



The Advocate

Greater Eastside Ostomy Support Group

| IN THIS ISSUE | PAGE |
|---|------|
| <ul style="list-style-type: none"> Registration/Donations Ostomy Supply Closet | 2 |
| <ul style="list-style-type: none"> On the Lighter Side | 3 |
| <ul style="list-style-type: none"> Know about Blockage | 4 |
| <ul style="list-style-type: none"> Ostomy Advice for the new Ostomate Improvising or fixing a leak in a hurry | 5 |
| <ul style="list-style-type: none"> Colostomy Hints | 6 |
| <ul style="list-style-type: none"> Does Medicare Cover Ostomy Supplies | 7 |
| <ul style="list-style-type: none"> Happy Stoma Birthdays | 8 |
| <ul style="list-style-type: none"> Travel Resources Helpful Hints from Here or There | 9 |
| <ul style="list-style-type: none"> UOAA Emergency Supply Resources Phoenix Magazine | 10 |
| <ul style="list-style-type: none"> GEOSG Contact Info Manufacturer Contact | 11 |
| <ul style="list-style-type: none"> GEOSG Registration/Donation Form | 12 |



Upcoming Meeting Schedule

Mark Your Calendars

| Date | Time | Topic/Speaker | Room |
|--------|----------------|---|----------------------|
| 3/2/22 | 6:30 - 8:30 pm | Andy Quan, Byram Rep | Zoom Virtual Meeting |
| 4/6/22 | 6:30 - 8:30 pm | TBD | Zoom Virtual Meeting |
| 5/4/22 | 6:30 - 8:30 pm | TBD | Zoom Virtual Meeting |
| 6/4/22 | 4:00 - 7:00 pm | 10th Anniversary Celebration at Laura Vadman's home | |

Meeting Recap—March 2, 2022

Andy Quan, representative from Byram Healthcare, was our guest speaker this month. Andy was very helpful in explaining the ordering processes, shipping, back orders and insurance issues.

He introduced a new product that may be of interest to those with ileostomies and urostomies. It's a device called StomaGenie that is used to prevent leakage during a bag change. For more information, <https://stomagienics.com/>. Byram has samples available for their customers. See Page 8.

Contact information for Byram Healthcare:

Byram Healthcare Ostomy Customer Service 800-308-9445
Option 3 to reorder supplies
Option 4 for help with anything else.

Andy Quan: aquan@byramhealthcare.com
206-536-0897

Byram Kaiser Direct Customer Service: 833-752-4737
Choose the option for Kaiser of Washington



Important

GEOSG Registration & Donation Request

Formal membership is not required to attend the Greater Eastside Ostomy Support Group, however we encourage and are very grateful to everyone who registers each year and donates funds to the group.

We seek donations for several reasons, but the primary need for assistance is to help us fund the **Ostomy Supply Closet** which serves many individuals on a monthly basis who have no other access to supplies for their ostomies. While we don't purchase supplies (everything is donated by individuals) the Supply Closet is maintained at a Public Storage facility and is a hefty monthly expense. In addition, other funds are required to maintain our UOAA Affiliated Support Group membership, brochures, website fees and speaker honorariums.

Donations are accepted all year. Please consider donating what you can to the group for this year. The funds will be put to very good use. We wouldn't be able to maintain the Ostomy Supply Closet without your assistance.

Registrations are valid from September—August. There is a form at the back of this newsletter. Please fill out the form and mail to the address provided on the form. However, if you would prefer to donate without registering that is also acceptable.

Registration forms for the 2021-2022 September—August year will continue to be available upon request or on the website at www.geosg.org.

#ostomysupplyclosetcares

The Ostomy Supply Closet

Maintained by local ostomy support groups associated with



The Ostomy Supply Closet provides supplies free of charge to anyone with an ostomy that has a need due to lack of insurance coverage, financial hardship or is in need of emergency supplies. The program is totally dependent on donations for the supplies and the cost of the storage. If you have extra, unneeded supplies, please consider donating them to the Ostomy Supply Closet. Those who benefit from this program greatly appreciate the much needed help.

The supply closet is located at a Public Storage in Kirkland. If you would like to donate, have a need, or know someone who is in need, please email Laura Vadman to arrange a time to meet and pick up needed supplies.

(lovadman@hotmail.com)

Please consider donating this year to help us fund another year of supplies for those in need.

On the Lighter Side

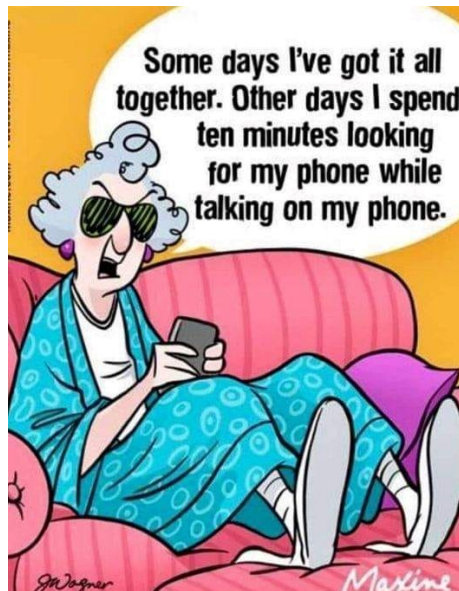
Truisms

- 1) When one door closes and another door opens, you are probably in prison
- 2) To me, "drink responsibly" means don't spill it.
- 3) Age 60 might be the new 40, but 9:00 pm is the new midnight.
- 4) It's the start of a brand new day, and I'm off like a herd of turtles.
- 5) The older I get, the earlier it gets late.
- 6) When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
- 7) I remember being able to get up without making sound effects.
- 8) I had my patience tested. I'm negative.
- 9) Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
- 10) If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
- 11) When you ask me what I am doing today, and I say, "nothing," it does not mean I am free. It means I am doing nothing.
- 12) I finally got eight hours of sleep. It took me three days, but whatever.
- 13) I run like the winded.
- 14) I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
- 15) When someone asks what I did over the weekend, I squint and ask, "Why? What did you hear?"
- 16) When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
- 17) I don't mean to interrupt people. I just randomly remember things and get really excited.
- 18) When I ask for directions, please don't use words like "East."
- 19) Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
- 20) Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
- 21) My luck is like a bald guy who just won a comb.

Wouldn't it be great if we could put ourselves in the dryer for a short time and come out wrinkle free and two sizes smaller



Some days I've got it all together. Other days I spend ten minutes looking for my phone while talking on my phone.



Know About Blockage

UOAA UPDATE, July 2010

The small and large intestines are as different in function as are the arm and the leg. The primary function of the small intestine is to take nutrition from digested foods. The function of the large intestine is to absorb water out of the food residue. Consequently, there is a difference in the discharge from an ileostomy, a colostomy or a rectum.

The discharge from the small intestine, which functions on liquid material and moves contents forward quickly, is liquid and soft. In the large intestine, the contents are changed from liquid to solid, through the process of absorbing water. The movement is much less rapid, and the discharge is solid or even hard.

Movement of the food mass through the small intestines is never more than a few hours. Movement through the large intestine frequently takes from 36 to 48 hours. Thus when anything blocks the forward motion of the stream of the small intestine, an immediate chain of events is set up.

There is pain, then cramping. Later, if there is no forward motion, a backward motion of fluid causing vomiting.

The most frequent cause of the onset of this chain of events is blockage at the ileostomy stoma.

Usually, this is precipitated by undigested food; a bean, pea, peanuts, stringy vegetables, shrimp, lobster, coconut, raw vegetables or similar food.

The best way to handle a blockage is not to allow it to occur in the first place. This is done by chewing foods well and drinking plenty of water. However, if symptoms of blockage occur, notify your doctor and follow his/her advice.

As blockages may arise from causes other than undigested food particles, observe the following two cautions:

- Do not take any laxatives without your doctor's specific order, any laxative may cause additional complications and pain.
- Do not take any medication for pain without your doctor's specific order. Pain medication may mask a symptom that the doctor needs to know about.

Urostomates must be sure to take particular precautions in order to prevent blockages. Where the ileum or colon are joined after a segment is removed to make the conduit, a stricture can occur which is not as extendible as the normal intestines.

Keep some grape juice and mineral oil around your home just in case. Some symptoms of blockage can be relieved with a glass of white grape juice or a tablespoon of mineral oil. It can work wonders sometimes, even to the extent of loosening the blockage enough to pass.

Thanks to Contra Costomy News, Jan 22

Ostomy Advice for the New Ostomate

By Lauren Wolfe, RN, BSN, MCISc-WH, NSWOC, CWOCN

♦ **What is the best time to change your ostomy appliance?**

The best time is usually in the morning before you eat your breakfast. Most individuals find their ostomy to be less active at this time. However, this is not the case for some, and determining when your stoma is less active may be required.

♦ **Will you always need to cut your ostomy pouching system to the size of your stoma?**

In the first few weeks, your stoma will change shape, but once the size has stabilized and your stoma is round, you may be able to go into a precut system. Depending on the ostomy appliance you are wearing, not all companies make every size a precut. Oval stomas usually cannot use a round precut without added accessories.

♦ **What should you do if you are experiencing itchiness or pain at the site of your ostomy pouch? Is this concerning?**

Itchiness or pain usually indicates that your pouching system is leaking. It may not be visible or coming out the side of your flange, but the poop or urine is sitting on your skin, causing damage. You need to remove your pouch to see your red, raw and painful skin.

♦ **Which ostomy company has the best products?**

There is no best company, despite what others may imply. The best company is the one that you like and the one that works with your body contours to achieve the best seal or wear time. Test-trialing products to find what works best for you is a great way to determine which product you like. Your ostomy nurse can provide you with samples that will ensure they work with your stoma and contours of your abdomen. I always recommend waiting until you are independent in doing your ostomy changes



Improvising or Fixing a Leak in a Hurry

If you happen to spring a leak, especially when away from home, it can be a cause of panic. Being prepared can help you keep your cool.

- ♦ Wearing an appliance cover can provide extra protection.
- ♦ One person noted that when he had a leak near the seal, he was able to stuff several folded tissues between the pouch and cover. This absorbed the leakage and kept him going for 90 minutes until he was able to get back home and change.
- ♦ Also, a pouch cover has the advantage of soaking up perspiration on a hot day. Perspiration can quickly undermine the best adhesives.
- ♦ A good ostomy powder can help soak up moisture too. Lacking this, cornstarch or baby powder is equally effective.
- ♦ Some people carry band-aids with them, which can be used to mend a small tear in the pouch.
- ♦ You may want to keep individually packaged alcohol wipes. They are easily carried and are great helpers in cleaning up an emergency.

Colostomy Hints

Via Rosebud Monthly, Chico, CA

- ⇒ **Diet** — There is no such thing as a colostomy diet. A colostomy is not an illness, so try to eat the same foods you have eaten and enjoyed in the past. If you are on a diet for a condition such as diabetes or high blood pressure, of course, you should stay on this diet. Foods can be acidic or alkaline, bland or spicy, laxative like or constipating. Individuals react differently to food. Try to return to your former normal diet; those foods which disagreed with you in the past may still do so. Chew well and see the effect of each food on your colostomy output. To maintain good health, the body requires carbohydrates, proteins, fat, minerals, and vitamins. Water is not nutritious, but is absolutely necessary. Having a balanced diet is a fitting way for people to maintain good nutrition and keep bowel activity normal. Every day your body needs meats or fish, dairy foods, vegetables and fruits, cereals and bread and liquids. If you wear a pouch all the time, you will suffer no embarrassment if something you eat produces an unexpected discharge. You will soon learn which foods produce gas or odor, which cause diarrhea and which are constipating. With this knowledge, you can regulate the bowel's behavior to a certain extent. You cannot prevent intestinal activity by not eating. An empty intestine produces gas. No matter what your plans might be, eat regularly, several times a day, with perhaps a small meal before going to bed at night. Your colostomy will function better for it.
- ⇒ **Daily Life** — Once you have recovered your health, you may continue a normal day's routine, as you did before surgery. A colostomy is not an impediment to most activity. When its care has been properly determined, it will not interfere with your daily schedule.
- ⇒ **Work** — Colostomates can do most jobs; however, lifting can cause the stoma to herniate or prolapse, especially soon after surgery. A sudden blow in the appliance area could cause the faceplate to shift and cut the stoma. Still, there are some colostomates who do heavy lifting, such as firefighters, mechanics and truck drivers. Check with your doctor about your type of work. As with all surgery, it will take time for you to regain strength after the operation. A letter from your doctor to your employer may be helpful should your employer have doubts about what you can do. Sometimes colostomates find that their employers think that the colostomy will keep them from doing their jobs. This also happens to some colostomates who are applying for new jobs. You should know your right to work is protected by parts of the US Rehabilitation Act of 1973 and the Americans with disabilities Act of 1990 as well as by sections of your state laws. If you feel you are being unfairly treated because of your colostomy, call the UOAA office at 800/826-0826.



Does Medicare Cover Ostomy Supplies?

Millions rely on Medicare to cover ostomy supplies. Without coverage, ostomy supplies may run anywhere from \$300-\$600 each month. Medicare provides coverage for prosthetic devices, Durable Medical Equipment, orthotics, and supplies also known as DMEPOS. Ostomy supplies are prosthetic devices under Medicare.

Medicare will cover up to a three-month supply of ostomy products at one time. You must have a prescription from your doctor to receive coverage under Medicare. The supplier must also be accredited and contracted with Medicare.

Medicare does not cover everything. Under Part A You're left with deductibles and other cost-sharing. Under Part B, you're responsible for the remaining 20% of all your medical costs as well as deductibles. Part B pays for 80% of allowable charges for ostomy supplies. Beneficiaries must first pay the Part B deductible unless they have supplemental coverage. The need for ostomy supplies must be due to specific procedures, including ileostomy, urinary ostomy surgery, or a colostomy. Beneficiaries must use both providers and suppliers that accept and participate in a Medicare assignment to receive coverage.

Help with Prescription Drugs — Those with limited incomes may qualify for "Extra Help" to pay for prescription drug costs. If you qualify, Medicare could pay up to 75% or more of your drug costs including monthly prescription drug premiums, annual deductibles, and coinsurance. To see if you qualify, call Medicare at 1/800/633-4227.

Medicare Advantage Plan — There are a few ways you can get supplemental coverage. One option is through a Medicare Advantage Plan. Advantage plans must cover the same medical services and treatments as Original Medicare, however, how much they cover is up to them—meaning Part B may cover 80% of your ostomy supplies, but Advantage may cover less than that. They also come with copays for each visit. Original Medicare does not.

If your supplemental insurance is to have less out-of-pocket costs, then a Medicare Supplement is the better option for you. Medicare Supplements will cover the coinsurance and deductibles left behind by Medicare. Some letter plans will leave you with zero out-of-pocket costs outside the monthly premium. There are no copays with Medicare Supplements.

Whether you would like to enroll in a Medicare Supplement plan, Medicare Advantage plan, or Part D for prescription coverage for help, call 1/888/335-8996 or 1/800633-4227



StomaGenie® 5-Pack



Product Review from Website <https://stomagenics.com/>

Linda Stewart (verified owner) – April 16, 2020

Every change is effortless. It used to take at least 45 minutes each change because of leakage. Now.....not even 5 minutes. I can not say enough about this product. The only thing is I wish we knew about it sooner. And the seal is always perfect.

Call Byram Healthcare for more information and a sample:
800-308-9445

Happy Stoma "Birthday"



| November | Ostomy Type | Years | December | Ostomy Type | Years |
|----------------|---------------------|-------|-------------------|---------------------|-------|
| Carl Burroughs | Ileostomy | 39 | Sharon Ballisty | Ileostomy | 35 |
| Roxanne Olason | Colostomy | 5 | Shawn Forsyth | Ileostomy | 8 |
| Paul Runkle | Ileostomy | 11 | Mitch Manning | Colostomy | 4 |
| Irma Sessums | Ileostomy | 8 | Brooks Russell | Ileostomy, Urostomy | 8 |
| January | Ostomy Type | Years | February | Ostomy Type | Years |
| Jim Morgan | Colostomy, Urostomy | 73 | Gary Fiber | Colostomy | 6 |
| Kirstin Nehila | Ileostomy | 8 | Marvin Johnson | Urostomy | 4 |
| Joe Shing | Urostomy | 14 | April | Ostomy Type | Years |
| Terri Stecher | Ileostomy | 5 | Terri Alexander | Urostomy | 3 |
| March | Ostomy Type | Years | John Leaden | Urostomy | 11 |
| Tanya Dunbar | Ileostomy | 6 | Ken Moriyama | Urostomy | 7 |
| Vince Responte | Colostomy | 7 | BJ Shrestha | Ileostomy | 7 |
| | | | Christina Sowell | Ileostomy | 19 |
| | | | Lillian Thogersen | Colostomy | 3 |
| | | | Nancy Upton | Ileostomy | 8 |
| | | | Russell Waite | Urostomy | 3 |

If you're not seeing your stoma birthday recognized, be sure that you have completed a registration form and included your type of ostomy and surgery date.

Travel Resources

- ♦ **General:**
- ♦ <https://www.iatatravelcentre.com/customs-currency-airport-tax-regulations.htm#>,
- ♦ <https://www.iatatravelcentre.com/world.php>
- ♦ <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- ♦ <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/travel-advice>
- ♦ <https://www.skyscanner.ca/travel-restrictions>
- ♦ https://en.m.wikipedia.org/wiki/List_of_emergency_telephone_numbers
- ♦ https://en.m.wikipedia.org/wiki/List_of_frequent_flyer_programs
- ♦ **USA:**
- ♦ <https://www.usa.gov/americans-abroad>
- ♦ <https://www.step.state.gov/STEPMobile/Default.aspx>
- ♦ <https://www.cbp.gov/travel/us-citizens/whti-program-background/docs-air-travel>
- ♦ **Canada:**
- ♦ <https://travel.gc.ca/traveling/registration>

Thanks to Maria-Jose Bouey



Helpful Hints from Here and There

- ♦ Why not empty your pouch each time you urinate? No need to wait until it is full. While in the “neighborhood,” just do it.
- ♦ Two or three tablespoons of plain baking soda in water when washing around the stoma will not only help heal the skin, but relieve itching too.
- ♦ Watch your appliance if you are beginning any new medications. Contact your doctor immediately if you suspect the medicine is going straight in and straight out. *(Editor’s Note: I once found undigested iron pills in the toilet bowl. Digestive acids had removed the coating but the rest of the pill still went through.)*
- ♦ Carry an extra tail closure with you in case yours goes “down the drain” or slides across the public restroom floor. (Or use the pouches with the Velcro closures). It could prove critical to your entire program as well as your morale.
- ♦ Wash reusable plastic pouches in COLD water. Hot water does not get them cleaner, but it does weaken the pouch and destroy the odor-proofing. Hot water locks color and odor into the pores of the plastic.

UOAA Emergency Supply Resources

UOAA recognizes that you may have a need for emergency supplies. Below are resources that may be of assistance to you on a temporary basis.

Manufacturers Assistance Programs

Please **call directly** to ask for information and to apply for these programs.

ConvaTec 800-422-8811

Hollister 800-323-4060

Coloplast – Coloplast Patient Assistance 877-781-2656

Alternative Local Resources

- GEOSG Supply Closet - See page 4

Contact the following types of agencies in your area, and ask if they maintain a "Donation Closet".

- Local hospitals
- Local Visiting Nurse associations
- Local clinics
- Local Goodwill Industries
- Call your state's 2-1-1 number. Just dial 211 as you would 911

Kindred Box is a Facebook Group for Ostomy Supplies

Supplies Available not including Shipping and Handling

Osto Group: 877-678-6690

Offers supplies for the cost of shipping and handling. They have a small all-volunteer staff, but if you call and leave a message, they will respond. Please be patient in awaiting a response.

Ostomy 211: ostomysupplies.ostomy211.org

Emergency supply pantry. Donation requested to help cover expenses.

Lower Cost Supply Options

There are several distributors that do not accept insurance, therefore, their supplies may be available at a lower price.

Best Buy Ostomy Supplies: 866-940-4555

Mercy Surgical Dressing Group: 888-637-2912

Ostomy4less: 877-678-6694; contact Patti or Tom at patti@ostomymcp.com

Parthenon Ostomy Supplies: 800-453-8898

Stomabags: 855-828-1444

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.

Your satisfaction is guaranteed and your personal information will never be disclosed to a third party.

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The Phoenix

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Address _____ Apt/Suite _____

City _____ State _____ Zip _____

Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

*Based on cover price of \$9.95. \$39.95 for Canadian one-year subscription. U.S. funds only. **Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund the unused portion of your subscription.

ASG052016

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Guarantee!**

Contacts

| GEOSG Board Contacts | E-mail |
|--|-----------------------|
| Nancy Upton, Ostomate Board President | nancyupton8@gmail.com |
| Quyen Stevenson, ARNP, CWOCN Board Vice-President | nursequyen@gmail.com |
| Laura Vadman, RN, CWON, Board Treasurer | lovadman@hotmail.com |
| Laurie Cameron, Ostomate, Board Secretary, Registrar, Newsletter Editor, Webmaster | lauriecmrn@aol.com |



We're on the web!
www.geosg.org

| Manufacturers | Phone | Website |
|--|--------------|--|
| Coloplast | 888-726-7872 | www.us.coloplast.com |
| ConvaTec | 800-422-8811 | www.convatec.com |
| CyMed | 800-582-0707 | www.cymed-ostomy.com |
| B. Braun Medical | 800-227-2862 | www.bbraunusa.com |
| Hollister | 800-323-4060 | www.hollister.com |
| Marlen | 800-321-0591 | www.marlenmfg.com |
| Safe n Simple | 844-767-6334 | www.sns-medical.com |
| Nu Hope | 800-899-5017 | www.nu-hope.com |
| Organizations | Phone | Website |
| United Ostomy Associations of America | 800-826-0826 | www.ostomy.org |
| American Cancer Society | 800-227-2345 | www.cancer.org |
| Crohn's & Colitis Foundation | 800-343-3637 | www.ccfa.org |
| Friends of Ostomates Worldwide | N/A | www.fowusa.org |



facebook

Like us on Facebook.

www.facebook.com/GreaterEastsideOstomySupportGroup/

Greater Eastside Ostomy Support Group
Annual Donation Form
 2021-2022

GEOSG is open to anyone interested in learning about ostomies, sharing and learning on how to care for yourself or a loved one after surgery and what to expect before surgery.
 Be sure to visit our website for more information: www.geosg.org

☐ **New Supporter** (Please mark if this is the first time you have registered and fill in the info below)

☐ **Returning Supporter** (Please mark if there are no changes to your address/email/phone info)

Ostomate Name: _____ **Spouse/Support Name:** _____

Fill in this section if this is the first time you have registered with GEOSG:

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Home Phone: _____ **Email Address 1:** _____

Cell Phone: _____ **Email Address 2:** _____

Ostomy Information

➤ **Type of Ostomy:** ☐ Ileostomy ☐ Colostomy ☐ Urostomy ☐ Other _____

➤ **Stoma Surgery Date:** _____

There are no dues required for membership, however the group does have need of funds for expenses; i.e. UOAA ASG dues, Support for the Ostomy Supply Closet, speakers, brochures and website.

If able, GEOSG asks that you make a tax deductible (501(c)3) donation in support of the group
 (Suggested donation \$25.00) Donation receipt available upon request

Donation **\$** _____

- Make checks payable to: GEOSG
- Return completed form to the next meeting or send to:

Laurie Cameron
GEOSG Registrar
728 218th Pl. NE
Sammamish, WA 98074

For any questions or to receive a tax receipt, email:
lauriecmrn@aol.com

GEOSG members often participate in activities together, but that participation is the choice and responsibility of the individual. GEOSG is neither responsible for, nor does it exercise any control over, these activities.

For treasurer's use only:

Paid Amount \$ _____ ☐ cash ☐ check ck # _____ **Date:** _____