

Ostomy Support Group of North San Diego County

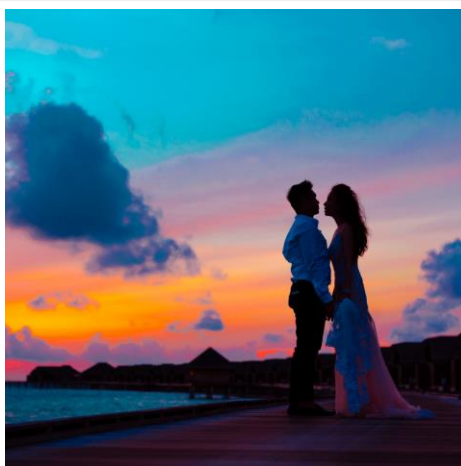
P.O Box 3019 Vista, CA 92085

Ostomysdc.com

(Spanish) Stomybc.org

January 2022

Tips to Enhance Intimacy



Although it's normal to feel sensitive about how an ostomy changes your body, meaningful and fulfilling intimate encounters can still be part of your and your partner's lives. Communication and trust are at the heart of the healing process. It's comforting to know that sexual relations will not hurt your stoma—or you. Share your feelings with your partner, and respond to his or her concerns as well. With time and a positive attitude, you can enjoy a mutually satisfying sexual relationship.

Tips to enhance intimacy

Trust is key to true intimacy. The more you share about your ostomy, how you feel, and what you need, the stronger the bond between you and your partner. The old adage is true: The way you see yourself influences the way others see you. Take time after surgery to acknowledge the changes your body has been through, check in with your emotions about how you feel post-surgery, and share your feelings with your partner. You'll find that acceptance of your body after surgery comes with time.

A stoma does not have nerve endings; therefore, it does not transmit pain or other sensations, but it can bleed slightly if irritated or rubbed. Trying different positions can help you avoid any issues.

- The side-by-side position often works well for people living with ostomies because the pouch will fall to your side and not come between you and your partner.

Empty your pouch before engaging in sex, and wear a small pouch. For intimate moments, special pouches are available that are designed to be smaller and less bulky.

If your stoma makes you uneasy during intimate moments, cover your pouch with specially designed underwear, lingerie or pouch covers. We offer a stylish line of undergarments, intimacy wraps and more that can help take your mind off your ostomy and allow you to focus on your partner.

Continued on page 6

**Next Support Group Meeting
(Via Zoom)
Jan. 29 @ 10 am**
Speaker
Jason Kieffer
Cancer Support Center
Certified Therapist

Zoom Link

<https://us02web.zoom.us/j/85302644902?pwd=Nko4RVBBbnFQVWVlZ3F5V0MzVXpiQT09>

Meeting ID:

853 0264 4902

Passcode: 313248

Join by phone

+1 669 900 9128

Support Group Meetings (virtual)

Feb 26 Jun (none)

Mar 26. July 30

April 30. Aug 27

May 21. Sept 24

Ostomy 101 New Patient Classes

(via Zoom) @ 9:30 am

Feb 12

Mar 12

Apr 9

Learn more on page 5

Zoom Link

<https://us02web.zoom.us/j/81340641166?pwd=TDB4b25KU294QkVpV0FLTXIMaXVXZz09>

Meeting ID:

813 4064 1166

Passcode: 294035

From the President:

Personal connection has never been more needed. Privacy laws (HIPPA) and Covid restrictions have led to increased feelings of isolation for new Ostomates. What can we do?

Recently, I had the opportunity to connect with a new ostomate by phone. Distraught, confused, scared and overwhelmed, this person needed encouragement and the reassurance they could live a normal life with an ostomy. Over the phone I answered (non-medical) ostomy lifestyle questions with heaping spoonfuls of encouragement. By the 3rd call, I could hear a whisper of hope and confidence in the patient's voice. It was joyful to listen to the transformation. It reminded me of the power of personal connection, even by phone! It's a gift we're all capable of giving.

I invited you to join me in offering hope and encouragement to Ostomates by phone or email. The gift of personal connection is free, but worth a fortune. Email me at Ostomy101@gmail.com to learn more.

In-Person Meetings:

The Omicron variant has delayed our plans for in-person meetings. Hospitals and community meeting places are not currently allowing group gatherings. We will continue to meet monthly via zoom. If you need assistance or would like to learn how to use zoom, please give me a call 858-336-4418.

WOCN Panel

Be sure to join us via zoom this month to hear Jason Keiffer, Cancer Support Center Certified Therapist and on 2/26/22 for our annual WOCN panel discussion/Q&A.

Giving back is FREE!

Your most valuable donation is time. Give back by joining our call tree, helping with the newsletter, assisting the ostomy supply closet, or coordinating speakers for our meetings.

Best wishes for 2022!

Dawnette Meredith

President:

Dawnette Meredith
858-336-4418
Ostomy101@gmail.com

Vice President

Supply Closet

Coordinator:

Lisa Burney
Lisa.birney@gmail.com
760-271-5046

Treasurer:

Leslie Schwartz
lbschwartz@prodigy.net

Secretary: Ruth Voyzey

Directors: Tammy Davis,
Paulette Frazelle, Connie
Allar, Mona Villa, Dodie
Wilson, Lisa Burney

Honorary Board

Members: Lorena Eckart,
WOCN

Donate Ostomy Supplies

Mail or drop off anytime
Connie Allar
1412 Eboe Ave.
San Diego, CA 92154

Sunshine Report by Tammy Davis

Birthdays:

George Free, Dodie Wilson, Glenda Walsh, Annette Godariz, Mona Villa, Susan Masters, Paulette Frazelle, Janet Howell

Welcome New Member:

Babette Smythe

Stomaversarys:

Gene Schmidt = 8yrs, William Whitley = 16yrs

Maintaining Healthy Peristomal Skin

(From UOAA & ConvaTec)

Keeping the skin around your stoma, or peristomal skin, healthy is important. You can steer clear of many complications by following these simple suggestions from:

Bath and shower tips:

- You can bathe and shower just as you did before surgery, with your pouch on or off—the choice is up to you.
- Because soap residue can cause your skin barrier to lift, avoid oil-based and moisturizing soaps.
- Soap and water will not flow into the stoma and cannot damage it.

Choose a well-fitted ostomy barrier:

- To help keep the skin around your stoma healthy, it is important that your skin barrier fits properly. Choose a well-fitting pouching system to help prevent irritating stoma contents from coming into contact with your skin.
- Your ostomy nurse can teach you how to use a measuring guide to determine the size of your stoma and select a cut-to-fit, pre-cut or moldable barrier.
- Your stoma size will change up to 10 weeks after surgery, so you will need to measure it periodically.
- Changes to the abdomen caused by pregnancy, exercise, weight gain/loss or certain medical conditions may also require a new pouching system and/or size.

Changing your pouching system:

- Make an easy-to-follow schedule for your pouching system. This will ensure your skin barrier is changed before the adhesive has eroded, reducing the chance of urine or feces coming into contact with your skin. Your schedule should be personalized based on your system type and the advice of your doctor or ostomy nurse.
- At each skin barrier and pouch change, make a habit of looking at the skin around your stoma. Redness, swelling or a rash are signs of irritation. If you see any of these, or other signs of irritation, notify your healthcare provider.
- Never rip or tear off your skin barrier. Instead, remove the skin barrier gently by beginning with one corner of the barrier and slowly pulling off the remaining adhesive. Adhesive releaser spray and remover wipes can make pouch changes easier and ensure clean skin, ready for your next skin barrier.
- Make sure your peristomal skin is completely dry before replacing your pouch and skin barrier. Dry skin ensures a good adhesive seal and helps reduce the risk of fungal infection.
- A skincare routine including skin barrier foam, spray or wipes can help ensure healthy, comfortable peristomal skin for years to come.
- In hot, humid locations, consider using a pouch with a fabric backing. This will keep the pouch from sticking to your skin and causing skin irritation.

Money Corner

December 1, 2021 – December 31, 2021

INCOME: \$185.00

EXPENSES: \$1,352.96

January 1 – December 31, 2021

INCOME: \$2,526.0

EXPENSES: \$3,549.29

Started in San Diego NOW gifted coast to coast



Become a Bear



Ollie

The Famous Little Bear with an Ostomy

<http://awesomeostomy.com/>

Gifted to children who undergo ostomy surgeries thru 23 children's hospitals. The Awesome Ollie Teddy Bear Project was launched in San Diego with this support group and Rady's Children's Hospital. Today, thousands of bears have been gifted in the US and all over the world thanks to generous people like you 😊

*Large order discount. Email Ostomy101@gmail.com for pricing.

Awesome Ollie's Children's book (5 Star rated) is also available on Amazon
[Paperback or digital download](#)



Ostomy101.com

NEW PATIENT CLASSES

**Tools & Resources
for Living Successfully
with an Ostomy**

WOC NURSE & PATIENT FACILITATED

FREE

2022

VIRTUAL

9:30 am-11:00 am (pacific)

Jan 8, Feb 12, Mar 12,
Apr 9, May 14, Jun 11, Jul 9,
Aug 6, Sep 10, Oct 8, Nov 12, Dec 10

Ostomy101@gmail.com



Ostomy101.com

501c3 Nonprofit
Vendor Neutral

- **New Patient Classes**
- **Support Groups**
- **Ostomy Education**
- **Lifestyle Videos**
- **Ostomy Product Info**
- **Free Samples**
- **Services**
- **Resources**
(English & En Espanol)

Endorsed by the
United Ostomy Associations of America

Tips to Enhance Intimacy (From page 1)

For Women

If you use the pill, you may need to change your birth control—particularly if you’ve had an ileostomy. Oral contraceptives are often not absorbed with a shorter small intestine. Talk to your doctor or ostomy nurse about the best form of birth control for you. After surgery, many women experience vaginal dryness. Try a lubricant, or ask your doctor about other options to treat vaginal dryness.

For Men

Some men may experience erectile dysfunction symptoms (i.e., achieving/sustaining an erection or inability to ejaculate) the first time they are intimate following surgery. Don’t worry or panic! This can often occur—it may be related to the surgery itself or to worries/concerns over being intimate post-surgery. If you experience continued problems maintaining an erection, call your healthcare provider. Most likely, there is a solution.

Editor’s note: This educational article is from a UOAA digital sponsor, ConvaTec. Sponsor support helps to maintain our website www.ostomy.org and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization.

Ostomy Supplies

Donate Supplies

*UNOPENED & UNSUED SUPPLIES ONLY

Drop off or mail ostomy supplies

Connie Allar
1412 Eboe Ave San Diego, CA 92154

OSGNSDC (Mail ONLY)
P.O. Box 3019, Vista, CA 92085

Or
Schedule drop off in Vista, CA
email:
Lisa.birney@gmail.com

Get Ostomy Supplies for Uninsured or Underinsured

Contact Lisa.birney@gmail.com

Please be ready to share your stoma size (mm or inches).

\$20 donation is appreciated but not required



Ostomy
Supplies

Please note:

When requesting supplies, we need to know your stoma size. We may not have the exact ostomy brand you request, but may have a quality brand as substitute.

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, and 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

Name: _____ DOB: _____

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 SUPPORT GROUP OF
NORTH SAN DIEGO COUNTY
P.O. BOX 3019
VISTA, CA 92085

UPCOMING VIRTUAL MEETINGS 2022:
10 A.M.
Jan 29, Feb 26, Mar 26, April 30