**" O S T O M Y    V I S I T O R "**
Published Monthly by The Bayonne Ostomy Alliance
Affiliate Support Group 191
United Ostomy Assn. Of America
August  2013    Volume 3   Issue 15
201-339-5251

 In This Issue

==>   Editors Comments
==>   " OSTOMY OUTPUT the Do's and Don'ts "
==>   Humor  "Peltry or Zovitzki Syndrome"
==>   " Traveling With An Ostomy "   Helpful Hints For Summer
==>   Humor  "CATHOLIC HORSES"
==>  " Avoiding Leakage of Your Appliance "
==>  Humor "REDNECK BANK LOAN"
==>  " We Can't Say Enough About The Banana! "

See If You Can Find The Surprise Speaker For Our Meeting
Clue: Check-out The Last Page
Thanks Jimmy Conway and My Sister Carol Stafford
For Contributing The Jokes In This Issue

 During our last meeting we learned it is possible for a
young lady having a "C" section to not only deliver twins
but an ostomy as well -- If you missed our last meeting you
missed the chance to meet a wonderful lady (Nicole) and her
family.

 Nicole is now facing the thought of Chemo and she's not
sure whether she needs it or not. I think we may have
overwhelmed her with all the advice we were putting
forward. . . Nicole sent an email asking me to thank all
the people she met ~~ in her words, "Larry u and your group
helped us so much" "I still need to speak to you bc they
are suggesting chemo. I am totally afraid but i need a
strong force behind me to find out if i have a better
option."

Well folks, I don't know what to say I've been lucky and
did not need chemo. Maybe someone else in the group,
who has had chemo, can come up with some options for
her?

~~~~~       ~~~~~       ~~~~~

<><><><><><><><><><><><>
Don't Do This if You're an Ostomate
<><><><><>

Drink PowerAde, Mountain Blast or Gatorade Blue Bolt
before a doctor visit. It turns your output bright green.
This is especially true if you have an ileostomy.
All food dye can turn your stool the color of the dye,
temporarily. It will surprise you the first time it happens.
This includes Blue Hawaiians or red beets.
Beets make you look like you're bleeding to death.

~~~~~       ~~~~~       ~~~~~

<><><><><><><><><><><><>
OSTOMY  OUTPUT Do's and Don'ts
<><><><><><><><><><><><>

*What to do if your ostomy output becomes
thin, watery, or greatly increases in volume:*

1. Never limit your fluid intake in order to thicken
the drainage, since this can lead to dehydration.

2. Avoid food which you know from experience
makes drainage too loose and too frequent.

3. Begin a low-residue diet, avoiding especially
green beans, broccoli, spinach, highly spiced
foods, raw fruits and beer.

4. Add strained bananas, applesauce, boiled rice,
tapioca, boiled milk and peanut butter to your diet.

5. Pretzels help in thickening and add bulk to the
drainage... Salt also helps to stimulate thirst.

6. Many people lack an enzyme which is responsible
for the metabolism of milk sugar (lactose). This condition
can cause diarrhea, gas, bloating, nausea and cramping.
The elimination of milk products may cause a dramatic
improvement in the symptoms.

*What to do if your output becomes thick
and you develop constipation:*

1. Increase your fluid consumption, especially fruit juices.

2. Increase the amount of cooked fruits and vegetables
you are consuming.

3. Very few foods need to be omitted from your diet for
fear of food blockage.

Perhaps more important than the food in avoiding
blockages is chewing well.

4. You can reduce your intake of foods which are very
high in fiber, and foods with seeds hard to digest if they
appear to be a problem.

Examples are Chinese vegetables, raw onions, nuts,
pineapples, raw carrots, raisins, celery, mushrooms,
popcorn, coconut macaroons, coleslaw and
corn-on-the-cob.

~~~~~       ~~~~~       ~~~~~

<><><><><><><><><><><><>
Don't Do This if You're an Ostomate
<><><><><>

Stand up too quickly when the clip is caught
on the edge of the toilet seat. Most of us have
gotten up too quickly, and ended...stopped in
mid air because the clip caught on the inside
edge of the toilet seat. The clip will lift the seat,
and you feel like a fish caught on the end of a
line. This is mostly a womans problem. Imagine
being at someone's home and dropping the toilet
seat loudly just before you leave the bathroom.
Everyone just looks and wonders why a woman
would be dropping a toilet seat.

~~~~~       ~~~~~       ~~~~~

>>>>>>> LQQK HUMOR <<<<<<<
Peltry or Zovitzki Syndrome
>>>>>>>==========<<<<<<<

Two medical students were walking along the
street when they saw an old man walking with
his legs spread apart. He was stiff-legged and
walking very slowly.

One student said to his friend, "I'm sure that
poor old man has Peltry Syndrome
"Those people walk just like that."

The other student says, "No, I don't think so.
The old man surely has Zovitzki Syndrome.
He walks slowly and his legs are apart,
just as we learn ed in class."

Since they couldn't agree they decided to
ask the old man. They approached him and
one of the students said to him. . . "We're
medical students and couldn't help but notice
the way you walk, but we couldn't agree on
the syndrome you might have. Could you
tell us what it is?"

The old man said, "I'll tell you, but first you
tell me what you two fine medical students think."

The first student said,
"I think it's Peltry Syndrome."

The old man said,
"You thought - but you are wrong."

The other student said,
"I think you have Zovitzki Syndrome."

The old man said,
"You thought - but you are wrong."

So they asked him, "Well, old timer,
what do you have?"

The old man said,
"I thought it was GAS
- but I was wrong, too!"

**(Our Thanks To Jimmy Conway)**
 ~~~~~~~~ End Humor ~~~~~~~~

<><><><><><><><><><><><>
Traveling With An Ostomy
<><><><><><><><><><><><>

Many people with ostomies travel widely, from
camping trips to cruises to plane excursions
around the world. Since you should prepare for
travel, here are some suggestions:

Before going any long distance, ask your doctor
for any information you may need to travel with
your ostomy, especially in case of diarrhea or
blockage. He may give you a prescription for
diarrhea and advice on what to do if you need
a doctor in a strange city.

Take enough supplies to last the entire trip plus
some extras. They may not be easy to get where
you are going. Even if you don't expect to change
the appliance, take along everything you need to
do so. Leave home fully prepared. Find out if and
where supplies are available for a long trip. A local
UOAA chapter may be helpful.

Try to obtain from your own chapter the name of
 the ostomy group in the country or area you will
visit, as the local chapter has information on ostomy
and surgical suppliers, ET nurses, perhaps doctors.
The local phone directory is a good place to look -
check "ostomy" or American Cancer Society. You
may be able to telephone or fax your own supply source.

You can work out a way to change your appliance
anywhere you travel, even in the woods or on a
plane. If you use a reusable appliance, you can
soak it in your favorite solution by putting both in
a plastic container with a tight-fitting lid, or in a
plastic bag that "zips" closed.

When traveling by car, keep your supplies in the
coolest part. Avoid the trunk or back window ledge.

Seat belts will not harm the stoma when adjusted
comfortably. You may place a clothes pin near
the retraction slot to relieve tension on the belt.
Shields are available to guard the stoma.

Traveling by plane - Checked luggage sometimes
gets lost. When you travel, carry an extra appliance
and other supplies on the plane with you. Be sure
your adhesive remover is non-flammable. Small
cosmetic bags with plastic linings or shaving kits
work well. These should be carried in your
carry-on luggage.

Traveling abroad - Before traveling abroad, get a
copy of the current directory of English-speaking
physicians in various foreign cities who charge a
standard fee. The International Association of
Medical Assistance to Travelers (IAMAT),
417 Center Street, Lewiston NY 14092
(716-754-4883) publishes lists of English
speaking physicians in over 1400 cities around
the world. The IAMAT is a non-profit association
and its services are free. A donation is
appreciated, however.

To avoid problems when going through customs
or luggage inspection, have a note from your doctor
stating that you need to carry ostomy supplies and
medications by hand (something like "MEDICALLY
NECESSARY - OSTOMY SUPPLIES"). By having
this information translated into the language or
languages of the country(s) you are visiting,
further problems might be avoided. The note
could be written in several languages, on one
piece of paper, and carried with your passport.

In foreign countries, traveler's diarrhea is a
common disease of tourists, whether you have
an ostomy or not. The most common cause of
diarrhea is contaminated water and/or food or climate.
Your physician can give you a prescription for
medication to control diarrhea and rebuild stamina.
It should be filled in your home state, since the
prescription may not be valid elsewhere. Be sure
drinking water is safe. If the water is not safe, do not
use the ice either. Bottled water or boiled water are
recommended. Also avoid unpeeled fruit and
raw vegetables.

~~~~~       ~~~~~       ~~~~~

~~~~~~~~ Humor ~~~~~~~~
"CATHOLIC HORSES"
~~~~~~~~~~~~~~~~~~
One day while he was at the track playing the
ponies and all but losing his shirt, Mitch noticed
a Priest who stepped out onto the track and
blessed the forehead of one of the horses
lining up for the 4th race.

Lo and behold, that horse -- a very long, shot ---
won the race.

Before the next race, as the horses began lining up,
Mitch watched with interest the old Priest step onto the track.

Sure enough, as the horses for the 5th race came to
the starting gate the Priest made a blessing on the
forehead of one of the horses.

Mitch made a beeline for a betting window
and placed a small bet on the horse.

Again, even though it was another long shot,
the horse the Priest blessed won the race.

Mitch collected his winnings, and anxiously waited
to see which horse the Priest would bless for the 6th race.

The Priest again blessed a horse. Mitch bet big
on it, and it won. Mitch was elated.

As the races continued the Priest kept blessing
long shot horses, and each one came in first.
Mitch was pulling in some serious money.

By the last race, he knew his wildest
 dreams were going to come true.

He made a quick dash to the ATM, withdrew all
his savings, and awaited the Priest's blessing
telling him which horse to bet on.

True to his pattern, the Priest stepped onto the
track for the last race and blessed the forehead
of an old nag. . . the longest shot of the day.
Mitch also observed the Priest blessing the eyes,
ears, and hooves of the old nag.

Mitch knew he had a winner and bet
every cent he owned on the old nag.

He then watched dumbfounded as the old nag
came in dead last. Mitch, in a state of shock,
made his way down to the track area where the
 priest was. Confronting the old priest he demanded,
"Father! What happened? All day long you blessed
horses and they all won. Then in the last race,
the horse you blessed lost by a Kentucky mile.
Now, thanks to you I've lost every cent
of my savings---all of it!"

The priest nodded wisely and with sympathy.

"Son," he said, "that's the problem with you Protestants,
you can't tell the difference between a simple blessing
and last rites!!!

 ~~~~~~~~ End Humor ~~~~~~~~
**[Thanks Carol]**

<><><><><><><><><><><><><><>
Avoiding Leakage of Your Appliance
by Maria Siegi, Ostomy International
<><><><><><><><><><><><><><>

There are many reasons why ostomy pouches leak.
Below are 10 of the most common problems, with
suggestions for handling them:

*Poor Adherence to Peristomal Skin:*
Make sure your peristomal skin is "bone dry"
before applying your pouch. Hold a warm hand
over the pouch and stoma for 30-60 seconds after
application, to warm it and assure a good initial seal.

*Wrong Size of Pouch Opening:*
If the size of your stoma has changed (due to post
operative shrinkage or change in weight) and you
have not remeasured and adapted the opening
accordingly, undermining of the wafer and leakage
may result.

*Folds or Creases:*
If folds or creases develop in the skin, and leakage
occurs along the crease, wafer pieces or ostomy paste
can be used to build up the area in order to avoid leakage.

*Peristomal Skin Irritation:*
Pouches will not stick well to irritated skin. So,
perform meticulous skin care in order to avoid
irritated or denuded skin. If any of these problems
develop, consult your ET or physician at once,
so the problem can be nipped in the bud.

*Improper Pouch Angle:*
If the pouch does not hang vertically, the weight of its
contents can exercise an uneven twisting pull on the
wafer and cause leakage. Ostomates must find an
optimal angle based on individual body configuration.

*Too Infrequent Emptying:*
Pouches should be emptied before they become half
full. If they are allowed to overfill, weight of the
affluent may break the seal and cause leakage.

*Extremely High Temperatures:*
Wafer melt-out may cause leakage in warm weather.
More frequent pouch changes or a change in wafer
material may be needed to avoid leakage.

*Pouch Wear and Tear:*
Disposable wafers do wear out. If you are stretching
your wear time, leakage may be due to the wafer
wearing out.  Change your appliance more frequently.

*Improperly Stored Appliance and Aging Materials:*
Store your ostomy supplies in a cool dry place,
humidity may affect your pouch adhesive. Appliances
don't last forever. Ask your vendor what the recommended
shelf life is for your brand of pouch. Keep some extra
 pouches on hand.

~~~~~       ~~~~~       ~~~~~

~~~~~~~~ Humor ~~~~~~~~
"REDNECK BANK LOAN"
~~~~~~~~~~~~~~~~~~

A Redneck from Alabama walked into a bank in
New York City and asked for the loan officer. He
told the loan officer he's going to Paris for an
"International Redneck Festival" for two weeks
and needs to borrow $5,000 also he was not
a depositor of the bank.

The bank officer told him the bank would need a form
of security for the loan, so the Redneck handed over keys
to a new Ferrari. The car was parked on the street in front
of the bank. The Redneck produced the title and everything
checked out. The loan officer agreed to hold the car as
collateral for the loan and apologized for having to charge
12% interest.

Later, the bank's president and its officers all enjoyed a
good laugh at the Redneck from the South for using a
$250,000 Ferrari as collateral for a $5,000 loan. An
employee of the bank then drove the Ferrari into the
bank's underground garage and parked it.

Two weeks later, the Redneck returned, repaid the $5,000
and the interest of $23.07. The loan officer said, 'Sir, we
are very happy to have had your business, and this
transaction worked out very nicely. While you were away,
we checked your Dunn & Bradstreet rating and found you
are a distinguished Alumni from the University of Alabama,
with real estate and financial interests all over the world.
What puzzles us is, why you would bother to borrow $5,000?

The good 'ole Alabama boy replied, "Where else in New
York City can I park my car for two weeks for only $23.07
and expect it to be there when I return?"

 ~~~~~~~~ End Humor ~~~~~~~~
**[Thanks Carol]**

<><><><><><><><><><><><><><>
We Can't Say Enough
About The Banana!
<><><><><><><><><><><><><><>

What kind of food comes in its own carrying case, is eaten
raw or frozen like a pop, or dried like a chip, and has
a perfect proportion of the minerals needed to power life?

Yes, it is our old friend Musa Sapientum, better known
as the banana.

Once bananas grew in the Malay Archipelago and
nowhere else. Today, we get 80 million bananas a
year from Central and South America and the West
Indies. In the early part of the 20th century, immigrants
to the United States marveled at two American foods
white bread and the banana.

And the banana is a marvel. It is a rich source of sodium
and potassium, with an excellent balance of both. These
minerals, when they dissolve in the body, form
electrically-charged particles called electrolytes,
necessary in sending nerve impulses to the muscles,
including the heart. The ratio of potassium to sodium
determines the flow of water and other liquids in and
out of the cells.

The body needs three parts potassium to one part
sodium. If there is too much sodium in the blood the
body must excrete. The blood pressure may go up to
force the sodium out of the kidneys and the body may
retain fluids to dilute the sodium until it leaves the body.

People who lose a lot of fluid, such as those with
ileostomies, need to pay particular attention to getting
enough potassium. Supplements are not the answer
unless recommended by a physician.

This brings us back to our old friend the banana!
A medium-sized banana has 451 mg of potassium
plus an excellent ratio of potassium to sodium.

Remember also that Bananas thicken stools.
ONE WORD OF CAUTION: The day before
urinalysis don't eat bananas. They also contain
the chemical, nonepinephrine, which could
 interfere with certain tests.

~~~~~       ~~~~~       ~~~~~

We'll end this issue with the banana and its great
ratio of potassium to sodum ~~ Who says you gotta
buy Gatorade for electrolytes? Just fill up on bananas...

With that said I've held back a little surprise. . .
We're having Suzanne Podolski, CEO and Founder
of a new company, Costa Medical. She will be
disclosing the copmany's 'Flagship' product "Stoma Seal."

 So You Better Make This Meeting If You Want To See A New 1st!

Wednesday, August 14th, 2 pm, Conference Room 2-B,
Bayonne Medical Center, Ave. E at 29th Street

<><><><><><><><><><><><>
Remember to mark your calendar:
Sept. 11th. That's the date for our an
niversary get together at Chris' Corner.
Everything is set, even the transporta-
tion and I expect a big turn-out!
<><><><><><><><><><><><>

As always, Hope to see you at the
next   meeting . . . Aug, 14th at BMC

Stay well, and . . . May God
Bless You and Yours

Larry

========================
Disclaimer: The information contained
within is presented expressly for infor-
mational purposes only.  In no way are
any of  the materials  presented  here
meant to be a substitute for profession
al medical care.   ALWAYS   check with
your doctor if  you have  any questions
or concerns about your condition.
========================

© Copyright  2013 Larry Pilarski
125 West 19th Street
Bayonne, NJ  07002
All rights reserved