

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
17					18				19			
20					21				22			
		23				24		25				
26	27	28				29		30				
31					32			33	34		35	36
37				38				39		40		
41			42		43				44			
		45			46		47		48			
49	50				51		52					
53					54		55			56	57	58
59					60				61			
62					63				64			
65					66				67			

62. White as a ghost
  63. W-4, e.g.
  64. Corby of "The Waltons"
  65. Best poker pair
  66. Gratis
  67. Joaquin's "Walk the Line" co-star
- Down**
1. Down and out
  2. Campaign worker
  3. Vegas coin-eater
  4. Topography
  5. Gather on the surface, chemically
  6. Like some birds
  7. "Carmen" selection
  8. Pinochle combos
  9. Dead to the world
  10. Pearly shell
  11. "Because You Loved Me" singer
  12. Like wood paneling, e.g.
  13. Church figure
  21. She played Thelma
  25. Toy gun ammo
  26. Rob, formerly of "The West Wing"
  27. Fall birthstone
  28. Container
  29. Start of a toast
  33. Abhorrent
  35. "Race" anagram
  36. Wanton look
  38. Ink cartridge color
  39. Crowd maker?
  42. Bifocals, e.g.
  44. Minuteman, for one
  46. NBA game start
  48. Give a response
  49. Thin bark
  50. Like a pelvic artery
  51. Do a salon job
  55. Regal address
  56. Doing nothing
  57. Flying formations
  58. Coastal flier

# Weeping skin

When skin around a stoma becomes irritated and weeps, it can be a challenging issue to manage. According to the United Ostomy Associations of America (UOAA), weeping skin can be a result of various factors, including leakage, improper pouching technique, or skin sensitivities.

To address this, it's crucial to ensure a proper fit of the ostomy pouching system, clean the skin gently with mild, pH-balanced cleansers, and apply a barrier product or protective skin barrier to create a barrier between the skin and stool or urine. Seeking guidance from an ostomy nurse or healthcare professional can provide tailored advice to manage and prevent further skin complications.

The estimated number of ostomates in the United States is 750,000 to 1 million, with approximately 150,000 new ostomies created each year.

-American Society of Colon and Rectal Surgeons



LeeAnne, CeraPlus™ Product User



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One-Piece Soft Convex Barrier				
CUT-TO-FIT WITH ADHESIVE BORDER				
Ultra-Clear Stock No.	Flange Stock No.	For Stomas Up To	Pouch Length	Box Qty
8964	8964	1" (25mm)	12" (30cm)	5
8968	8968	1-1/2" (38mm)	12" (30cm)	5
89611	89611	2-1/8" (55mm)	12" (30cm)	5

HCPCS A5057 Key Features: CeraPlus™ Skin Barrier (extended wear), Integrated AF300™ Filter, Lock 'n Roll™ Microseal Closure

One-Piece Soft Convex Urostomy				
CUT-TO-FIT WITH ADHESIVE BORDER				
Ultra-Clear Stock No.	Flange Stock No.	For Stomas Up To	Pouch Length	Box Qty
84134	84134	1" (25mm)	9" (23cm)	5
84138	84138	1-1/2" (38mm)	9" (23cm)	5
841311	841311	2-1/8" (55mm)	9" (23cm)	5

HCPCS A4430 Key Features: CeraPlus™ Skin Barrier (extended wear), Anti-Reflex Valve, Multi-Chamber Design, Soft Streamlined Tap, Drain Valve Indicator, includes one adapter

Two-Piece Soft Convex Skin Barriers with Integrated Floating Flange				
CUT-TO-FIT WITH ADHESIVE BORDER				
Stock No.	Flange Size	For Stomas Up To	Box Qty	Stock No.
11702	1-3/4" (44mm)	1" (25mm)	5	11903
11703	2-1/4" (57mm)	1-1/2" (38mm)	5	11904
11704	2-3/4" (70mm)	2" (51mm)	5	11905
				11906

HCPCS A4407 Key Features: CeraPlus™ Skin Barrier (extended wear), Flexible design, Floating Flange

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-Theresa K., WOCN

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LINCOLN OSTOMY ASSOCIATION

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.

Upcoming meetings will be announced at [ostomynebraska.com/lincoln](http://ostomynebraska.com/lincoln)

Ostomy Nurse Contacts

[Beatrice Community Hospital](#)

Makayla Wiese, APRN, COWCN

[Bryan Medical Center](#) 402-481-2018

Cindy Skinner RN, BSN, CWOCN

[CHI Health St. Elizabeth](#)

Rhonda R. Soucek, RN BSN CWOCN

Deb Bussey, RN BSN, CWOCN

Nicole Carmine, RN BSN, CWOCN

rhonda.soucek@commonspirit.org

[General Surgery Associates](#)

Amanda Paprocki, RN, BSN, CWOCN

## Lincoln Ostomy Association Sparrow

3553 N 89th St

Lincoln, NE 68507

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

# UNL to create advisory board of ostomates in Lincoln

The University of Nebraska-Lincoln announced the formation of a Community Advisory Board (CAB) composed of ostomates, people affected with short bowel disease and advocates, according to Dr. Jacques Izard, of the Food and Science Technology Department and expert of human gut and oral microbiomes. The board, composed of patients with ostomy or short bowel disease, will meet quarterly via zoom.

The board will seek to define questions for future studies, recruit for those studies and evaluate survey instruments.

If you'd like to be considered, email [IzardLab@izard.org](mailto:IzardLab@izard.org)



## MARK THE DATE

Lincoln Ostomy  
Association Meeting  
1:30 p.m., Feb 4 at  
Aldersgate Church  
8320 South St., Lincoln