

Don't Sweat It!

Does sweating cause you pouching problems? If you work or live in a warm environment, if you are an athlete or just prone to sweating-you may have problems keeping your pouch barrier on. Here are three approaches to solving your problem:

Sweat less! Some antiperspirants can be used underneath an ostomy barrier. Many antiperspirants dry after application and leave little residue that would affect the adherence of a pouch. C.C. a cyclist in Maryland uses Tussy 5 day antiperspirant that is sold in packets. Mitchum and Crystal among others have been used successfully by ostomates to diminish perspiration. Do your own research and find one that works for you.

Increase adhesion! If your barrier is floating off, consider increasing the quantity of adhesive. SKIN TAC has recently been produced in a new wipe-on form. This is a thin, clear adhesive that is easily removed with alcohol; Torbot manufactures it. Hollister makes a medical adhesive spray. And for the truly needy, there are paint-on adhesives that, though more cumbersome, can make a dramatic difference in adherence. Two of these are NuHope Adhesive and Skin Bond by Smith and Nephew. All of these products are available at most ostomy product dealers.

Try a breathable barrier The MicroSkin adhesive barrier on all Cymed pouches is moisture-vapor permeable and allows perspiration to flow through the barrier rather than being trapped beneath it. John Dermengian recently wore a Cymed pouch through the grueling Ironman Triathlon. His pouch held up through 16 hours of extreme physical exertion and lasted a total of 6 days. A sample of these pouches is available from Cymed Ostomy Company at 800-582-0707.

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