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OSTOMY ADVISERS:
Irene Repka, RN, BS, CWOCN
Michelle Perkins, RN, BS.

We’re on the Web! www.annearundelostomy.com
Volume 43 Number 6 MARCH 2016

Thank you Anne Arundel Medical Center for printing our newsletter.

UPCOMING MEETINGS
March 3, 2016 – Discussion

Note: Meetings are held at 7:30pm, the first Thursday of each month at the Belcher Pavilion at Anne Arundel Medical Center in Annapolis. From the 2nd floor of the parking garage take the entrance into the Belcher Pavilion and once inside take the elevator to the 7th floor and check with the desk for the room number.

Things seem to turn out best for the people who make the best out of how things turn out.
The Anne Arundel County, Maryland, Ostomy Association, Inc. (AACOA) is a non-profit, volunteer-based organization dedicated to providing reassurance and emotional support for people who have had or will have some kind of ostomy surgery, such as a colostomy, ileostomy, urostomy (urinary diversion) or a continent procedure. The goal of the AACOA is to provide moral support, information, and education to people with ostomies and their families and friends. Members receive The Rambling Rosebud newsletter monthly. **DUES are $15** please make check out to AACOA and mail to AACOA, PO Box 847, Gambrills MD 21054-1454

**Membership Application  Please Print**

Full Name

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**Address:** 
Street Address: ____________________________________________________________
Apartment/Unit #: __________________________________________________________

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Phone: [____] Date of Birth: [____] Gender:

Email Address: ____________________________________________________________

**Reason for surgery:** __ Crohn’s  __ Ulcerative Colitis  __ Cancer  __ Other________

Emergency contact if we are unable to reach you: ________________________________

**What type of surgery have you had?**

☐ Colostomy  ☐ Urostomy  ☐ Spouse/Family Member
☐ Ileostomy  ☐ Parent of child with  ☐ Other (please specify)

**I would like to help with the following committee(s) or activities:**

☐ Finance  ☐ Hospitality  ☐ Membership  ☐ Newsletter
☐ Program  ☐ Refreshments  ☐ Sunshine  ☐ Visiting

**How did you hear about us?**

☐ Internet Search  ☐ ET/WOCN Nurse  ☐ Other ____________________________
☐ Hospital  ☐ Physician

**A WORD OF THANKS** for their constant support of our Chapter to: Anne Arundel Medical Center for providing rooms for our regular meetings and special events. We appreciate their support and assistance.

**DON’T FORGET THE BOARD MEETING:**

Monday March 21st, 7:30pm
Belcher Pavilion

**OSTOMY ADVISORS FOR STOMA HELP**
To consult with one of the ETs below, a physician’s referral is necessary and a fee will be charged. **Call for an appointment.**

**Baltimore Washington Hospital**
410-787-4578

**Anne Arundel Medical Center**
Michelle Perkins, RN, BS, CWON
Email: mperkins@aaahs.org
Laura Alberico-Klug, RN, BSN, CWON
Email: lalbericok@aaahs.org
443-481-5508 / 443-481-5177
Fax: 443-481-5198

**Private Consultants**
Joan M. Sullivan, MAS, RN, CNA, CWOCN
410-932-7312
Austin Pharmacy & Medical Supplies

Consultative Services

*Turn to our expert nursing team when supplemental services and education are needed!*

**CONSULTATIVE APPROACH**

Using a customized approach to supplement needs, our WOCNs focus on the prevention and management of complex issues related to ostomy, wound and incontinence.

**MENU OF SERVICES**

**Ostomy**

- Pre-operative assessment
- Appliance assessment
- Application of products
- Belt fittings
- Bridge removal
- Stomal measurement
- Peristomal wound or skin assessment
- Product inventory
- Hernia prevention
- Blockage & dehydration prevention
- Ostomy care education

**Wound**

- Pressure ulcer management & prevention
- Wound dressing changes
- Wound measurement & assessment
- Compression garment training
- Compression wear donning

**INTRODUCTORY RATE**

We will be offering our Consultative Services and yearly Wellness Checks at an introductory rate of $40. Services include the initial visit, ongoing consultation and subsequent support and education.

Schedule Your Appointment Today!

410-773-0300

Consultative Service Hours  
9:00 am – 2:00 pm  
Monday - Friday

Consultative Practice Location  
10757 York Road  
Cockeysville, MD 21030
PRESIDENT’S MESSAGE
We are currently planning for future meetings and at the moment it looks like we will be fortunate and have several speakers this year. I must apologize for missing our last meeting but I was double booked. My thanks to Sandi for taking over for me. We would also like to thank those who regularly come to the meetings and are there to answer questions to the newer ostomate or those preparing for surgery. While gathering information via the Internet is very helpful, it doesn’t replace a face to face conversation with someone, so again, thank you.

Paul

I spend a lot time thinking about the hereafter….I go somewhere to get something and then I wonder what I’m “here after.”

WORD OF THANKS for their constant support of our Chapter to: Anne Arundel Medical Center for providing rooms for our regular meetings and special events. We appreciate their support and assistance.

Happy St. Patrick’s Day

OSTOMY ADVISORS FOR STOMA HELP
To consult with one of the ETs below, a physician’s referral is necessary and a fee will be charged. Call for an appointment.

BALTIMORE WASHINGTON HOSPITAL
410-787-4578

ANNE ARUNDEL MEDICAL CENTER
Michelle Perkins, RN, BS, CWON
Email: mperkins@aahs.org
Laura Alberico-Klug, RN, BSN, CWON
Email: lalbericok@aahs.org
443-481-5508 / 443-481-5177
Fax: 443-481-5198

Private Consultants
Joan M. Sullivan, MAS, RN, CNA, CWOCN
410-932-7312

Items from this newsletter may be reprinted in other ostomy newsletters, provided proper credit is given as to source of material

You’re only young once. After that, you have to make up some other excuse for your actions. via
THE MID-ATLANTIC’S LARGEST OSTOMY DEALER

We have a dedicated group of Ostomy Supply Service Professionals that are committed to keeping you in your active lifestyle. Northern Pharmacy and Medical Equipment has an attentive staff that cares about your quality of life. Make us your first step in getting back to life as it was meant to be. After all ………

“We’ve been here for over 75 years, there must be a reason!”

Our Ostomy Department provides a full range of comprehensive services and quality products from trusted brands you can rely on.

WE OFFER:

- Delivery anywhere in the United States
- Free delivery available
- Next day delivery is available
- Large inventory of ostomy & wound care supplies in stock (we stock an inventory of over 5,000 boxes of supplies)
- Customized hospital and clinic service plans available
- In-house Medicare and insurance billing specialists
- Personalized pharmacy/medical supply specialist available
- Easy ordering by fax, phone, online, or in-person.
- Toll Free 24 hour hotline
- Acceptance of all major credit cards

Northern Pharmacy and Medical Equipment
6701 Harford Rd, Baltimore, MD 21234
Harford Rd & Northern Parkway
www.NorthernPharmacy.com

SPEAK DIRECTLY TO OUR OSTOMY SUPPLY MANAGER: AARON SACCO
Phone: (410) 254 2055 x260 Fax: (443) 740 9297
woc@northernpharmacy.com
OSTOMY TALK
Lyn Rowell

Outside your immediate family and your friends, who else is aware you have an ostomy? We emphasize that no one needs to know you have an ostomy. It’s not exactly something you advertise but now more and more people are. Recently I read about some young women who were modeling bikinis to show you could still wear one and have an ostomy. And this week I saw an article about a woman in Australia who started a Facebook page about her ostomy surgery for ulcerative colitis. She included pictures of herself with her ostomy and her very pregnant belly, and talks about feeling sexy and attractive (she married post surgery) and life in general. She wants to raise awareness of bowel disease and how ostomy surgery can give a person their life back after they have spent many years sick and worried about “accidents”.

I’ve not made it a secret of my surgery and recently I was approached by someone at my church with questions and concerns as her sister is about to undergo surgery following several years of battling ulcerative colitis. She said her sister is excited to have her ostomy because she has been so miserably sick but her family was concerned about what she would go through.

We chatted for a while, I gave her some copies of The Phoenix to pass on (her sister is in another state) and she told me this had put her mind at rest.

I was also approached by someone whose spouse has Crohns disease and may eventually need an ostomy. I have also shared my experiences with my uncle, who also has ulcerative colitis, when he visited. While I am sure that being able to talk about the “nuts and bolts” of surgery and post surgical experiences, is good, I feel they are most helped and comforted by seeing that I have a normal life and normal activity level. In each case they approached me with questions but they wouldn’t have if they hadn’t know I had an ostomy.

Once upon a time no one talked about cancer – and that changed and we all benefited. It’s time for the same with ostomy surgery. So perhaps we need to be a little less coy and a little more confident in our rearranged plumbing!

HELPFUL HINTS FOR OSTOMATES
Via Ostomoma News

Don’t forget the obvious – if you are having trouble with any aspect of appliance management, keep a log, perhaps even a dietary log as well, so you can give accurate information to your doctor or ostomy nurse.

Posture matters – don’t be self conscious about your ostomy or your new body image (which exists mostly in your mind). Hunching over is not good. Try to focus on keeping your head up and your back straight.

Get out and walk! As soon and as much as you are able.

Drinking (water) is a virtue especially before meals. Often when you feel hungry, you’re thirsty. Ileostomates in particular are in danger of dehydration.

Get a flu shot! Every year without fail.

Wash your hands often.

Remember to keep extra supplies with you in your car or purse. Pre-plan so they’re always there.

STRATEGIES TO REDUCE GAS
Via Ostomoma News, Adapted from an article by Walter Medlin, MD, FCAS

At first the subject may seem a bit frivolous, but it is important enough that NASA studied it and it can truly be a source of tremendous anxiety and vulnerability for some of us.

“Gas” can be a source of social or physical discomfort. It can vary from person-to-person, or change in amount of character with conditions.

Luckily, for many of us, opportunity exists to use this problem as part of our journey to learn more about our bodies, as well as our lifestyles.
Noise associated with gas can be from the abdomen (bowel sounds) or with the passage of gas through the anus (or an ostomy).

**Do not eat too fast.** Most of us have accelerated motility in the small bowel. Food already gets to the colon (large bowel) quickly, and fast eating may get it there quicker yet. The bacteria in the colon have more fuel to form gas if you are dumping undigested food into their home.

**Do not eat too much.** This is especially true for many who are partially lactose intolerant. A little can be fine, but a few extra bites can really cause havoc. Also, overeating can be a stimulus to accelerated bowel motility and “dumping”. (Dumping syndrome occurs when the undigested contents of your stomach move into your small intestine too rapidly. Common symptoms include abdominal cramps and nausea.)

**Avoid your trigger foods.** The most common complaint I hear is with additional dietary fiber for constipation. A few people find alcohol or lactose bad, and almost anyone will have a threshold of sorbitol (a non digestible sugar) no more than a few grams a day. Rice is supposed to be one the safest foods to not cause gas, so consider that when cooking or ordering a meal. Also, probiotic yogurt may be useful for irritable bowel symptoms in some and has little risk.

**Medications/Supplements.** Try considering bismuth containing intestinal deodorant (Devrom is an example.) You can also try antacids, but be careful and discuss this with your surgeon and dietician. Seek medical attention if you have severe or persistent associated symptoms.

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**ADAPTING PSYCHOLOGICALLY TO AN OSTOMY**

*Via the UOA January 2016*

Almost every patient goes through four phases of recovery following an accident or illness that results in loss of function of an important part of the body. The patient, along, with the family, goes through these phases, varying only in the time required for each phase. People may experience the various phases of adaptation in a different order and at varying rates. Some people may skip certain phases entirely and some may move up and down at different times.

These phases are shock, denial, acknowledgement and resolution.

**SHOCK/PANIC** This usually occurs immediately after surgery. The patient is unable to process information and may be tearful, anxious and forgetful. This phase may last from days to weeks.

**DEFENSE/RETREAT/DENIAL** This phase may last for weeks or months and delays the adaption process. During this phase, the individual denies or minimizes the significance of the event and defends himself against the implications of the crisis. You may note the avoiding of reality and “wishful” thinking.

**ACKNOWLEDGMENT** As the patient moves up the next step of acknowledgment, he begins to face the reality of the situation. As you give up the existing old structure, you may enter into a period, at least temporarily, of depression, of apathy, of agitation, of bitterness, and of high anxiety.

**ADAPTATION/RESOLUTION** During this phase, the acute grief begins to subside. The patient copes with their situation in a constructive manner and begins to establish new structures. They develop a new sense of worth. This phase may take one to two years.

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The greatest discovery is that a human being can alter his life by altering his attitude. — via Ostoline O.A.
Irish Blessing

May there always be work for your hands to do
May your purse always hold a coin or two
May the sun always shine on your windowpane
May a rainbow be certain to follow each rain
May the hand of a friend always be near you
May God fill your heart with joy to cheer you.