

The  
**Mailbag**

The Ostomy Support Newsletter Of Jacksonville, Florida

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**Mark Your Calendar For Our Next Chapter Meeting October 19, 2008**

**Patti will be speaker.**

**"TIPS and Helpful Hints"**

**Please take note of our new location: 4836 Victor Street**

**WORLD OSTOMY DAY OCTOBER 3, 2009**

**For more information please visit the**

**International Ostomy Association Webiste:**

**<http://www.ostomyinternational.org>**

**Irrigation Advice**

--Grand Rapids, Michigan Chapter

It is usual to return a much smaller amount of stool occasionally.

At times, all the water does not come back. Just drink a lot more water than you have been for the next time.

Those long white strands you may pass are not worms. They are mucous strands, and simply mean a portion of your bowel was empty before you irrigated.

Don't let the water temperature get too warm. Very warm water will take forever to return and will not clean you out. Use cool water with the chill taken out of it--room temperature in most homes. Don't use a petroleum base lubricant. Use a water-soluble lubricant, i.e., K-Y Jelly, available from most drug stores.

Never irrigate with a tube or catheter. It may cause bowel perforations...easily. Use a cone or cone-like tip that is specifically design to irrigate a colostomy.

Relax as much as possible while irrigating. Make yourself comfortable, read a book, look at the newspaper, meditate, write a letter, watch TV, talk to friends on the phone, or whatever takes your mind off irrigation. This will make the returns come much faster.

Irrigate at the same time of the day--not by only the clock, but by your activity. This may be rescheduled on occasions with good results, but try to keep a pattern.

## **LIONS FOR STOMA CARE, SANTA CRUZ, BOLIVIA 2 - 5th. SEPTEMBER, 2008**

### **Official Opening**

#### **Greetings and welcome from:**

Lic. Martin Dockweiler C.

President of the Corporation of Aquino, Bolivia

Dr Hugo Heredia, Director of the Faculty of Medicine, UDABOL

Prof. Dott. Carlo Pezcoller, Lions for Stoma Care, Modena, Wiligelmo, District 108 Tb Italy

President of the Italian Delegation

Dr. Gueider Salas, President of the Medical College

Mr Arvind Sharma , Indian Consulate

At the Opening Ceremony, we had over fifty people in attendance – doctors, nurses and ostomates. As in all developing countries, there are important protocols to follow at the Grand Opening and Bolivia is no exception. This is the first training course of this kind in South America so we were breaking new ground. The Stoma Care Training course was made possible through funding provided by Lions Club Modena - Wiligelmo – District 108 Tb, Italy and involved the Medical Faculty of UDABOL and was coorganized by the Society of Coloproctology, Medical College of Santa Cruz and the Japanese University Hospital. There were medical representatives from Argentina, Ecuador, Paraguay and within Bolivia from La Paz and Sucre.

All sessions were related to Ostomy and Stoma Care. Just to give you a feel for the programme, here are some of the sessions presented

#### **Programme included**

Digestive Ostomies – Types and Indications by Dr. Silvia Ebalginelli, Italy

Urinary Ostomies - Types and Indications by Dr. Willy Ovando Ponce, Bolivia

Rehabilitation & the Role of the Visitor by Dr Harikesh Buch, President IOA India; Di Bracken Past President IOA, Canada

Informed Consent and Preoperative Stoma Siting, by Dr. Silvia Ebalginelli and Lorena Chiusoli, ET ET

#### **3<sup>th</sup> September 2008**

#### **Programme included**

How to Create a Stoma in the Correct Way, Prof. Dott. Carlo Pezcoller

How to Organize a Stoma Clinic, Dr. Silvia Ebalginelli and Lorena Chiusoli, ET ET

Stoma Complications, Prof. Dott. Carlo Pezcoller & Lorena Chiusoli, ET ET

Diet and the Ostomate, Lorena Chiusoli, ET ET & Dr. Silvia Ebalginelli

Irrigation for the Colostomate, Dr Harikesh Buch

#### **4<sup>th</sup> September 2008**

#### **Programme included**

Living with an Ostomy Dr Harikesh Buch & Di Bracken, Local Ostomate

Friends of Ostomates Worldwide, Astrid Graham, President FOW Canada & Doug Graham, President NCACOA

The Role of IOA, Di Bracken

Role of the ET and Its Significance, Dr. Silvia Ebalginelli and Lorena Chiusoli, ET ET

Sexuality and the Ostomate, Dr Harikesh Buch & Di Bracken

Hydrocolon Therapy in Ostomates, Prof. Dott. Carlo Pezcoller

**5<sup>th</sup> September 2008**

**Presentation Honouring the work on behalf of Ostomates of**

***Prof. Dott. Carlo Pezcoller Honourary Professorship Award***

**In attendance:**

Members of the Faculty of Medicine, University of Aquino, Bolivia. "UDABOL"

**Italian Consulate General**

**President & Past President IOA**

**Closing presentation**

**Irrigation for the Colostomate, Dr Harikesh Buch**

Harikesh and I were pleased to be able to take the attendees through the Visiting Guidelines programme. The Spanish translation proved to be very useful and the presentation was most successful. We both feel that being able to present these guidelines to the medical community is a great advantage.

We were closing the Lions for Stoma Care meeting with a visit to the hospital where we were to meet ostomates in the area. We expected about a dozen but to our complete and utter amazement well over a hundred people showed up wanting to meet with Drs. Carlo Pezcoller and Harikesh Buch for their individual problems. There, of course, was no way that Drs. Carlo Pezcoller and Harikesh Buch could see all the people. What this turn out revealed is the fact that so many of the poor people are desperate for medical help. Ostomy supplies can be ordered from Miami, USA, Argentina or Brazil but the costs are prohibitive. A two piece - bag and face plate - costs US\$10.00 for one piece. The poor earn only US\$100.00 per month so they cannot afford to buy ostomy supplies. These people get their supplies from the Bolivian Ostomy Association which is supported with shipments from FOW USA.

There is a desperate need for support in this country and it is great that we have made a start. The nurses and doctors that have been trained in Stoma Care are very dedicated medical professionals. They will be able to make a start in helping ostomates. The ostomates themselves have also learned a great deal about how to care for their ostomy. All of us involved cannot help but feel so helpless in not being able to deal with providing ostomy supplies on a regular basis. How difficult it is for these poor people in Bolivia and indeed in other countries in South America. We have made a start in South America, once again through the generosity of Lions Club Modena - Wiligelmo – District 108 Tb, Italy whose members provided the funding for this important training. Now we will wait and see if the seeds that we have planted begin to germinate.

Report submitted by

Harikesh Buch, President IOA

Di Bracken, Past President IOA

On behalf of

Prof. Dott. Carlo Pezcoller

Lions for Stoma Care, Modena, Italy

## Influenza

--ReRoute, Evansville, IN

The flu is caused by a virus that spreads from infected people to the nose or throat of others. Symptoms usually appear within two to four days after being infected. A person is considered contagious for another three to four days after symptoms appear. The flu season in the U.S. generally runs from November to April every year.

Flu symptoms are fever, chills, dry cough, nasal congestion, sore throat, headache and muscle aches. Complications can lead to hospitalization and death. Twice as many Americans die from the flu every year as die from AIDS, breast cancer, or prostate cancer. Why do you need a flu shot every year? Because the flu virus changes, at least one of the vaccine's viruses must be replaced with a newer one every year, so the shot only lasts about a year.

When does a shot start working? Protection develops one or two weeks after you get your flu shot. Who should get a flu shot? Anyone over six months old who wants or needs to reduce their chance of getting the flu. Those over age 65 (a must!), everyone with a chronic medical condition, like heart disease or asthma (a must!), pregnant women, breast-feeding mothers, healthcare givers, students and everyone with special holiday plans as the flu season often hits the last week of December.

When is the best time to get a flu shot? Between September and mid-November. Can you get the flu from the flu shot? Flu vaccines contain no live virus, so it's impossible to get the flu from a flu shot. How effective are flu shots? The shot is almost 90% effective in preventing type A and Type B influenza. If you do manage to get the flu, it will be a milder case if you've gotten the shot.

## Irrigations

--Stillwater-Ponca City OK Chapter

For you own knowledge, here are some general pointers to keep in mind for successful irrigations:

- Have the irrigating container about 18 inches above shoulder height.
- Use about a quart of tepid water—no more and no less.
- Insert the lubricated cone into the stoma very gently. You don't have to push all of the cone in—just enough to create a snug fit so that no water leaks out.
- If you use a catheter tip to irrigate, never insert more that about four inches as there is a danger of perforating the bowel. Press the plastic disc that comes with the catheter tubing against the stoma to prevent leakage. In fact, unless your stoma is so tight or so small that only a catheter will fit, you might consider switching to a cone since comes pose less risk to the bowel.
- Install the water slowly over a period of five to ten minutes. Choose a rate that is comfortable to you and causes no cramping. If cramping does occur, stop the flow, take a few deep breaths, wait for the cramping to stop, and resume the flow at a slower rate.
- When you have installed all the water, remove the cone from the stoma, close the top of the sleeve and wait for the returns. After about 20 minutes, you can wipe off the end of the sleeve, fold it up or clamp it, and do whatever else you want to do for the next 40 minutes or so until the returns are complete.
- Remove the sleeve, cleanse the skin and apply a pouch, cap or gauze pad—whichever you use as a stoma cover.

If you are not having success with your irrigations, seek professional help from an ET.

### Ostomy Chat Room Weekly Meetings

Yahoo Peoples with Ostomy2\* - Mondays, 8:00 pm US Central time  
<http://clubs.yahoo.com/clubs/peopleswithostomy2>

Community Zero (Ostomy) Support\* - Wednesdays, 9:00 pm US Eastern time  
<http://groups.yahoo.com/group/ostomatessupport/>

Shaz & Jason's Chat\* - Saturdays, 8:00 pm UK time / 3:00pm US Eastern Time  
<http://www.ostomy.fsnet.co.uk/chat.html>

Yahoo UK Ostomy Support\* - 1st & 3rd Sundays, 8:00 pm UK time / 3:00 pm US Eastern Time  
<http://clubs.yahoo.com/clubs/ukostomysupport>

Use this form to join our chapter! You do not have to be an ostomate to be a member and/or support the work of UOA. All information on this form will be kept confidential.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone# Home \_\_\_\_\_ Work# \_\_\_\_\_

Email Address \_\_\_\_\_

Type of intestinal or urinary diversion: Colostomy \_\_, Ileostomy \_\_, Urostomy \_\_, Ileoanal Pull-thru \_\_  
Continent Ileostomy \_\_, Continent Urostomy \_\_, None \_\_, Other \_\_

You may use my name in chapter Newsletter & Directory: Yes \_\_ No \_\_

Mail to: Patti Langenbach, PO Box 10239 Jacksonville, FL 32247-0239

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