



Houston Chapter United Ostomy Association

July 2005

Houston Chapter UOA
PO Box 25164
Houston, TX 77265-5164
www.uoahouston.org

"We help ourselves by helping others to help themselves."

"UOA is a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions."

Monthly support and information meetings are held in three locations for member convenience.

IMPORTANT NOTICE.... PLEASE READ

It has been brought to our attention that, because the national United Ostomy Association will be dissolving effective September 30, 2005, some members and associates mistakenly believe that the Houston group will also be dissolving.

Please be assured that the **Houston Ostomy group will continue** to meet in our usual locations for monthly meetings and other services. We look forward to further serving the Houston area and are planning a celebration for our 50th Anniversary in March, 2006.

Monthly meeting details can be found inside on Page 7.

Patient Visiting and Support Services

Doctors and ET Nurses please note: Upon request from a doctor or nurse, a specially trained visitor will be sent to visit an ostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. There is no charge for this service. The visitor does not give medical advice.

Please contact our Visitor Coordinator, Dorothy Andrews, at 713-789-4049.

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. Membership fees and donations are tax deductible.

Chapter News

Although many of our members were absent due to travel or illness, our June 20th meeting was attended by 19 members and guests. Our program had to be changed at the last minute due to a death in Kevin Guthrie's family. Kevin is the ConvaTec representative who was scheduled to present our program. After enjoying snacks provided by Mary Harle, a round-table discussion was led by Floyd Swinger.

Welcome to new attendees, Catherine Belan and Tony Garcia. Tony's wife and two of his children also attended. Welcome back to Mary Beth Melvyn and James Brock. It was great to see you again. Hope you all will join us again soon.

Mary Lou Hartranft is recovering from illness and Bryan Washington will soon be undergoing surgery. We wish them both well.

As you may have learned from a letter or other source, the national United Ostomy Association will dissolve as of September 30, 2005. They are celebrating 43 years of service this year. The last issue of the *Ostomy Quarterly* magazine will appear in early October. We appreciate all the assistance that the national office has provided to us and other chapters.

The Houston Chapter will continue as a support group and, in March of 2006, will celebrate 50 years of service in the Houston area. Several changes will be required due to the dissolution of the national UOA, including a name change, applying for our own tax exempt status, and other challenges. As in the past, we will take these changes in stride, continue to be a very active group, and look forward to continuing service to ostomates in the Houston area.

On Sunday, June 26, 2005, our Chapter had a display booth at the Cancer Survivor's Day Celebration at the Edwin Hornberger Conference Center on Holcombe sponsored by the Houston Chapter of the Oncology Nursing Society. We made contact with, and gave information to, nurses and survivors about our organization. We appreciate the fine work that Judy Swinger did on constructing the display for our table. We thank Clarice Kennedy, Denise Parsons, Terry Marriott, Ed Wood, and Floyd and Judy Swinger for giving their Sunday afternoon to be at the booth at various times.

Our newsletter editor, Judy Swinger, has been asked to be part of a panel on chapter newsletters at the National UOA Conference in August. We congratulate Judy on the recognition of her work in editing our newsletter.... we have known of her great work all along.

During the last week of June, our Treasurer, Chuck Bouse, sent a **local** dues notice of \$10.50, to members

who are to renew during the last six months of the year. This notice had a deadline date of July 12th. Be sure to send your \$10.50 payment directly to Chuck. If you have received a notice, but not yet returned the dues, please send them so that our programs can continue. We had a 95% return from those who received notices for the first six months and anticipate a similar response to this recent notice. Thanks for the prompt return of your dues payment. If you have any questions about the dues notice, you can call Edgar Wood at 281-493-5015 or Chuck Bouse at 281-495-1840.

Members of the Site and Menu Committee for our 50th Anniversary celebration are looking at various facilities where the celebration might be held. They are working with an estimate of 150 possible attendees. This includes Medical Advisory Board Members, Wound Care Nurses and ETs, advertisers, and chapter members.

Our speaker on July 18th will be Diana Burkett. Diana is the Health Initiatives Program Manager for the American Cancer Society. She gave a well-received presentation at the Visitor's Training last February.

I look forward to seeing you Monday, July 18th.

Ed Wood
President

TRAVEL TIPS FOR OSTOMATES

1. Pre-cut all pouches at home, so scissors are not necessary in your carry-on luggage.
2. Pack ostomy supplies in at least 2 places.
3. Take extra supplies in case you are stranded where supplies may not be available.
4. A statement from your physician stating your need for ostomy supplies might be helpful. Also a statement advocating a private area be used in case of an extended search.
5. If traveling to a foreign country, it is a good idea to have critical ostomy information written in their language.

So go and enjoy...but, be a good scout by being prepared. ♦

*"Love, like virtue, is its
own reward"*

- John Vanbrugh

ANNIVERSARY GIFT

After seeing the following suggestion in the Tyler Chapter newsletter, it was decided to offer the same to members of the Houston Chapter.

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Houston Chapter UOA. A gift of \$1.00 for each year you have had your ostomy is a guideline; however, each person determines the amount, if any, he/she wishes to give. If you desire to make such a gift, make your check payable to Houston Chapter, UOA and please send it to:

*Houston Chapter, UOA
Attn: Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164*

We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

MEMORIAL FUND

The Houston Chapter of UOA has established a Memorial Fund. Donations can be made to the fund to memorialize or honor individuals. All donations should be made payable to the Houston Chapter, UOA and sent to:

Mary Harle
9643 Winsome Lane
Houston, TX 77063-3725

When sending a donation, be sure to include the name of the person being honored so that appropriate acknowledgement can be sent.

INTERESTING FACTS...

- ✓ Women who get at least 800 mg of calcium a day from any source may cut their risk of colorectal cancer by about 25%.
- ✓ Previous studies have shown that exercise reduces the risk of developing colon cancer...but research now shows that exercise—a brisk hour's walk six times a week—can also reduce the risk of recurrence and death for those who already have the disease.
- ✓ Laughter affects the lining of your blood vessels, making them dilate. The increased blood flow may protect the body from heart disease and stroke.
- ✓ Listening to soft music for 45 minutes before bedtime can slow breathing and heart rates, helping you drift off faster and slumber soundly.
- ✓ Temperatures in a parked vehicle can rise to **120** degrees in just **30** minutes on an **80-degree** day!! Sunshades can help significantly to keep car interiors cool. ♦

Donation of Supplies

If you have ostomy supplies that you no longer use, please consider donating them. The Houston Chapter of UOA is contacted on a regular basis by individuals who are in need of donated supplies of all kinds. This is one way that you can assist your fellow ostomates in the Houston area. Please contact Ed Wood at 281-493-5015 with any questions.

It's a big disadvantage living with parents at my age. They took away my TV privileges until I've had my colonoscopy!



ATTENTION... Ostomates and Medical Personnel

Clarice E. Kennedy, Certified Enterstomal Therapist and Immediate Past President of the Houston Chapter, UOA, is available for consultations by appointment only at Spring Branch Medical Supply at 8700 Long Point Road, Houston, Texas. Clarice is an ostomate herself and has over 30 years of knowledge and experience to share with anyone who has questions about, or needs assistance with, the care of an ostomy both prior to and following surgery. The Houston area is fortunate to have such a dedicated individual available for personal consultations. Appointments can be made by calling Clarice at 713-647-8029.

Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.

NUTRITION

BENEFITS OF YOGURT

Yogurt is very helpful in controlling gas. The bacteria used in making yogurt helps in digestion and in regulating bowel action. These bacteria are eternal enemies of the E-coli bacteria and others which get into the intestinal tract and threaten to overwhelm it with activity thus causing diarrhea. ♦

DRINK LOTS OF WATER.....

The salt output from an ileostomy is very high. Therefore, the proper intake of salt by an ileostomate is very important. It is advisable for an ileostomate to increase water intake above normal so as to increase urine output which also minimizes the possibility of kidney stone development. It is important for everyone to remain hydrated during our long hot summers. ♦

The Joy of Chocolate

Study published in American Journal of Clinical Nutrition

Dark chocolate may improve insulin sensitivity and blood pressure. Researchers attribute dark chocolate's benefits to compounds called flavonoids. Cocoa contains flavonoids which are rich in antioxidants. Antioxidants neutralize the damage caused by free radicals in your bloodstream. Flavonoids are also thought to help blood vessels expand and contract better. It's important to note that this is a research study, not a nutrition recommendation. Green tea, fruit, and vegetables also contain flavonoids and antioxidants, without that extra helping of fat. ♦

Soda and Your Smile

Source: Shape Magazine

It's not just the sugar in soda that's bad for your teeth - flavor additives destroy tooth enamel as well, according to a new study. Researchers at the University of Maryland, Baltimore, found that noncola soft drinks and canned iced tea cause up to five times the damage of the darker colas. Sugar-free versions were just as corrosive, while root beer had the fewest additives of all. If you don't want to switch to water; brush your teeth 30-60 minutes after drinking a soda or iced tea to minimize damage. Waiting lets the saliva rebuild damaged tooth enamel; brushing too soon could remove tooth layers. ♦

"We make a living by what we get, we make a life by what we give."

- Sir Winston Churchill (1874 - 1965)

SIZING UP DIETS

Excerpt from Life Advice

A calorie is a calorie, regardless of where it comes from. Fats have more calories per gram, nine, than either proteins or carbohydrates, which have four. The amount of calories you need depends on your height, ideal weight and activity level. As you grow older, generally you need fewer calories. As Morey Filler, M.D., San Francisco, puts it, "Your body grows more efficient as you age." This is a nice way of saying that your metabolism slows down.

Any diet that reduces the amount of calories you take in will help you lose weight. At the same time, however, increasing your activity level is important too. The more active you are, the more calories you'll burn. Also, exercise helps you build muscle, and building muscle boosts your metabolism.

Before starting any new diet or fitness regime, consult your physician. Below is a breakdown of good versus bad fats.

Good Fats

Nuts*

Seeds*

Avocados

Fish oils

Flaxseed oil

Flax meal

Olive oil

Organic free-range meats

Bad Fats

Margarine

Fried foods

Partially hydrogenated fats

Refined vegetable oils

Saturated fats, in excess

Most polyunsaturated fats

All trans fats

**Check with your physician before eating seeds or nuts if you have an Ileostomy. ♦*

FOODS THAT CAN BLOCK YOUR STOMA:

Apples w/peels

Coconut

Dried fruit

Nuts and seeds

Popcorn

Cabbage (raw)

Corn (whole kernel)

Mushrooms

Pineapple

Candy Carbs

You deserve a healthy snack after sweating in the hot sun. How about a jelly bean? Yes, Jelly Belly promises that its new lime-green **Sport Beans** will combine 120 mg of electrolytes, vitamins C and E and carbohydrates that will "sustain energy level" while preventing dehydration. Jelly Belly is not alone: **Blitz Energy Gum** assures a boost, and **Quench Gum**, with its double orange and fruit flavors, claims it will pump up your salivary glands. ♦

BAYTOWN SUPPORT GROUP

Baytown had a great group gathering June 27th for our monthly meeting. Eleven people attended.

Baytown ostomates, family and friends were privileged to have Dottie Cook, MS, RD, LD, (Dietitian from San Jacinto Methodist Hospital) introduce them to the new "My Pyramid" food guidance system. This customized daily food plan from the U.S. Department of Agriculture provides a guide for individuals based on age and gender and offers many options to help Americans make healthy food choices and to be active every day.

News of UOA dissolving at the national level was discussed and copies of the "End of an Era" document were shared with all. The consensus was to continue our local group as well as support the Houston chapter as we move through this transition period.

News from Ed Wood was shared regarding the Houston chapter celebrating National Cancer Survivor's Day recently. SJMH celebrated their 2nd Annual National Cancer Survivor's Day on Sunday, June 5th as well. Cindy created a display for our Support Group and Herman vonRosenberg was present. Herman shared copies of the newspaper article that appeared in the *Baytown Sun* on June 6th. Great press for us!

For the "What's New" portion of our meeting, members presented: show-n-tell with a hernia support belt, a sandalwood soap sample that one member has found to prevent fungus formation on skin, information on Mangosteen juice, and Eakin Seal/Closed End Pouch sample coupons from ConvaTec.

The door prize, an autographed copy of *Courageous Comebacks* by Rolf Benirschke was awarded to the group's newest member who showed great courage in attending his first meeting on the same night that he returned to work!

The group agreed to join Cindy, who will be on vacation the 4th Monday in July, and take off for the month of July. We will resume meeting in August with a roundtable discussion as the program.

Have a safe, happy and healthy summer!

See everyone August 22nd.

Cindy Barefield, RN, WOCN
281-420-8671
Pager 713-404-0296

NORTHWEST GROUP HAPPENINGS

A big "thank you" to Tabatha Schroeder, ConvaTec representative, who presented the program at our June 21st meeting. The meeting was well attended with 12 members and 2 first time attendees. Welcome!!

Please keep Marie Etterman and Shirley Johnson in your thoughts as they undergo tests and procedures. Also, Stephen Magan will be having surgery to reverse his ostomy and be 'reattached' soon. We appreciate Stephen's enthusiasm in our group and look forward to hearing about his successful surgery.

Be sure to ask Gay Nell about her tubing experience on the Frio River at Garner....another testimony to the fun and enjoyment an ostomate can experience!

As always we welcome family and friends to attend our monthly meetings.

Be sure to join us for homemade ice cream and a discussion of hot weather issues on Tuesday, July 19th. See you then!

Tony Romeo
281-537-0681

In order to see the rainbow, you must first endure some rain.



What Ostomates should know about drugs

Liquids are faster acting than pills or gel caps. The degree of compression of a *tablet* determines the rate that medicine is dissolved in one's system. *Vitamins* should be taken on a full stomach or else they will irritate the lining of the stomach and produce the sensation of feeling hungry. The amount of *absorption* is based on the amount of intestines still intact; therefore, the type of drugs taken must be in accordance with how much absorption "power" you have. *Time-release* capsules are **not** for the ileostomate. Time-release medicine will completely dissolve at once if *alcohol* is consumed with it or shortly afterwards. Most medication is available in a *variety of forms*. Be sure to tell your pharmacist that you have an ostomy so he/she can provide the *right form* of prescribed medication. The following *precautions* are offered to avoid food and drug interactions that can reduce the effectiveness of prescription drugs. Don't mix medicine into hot beverages. Heat can destroy or alter drug ingredients. Don't stir medications into food, which can destroy the time release mechanism of certain drugs. Read all directions, warnings and precautions. ♦

"Honesty is the first chapter in the book of wisdom." - Thomas Jefferson

NEW OSTOMATES - SOME REASSURANCES

Via *The Pouch*, N. Virginia Chapter

- **Will you BULGE?** Remember, without a part of the intestine or bladder, you should have a flatter tummy than before. You can expect to wear, with little exception, what you wore before, and this includes tight clothing and bathing suits (except for bikinis, although some of us can).
- **Will you SMELL?** Those with ileostomies and urinary diversions will be fitted for appliances which are completely odor-proof. Colostomates control odor with diet and/or odor-free stick-on pouches. In addition, for all ostomates, there are deodorants for external use and odor-reducing compounds to be taken by mouth, should they be needed.
- **Will you make NOISES?** Everyone produces gas, especially if he is an air swallower. But, you don't make noises so often that you can't pretend your stomach is growling. Be the fastest elbow in the West, or wear a two-way stretch binder, girdle, or panty hose to muffle the sound when it is audible. Avoid gassy foods, drinking through a straw, and chewing gum. Also, eating regular meals and not letting yourself get overly hungry will avoid the build-up of stomach acids that lead to embarrassing noises.
- **Will you FEEL waste discharges?** Very little, for the intestines have little feeling. Colostomates, however, will probably be aware of intestinal movement when it happens. Those with urinary diversions probably will be unaware of the kidney drainage. The ileostomate or urostomate should check his appliance occasionally to see if it is full, or he might find his pouch sagging.
- **Will you be a captive of the TOILET?** At first you may find yourself spending lots of time in the bathroom, until you become efficient with the management of your stoma. But then, your routine will not involve any more time than normal visits to the bathroom, except for changing the appliance, or irrigating. And there are a great many manufacturers inventing and selling better and better equipment every year for your use.
- **Will you STARVE?** Follow doctor's orders at each stage of your adjustment. Some ostomates will be able to eat and tolerate almost anything, others may find difficulty with some foods. Each person is an individual and must determine, by trial and error, what is best for him. A good practice for all ostomates is to drink plenty of fluids.
- **Will you be a SOCIAL OUTCAST?** If you haven't met any outcast ostomates, why should you be the first one? If you don't smell bad, bulge, make noises, and dwell in the toilet, what is to make you obvious and repulsive? No cheerful, brave, and triumphant person will be an outcast!! ♦

"Blessed are the flexible for they cannot be broken."

DON'T QUIT

When things go wrong, as they sometime will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And when you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but just don't quit.

Life is strange with it's twist and turns,
As every one of us sometimes learns,
And many a fellow turns about,
When he might have won had he stuck it out.

Don't give up though the pace seems slow,
You may succeed with another blow.
Often the goal is much nearer than
It seems to a faithful, but faltering, man.

Often the struggler has given up
When he might have captured the victor's cup;
And he learned too late when the night came down,
How close he was to the golden crown.

Success is failure turned inside out
The silver tint of the clouds of doubt,
And you never can tell how close you are.
It may be near when it seems afar;
So stick to the fight when you're hardest hit,
It's when things seem worst that you mustn't quit.

- Author Unknown

I'm Alive... You're Alive... We Both Have Ostomies

M. A. Templeton

They didn't perform this surgery on us just for fun. They didn't call it "elective surgery". They hustled us off to the operating room to save our lives. They told our husbands, wives and other loved ones that it was necessary...or we would die...maybe not today but sometime very soon...too soon. So now we have an ileostomy, a colostomy, an ileal conduit (or maybe two of these) and we are alive. We are alive BECAUSE of this surgery and we can accept this or reject it. We can live a secret, sheltered life. We can be embarrassed and not talk about our "affliction"...or...we can say "thank you" for another chance and LIVE this life in a helpful, hopeful way. We can tell people that an ostomy is not the end of a normal life. Sometime they may have a loved one who must face this surgery. We can hope that because we were "normal, happy, well-adjusted and alive", and told someone about our ostomy, their loved one would fare better, perhaps, than we did. Try it...wouldn't it make you feel good to think that someone could benefit from your experience? ♦

Houston Area Support Group Meeting Details

Central Group

Monthly: Third Monday
Time: 7:00 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ed Wood 281-493-5015
(ewood6@houston.rr.com)

Meeting: July 18th, Monday evening

Program: Diana Burkett, American Cancer Society Health Initiatives Program Manager

Join us to hear about all the ways the American Cancer Society is working in our community.

Northwest Group

Monthly: Tuesday following the third Monday
Time: 7:00 p.m.
Place: NW Medical Professional Bldg. (The Cali Bldg.)
17117 Cali Drive, Houston (This location is just off of 1960 and west of I-45. Turn north on Cali Drive from 1960. Turn left on Judiwood and left again to park behind the Cali Building.)
Contact: Tony Romeo 281-537-0681 (sa1tmr@sbcglobal.net)

Meeting: July 19th, Tuesday evening

Program: Ice Cream Social & Discussion

We will have a discussion about hot weather issues for ostomates and enjoy homemade ice cream. Please join us!!

J-Pouch Group

Monthly: Third Monday
Time: 7:30 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ron Meisinger 281-491-8220

Meeting: July 18th, Monday evening

Program: Round Table Discussion

Join us for a discussion about ulcerative colitis and the J-Pouch connection.

Baytown Group

Monthly: Fourth Monday
Time: 7:00 p.m.
Place: Cancer Center Community Room
4021 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671

Meeting: August 22nd, Monday evening

Program: Round Table Discussion

Please note that there will be no meeting in July.

THINGS THAT MAKE YOU FEEL GOOD

- ☺ Laughing so hard your face hurts.
- ☺ No lines at the supermarket.
- ☺ Taking a drive on a pretty road.
- ☺ Hearing your favorite song on the radio.
- ☺ Lying in bed listening to the rain outside.
- ☺ Chuckling.
- ☺ A good conversation.
- ☺ Finding a \$20 bill in your coat from last winter.
- ☺ Laughing at yourself.
- ☺ Running through sprinklers.
- ☺ Laughing for absolutely no reason at all.
- ☺ Friends.
- ☺ Making new friends or spending time with old ones.
- ☺ Playing with a new puppy.
- ☺ Having someone play with your hair.
- ☺ Road trips with friends.
- ☺ Swinging on swings.
- ☺ Holding hands with someone you care about.
- ☺ Watching the sunrise.
- ☺ Getting out of bed every morning and being grateful for another beautiful day.
- ☺ Knowing that somebody misses you.
- ☺ Getting a hug from someone you care about deeply.
- ☺ Knowing you've done the right thing, no matter what other people think. ♦

TIDBITS AND HINTS.....

- When emptying your pouch, slip the clip under your watchband or in the top of your hose.
- Keep a list of the equipment you use with the size, number, and manufacturer. Make sure a family member knows where your list is.
- Tea is an antispasmodic and is soothing to an upset stomach. It contains potassium that replaces one of the electrolytes frequently lost by ostomates.
- Caladryl lotion, Gelusil, or Maalox wiped over the micropore adhesive which is causing an irritation quickly relieves the itching.
- Don't shove the parsley aside. It is one of nature's best deodorants. ♦

Fill in the blank...

In Scrabble, the blank tiles, which can represent any letter, often come in handy. Using the same principle (but not the Scrabble board), imagine that you have four tiles: o, h, s, and a blank. How many words can you spell out? Compare to the answers on Page 11.



**2005 UOA National Conference
August 3 - 6 ■ Anaheim, CA**

Anaheim Marriott
\$99.00 plus tax single or double*

Come join fellow ostomates this summer in sunny California. The hotel has great meeting space in one area, indoor and outdoor pools, a health club, plus several restaurants within a short walk. In 1985 and 1992, UOA hosted successful conferences at this hotel and this year's conference promises to be even more successful with great programming, exciting conference events, sight seeing and meeting old and new friends.

United Ostomy Association, Inc.
www.uoa.org, info@uoa.org
or 800-826-0826 for more information.

**To reserve a room at the host hotel, please call 800-228-9290 and mention you are with the UOA to receive the conference rate. Everyone who reserves their room at the conference rate will be automatically entered into a drawing to win free conference registration for the 2006 UOA National Conference. Online reservations do not qualify.*

LEND SUPPORT WHILE YOU SHOP. . .

Remember to use your Kroger and Randall's shopping cards. Both stores return a percentage of your purchase to the Houston group on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015.

Advocacy for Patients with Chronic Illness

This site has been launched for people with IBD. Jennifer C. Jaff, author of "Know Your Rights: A Handbook for Patients with Inflammatory Bowel Disease," has inaugurated a new nonprofit corporation to advocate for patients with chronic illnesses, especially IBD. Visit www.advocacyforpatients.org to use this free service.

Moving??

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Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move you need to contact Chuck Bouse, Treasurer, at 281-495-1840 (dewitt@houston.rr.com) or Judy Swinger, Newsletter Editor, 281-463-0069 (swingcon@ev1.net). You may also send your request to UOA, Houston Chapter, P.O. Box 25164, Houston, TX 77265-5164.

**C
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Attitude is everything, so choose a good one.

THE ABC'S OF OSTOMY CARE

Appliance: should fit, be comfortable, unimpaired, odor proof, and inconspicuous.

Bleeding: A few drops are normal. Injury, cut, or anticoagulant bleeding is not normal.

Closure: Always carry a spare clip (and a spare pouch).

Dehydration: Watch for extreme thirst or no thirst.

Eating: Chew! Chew! Chew! And eat slowly.

Fluids: Two to three quarts of water every day.

Gas: Beans, milk, beer, cheese, spicy foods, carbonated drinks. Avoid these to reduce gas.

Hal zone: Use two tablets to a quart of water to purify questionable drinking water.

Irrigate: Irrigating is not an enema but using an amount of water to cause the bowel to empty.

Joy: Enjoy your new life.

Karaya: Skin protector, conditioner, and adhesive.

Leaking: Always empty pouch when about one-third full.

Milk intolerance: If lactose is deficient in the small bowel, there will be gas, bloating, diarrhea, nausea, and cramping.

Name: Personalize your stoma with its own name.

Odor: Garlic, eggs, onion, cabbage, and antibiotics can cause odor. Use a good pouch deodorizer.

Pouch covers: Make 'em or buy 'em if you like 'em.

Quiet times: Stomas are usually less active before breakfast.

Rosy red: The color of a normal, healthy stoma (rosebud).

Seat belts: Use them!!!

Travel: Use bottled water, bring along a diarrhea prescription and a note from your doctor stating your needs.

Urine: Crystals have an abrasive effect on the stoma. Use compresses soaked in a solution of half and half vinegar and water for 15 minutes.

Victory: It's yours!

When can I? Have patience. What you did before, you will do again.

"X" marks the spot. Keep your appliances in a convenient spot.

"Y" did it happen to me? Try to be thankful for modern surgery which gave you your life back.

"Z" is for "Z End". ♦