



AFFILIATED SUPPORT GROUP

# "InSider" Newsletter

## INLAND NORTHWEST OSTOMY SUPPORT GROUPS

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<http://inlandnwostomy.org>



Fall 2023

Issue 23-4

Welcome Inland Northwest Ostomates!



# AUTUMN



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## WHAZZ UP

*Greetings to all of you in the Ostomy Communities of the Inland Northwest!*

Hope that you all are enjoying the cool temps and occasional rain that replaced the heat and drought conditions we endured through much of the summer. I'm still fresh from a wonderful experience attending the UOAA National Conference in Houston (see article page 5) and am looking forward to celebrating **Ostomy Awareness Day** and the **Run for Resilience Ostomy 5k** on October 7.

As noted in our previous issue, some of our regional support groups continue to recover from Covid impacts, meeting in person or via Zoom, while others have gone hybrid – both Zoom and in person like the Spokane OSG. The Mid-Columbia-TriCities support group remains dormant, mainly due to lack of volunteer leaders. If you have benefited from involvement in an ostomy support group, consider stepping up to help and lead others in your local ostomate community!

Continued next page.

## REGIONAL OSG MEETINGS \*



Fall 2023

The status of OSG meetings remains uncertain and varies for each group. Check with your Ostomy Support Group leader and/or lead WOCN for updates on upcoming meetings.

**Coeur d'Alene, ID:** Support group meetings held in person on the 3rd Wednesday each month at 3 pm in the basement conference room in Kootenai Clinic Interlake Medical Building, 700 Ironwood Dr., Coeur d'Alene, ID:

- Oct. 18: Collin Jarvis with Stealth Belt.
- Nov. 15: Alex Harrison with Convatec.
- Dec. 20: Christmas Party

**Lewiston, ID-Clarkston, WA:** Second Monday, January-November, 12:30-1:30 pm, now at Canyon's Church, 717 15<sup>th</sup> St. in Clarkston, WA:

- Oct. 9: Elsa Goodsen, Coloplast Rep.
- Nov. 13: Handling odor control issues.
- Sept 11: In person – Ostomy Support.

**Palouse - Moscow, ID:** Zoom meetings are usually held at 5:00 pm the first Wednesday each month until further notice. Invitations will be sent out monthly:

- Oct. 4: Zoom meet – Ostomy Support.
- Nov. 1: Zoom meet – Ostomy Support.
- Dec. 6: Zoom meet – Ostomy Support.

**Spokane:** First Tuesday each month, January – December, 6:30-8:00 pm via Zoom. Invitations sent prior to each meeting. Call 509-601-3892 with questions:

- Oct. 7: Ostomy Awareness Day–Manito Park.
- Nov. 7: Occupational Therapy via Zoom.
- Dec. 5: Emotional Holiday's Uplift via Zoom.

**Tri-Cities:** The Mid-Columbia (TriCities) Ostomy Support Group is not active at this time:

>> No meetings scheduled at this time.

**Wenatchee:** >> Regular ostomy support meetings canceled until further notice.

**Yakima:** >> Meetings held second Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge, 808 N 39<sup>th</sup> Ave, Yakima, WA:

- Nov. 8: Speaker/topic TBD.

**NOTE:** Details about each support group's leaders and locations are listed on page 12.

This issue of “InSider” Newsletter includes several excellent articles: “UOAA’s 8<sup>th</sup> National Conference – My Takeaways;” “Falling into Step;” “About Sticky Stuff;” “How to Use Barrier Rings;” and “Q & A Advice for Ostomates.”

**Check out** our updated regional website - [inlandnwostomy.org](http://inlandnwostomy.org). Visit the website to discover additional local, regional, and national resources. Finally, **please remember** that we at the “InSider” welcome your ideas and input! All ostomates, family & caregivers, and medical staff in our communities are welcome to submit articles, letters, and ideas! ■

## NATIONAL SPOTLIGHT

### Selected Highlights

#### UOAA National Conference

UOAA’s 8<sup>th</sup> National Conference in Houston Texas was a resounding success. See Phil Moyle’s “takeaways” from the conference on page 5.

#### UOAA Run for Resilience!

UOAA’s **Run for Resilience** will be held in just a few days on **Ostomy Awareness Day**, October 7, 2023 (<https://www.ostomy.org/5k>). You can choose to participate in person at any of several U.S. cities – Boise, ID; Rogers, AR; Durham, SC; East Stroudsburg, PA; or Nashville, TN – or you can register to participate in the Virtual Ostomy 5K - Worldwide. Registration will close on Friday, September 29th at Noon to ensure you will receive a T-Shirt and Bib by October 7th.

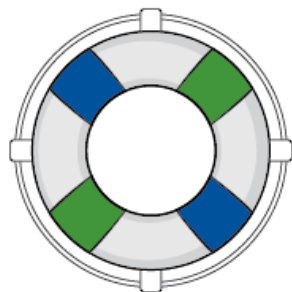
**SPOKANE OSTOMY SUPPORT GROUP will hold an informal Celebration of Ostomy Awareness Day & Run (Walk) for Resilience Ostomy 5k on Saturday, October 7, 2023.** Join us from 9:30 am to 12:30 pm at the North Shelter in Manito Park, Spokane, WA. See Spokane OSGs activity report on page 3. You can help support UOAA by donating directly via their website (<https://www.ostomy.org/donate/>), registering for the Run for Resilience (<https://www.ostomy.org/5k/>), or by donating to any of the Top Fundraisers (<https://runsignup.com/Race/Donate/22873/TopFundraisers>), including through Phil Moyle’s UOAA Fundraiser webpage ( <https://runsignup.com/philmoyle>) ■

## DIVERSION INSPIRATION & HUMOR

(Submissions & ideas welcome)

My strength didn’t come from lifting weights. My strength came from lifting myself up every time I was knocked down.

-Bob Moore



# STOMIES

Are Life-Savers



**Many thanks to Lynn Brink and Carol Nelson for their helpful editorial reviews of this newsletter!**







## REGIONAL-LOCAL OSTOMY SUPPORT GROUPS

### Activities & Announcements

Following are brief reports from each of the seven ostomy support groups in our Inland Northwest Region. Feedback from some groups may be limited depending on their individual circumstance with respect to COVID-19 and group leadership. *Remember, please contact your support group coordinator/leader for up-to-date information!*

- **Coeur D’Alene Ostomy Association, ID:** 09/26/2023 - Update from Stefanie Pettit, RN, BSN, WOCN – The Coeur d’Alene Ostomy Association holds in-person meetings on the 3rd Wednesday each month at 3 pm in the basement conference room in Kootenai Clinic Interlake Medical Building, 700 Ironwood Dr., Coeur d’Alene, ID. **Colin Jarvis** with Stealth Belt will present at our October 18 meeting, and Alex Harrison with Convatec will join us on November 15. We will celebrate Christmas at our December 20 meeting. If you have any questions, please reach out to Stefanie Pettit BSN, RN, CWOCN at [208-625-3582](tel:208-625-3582), Tuesdays through Fridays 8-4:30. *Note the new dedicated telephone number!*
- **Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 9/21/2023 - Update from Adrian Wilson, President – Our support group still meets at Canyon’s Church, 717 15<sup>th</sup> St. in Clarkston, WA, 12:30 to 1:30 pm every 2nd Monday of the month. In August, Doc Kinney spoke about flushing a colostomy once a day. In September, Ellen Dekan gave a presentation on mental depression and physical health and how they reflect one another. We’ll have Elsa Goodsen from Coloplast coming for our October meeting, and our November topic will be handling odor control issues.
- **Palouse Ostomy Support Group - Moscow, ID:** 09/20/2023 - Updates from Judy Reid & Frances Newcombe, WOCNs, and Linda Loomis – The Palouse Support Group has enjoyed meeting monthly via Zoom. We plan to continue via Zoom; meetings are usually held at 5:00 pm the first Wednesday of each month until further notice. Invitations with a specific date and time will be sent out monthly. And big changes in store on the nursing front. **Frances Newcombe**, a WOCN at Gritman since October 2000, will retire on October 13, 2023, the 23<sup>rd</sup> anniversary date of her start at Gritman. Our sincere appreciation, Frances, for your many years of dedicated service to our ostomy community!! Frances will continue to contribute to the ostomy community as a volunteer. Her replacement will be **Corinda Schembri** RN, BScN, CWON, a dedicated nurse with 20 years of experience in medical/surgical ICUs. **Welcome Corinda!**
- **Spokane Ostomy Support Group - Spokane, WA:** 09/21/2023 - Report by Phil Moyle ([509-601-3892](tel:509-601-3892)) – Our last three “summer season” meetings - July, August, & September – were held in-person at Manito Park’s North Shelter. Thanks to the generosity of our hostess, **Susie Weller**, we enjoyed our traditional **Ice Cream Social** on July 5 with considerable visiting. Our second summer meeting, Aug. 1, included collection of donated supplies for **Friends of Ostomates Worldwide-USA (FOW)** followed by lively and informative group discussions by surgical type. Rich Judd, who’d recently retired from Byram Healthcare, was presented with a “Stoma Cake” by Judy Reid WOCN from Gritman Medical Center and the Palouse OSG for his many years of commitment to our ostomy communities (see photo). And our Sept. 5 in-person meeting included a presentation by WOCN Teresa Patterson about hernia care and prevention. Phil Moyle also shared his experiences at the UOAA National Conference and some of the new things he learned. Hoping that the weather will cooperate, we will celebrate **Ostomy Awareness Day** from 9:30 am to 12:30 pm on Saturday, October 7, with another in-person gathering at the North Shelter in Manito Park. We have plans for fun & games, prize drawings, and your choice of a Stroll through



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Manito’s beautiful gardens, a **Run (Walk) for Resilience Ostomy 5k** event, or visiting with others in the “warming” shelter, followed by a bring-your-own brown-bag lunch for all. Our Nov. 7 meeting via Zoom will include a presentation by **Jessica Wallace (OTR, OMS)**, who will discuss the importance of occupational therapy in recovery from abdominal surgery as well as other recovery issues. Our Dec. 7 meeting via Zoom will include “Glow & Grow,” Qs & As, and positives during the holidays.

- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** No report available for the Mid-Columbia (Tri-Cities), WA ostomy support group which is currently dormant. Feel free to join Spokane’s Zoom meets.
- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 9/21/2023 – Reported by Tyree Fender, CWOCN - We are still not having meetings. I have not received any clear timeline on when we can expect to have them.

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# StomaGenie®

## Cover, Contain, and Dispose

**STEP 1** Remove Pouch



**STEP 2** Cover & Contain



Clean & Dry Skin

**STEP 3** Apply New Pouch



Don't let an unpredictable stoma ruin your day!

- Contain those annoying drips or flowing output during changes.
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Available in 12 sizes + oval adapters



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- **Yakima Ostomy Support Group - Yakima, WA:** 9/19/2023 – Kanista Masovero, CWOCN – Meetings held second Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge in Yakima. Brian Moriniti, Byram Healthcare, was our speaker at the July 12 meeting. September 13 Christian Datoon, physical therapist, talked about peristomal hernia prevention and also demonstrated some low impact exercises and core strengthening exercises. November 8 will be our next meeting. Speaker TBA. . Thanks, Kanista. ■

## QUARTERLY ARTICLES & TIPS

### UOAAs 8<sup>th</sup> National Conference 2023 - *My Takeaways*

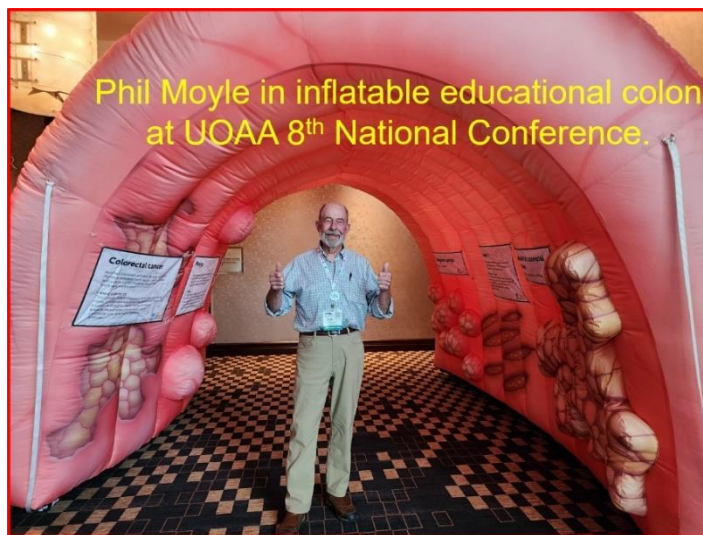
By Phillip R. Moyle, Spokane Ostomy Support Group

UOAA's 8<sup>th</sup> National Conference in Houston was a non-stop pleasure to attend. In fact, I came away with renewed commitment and a thoroughly “*ostomistic*” attitude! Joining me were hundreds of other attendees - ostomates, UOAA leaders, doctors & surgeons, other specialists, medical educators, and exhibitors. You'd really have to be there to witness how non-stop the activities and opportunities were that followed one after the other. Actually, you could not participate in every session as many were scheduled at the same time.

My intent here is to briefly discuss a few takeaways I found to be particularly interesting. There is NO WAY that I can cover it all!

1) **Presentation Sessions:** Numerous sessions were held for each of the theme tracks: *Adult Ostomate; Young Ostomates; Pediatric Ostomates; Caregivers; and ASG Planning.* Mainly I attended Adult Track sessions of which there were too many to join all. I was also focused on answering questions posed by a few of you – 1) hydration & electrolytes, 2) peristomal hernias, and 3) one-armed appliance maintenance. Not sure I have any definitive answers, but following are some of the more significant sessions that I attended (in the order presented):

- a. **The Truth about Hernias – Hernia Management:** 360-degree coverage of the full range of hernia types & causes and the importance of recognition, care, and protection. Wear those belts folks!! But I felt that *go/no-go* decision making about if/when to undergo surgical repair was vague, , , kind of it's up to the surgeon, , , unless infection/sepsis is suspected.
- b. **Making Illness Refine You, Not Define You:** Excellent guidance and examples of the mental aspects of recovering emotionally from ostomy surgery and returning to a rewarding “new norm” life.
- c. **Diet & Nutrition Supplements and Pre/Pro Biotics:** Excellent of the range of products as well as the advantages, disadvantages, and no-no's about supplements, etc. Importance of maintaining hydration and electrolyte balances, , can be a very complicated system to recognize and understand. Noteworthy was a list of foods that trigger high output: sweets & artificial sweeteners; lactose-rich foods & drinks; nut supplements; carbonated drinks; insoluble fibers, caffeine; and alcohols. Also, make dietary changes slowly, and document changes. Can't cover much from memory, but I do have a PDF of the presentation slides (reach out to me if you want a copy).
- d. **Mental Health:** Absolutely the best presentation I've seen/heard about mental health recognition and management (only reference list presentation slides are available).



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- e. **Pain Management:** This was also an excellent talk. Covered acute & chronic types of pain, treatment vs symptoms, and medications. Opioids often do NOT help for long.
- f. **Ostomates Living with Two Ostomies:** Jearlean Taylor, a model with two ostomies, lead more of an interactive rah-rah session with a lot of positive discussions. Many difficult stories were shared, but any tricks and recommendations were also exchanged. I also bought two of Jearlean’s books, both signed!
- g. **Peristomal Skin Issues – How to Use the Peristomal Skin Assessment Guide for Consumers:** I already shared this important on-line tool with y’all. According to the WOCN presenter, use of this tool “might” make you sound smarter and more informed in case the guide advises you to seek medical attention. But I recommend that you NOT try to lecture the WOCN or a surgeon! This is an important tool that I recommend you try out BEFORE you have a problem, so you know how it works. Go to: <https://www.hollister.com/en/ostomycare/ostomy-clinical-education/patient-education/peristomal-skin-assessment-guide-for-consumers>.
- h. **Gattex – for Short Bowel Syndrome (SBS):** Gattex (teduglutide) for subcutaneous injection is a new prescription medicine used in adults and children 1 year of age and older with Short Bowel Syndrome who need additional nutrition or fluids from intravenous (IV) feeding (parenteral support). The Gattex website is <https://www.gattex.com/>.
- i. **RICE 360 – Usability Study: Experimental Colostomy Pouch:** Seeking volunteer participants to evaluate an experimental colostomy pouch by completing a wear trial. Contact Principal Investigator – Rebecca Richards-Kortum at Rice University: [rkortum@rice.edu](mailto:rkortum@rice.edu) or [colostomates@rice.edu](mailto:colostomates@rice.edu), 713-348-3823.
- j. **Illinois State University – Research on Ostomy Patients Education:** Dr. Teresa K. Novy DNP, CWON conducting study on education received by patients prior to or following ostomy procedure. Please email at [tknovy@ilstu.edu](mailto:tknovy@ilstu.edu).

2) **Exhibition:** Over three dozen exhibitors populated the Exhibition Hall for the two half-day sessions. It was a great opportunity to view the latest and greatest products by the mainstream manufacturers as well as smaller businesses and other organizations. Here are just six that I had not seen before:



a) **D-Ostomy:** “D”- or other-shaped barriers & pouches designed for challenging situations (e.g., surgical wound adjacent to stoma or irregular surface contours). They currently have the “D”-shaped flange connector and are working on other shapes (<https://D-ostomy.com>). Also see The Phoenix Magazine, Summer 2022, p. 53, by Linda Coulter.

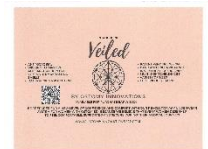


b) **Specialty Pouch Cover:** Specially designed pouch covers made of high-quality materials; two products: 1) **Stomacloak** uses carbon and zeolite to eliminate odors, wick away moisture from sweat and leaks, muffle the noises from ostomy bags, and help keep skin dry and healthy, and 2) **NoOdor** doubles the thickness to provide extra protection from leaks, odors, and skin irritation (<https://stomacloak.com/>).



c) **Osto-EZ-Vent:** Small, retrofittable plastic vent that can be added to a pouch to allow venting of gasses (<https://www.kemonline.com/>).

d) **Veiled by Ostomy Innovations:** New stylish & sexy underwear for women with ostomies. Antimicrobial, wicking improved, eliminates odors, multi skin tones and sizes. (<https://ostomyinnovations222.com/>; not yet live; call Nicole at 763-401-2985).



e) **Girls with Guts:** A community organization with mission to support and empower



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women IBDs and ostomies – on-line support, annual retreats, love your guts mail, active blog, educational materials, and more. (<https://girlswithguts.org/>).

- f) **Ostoform**: Two products for specialty situations – 1) **Seal Ring with Flow Assist**; and 2) **2-Piece Pouching System with Flow Assist**. The flow-assist feature is like a small funnel built into the ring or flange to guide liquid stool away from the flange-stoma interface (<https://ostoform.com/>).



- 3) **Other Major Receptions, Ceremonies, & Activities**: Also held were several all-hands events ranging from the get-to-know-you President’s Reception, Opening & Closing Ceremonies, key speakers, and awards, , , all informative and moving. A **Stoma Clinic, staffed by WOCNs**, was also active throughout the conference. An exam with recommendations was free for all attendees.
- 4) **Meeting People**: The best part of the conference was meeting people involved in the ostomy community – other ostomates, family members, clinicians, especially WOCNs, UOAA leaders & staff, and exhibitors. And there always seem to be opportunities to help others by sharing life experiences as an ostomate.

**UOAA’s 8<sup>th</sup> National Conference was a Grand Slam!** ■

## Falling into Step – Post Surgery Experience

*By Carrie Flaherty – WOCN Corner, OstoGem Newsletter, 10/2022, Boise, Idaho*

**After surgery** there can be many adjustments that need to be made. Getting back to life can feel like an uphill battle. There can be both physical and emotional changes. These can both be challenging and at times feel like a never-ending pit. Do not disappear! Getting back into the step of things will fall into place before you know it. Here are a few tips and activities that can help you fall back into the swing of things.

**Experience is unique** to each person. Try not to compare your recovery to anyone else’s.

**Your own progress** can be hard to see when recovering. Try to be patient and do not expect too much too soon. A daily diary can help you see your progression. Keep in mind that it will likely take months for your body to fully recover from surgery and the illness that led to the surgery. For many people it is important to connect to others that have a similar experience. Support groups can be a wonderful way to connect to others.

**Posture after abdominal surgery** can be a problem as it is common to slump or stoop. This can cause lower back pain. Try to remember to stand tall. This helps support your back and core.

**Simple breathing techniques** and meditation can be very helpful in relaxation, improving healing, and reducing anxiety. Deep breathing also encourages you to use your lungs after surgery. There is an online resource called Mind Space that has some helpful breathing activities as well as some guided meditation. It can be accessed at [www.mindspaceapp.com](http://www.mindspaceapp.com).

**Walking** can be a wonderful way to build confidence and promote recovery. This is an activity that can be done with friends and partners. Walking encourages you to get out of the house and fall back into the community. Take it at your own pace and increase your steps as you feel your body is ready.

**Pelvic floor muscles** are very important. Participating in pelvic floor strengthening can help with recovery for both temporary and permanent ostomies. There is a wonderful online resource that has been put together by Convatec. They have many tips



Image from Convatec

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and tricks as well as online material that can be printed to assist with getting you back into the swing of things. This information can be found at <https://meplus.convatec.com/articles/about-meplus-recovery-series/> ■

## About Sticky Stuff

Source: *Live and Learn, St. Louis; The Courier, Tucson, AZ Feb. 2022*

**Ostomy barriers** come in a variety of adhesive types; most common are those that have tape included around the perimeter. Tape that comes unstuck is usually not the fault of the tape itself. Here are some common reasons for failure of the tape to stay on.

**Moisture on the skin:** No adhesive is going to work properly if your skin isn't completely dry. If you are having trouble getting your skin completely dry, use a hairdryer on low setting. It won't hurt your stoma.

**Residue left on skin:** It goes without saying that you should not use creams, lotions, or moisturizing soaps on the peristomal skin. Even the plainest soap can leave a slight residue if not fully rinsed off. Rinse, rinse, rinse!

**Insufficient application pressure:** In order to stick, the tape has to be firmly pressed down, particularly at the edges.

**Touching the tape before applying:** Sometimes we inadvertently touch the adhesive before it gets applied to our skin – too much pre-handling of this material will undermine its ability to stick. Try your best not to touch the tape when you peel off the backing.

**Too much powder on the skin:** If you use powder, take it easy with how much you're putting on. Just a very light dusting is enough.

**Stretching the skin under the tape:** If you always get a leak in the same spot, your body movements may be pulling or stretching the skin in that spot so that the tape can't adhere properly. Make sure you are sitting or standing straight when applying the barrier so that the skin is as flat as possible. If this doesn't work, you might consider adding more tape around the edges. Ask for skin-friendly 'pink tape' at your drugstore or speak with your ostomy nurse who can recommend specific brands.

**Damaged skin:** Skin that is denuded, irritated, extremely itchy or broken can cause tape failure. Take care that you are removing your barrier gently by holding the skin down as you pull the tape off. If leakage is accompanied by chronic itchiness, redness or spots, you should see your ostomy nurse to check for allergies or yeast infections. It might be necessary to switch to a different type of tape.

**Lastly, DO NOT apply a second coating of adhesive:** It re-wets the first coat and can give unpredictable results. Paper tape can be made more waterproof by covering it with Skin Prep after it is in place. ■



## How to Use Barrier Rings

### Cut, mold, stretch or shape a barrier ring to fit your needs!

*From Hollister Secure Start eNewsletter, Q1, 2021*

**Editor's Note:** Questions about the use of “paste” vs “barrier rings” have come up during recent support group Zoom meetings in our region. For the benefit of longtime paste users, I am including this short article to illustrate how barrier rings are used. Note that similar sealing devices are sold under different names (e.g., barrier strips, protective seals, etc.) by various manufacturers.

No two people or stomas are alike, so if you want to fill in a gap between the stoma and the skin barrier opening on your pouch...then use flat barrier rings to create a custom fit, help protect your skin, and fill in




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uneven skin areas. As an alternative to paste, barrier rings are alcohol-free and contain adhesive properties. Try Adapt CeraRing™ barrier rings, infused with ceramide and designed to help prevent leakage, and support healthy skin around the stoma.

For more product guidance or options, call your Secure Start services team at 1.888.808.7456 or email [HollisterTeam@hollister.com](mailto:HollisterTeam@hollister.com). Please share this article with someone you know who could benefit from knowledge about barrier rings. ■

Stretch for an improved fit	Shape ring for custom fit	Stack for an improved fit
		
<p>Flat barrier rings can be stretched to fit the stoma size. They can be cut, stacked or rolled to better customize and secure the fit of your skin barrier.</p> <p>Is there any exposed skin in between your skin barrier opening and the stoma itself? Simply stretch and shape the barrier ring to your exact stoma size to cover the gaps before placing the skin barrier on top.</p>	<p>Do you tend to have leakage in the same areas each time toward a crease in your skin or any uneven contours? Maybe your belly button fits under your skin barrier? Assess the skin around your stoma when in an upright position to search for these uneven areas.</p>	<p>You can cut or pull apart a piece (or pieces) of the barrier ring and mold it into the uneven skin to create a flatter surface to help prevent stoma drainage from getting under the skin barrier.</p>

## THE SOLUTION YOU'VE BEEN LOOKING FOR:

- 

**BIODEGRADABLE**  
Convenience doesn't come at a cost to the environment.
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**SAVE MONEY**  
Replace the liners not your pouches, saving you serious money.
- 

**EASY TO FLUSH AWAY**  
Avoid mess, smells, and other challenges by using liners that you simply flush away!
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Our pouch liners are covered by most insurance plans, creating further cost savings.
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**FREEDOM · CONFIDENCE · SECURITY**  
Leave home without fear. These liners will revolutionize your experience.
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**SATISFACTION GUARANTEED**  
If you're not happy with our liners, let us know and we'll make it right.



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**RECLAIM YOUR FREEDOM**

Flushable pouch liners open up a world of possibility.

✓ BIODEGRADABLE  
✓ REPLACE LINER NOT POUCH  
✓ EASY TO FLUSH AWAY  
✓ SAVE MONEY

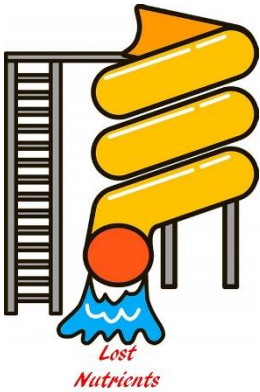
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Visit us at [www.ColoMajic.com](http://www.ColoMajic.com)  
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**Q & A Advice for Ostomates**

Vancouver Ostomy High Life, Sept.-Oct. 2023

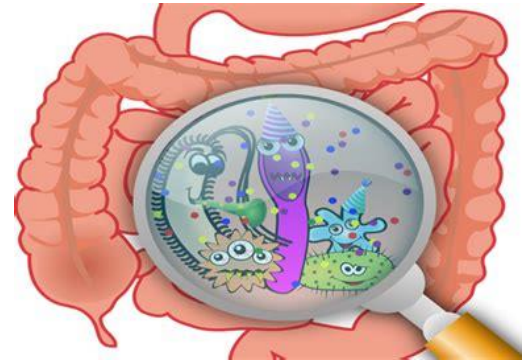


**Q. My ileostomy runs like water, and I have to wake up in the night to empty. Is this normal?**

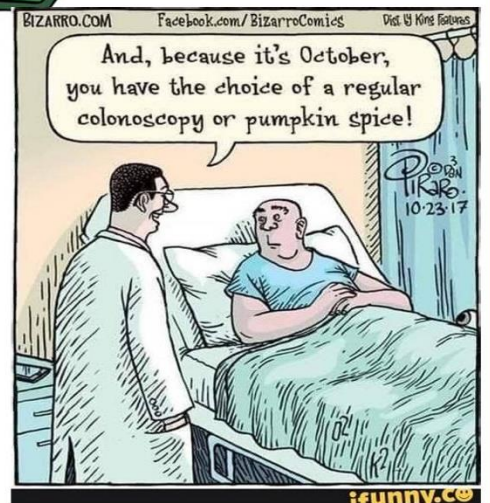
**A.** Anyone who’s had an ileostomy knows there can be a real variety in stool consistency, especially at the beginning. However, it is very important to thicken things up. An “applesauce” or “toothpaste” consistency is the goal. If stools are too watery, the body doesn’t have time to absorb important things your body needs. Your food, your fluids or even your medications might just go flying by, kind of like they were shooting down a waterslide! This can be a serious problem. You might become dehydrated, feel weak, tired, or dizzy, or have *dry mouth*. Also, your appliance may not last as long as it should. If your stools are liquid, it may be time to reach out to your local Ostomy Nurse for some advice. There are foods and medications that can help to get things back on track!

**Q. Can I drink alcohol with my ostomy?**

**A.** This may depend on what type of ostomy you have. With a colostomy, you may be able to return to the foods and drinks you enjoyed before your surgery, especially if your doctor says it’s okay. With an ileostomy, things may work a little differently now. Bubbly beer could cause gas. Hard alcohols may be absorbed differently. Cocktails that are high in sugar can make stools watery. Also, if you already having liquid stools, alcohol could make you even more dehydrated. That said, life with an ostomy is meant to be lived. If raising a glass to the newly married couple or having the odd “cold one” on the back deck feels right for you, Cheers! ■



*Humor Only for Ostomates*







## Get Ostomy Answers!

The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

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 or call 800-750-9311

### IMPORTANT OSTOMATE SUPPORT CONTACTS & LINKS

**Providence Sacred Heart Outpatient Ostomy Clinic** - M-F 8:00-2:00 (509-474-4950). Leave a message if you don't reach someone live; appointments & MD referral required; No walk ins; Can be seen for follow up, checkup, questions, problems.

**MultiCare Deaconess Hospital - Wound Center** – Outpatient Ostomy Patients seen on Thursdays and Fridays, time slots at 1100, 1300, and 1415 (509- 473-7290); appointments & MD referral required.

**Spokane Ostomy Visitor Program** - If you would like to speak to someone who has an ostomy contact Carol Nelson (509-601-3892; [carol@nelsonwheat.com](mailto:carol@nelsonwheat.com)) to arrange a call or visit.

**Kootenai Health Medical Center – Outpatient Wound/Ostomy Care** – (208-625-3582) - 2003 Kootenai Health Way, Coeur d'Alene, ID.

**Gritman Medical Center – Ostomy Services** - 700 S. Main Street in Moscow, Idaho (208-882-4325); appointment needed.

**Kadlec Medical Center - Outpatient Ostomy Clinic**- M-Th 8:00-4:00 (509-946-4611 ext.: 1365562); appointments & MD/provider referral required.

**Ostomy Support Facilities - Lewis-Clark Valley –**

**Tri-State Wound Healing (Ostomy Clinic)**, Clarkston, WA – Call 509-758-1119 – referral not required.

**St. Joseph Wound Care/Ostomy Dept.**, Lewiston, WA - Seeing inpatient and outpatient ostomates, M-F with appointment - Call 208-750-7379

**United Ostomy Associations of America (UOAA)** - (800-826-0826); P.O. Box 525, Kennebunk, ME 04043-0525.

Link: <http://www.ostomy.org/Home.html>.

**Phoenix Magazine** - (800-750-9311); The Phoenix Magazine, P.O. Box 3605, Mission Viejo, CA 92690.

Link: <http://www.phoenixuoaa.org/> (get a free sample copy).

**Primary Producers of Ostomy Products:**

> **Hollister** 1-888-808-7456

> **Coloplast** 1-888-726-7872

> **ConvaTec** 1-800-422-8811

<http://www.hollister.com/>

<http://www.coloplast.us/Ostomy>

<http://www.convatec.com/ostomy/>





## **INLAND NORTHWEST OSTOMY SUPPORT GROUPS** **Regular Support Group Meeting Schedules\* and Contacts** **Eastern Washington & Northern Idaho**

(\* **Due to COVID-19** precautions, some hospitals are still unable to host regular support group meetings.  
Current schedules are listed on page 1.

Call your support group contacts to verify meeting times, agendas, locations, or via Zoom)

(Also, check the “Inland Northwest Ostomy Support Groups” website: <http://inlandnwostomy.org>)

### **Coeur d'Alene Ostomy Association, ID (# 409):**

- **Contact:** Stefanie Pettit BSN, RN, CWOCN at 208-625-3582 - Kootenai Outpatient Wound Clinic.

### **Lewiston-Clarkston Ostomy Support Group, WA/ID (# 134):**

- **Contacts:** Adrian Wilson, President at 509-254-3404; or Tri-State Memorial Hospital, Wound Healing (Ostomy Clinic), 1221 Highland Ave, Clarkston, WA.
- **Meetings:** Held monthly in person, January-November, 12:30 to 1:30 every 2nd Monday of the month, at Canyon's Church, 717 15<sup>th</sup> St. in Clarkston, WA.

### **Spokane Ostomy Support Group, WA (# 349):**

- **Contact:** Carol Nelson - Facilitator, Visitation Program at 509-601-3892, [carol@nelsonwheat.com](mailto:carol@nelsonwheat.com).
- **Meetings:** Held via Zoom from 6:30-8:00 pm on the first Tuesday each month (November-June), and in person in Manito Park from 6:30-8:00 pm (July-October).

### **Mid-Columbia (Richland) Ostomy Support Group, (TriCities), WA:**

- **Contacts:** Nancy Serna, CWON at 509-942-2266 or Wayne Pelly (Visitation Chairperson) at 509-943-3223.
- **Meetings:** This support group is currently dormant, and no meetings are planned at this time. Check online at <https://education.kadlec.org/registration/11-wellness/94-support-group-ostomy>.

### **Palouse (Moscow) Ostomy Support Group, ID (# 462):**

- **Contacts:** Judith (Judy) Reid, RN, MS, CWON, President at 509-330-1265; Linda Loomis, at 509-998-1309; or Frances Newcombe, volunteer, BSN, RN, CWON at 208-301-4981 or 208-882-4325.
- **Meetings:** Currently held first Wednesday each month via Zoom; February – December; 5:00-6:00 pm.

### **Confluence Health (Wenatchee) Ostomy Support Group, WA (# 398):**

- **Contact:** Tyree Fender, RN, BSN, CWOCN at 509-433-3212.
- Confluence Health Central Washington Hospital, 1201 S. Miller St., Wenatchee, WA.

### **Yakima Ostomy Support Group, WA:**

- **Contact:** Kanista Masovero, RN, CWOCN at 509-575-8266 Virginia Mason Memorial Ostomy/Wound Care Services.
- **Meetings:** Held second Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge, 808 N 39<sup>th</sup> Ave, Yakima, WA:

>> Please let us know of errors that need to be corrected or of changes need to be made to the ABOVE information:  
([SOSG.Input@gmail.com](mailto:SOSG.Input@gmail.com)).