

MORRIS COUNTY OSTOMY ASSOCIATION OF NEW JERSEY

AN AFFILIATE OF UNITED OSTOMY ASSOCIATIONS OF AMERICA, INC.

THE FLU AND WHAT TO DO

The flu brings with it headaches, upset stomach, diarrhea, muscle aches and pains!!!! The advice: plenty of fluids and rest in bed - this remains sound medical advice for your general attack of the virus. But if your case of the flu includes that “bug-a-boo” diarrhea, you may find the following hints helpful. For those with a colostomy, it is usually wise not to irrigate during this time. Your intestine is really washing itself out.



After diarrhea, you have a sluggish colon for a few days, so again, “leave it alone”. Start irrigation again after a few days when your colon has had a chance to return to normal. For the ileostomate, diarrhea is a greater hazard. Along with the excess water discharge, there is a loss of electrolytes and vitamins that are necessary in maintaining good health. This loss is usually referred to as a loss of fluid which, in turn, brings a state of dehydration. Therefore, you must restore electrolyte balance. First, eliminate all solid food. Second, obtain potassium safely and effectively from tea, bullion, and ginger ale. Third, obtain sodium from saltine crackers or salted pretzels. Fourth, drink a lot of water. Cranberry juice and orange juice also contain potassium, while bullion and tomato juice are good sources of sodium.

Vomiting also brings the threat of dehydration. If it is severe and continuing, your doctor should be notified or go to the ER. You should know also that diarrhea may be symptomatic of partial obstruction or an acute attack of gastroenteritis. A physician should be sought immediately. Since the treatment of these two problems is entirely different, a proper diagnosis should be made as rapidly as possible if obstruction is suspected because of localized cramping. So you can see why it is so important to determine whether the diarrhea is caused (1) by obstruction or (2) gastroenteritis. Remember—always call your physician or your wound, ostomy, and continence nurse for advice.

For urostomates—be sure to keep electrolytes in balance by following the general instructions for colostomies and ileostomies. No ostomate should take medicine for pain or a laxative without a physician’s consultation. Do not use antibiotics for colds or flu unless the doctor orders it. In colostomy patients, drugs or certain foods can cause constipation.

When returning to a normal diet, use fiber-free foods at first, such as white bread without seeds, crackers, most canned or cooked fruits without skins, seeds, and tender meat, poultry, and fish; then gradually increase to regular, normal diet.

Source: Adapted from UOAA Update

WINTER 2013-14 NEWSLETTER

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EFFECTS OF MEDICATIONS AND MEDICAL TREATMENTS ON YOUR OSTOMY?



Ostomy function may be changed by a variety of medications and medical treatments. This is common. The following are examples:

Antibiotics These often cause diarrhea, even in patients without an ostomy. Make sure your doctor knows about your ostomy, and inform him/her of problems as they occur. Drink plenty of liquids that will help maintain your electrolyte balance if diarrhea strikes.

Pain Medications These are often constipating. Extra irrigations or laxatives or stool softeners might be required for colostomates to combat the side effects of pain medications. Perhaps the dosage of pain reliever may be reduced to eliminate the situation. Again, be sure to drink plenty of liquids and discuss any changes in your normal ostomy function with your physician.

Chemotherapy Many cancer patients have follow-up chemotherapy after surgery or as an alternative to surgery. That often produces nausea and/or vomiting. You need to drink fluids that help you maintain your body chemistry balance. Radiation Therapy This often produces the same effects as chemotherapy.

Travel Travel may cause constipation in some people and diarrhea in others. Be aware that these are possibilities. Altered diet, when traveling accounts for some of this, plus the excitement of new surroundings. Allow sufficient time for irrigations and take along an antidiarrhea medication.

Antacids Some types of antacids may cause diarrhea—usually those with magnesium. There are many new products on the market. Find out which is best for you.

Drink plenty of liquids. You need to maintain your electrolyte balance in case of diarrhea. Tea, orange juice and even sodas/ cokes are sources of potassium. Bouillon cubes mixed in hot water are a source of sodium. Remember that some of the signs of electrolyte imbalance are irritability, nausea and drowsiness.

Source: UOAA Update

ILEOSTOMY AND YOUR DIET

People who have had an ileostomy can usually eat a normal diet. But some foods may cause problems. Foods that may be fine for some people may cause trouble for others.

Your pouch should be sealed well enough to prevent any odor from leaking out. You may notice more odor when you empty your pouch after you eat certain foods.

Foods that cause odor: onions, garlic, broccoli, asparagus, cabbage, fish, some cheeses, eggs, baked beans, Brussels sprouts, and alcohol. Measures to reduce odor include:

- Eating parsley, yogurt, and buttermilk
- Keeping your ostomy devices clean
- Using special deodorants or adding vanilla oil or peppermint extract to your pouch before closing it. Ask your doctor or wound, ostomy, continence nurse about this.

Foods and beverages that may cause gas include: beans, broccoli, Brussels sprouts, eggs, fish, carbonated beverages.

Measures to control gas include:

- Eat on a regular schedule.
- Eat slowly. and chew your food well.
- Eat small means 5 or 6 times a day.
- Try not to swallow any air with your food.
- Do not chew gum or drink through a straw. Both will make you swallow air.
- Do not eat cucumbers, radishes, sweets, or melons.
- Do not drink beer or soda, or other carbonated drinks.
- This will help keep you from getting too hungry.
- Drink 6 to 8 cups of fluids every day.

Introduce new foods 1 at a time. That way, if you have any trouble, you will know which food caused the problem. Unless you are underweight because of your surgery or any other illness, try not to gain weight. Weight gain around your abdomen may change how your ostomy works appliance fits.

Additional tips:

- Take small sips of water or tea.
- Some red foods may change your urine to red.
- Tomato juice, cherry-flavored drinks, and cherry gelatin may make your stool reddish.
- Red peppers, pimientos, and beets may show up as small red pieces in your stool.
- If you have eaten these, you are most likely OK. But, call your doctor or nurse if the redness does not go away.

Source: Adapted from Medline Plus, July 2012
<<http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000070.htm>>

OSTOMY OUTPATIENT SERVICES

MORRISTOWN MEDICAL CENTER
435 SOUTH STREET, MORRISTOWN, NJ

Morristown Medical Center provides outpatient Ostomy Management Services by a team of highly skilled Certified Wound, Ostomy, and Continence (WOC) Nurses who specialize in the management of patients with wound and ostomy needs. The WOC team works closely with your physician and health care team members to facilitate your recovery, adapt to your new ostomy, and return to an optimal state of health.

A consultation with a WOC pre- and postoperatively allows you to ask important questions, and address any concerns you may have regarding your pending surgery and your new ostomy.

WOC nurse services include:

- Preoperative education • Preoperative stoma siting • Postoperative stoma and skin management • Management of stoma and skin complications • Appliance evaluation • Stoma and hernia-support belt fitting

Outpatient Services are available by appointment on Tuesdays from 8:30 AM to 3:30 PM.

Please contact the Wound Healing Center

435 South Street, Suite 320,

Morristown, New Jersey

973-971-4550 for information and an appointment

DUES

With the new year, dues are due. Dues are still \$20.00, and you can send to:

George Salamy, Treasurer
30 Wyckoff Way, Chester, NJ 07930

HERBS AND THE INTESTINE

Herbs have long been proclaimed as nature's remedy for many of our maladies. The fact is that 40% of all prescribed drugs are based on chemicals from plants. The following are a few examples:

The juice of the Aloe leaves is very helpful in caring for the skin. Bay leaves, added to slow cooking foods are said to "tone" the digestive tract. They also relieve cramps and expel wind from the stomach and bowels.

Cayenne is claimed to have such benefits as easing congestion, warming your feet and aiding in digestion. Dill is an old remedy for stomach ulcers, probably because of its calming effect. But it will also reduce flatulence when used as a seasoning.

Garlic has long been proclaimed to be an aid to the immune system and effective against colds, flu and helps in gastro-intestinal disorders. It worked better than raw than cooked. Thyme in tea is proclaimed to be a cold remedy.

Parsley is nature's finest deodorant. It is a breath freshener but it also reduces odor in the stool. Chew a couple of springs of parsley, especially after eating garlic!

Source: UOAA Update

MEETING SCHEDULE

Meetings start at 7:30 p.m. and end at 9 p.m.

December 18, 2013

Christmas Party

Please note that the party starts at 6:30 p.m.

January 15, 2014

C. M. Trezza, owner,

Lake Surgical Supply Denville, NJ

February 19, 2014

Convatec

Cheryl Astoria,

representative

March 19, 2014

Hollister

Theresa Rooney,

representative

April 17, 2014

Byram Healthcare

Margo Forfaro,

representative

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.

MCOA

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Atlantic Health Group
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