

Ostomy Support Group North San Diego County

P.O. Box 3019, Vista, CA 92085 OstomySDC.com April 2021

Zoom Meeting April 24th @10am. Instructions on page 5



Moisture Math & My Ileostomy

Though having ileostomy surgery 15 years ago gave me my life and freedom back, it does bring its own unique set of concerns and challenges in daily activities and pouch changing schedule. I typically change my full appliance every fifth day.

Change day is day one, and I change my entire pouching system again on day five. I feel confident in my appliance, and this changing system has worked really well for me. Leaks are few and far between; however, as is true for most ostomates, they do happen occasionally. Leaks can happen to all of us, although my longest stretch without a leak is five years – not too shabby!

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So now, let's talk what I like to call "Moisture Math", and the moisture related variables that may affect my wear time.

Travel & Convenience:

If I am going away for the weekend, or traveling, I will do a full pouch change the night before I leave. I have always been a "better safe than sorry" girl, and being an ostomate has reinforced that mindset. If I can get away with not having to do a full pouch change in an unfamiliar setting, I will, just for my own ease and comfort. I've been held up traveling before, and it can feel stressful and uncertain. When you've had to sleep in an airport, just the added comfort of knowing I have a few days before needing to do a full change is just one less thing to be concerned about. So when setting off on a journey, I like to start with a freshly changed system.

Continued on page 3

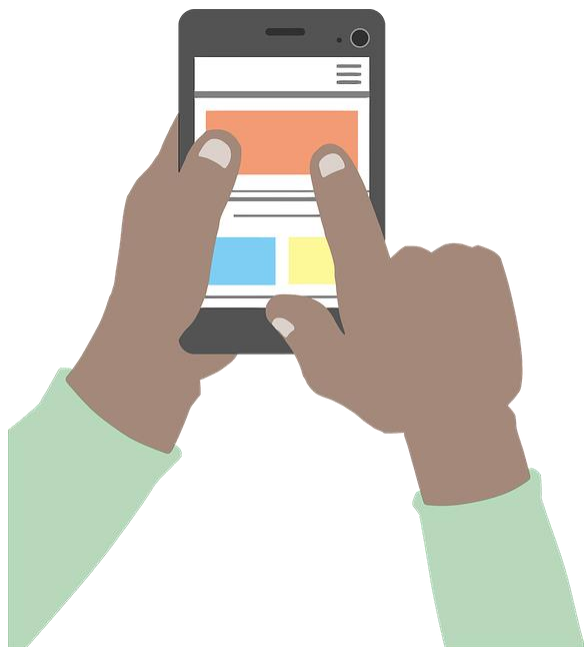
Ostomy Supplies for the Under-Insured

The Ostomy Support Group of North San Diego County maintains a closet of supplies for under-insured ostomy

HOW: Contact **Leslie Schwartz 760-470-9589** email: LSchwartz@prodigy.net to make arrangements for delivery of your supplies. We'll need the size of your stoma and the type of surgery (ileostomy, colostomy, urostomy) to provide the appropriate supplies. Call ahead and pick up your supplies at our monthly support group meetings. To help cover our expenses, we are now asking for a \$20 donation for a 1 supply of ostomy needs.

Other Resources for Free Supplies

OstoGroup. <https://www.ostogroup.org> Ostomy supplies are free, patient covers shipping costs



FREE Virtual NEW Patient Classes

In English & Spanish

These classes are designed to give new patients confidence for LIVING with an Ostomy. The class start with Ostomy basics, pouching options, troubleshooting and end with swimming, bathing, exercising, travel, work, school and more.

This is a collaborative program between UCSD and the Ostomy Support Group of North San Diego County.

Download the **Ostomy 101 mobile app**. Go to the EVENTS section for dates, times & join the class easily in 1-Click 😊

Certified Patient Visitor Program (Due to Covid, phone visits only at this time)

Visiting new and recent ostomates is an important service. The Ostomy Support Group of North San Diego County trains and certifies ostomate members who offer encouragement and support to individuals and their families both before and after surgery. Patient Visitors answer non-medical questions about living a vibrant life with an ostomy. Visits take place per the patients request, by a visit to the hospital, home or by phone. The goal is to reassure individuals that they can look forward to a normal, satisfying life after ostomy surgery. Any and all medical questions, which may arise during a visit, are refereed to medical practitioners.

Contact: Herb Carrier / Visitor Coordinator 708-510-7479
Herbertcarrier@hotmail.com

(Continued from Page 1)

Weather:

I live in a very mild climate, not too much heat and humidity at any given time. My Ostomysecrets® Underwear keeps my pouch away from my body, and it helps limit complaints about excessive heat and moisture. I am a person who enjoys travel and adventures! Sometimes I wind up in warmer, muggier parts of the world. On those sweaty days, walking and exploring in the heat, moisture math joins the pouching equation. A couple of summers ago my family, friends and I spent 10 days in Florida, in July. Between walking an average of 10 miles each day enjoying Walt Disney World, swimming in the pools, afternoon downpours daily and being a general sweaty mess, I went to a very strict every other day change. It was more moisture than I typically deal with, and going back to my better safe than sorry mentality, it seemed like my best course of action. My sting free ostomy care products helped to make frequent pouch changes more gentle on my peristomal skin. I would do my changes at night in our room, in the air conditioning, so that my wafer had plenty of time to adhere to my skin before heading back into the sweltering Florida heat.

We all find our own way of managing our changing schedule, most ostomy nurses (WOC Nurses) recommend 3-5 days of wear time. What I would definitely advise against is waiting until you HAVE to change due to a leak. Before you realize you have a problem, waste is coming into contact with your peristomal skin, and that may lead to skin damage. Above all, you want to keep your skin healthy, happy and intact. So, when would my daily activity impact my wear time? Again, it's moisture math! I mentioned earlier that I like to swim and jacuzzi; a quick dip for an hour or so is very different than a big day out that involves being in a wet bathing suit all day. If I am planning a big day out on the water, in the pool, at a beach or waterpark, I figure that into my changing schedule. For example, if day one was Thursday, and day three is a big day out involving water, when I get home, I'll typically shower and do a full change.

I'm always mitigating risk, and making smart, informed decisions regarding my ostomy. Adjusting my routine accordingly to moisture variables helps to keep my peristomal skin healthy allowing me to enjoy whatever life brings my way. Whether you are new to the ostomy world, or a seasoned pro like myself, planning ahead – just a little – may help you to experience life to the fullest.

Sunshine Report by Dodie Wilson

Birthdays *Leslie Meredith, Lou Drexel, *Joann Pirofalo, Carolyn Wells, Ruth Voezy

Stomaversarys Glenda Walsh 3yrs, Lorrie Fanizza 3yrs, Don Bohensky 8yrs, Leslie Schwartz 9yrs, Janet Howell 10yrs, Mikikio Sasaki 2yrs

It is customary to donate \$1 for each stomaversary year ☺

Get Well Glenda **Thinking of You** Yun Long

*indicates support person, partner, friend or spouse of an Ostomate

We mourn the passing on long time board member and friend **Leland Russell**



Did You Know?....

1. Hollister offers a **free service to help you find the supplier** that works best with your insurance and offers the lowest possible co-pay? Call 1-888-808-7456
2. **Do you have adhesive sensitivity?** Safe n Simple's hydrocolloid sheets provide a full coverage barrier between your skin and your appliance. These hydrocolloid sheets can also be used to help heal broken down skin around your stoma. Call 1-844-767-6334 for a sample.
3. ConvaTec offers **one free telemedicine appointment** with a WOCN, when you sign up for their free Me+ recovery program. 1-800-422-8811
4. Nu-Hope is known for their support belts, but did you know they offer ostomy products. Nu-Hope is based in California and is the only company to offer **custom ostomy barriers for hard to fit stomas**. If you if you & your nurse have tried everything, this may be an option. Contact your WOCN for more information.

President: Dawnette Meredith

858-336-4418 Terrabusy@yahoo.com

Vice President & Supply Closet Coordinator: Leslie Schwartz 760-470-9589 lbschwartz@prodigy.net

Treasurer: Lou Drexel

760-749-6656 LMrnch@gmail.com

Secretary: Ruth Voyzey

Directors: Tammy Davis, Paulette Frazelle, Mona Villa, Dodie Wilson, Herb Carrier, Connie Mendoza

Money Corner by Lou Drexel

Mar 1 - Mar 31, 2021

INCOME: \$220.00

EXPENSES: \$310.41

Jan. 1 – Mar 31, 2021

INCOME: \$841.00

EXPENSES: \$683.09

General Meeting Schedule 2021

Time: 10am. Location:

Now ONLINE

Jan 30	July 31
Feb 27	Aug 28
March 27	Sept 25
April 24	Oct 30
May 22	Nov 20
June no meeting	Dec no meeting

Board Meeting Schedule 2021

Time: 1:00 pm

Currently held online

Jan 11	July 12
Feb 8	Aug 9
March 8	Sept 7
April 5	Oct 4
May 3	Nov 1
June 14	Dec 13

Zoom Meeting Instructions

April 24th at 10 a.m.

Join by Computer

Click the link below or cut & paste it into your browser

<https://us02web.zoom.us/j/86809393273?pwd=SGUzdk5WWldTam9ldUxXQUlVRDVxUT09>

Meeting ID: 868 0939 3273

Join by Phone (audio only)

Dial +1 669 900 9128 (San Jose)

Ostomy Supply Manufacturers

FREE Samples

Coloplast Corp. 800-533- 0464

ConvaTec. 800-422-8811

Cymed Ostomy Co. 800-808-7456

Hollister Inc. 888-808-7456

Marlen Manufacturing. 216-292-7060

Perfect Choice Medical Technologies 800-665-4312

Safe n' Simple 844-767-6334

Securi-T USA. 877-726-4400

Download the Ostomy 101 Mobile App for a full list of free samples

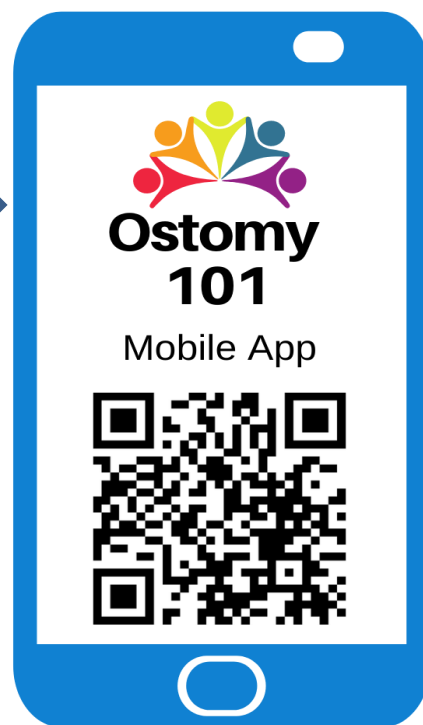
Download the FREE Ostomy 101 Mobile App



This is a free mobile app where you'll find helpful videos, free programs, product information, support resources and make a virtual appointment with an Ostomy nurse.

A mobile app can only be downloaded to a smartphone or tablet. You can find Ostomy 101 in the app store.

Point your phone camera at the code on the right. Follow the prompts on the screen to download.



Ostomy Support Group of North San Diego County

New Membership Application

Membership is open to all ostomates and individuals with continent diversions, persons contemplation or scheduled for Ostomy surgery, family members, Medical professionals, and other interested persons.

Membership includes:

Ostomy News, Our group's monthly newsletter containing useful information on how to live a satisfying life as an ostomate, helpful hints for caregivers, and other relevant information.

Monthly meetings, to hear interesting speakers, exchange Ideas, answer questions, receive emotional support, share the camaraderie of fellow ostomates. One on one visits by certified visitors to prospective or new ostomates and to others as needed. Access to the many services and information made available by our National Association, UOAA United Ostomy Associations of America, Inc

Tax Deductible annual dues are \$35.00 per year.
 SAVE \$5 when you receive your newsletter by email.
 From January 1st through December 31st
 Please do not use this application for renewal.
 Renewal notices will be mailed.

Name: _____ Date of Birth _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

How would you like to receive your newsletter? _____ By Mail _____ By Email

Date of Surgery: _____ Please circle type of Ostomy below:

Colostomy Ileostomy Urostomy Continent Ileostomy Ileoanal Reservoir

Continent Urostomy I am the parent of and ostomy child I do not have an ostomy

Please attach your check, made payable to: OSGNSDC. Submit your payment at group meeting or mail to:

**Ostomy Support Group of North
 San Diego County
 P.O. Box 3019
 Vista, Ca. 92085**

Receive Date _____. Entered 1, 2, 3, 4, 5, 6, 7, 8

Ostomy Resources San Diego County

Tri City Medical Center: 4002 Vista Way Oceanside, CA 92056

Appt call 760-940-3793 * Lorena Eckhart RN, MSN, WOCN* Eckartlr@tcmc.com 760-851-7491

Adrianna Kovacs RN, BSN, WOCN KovacsA@tcmc.com 760-851-9903

Scripps Hospital: 10666 Torrey Pines Rd La Jolla, CA

858-554-8984 Edna Thomas

Scripps Mercy 4077 5th Ave San Diego 92103

Appt call 619-260-7244 Sandy Whitlock RN, WOCN Whitlock.sandy@scrippshealth.org

Julia Ringhofer RN, WOCN Ringhofer.Julia@scrippshealth.org

Palomar Medical Center: 15615 Pomerado Rd Poway, CA 92064

Palomar Medical Center: 2185 Citracado Parkway, Escondido, CA 92029

Susan Mason WOCN 442-281-4128, 760-809-1252 Susan.Mason@palomarhealth.org

Sharp Mission Grossmont Hospital: 5555 Grossmont Center Dr. La Mesa, CA 91942

619-740-4953 – Ostomy Clinic

Sharp Memorial Hospital (no clinic) questions Jessica.schroeder@sharp.com

Sharp Coronado 619-522-3966

Rady Children's Hospital

No Clinic. Questions 619-200-4797 Mary Ann Dilloway RN WOCN

UCSD

Hillcrest Clinic & UCSD Moores Cancer Center Clinic La Jolla 858-246-3214

Star Harrison RN, BSN, WOCN Eharrison@ucsd.edu

Kaiser

Garfield Specialty Center 5893 Copley Dr. San Diego 92111

Viewridge Clinic 5251 Viewridge ct San Diego 92123

San Marcos Clinic 400 Craven Rd San Marcos 92078

Appointment line for all ostomy clinics 619-622-1222

United Ostomy Associations of America Affiliated Support Group

The Ostomy Support Group of North San Diego County

P.O. Box 3019

Vista, CA 92085

Address Service Requested

Dated Material

Next Meeting: April 24 @ 10am

Online or by phone

Instructions Inside