

MORRIS COUNTY OSTOMY ASSOCIATION OF NEW JERSEY

AN AFFILIATE OF UNITED OSTOMY ASSOCIATIONS OF AMERICA, INC.

9 THINGS YOU SHOULD KNOW BEFORE PLACING AN ORDER FOR OSTOMY SUPPLIES

Ordering medical supplies is an ongoing necessity if you have an ostomy. If you're a brand new ostomate, placing your first order can feel a bit overwhelming. There are over 20,000 brick-and-mortar durable medical equipment shops in the United States, and quite a few on-line medical supply stores to note. Once you find the right supplier, here are some helpful things you should know before placing an order for ostomy products.

1. Know which type of ostomy you have. This is a very common mistake whether you're a brand new ostomate or your loved one just had ostomy surgery. There are three main types of ostomies; colostomy, ileostomy or urostomy (the first two fecal and the last urinary). It's okay if you're unsure, you can simply call your doctor or ostomy nurse. Knowing which type you have will help you help them.

2. Know the brand of ostomy supplies you are using. Lucky for you, there are many manufacturers of ostomy products to choose from these days. Some of the most common brands include: B. Braun, Coloplast, ConvaTec, Cymed, Hollister, Marlen, Nu-Hope, Safe-n-Simple, Securi-T-USA, and Torbot.

3. Create a list of ostomy product reference numbers. Now that you know your ostomy type and brand, next you'll need to know which products you use to ensure you're getting the right supplies. All ostomy products and accessories have reference numbers. For ease when placing your next order, have your invoice slip available from your last order as it includes the product information for the products you need.

4. Know how many of each item you need. Knowing how much to order depends a lot on your needs. If you're a brand new ostomate, you might need more supplies due to frequent appliance changes. As you begin to heal from surgery, your needs may change or you might try different products. We suggest you keep at least a one-month supply on hand at all times (note: This suggestion may not apply when Medicare patients try to order.)

5. Be prepared to choose alternate products. While most products are stocked, inventory changes daily. Sometimes manufacturers have a back order and you might not be able to get the product you want for a few weeks or months. Know what else you can use or at least be open to the idea of trying something different in case this happens.

6. Ask about free sample products. This is a great way to try new things! Many manufacturers provide samples of their newest products.

7. How are you going to pay? Most online suppliers and retail medical stores take credit cards or bank checks, but not all companies take insurance or Medicare. Talk to the billing department first, to ensure maximum benefits are received. If using insurance or Medicare, have your relevant information up to date and handy.

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FALL 2017 NEWSLETTER

www.ostomymorris.org

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FOOD TIPS FOR THE OSTOMATES

This guide has been widely circulated in various ostomy newsletters and various ostomy instructional materials.

Bulk Forming Foods – Chew carefully (ileostomates especially):

beans dried, string or sprouts carrots . raw celery . cereals . whole grain . Chinese vegetables . coconut . cole slaw . corn . dried fruits (apples, figs, raisins) . fresh fruits . meats in casings . mushrooms . nuts . popcorn . skins and seeds

Gas-Forming Foods:

beans, string and dried . beer . broccoli . cabbage family . carbonated beverages . corn . cucumbers . dairy products . melons . nuts . onions . radishes . rhubarb . spicy foods . yeast

Foods with Laxative Effect:

beer . bulk forming foods . chocolate . coffee . concentrated sugars . fried foods . juices (prune esp.) . licorice . spicy foods . raw foods

Stool Thickening Foods:

applesauce . bananas . black tea . boiled milk . cheese . peanut butter . starchy foods (crackers, pretzels, rices, etc.)

Odor Combating Foods:

buttermilk . cranberry juice . orange juice . parsley . spinach . fresh tomato juice . yogurt

Odor Causing Foods:

asparagus . broccoli . cabbage family . cheeses . eggs . fish . onions . spices . turnips

Note: Asparagus is the only food which causes odor in the urine.

Use “Food Tips” as a guide. Add foods that may cause trouble one at a time and in small amounts. Chances are foods that did not trouble you before surgery will not cause problems now. Meals should be eaten in a leisurely manner at regular intervals. Snacking should be cut to a minimum. Chew foods thoroughly. Sip liquids. Drink two to three liters of liquid each day (8 to 10 glasses).

Gas-Forming Actions Air:

swallowing . drinking through a straw . eating fast . eating ice . gulping liquids . gum chewing . skipping meals . smoking

Source: *OSTOMY OUTLOOK* from Ostomy Association of North Central Oklahoma

8. Ask how long it will take to deliver your order.

Since each medical supplier is different, it’s important to ask how long the shipment will take, especially if you’re running low. Also know that shipping might cost extra, however many companies have free shipping with a minimum purchase.

9. Ask about their return policy for ostomy supplies.

It’s always a good idea to ask about the return policy because return shipping is sometimes the responsibility of the customer. Once you receive your items, always double check to make sure they are the items you ordered.

Source: *INSIGHTS: The Newsletter of the Ostomy Association of Southern New Jersey*

INSPIRING PHOTO AND STORY

Source: *OSTOMY OUTLOOK*



This photo was posted on UOAA’s Facebook page on Father’s Day, and got more hits than anything UOAA has ever posted before. It was posted with the caption: Happy Father’s Day to all the incredible Dads out there including ones like Matt Herrett who are willing to get a tattoo of an ostomy in camaraderie with his two young children who both have ostomies. Megan Herret is the children’s mother (Natalie Koziuk photo)

Both Winston (pictured) and his older sister Maggie have a liver disease that inhibits normal drainage of bile. The ostomy (1) drains bile from the children’s bodies to combat the severe itching, and (2) slows the progression of her disease by giving their livers a much-needed reprieve.

CHILDREN OFTEN LEAD THE WAY

by Heather L. Orstead

As an ET and an ostomate, leading a magic circle is one of our roles at Youth Camp. A few years ago, I had the opportunity to lead a very special magic circle that will forever be a treasured memory. Now you need to understand that magic circle is where the magic happens because that is where the sharing occurs. Children with ostomies often live with “the big secret” of what is hidden beneath their clothes. This secret can cause untold stress so the opportunity to meet at camp with other kids who share the same secret and life experiences provides a great opportunity for their personal growth.

So ... back to the magic circle. There we were sitting in a circle at dusk, approximately 15 young people with ostomies between the ages of 9 to 13. They knew this was their opportunity to discuss anything they wanted. There was the usual chatter and giggling that starts most activities with children and then one wee soul got brave:

A little 12-year-old girl raised a question that demanded everyone’s attention. She said, “I am worried about how I am going to tell the man I want to marry that I have an ostomy.” You could have heard a pin drop ... the group was incredibly silent and looked straight at me knowing I must have the magic answer. I have had my ostomy since the age of six and was now married with two children so I was very aware of her concern, one that I once shared. But I have been around the block a few times and was aware the best answer is usually not the one given to you but the one that is discovered within!

So I asked a question back to the young girl, “Well, tell me who knows about your ostomy right now?” She thought for a second and then replied, “My mom, my dad, my brothers and sisters, my grandma and grandpa, my aunts and uncles, my cousins and my best friend.”

“Interesting,” I said. “Now let’s go around the circle and see what everyone has to say.” Around the circle we went with everyone saying

almost the same thing “My mom, my dad, my brothers and sisters, my grandma and grandpa, my aunts and uncles, my cousins and my best friend.” I could see the pattern forming and knew they had answered their own question ... so once we had completed going around the circle I said, “Isn’t that amazing, you have almost all listed the same people—your mom, your dad, your brothers and sisters, your grandma and grandpa, your aunts and uncles, your cousins and your best friend.” “Now I have a question for all of you. Do you not think the person you are going to marry will be your best friend too?”

I will never forget the sense of calm and the smiles that appeared on every one of those little faces. It truly was MAGIC!

It is often a dilemma after ostomy surgery to know who to share this very personal experience with. It is an experience that not only changes your body image but your body functions as well. Some, especially children, may feel it makes them more vulnerable to ridicule. Childhood is challenging enough without the added burden that having an ostomy may place on their ability to socialize. Children, and yes adults too, need a safe environment to explore new feelings and approaches to dealing with this radical and life altering change.

Youth camp provides specific support for our children that have undergone ostomy surgery and we hope that our Ostomy meetings provide ongoing support for all who have experienced life and living with an ostomy.

Source: OSTOMY OUTLOOK from Ostomy Association of North Central Oklahoma

DONATING SUPPLIES

Group members may send unused ostomy supplies to Friends of Ostomates Worldwide, an organization that provides ostomy materials to needy ostomates throughout the world. For more information about Friends of Ostomates, click “Donating Ostomy Supplies” on the list of links on www.ostomymorris.org. Their address is 4018 Bishop Lane, Louisville, KY 40218.

DUES

If you haven’t already sent a check or cash, 2017 dues are due.

Dues are still \$20.00, and you can send to:
George Salamy, Treasurer
30 Wyckoff Way, Chester, NJ 07930

MEETING SCHEDULE

Meetings start at 7:30 p.m. and end at 9 p.m. in the Carol Simon Center of the Morristown Medical Center.

REUBEN MERA
HOLLISTER REPRESENTATIVE
OCTOBER 18, 2017
BILL JORDAN
EDGE PARK REPRESENTATIVE
NOVEMBER 15, 2017
SPEAKER PENDING
DECEMBER 20, 2017
HOLIDAY PARTY
NOTE 6:30 PM START TIME

MORRIS COUNTY OSTOMY ASSOCIATION

The Morris County Ostomy Association is a community-based, local organization made up of volunteers whose purpose it is to reach out to ostomates and their families, providing them with a network from which they can share experiences, obtain information, and gain emotional support.

The association's voluntary visitation program offers support on a one-to-one basis to patients and their families. The ostomy volunteer visitor is carefully chosen and trained. The visitor is well adjusted to his/her ostomy and is able to offer additional support and information on ostomy care and management at home.

The Morris County Ostomy Association holds regular monthly meetings. The meetings normally consist of an informal gathering of ostomates and individuals who may be contemplating ostomy related procedures. Families and friends as well as significant others are always welcome.

The evening usually involves an informal talk by a physician, a nurse specialist, a distributor of ostomy supplies, or social worker. Presentations are always on a topic of interest to the entire group. Most importantly, the meeting offers the opportunity for individuals to share information and discuss mutual interest and concerns.

SPECIAL COLLECTION OF SUPPLIES FOR HURRICANE VICTIMS

To help victims of recent hurricanes, our ostomy group is asking members to bring surplus supplies to the October 18 meeting—bags, flanges, tape, adhesive remover, rings, etc. We all probably have excess from samples and from materials we have replaced or decided not to use.

All that we gather in October will be shipped to Friends of Ostomates in Louisville, Kentucky, with a cover letter indicating our desire to dedicate these supplies to the areas that have suffered most.



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