



AFFILIATED SUPPORT GROUP

# "InSider" Newsletter

## INLAND NORTHWEST OSTOMY SUPPORT GROUPS

Published Quarterly - Editor: Phillip R. Moyle ([SOSG.Input@gmail.com](mailto:SOSG.Input@gmail.com))

<http://inlandnwostomy.org>



Issue 23-3

Summer 2023

Welcome Inland Northwest Ostomates!



### CONTENTS

**WHAZZ UP** ..... 1

**Regional OSG Meetings** ..... 1

**Diversion Inspiration & Humor** ..... 2

**National Spotlight**

- Selected Highlights ..... 2

**Regional/Local Ostomy Support Groups**

- Activities & Announcements ..... 3

**Quarterly Articles and Tips**

- Dehydration & Electrolyte Imbalance ..... 6
- Too Much of a Good Thing ..... 7
- Is Your Stoma Bleeding? Worried? ..... 8
- Bladder Cancer Survivors ..... 9

**Important Support Contacts & Links** ..... 11

**Inland NW Ostomate Support Groups** ..... 12

- Ostomy Support Group Contacts-

### WHAZZ UP

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

Hope this finds you all well and in good spirits. I've certainly enjoyed our wonderful late-spring and early summer weather, although it looks like we'll be toasting in the 90's F by the time you receive the newsletter. Speaking of heat, this is a good time to remind ourselves how susceptible many of us, especially ileostomates, are to dehydration and electrolyte imbalances. These can be hazardous health conditions that may sneak up on us if we forget to intake adequate fluids. (See article page 6)

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!

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### REGIONAL OSG MEETINGS\*



Summer 2023 (COVID-19 Time)

The status of in-person 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:

- July 19: Convatec representative.
- August 16: TBA.
- Sept 20: TBA.

**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:

- July 10: In person – Ostomy Support.
- August 14: In person – Ostomy Support.
- 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:

- July 5: Zoom meet – Ostomy Support.
- August 2: Zoom meet – Ostomy Support.
- Sept 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:

- July 5: Ice Cream Social – Manito Park.
- August 1: Meet, Greet & Share – Manito Park.
- Sept 5: Social Meeting – Manito Park.

**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:

- July 12: Brian Moriniti, Byram Healthcare.
- Sept. 13: TBA

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

Note that the UOAA has two important events coming up: the **8<sup>th</sup> National Conference** in Houston, TX, August 10-12; and **Ostomy Awareness Day** with the **Runs for Resilience**, October 7! This issue of “InSider” Newsletter includes several excellent articles: “The Dangers of Dehydration and Electrolyte Imbalance for Ostomates;” “Too Much of a Good Thing;” “Is Your Stoma Bleeding;” and “UOAA is Here for Bladder Cancer Survivors.”

**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! ■

## DIVERSION INSPIRATION & HUMOR

(Submissions & ideas welcome)

*Where there is a will,  
there is a way*



## NATIONAL SPOTLIGHT

### Selected Highlights

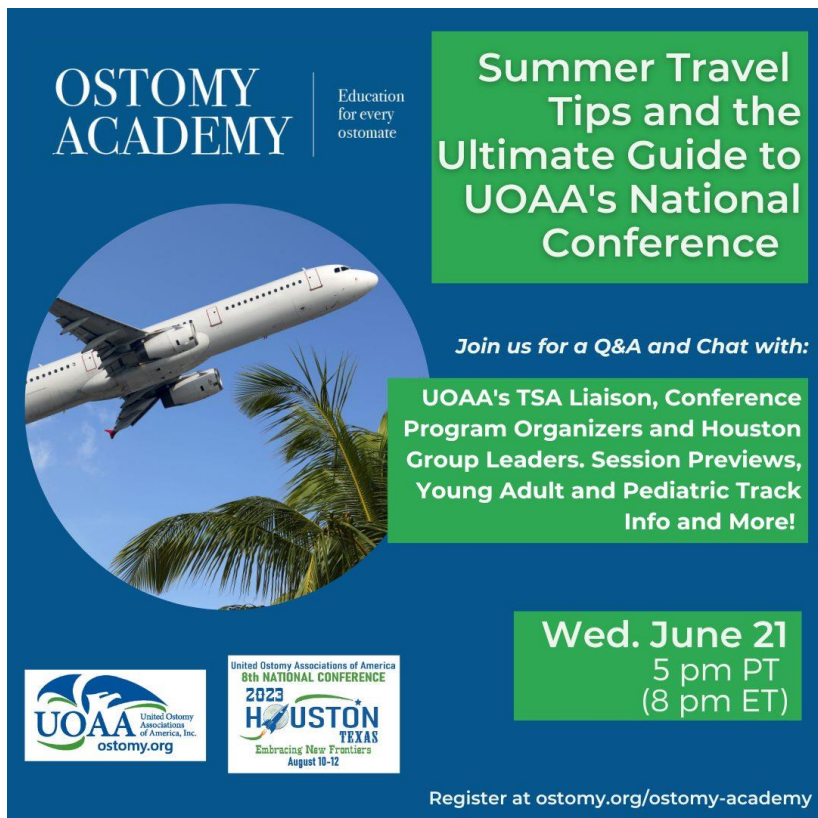
**Ostomy Academy was back again on Wednesday, June 21: Summer Travel Tips** and the ultimate guide to **UOAA’S National Conference in Houston**. Traveling this summer? Get expert travel tips from UOAA’s TSA Liaison George Salmay and also learn more about a great reason to travel, UOAA’s National Conference August 10-12 in Houston, Texas. Ask questions and preview what this life-changing event is all about.

Lorette Bauarschi of the Ostomy Association of the Houston Area will welcome you with all the reasons to visit and Co-hosts Amie Leigh Reece and Steve Vandevender will share more details about the sessions planned for the general public and fellow support group leaders. Molly Atwater-Pulisic will share special details on the Young Adult Track at the conference and ostomy nurse Mary Ann Lewis was also on hand to speak and answer any questions parents may have regarding the pediatric track. Review the Academy presentation at <https://www.ostomy.org/ostomy-academy/>

I am registered to attend the 2023 Conference in Houston, TX (*see announcement p. 3*). Of course, with registration, travel, and lodging costs, conference attendance is NOT free. I did a preliminary cost estimate as follows: **Conference Registration = \$180; Flights = start at about \$500; and Hotel special rate = \$167.31/day** incl. taxes. I plan to stay for three nights, so my **Total = \$1,200**, not including meals. You can also come early or stay over (Aug. 6-15) at the same special lodging rate (normal room rate is \$278.46 after taxes and fees, so the special rate makes a big difference!).

For all of the benefits of the conference, this is a great deal that will improve the life of every ostomate who attends!

Continued next page.



**OSTOMY ACADEMY** | Education for every ostomate

**Summer Travel Tips and the Ultimate Guide to UOAA's National Conference**

Join us for a Q&A and Chat with:  
UOAA's TSA Liaison, Conference Program Organizers and Houston Group Leaders. Session Previews, Young Adult and Pediatric Track Info and More!

**Wed. June 21**  
5 pm PT  
(8 pm ET)

Register at [ostomy.org/ostomy-academy](http://ostomy.org/ostomy-academy)



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





**United Ostomy Associations of America**  
**8th NATIONAL CONFERENCE**  
**2023**  
**HUSTON**  
**TEXAS**  
**Embracing New Frontiers**  
**August 10-12**  
<https://www.ostomy.org/2023conference/>

### **UOAA Run for Resilience!**

And don't forget UOAA's **Run for Resilience**, being held this year on **Ostomy Awareness Day**, October 7, 2023 (<https://www.ostomy.org/5k/>). You can choose to participate in person at any of several US 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.

Join us as we celebrate Ostomy Awareness Day 2023 with the Virtual Ostomy 5k and in-person events around the country October 7 and 14, 2023. The Ostomy 5k event is a key fundraiser to support the programs and services of United Ostomy Associations of America, Inc. (UOAA). Run, Walk, Roll or Pedal in your own neighborhood or park, or if you feel more comfortable at home, hop on your treadmill, in support of ostomy awareness. **Ask your family, friends, or support group members to join you by creating your own RUN TEAM! It's an easy step to create one after you've registered for the event.**

Register by September 13th for an In-Person or Virtual Run to attend at the “early bird” rate, a \$5.00 Savings! You'll also be guaranteed the T-Shirt size you order. The registration fee for all events will increase by \$5.00 after September 13th, and T-Shirt sizes are no longer guaranteed.

#### **REGISTRATION INCLUDES T-SHIRT & BIB**

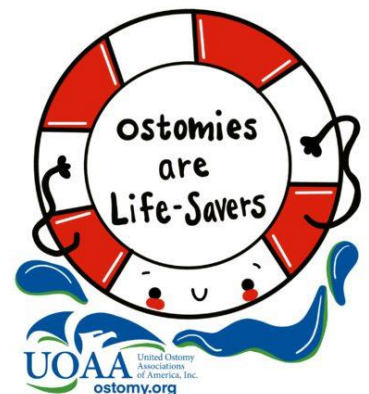
Your registration fee includes a unique Ostomy Awareness Day T-Shirt and Bib. Due to limited supply, there is no guarantee you will receive a T-Shirt of any size after September 13th. Registration will remain open through the day of the event location registration tables.

#### **VIRTUAL RUN**

Registration will close on Friday, September 29th at Noon to ensure you will receive a T-Shirt and Bib by October 7th.

#### **FUND RAISE**

As this is a fundraising event for our nonprofit organization, we also encourage you to start a Personal or Team Fundraiser when you register. You can create a unique Fundraiser Name and URL address, personalize your fundraiser message, and direct your friends and family to your Personal or Team page to sponsor you in your fundraising goal. (Note also that there are also great fundraising incentives awarded to our top fundraisers!) ■





## **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:** 06/14/2023 - 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. **Coloplast** representative Elsa Goodson and clinical specialist Michelle Best, WOCN, presented at our May meeting, and Frank with **Stoma Cloak** reviewed their lines of pouch covers at our June meeting. Our July 19 meeting will feature **Convatec** representative Alex Harrison. If you have any questions, please reach out to Stefanie Pettit BSN, RN, CWOCN at [208-625-6944](tel:208-625-6944), Tuesdays through Fridays 8-4:30.
- **Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 6/8/2023 - 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. Janet Scheelke gave a talk on traveling internationally with an ileostomy. She gave tips and showed collectables from European countries, including Ukraine, that they visited. Sister Marjory Schmidt discussed Living Wills and Advanced Directives at our June meeting. We filled them out, and she is a notary. Kelly Engel and I spoke to the University of Idaho medical students on June 9th. She has a J pouch. I talked about how allergies and diet impact ostomates.
- **Palouse Ostomy Support Group - Moscow, ID:** 06/07/2023 - Update from Judy Reid, President – 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 specific date and time will be sent out monthly.
- **Spokane Ostomy Support Group - Spokane, WA:** 06/12/2023 - Report by Carol Nelson, Facilitator ([509-601-3892](tel:509-601-3892)) – First off, many thanks to Keith Alloway for his many years of professional service as our Spokane OSG Treasurer! Great job Keith!! Also, we’d like to welcome Ted Langevin as our new Treasurer and Cynthia Ford as a new Spokane OSG Board member. **Summer is here!** Which means we will be meeting in-person in Spokane’s Manito Park for the next 3-4 months. **We will meet at our regular time of 6:30pm near or in the picnic shelter at the north entrance to the park off of Grand.** Our July meeting will be held on **Wednesday July 5<sup>th</sup>**. The day was changed due to the Fourth of July holiday on Tuesday. This will be our annual Ice Cream Social with plenty of time to socialize after only seeing each other on a screen for the past eight months. We will also have a basket for our yearly \$5 dues per family to help pay our UOAA dues, Zoom fees and our website expenses. Our next meeting will be on **August 1<sup>st</sup>**. Please bring extra, unused ostomy supplies which will be boxed and donated to **Friends of Ostomates-USA**. We will meet in surgery groups to allow everyone to discuss issues, problems, or tricks for living well with our different types of ostomies. At our **September 5<sup>th</sup>** meeting, Teresa Patterson will be doing another presentation on hernias. This was popular last year, and we are glad she is willing to revisit the topic for us. If the weather cooperates in **October**, we will meet in Manito Park to celebrate **Ostomy Awareness Day** and take our annual walk around the park as our symbolic **Run for Resilience**. More information about the Run for Resilience will be shared as we get closer to the date (see page 3). **Enjoy your summer!**
- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 06/15/2023 – Reported by Nancy Serna RN, BSN, CWON - We are inactive and have no plans at this time to resume meetings. I will keep you posted if

Continued next page.



anything changes. Volunteers? Call 509- 942-2266. Wayne Pelly informed the UOAA that the support group is inactive.

- **Confluence Health Ostomy Support Group - Wenatchee, WA:** No update received from the Wenatchee support group; however, they were hopeful that they’d have something going by summer.
- **Yakima Ostomy Support Group - Yakima, WA:** 6/7/2023 – Kanista Masovero, CWOCN – Meetings held second Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge in Yakima. We are now officially known as MultiCare Yakima Memorial Hospital! Our next meeting is July 12; our guest speaker will be Brian Moriniti from Byram Healthcare. Sept 13 and Nov. 8 will be the same time and place. Guests TBA. Thanks, Kanista. ■

## StomaGenie®

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- Contain those annoying drips or flowing output during changes.
- Cleaner pouch changes, lower stress levels, and healthier skin.

Available in 12 sizes + oval adapters



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Call: 844-696-7866



## QUARTERLY ARTICLES & TIPS

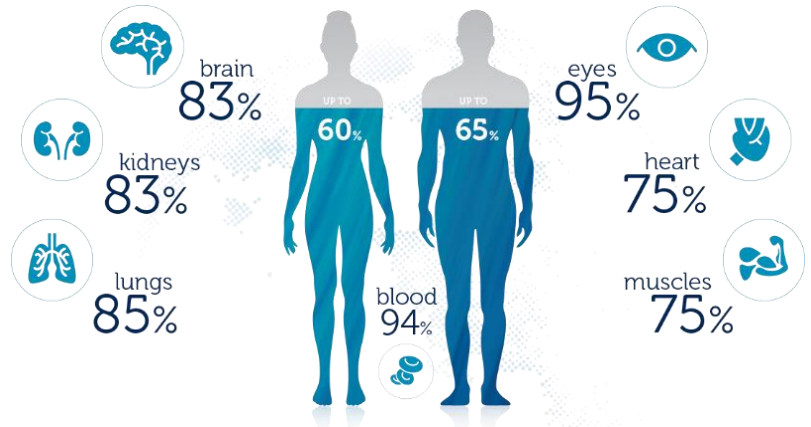
### The Dangers of Dehydration and Electrolyte Imbalance for Ostomates – Recognition and Prevention

Compiled by Phillip Moyle, Spokane Ostomy Support Group, 2023

(Note that the content of this article was borrowed from several sources, especially UOAA articles)

Why should ostomates be concerned with maintaining healthy hydration and electrolyte balance, especially those with an ileostomy? Let’s briefly review some facts and statistics.

- **Body Water** - Most of our human body consists of water; the amount varies slightly with age, sex, and hydration level. The average percentage of water in a person’s body is about 60%; however, the percentage can range from roughly 45% to 75%. And different body organs/parts contain different amounts of water (*see image*). Water is essential for health and many body functions, thus maintaining adequate hydration is critical.



- **Dehydration** - The *National Institutes of Health* (NIH) notes that **dehydration** is a common condition that affects people of all ages, and it can complicate other medical problems possibly resulting in significant illness. According to the lay press, 75% of Americans are chronically dehydrated, a condition especially common in elderly people.
- **Electrolyte imbalance**, or **water-electrolyte imbalance**, is an abnormality in the concentration of electrolytes in the body which include calcium, chloride, magnesium, phosphate, potassium, and sodium. Electrolytes play a vital role in maintaining optimal performance of body systems: circulatory (heart), neurological (brain), fluid balance, etc. Electrolyte imbalances can develop by consuming too little or too much electrolyte as well as excreting too little or too much electrolyte and/or water.

And therein is the key to **why ostomates can be so susceptible to dehydration and electrolyte imbalances**. One of the primary functions of the colon (large intestine) is to reabsorb water from the stool before excretion. Ileostomates do not have a functioning colon, and some colostomates may have had a significant portion of their colon removed. In both cases, water reabsorption is lacking altogether or is severely impaired. Although the small intestine can eventually adapt to absorb some of the body’s fluids, the overall result is a much higher than average rate of body water loss associated with a high-liquid stool. This can also contribute to electrolyte imbalances.

**Signs of dehydration** include extreme thirst, feeling weak, dry mouth and skin, shortness of breath, abdominal cramping, nausea, feeling light-headed or having a headache, shortness of breath, and decreased urine output or dark-colored urine. Many people – both with and without an ileostomy – are chronically dehydrated every day. Symptoms such as headaches and tiredness can be attributed to other health conditions, but they are often due to dehydration. **Note that the best indicator of your hydration status is your urine color:**

- Aim for light straw-colored urine –this means you’re probably drinking enough.
- If your urine is darker in color, you need to drink more fluid.
- If your urine is completely clear, you may actually be drinking too much and possibly flushing electrolytes out of your body.

Continued next page.



## Tips for staying hydrated and maintaining electrolyte balance:

- Drink at least 8–10, eight-ounce glasses of fluids a day.
- Don't wait until you are thirsty to drink fluids!
- Drink fluids with electrolytes such as sodium and potassium that are also low in sugar.
- Dilute sports drinks with water to decrease sugar concentration, or use their sugar-free products, e.g., Gatorade Zero or Powerade Zero. Pedialyte®
- Include foods in your diet that are high in water content, such as watermelon, tomatoes, peaches, lettuce.
- Avoid excess caffeine, which can act as a diuretic causing increased urination that leads to dehydration. Always carry a water bottle with you and refill it whenever empty.
- Sip liquids slowly. Don't chug! Chugging will make fluid go through your system too fast to hydrate properly.
- Eat before drinking as food will help absorb and retain fluids.
- Drink smoothies for an added nutritional bonus but keep sugar content low.
- Several **Homemade Oral Rehydration Solutions** are known to help with maintaining or recovering healthy hydration (*see table above*). ■

### Homemade Oral Rehydration Solutions

Recipes below are from the patient guidebook, "A Patient's Guide to Managing a Short Bowel," where many more recipe options are available. To order a free copy, go to: <https://www.shortbowelsyndrome.com/sign-up>

Homemade Oral Rehydration Solution Recipes	
Base Beverage	Recipe
Water	<ul style="list-style-type: none"> <li>• 1 quart water</li> <li>• ¾ teaspoon table salt</li> <li>• 2 Tablespoons sugar</li> <li>• Optional: Crystal Light® to taste (especially lemonade or orange-pineapple flavors)</li> </ul>
Gatorade® G2	<ul style="list-style-type: none"> <li>• 4 cups Gatorade® G2 (or one, 32 ounce bottle)</li> <li>• ¾ teaspoon table salt; if your patient will not drink this because it is too salty for them, try ½ teaspoon of salt per 32 oz, as it is better not drinking it at all.</li> </ul>
Chicken Broth	<ul style="list-style-type: none"> <li>• 4 cups water</li> <li>• 1 dry chicken broth cube</li> <li>• ¼ teaspoon table salt</li> <li>• 2 tablespoons sugar</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>• 2 cups liquid broth (not low sodium!)</li> <li>• 2 cups water</li> <li>• 2 tablespoons sugar</li> </ul>
Tomato Juice	<ul style="list-style-type: none"> <li>• 2 ½ cups plain tomato juice (not V8 or bloody mary mix)</li> <li>• 1 ½ cups water</li> </ul>
Cranberry Juice	<ul style="list-style-type: none"> <li>• ¾ cup juice</li> <li>• 3 &amp; ¼ cups water</li> <li>• ¾ teaspoons table salt</li> </ul>
Cereal-Based	<ul style="list-style-type: none"> <li>• ½ cup dry baby rice cereal, cooked</li> <li>• 2 cups water</li> <li>• ¼ teaspoon table salt</li> <li>• Combine ingredients and mix until well dissolved and smooth. Refrigerate. Solution should be thick, but pourable and drinkable.</li> </ul>

## Too Much of a Good Thing

Source: *The Courier, Ostomy Support Group – Tucson, Sharon Williams, RNET*



Do you need one-and-one-half hours to change your pouch? Does your stock of ostomy supplies resemble the storefront of a local pharmacy? Do you need a “road map” to remember what product goes on first, second, third, etc.? If so, you may be the victim of the “too much of a good thing” syndrome.

Occasionally an individual will come to the Stoma Clinic carrying a large sack containing a vast array of skin care products. He explains “all items are needed in order to apply my pouch.” Unfortunately, the reason the individual usually seeks assistance is due to a problem with pouch adhesion, skin breakdown or inability to afford ostomy products. One particular gentleman who comes to mind was utilizing a special skin cleaner and cream, two types of skin cement, a double-faced tape disc, a paste, AND a popular skin-barrier wipe before the pouch was applied. He had started out with a fairly simple system of ostomy management. However, in his quest to achieve what he felt should be a seven-day wearing time with his pouch, he had been adding product after product. Besides the many items he was now using, he had what he described as a “closet full of products at home.” After checking his abdomen, it became obvious that what he needed was a product change in the convexity of his pouch and NOT the addition of another product. He also needed a more realistic view of wearing time for his particular situation. Realistically, not everyone may be able to achieve a seven-day, leak-free wearing time. It is much better to anticipate leakage and establish a regular time prior to this.

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**Here are a few hints to remember to help achieve a successful ostomy management system:**

- Keep it simple. Do not use extra skin-care products unless absolutely necessary. Sometimes, extra products actually interfere with appliance adhesion or create skin problems.
- Plain water is still the best cleaning agent for skin around the stoma.
- Do not continue to use therapeutic products after the problem has been solved. As an example: Kenalog spray and Mycostatin powder should not be used routinely when changing the pouch. These products are prescribed for particular skin problems. Kenalog is usually recommended for its anti-inflammatory effects and symptomatic relief of the discomfort associated with skin irritation. However, continued or prolonged use of Kenalog after the problem is resolved may lead to “thinning” of the outer layer of skin, thus making it more susceptible to irritations. Mycostatin powder is useful for yeast infection. However, using Mycostatin after the infection clears serves no purpose.
- Seek advice. See your physician or ostomy nurse if you find yourself a victim of the syndrome. They can help in selecting the most appropriate and economical ostomy management system for your needs. ■

## Is Your Stoma Bleeding – Should You Be Worried?

*By Lauren Wolfe RN, BSN, MCISc-WH, NSWOC, CWOCN,  
via High Life, Vancouver, Canada*

A bleeding stoma can be troubling if you don't know why. Rest assured that a small amount of bleeding is common. There are many reasons a stoma will bleed, and the following guidelines will walk you through the different scenarios. Firstly, one needs to discern where the bleeding is coming from.

- **Is the bleeding from the outside or the inside?** (The stoma, the skin around the stoma or internally noted by your pouch is filling with blood).
- **Bleeding is from the outside.** It could be for one of the following reasons.
  1. **Initially, after surgery**, the area between your stoma and the skin is still healing. It is similar to the incision you had for the surgery but around your stoma. At times when cleaning or if a slight separation in the tissue beside your stoma occurs, then this could be the cause of the bleeding.
  2. **Trauma when cleaning.** The stoma is vascular, which means it has many small blood vessels that bleed easily. Sometimes being a little firmer when cleaning the stoma can result in bleeding, especially if you are taking blood thinners.
  3. **Granulomas** are small growths of tissue that can develop between your skin and stoma for various reasons. These little red bumps bleed easily and are painful.
  4. **If your skin is raw/denuded** from leakage, the irritated skin may bleed easily.
  5. **Wound to the peristomal skin**, often bleeds due to the irritation of the pouching system.
  6. **In rare cases**, some individuals may have peristomal varices. These are enlarged blood vessels at the skin around your stoma that bleed easily and often don't stop without medical intervention.

Excoriation of skin



**>> Bleeding from within the stoma** usually means you notice blood in your pouch. The stoma and surrounding skin do not show any blood. Before you worry, think back to whether you have recently eaten beets, beet juice, or any red food coloring that could change the color of your stool/output. If not, it is best to reach out to your WOCN or family doctor, surgeon, or GI specialist, depending on who is responsible for your care. If your pouch is filled with blood, it is advisable to seek immediate medical attention by going to the nearest ER. ■



## UOAA is Here for Bladder Cancer Survivors

*Modified from UOAA May E-News, 2023*

Since its inception, United Ostomy Associations of America, Inc. (UOAA) has supported and welcomed members living with a [urostomy](#) (ileal conduit) or [urinary diversion](#) as a result of bladder cancer and related conditions.

May was Bladder Cancer Awareness Month. The American Cancer Society estimates about 82,290 new cases of bladder cancer in the United States for 2023 and about 16,710 deaths from bladder cancer (about 12,160 in men and 4,550 in women).

While this common cancer is most often treated without radical surgery, a urologist may suggest [bladder removal surgery](#) to stop the cancer if a bladder tumor reaches the deeper muscle wall or resists other therapy. A urinary diversion is needed to replace the bladder. This involves using parts of the intestines to allow urine to pass from the kidneys to either an internal urinary reservoir pouch such as [Indiana Pouch or a neobladder](#) or an external ileal conduit, when a stoma is formed. An [ostomy pouch](#) is worn over the stoma to collect urine.

With surgery comes new things to learn and adjust to in order to achieve the quality of life you were used to before bladder cancer.

UOAA has over 270 [Affiliated Support Groups](#) around the United States. Bladder cancer survivors attend many of them and also serve as volunteers and leaders. Peer support and preparation can put you on the path to success in what may be a challenging time both [emotionally](#) and physically.

We recognize that those with an ileostomy, colostomy and various gastrointestinal disorders may dominate public conversations and education about living with an ostomy. Please know that the voices of urostomates and those with a urinary diversion are also supported and amplified by UOAA.

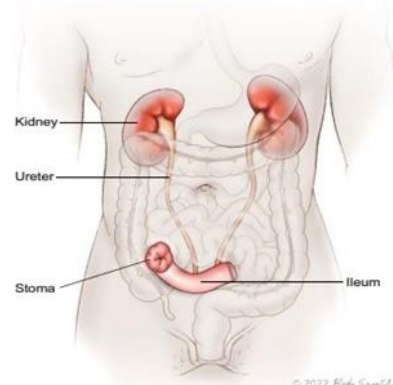
A new [Living with a Urostomy Guide](#) was launched this year and is available for free online. Created by ostomy nurses with input from a urostomy patient and a leading urologist, this trusted resource is vital to anyone who has or may have to have this life-saving surgery.

Learn about the unique aspects of a [urostomy pouch](#) and options that help improve sleep for urostomates like a night drainage bag (see pouch configurations below). It's important to learn the facts about [living with an ostomy](#). After the healing period outlined by your surgeon, you can [swim](#), bathe, [travel](#), and [embrace](#) a new normal life. Reading patient stories from both the [male urostomy patient](#) and [female bladder cancer survivor](#) perspectives are also helpful.

### *Urostomy surgery explained in a page from UOAA's Living with a Urostomy Guide*

In the case of a urostomy, an ileal conduit (most common type of urostomy), is created from a section of the small bowel, or ileum, which is brought to the surface of the body, and a stoma is formed from that part of the intestine. At times, a section of the large intestine or colon is used for the conduit, called a **colonic** conduit.

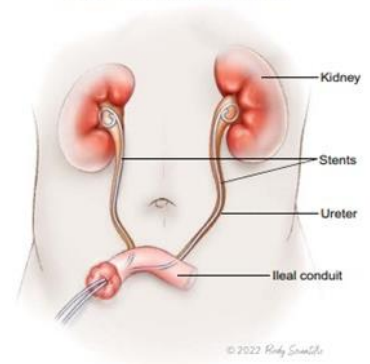
**Ileal Conduit**



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**Ileal Conduit with Stents**

At the time of surgery, internal or external stents (one in each kidney) are placed to protect the connections between the ureters and the **conduit**. Urine may come through the stents and/or around the stents. You may see the stents in your pouch. The length of time the stents will remain in place is determined by the surgeon. They may be removed prior to your hospital discharge or post discharge. It is best to ask your surgeon how long they will remain in place. While most people do not experience pain when the stents are removed, others may feel a sensation of discomfort or pain during removal.



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Continued next page.



People living with a urostomy as a result of bladder cancer may experience unique sexual issues. Consult with your doctor but also learn about some common issues in our [sexuality and intimacy guide](#). Misinformation and stigmas surrounding both ostomy surgery and bladder cancer still exist. Nonprofits like [Bladder Cancer Advocacy Network](#) (BCAN) and UOAA are working to improve quality of life with support and information. Bladder cancer survivors are an important part of UOAA, join with us to create a better tomorrow. ■

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**When life is difficult and when everything turns bad. Always remember that “ Even a Turtle can finish a race as long as he Never Gives Up.**



## 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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[www.phoenixuoaa.org](http://www.phoenixuoaa.org)  
 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** – (208-625-6944) - 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, hospitals have been 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- 625-6944 - 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 (# 278):

- 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, 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)).