

Ostomy Support Group North San Diego County

P.O. Box 3019, Vista, CA 92085 OstomySDC.com January 2021

Eating with an Ostomy (Ostomy.org) Listed below are general guidelines for individuals who have a colostomy or ileostomy. It is important to know the effects that various foods will have on stool output. The effects may differ for each person depending on surgery type and length/ function of the remaining bowel. To determine individual tolerance to foods, try new foods in small quantities. Remember to always chew thoroughly.

GAS PRODUCING:

ALCOHOL (BEER)
BROCCOLI
BRUSSELS SPROUT
CABBAGE
CARBONATED BEVERAGES
CAULIFLOWER
CHEWING GUM
CUCUMBERS
DAIRY (e.g., EGGS, MILK)
LEGUMES (e.g., BAKED BEANS, LENTILS, PEAS)
MELONS
NUTS
ONION
PICKLES
RADISH
SOY PRODUCTS

***ODOR PRODUCING:**

ASPARAGUS
BROCCOLI
BRUSSELS SPROUT
CABBAGE
CAULIFLOWER
EGGS
FATTY FOODS
GARLIC
LEGUMES (e.g., BAKED BEANS, LENTILS, PEAS)
ONION
SMOKED FOODS
STRONG CHEESE
SOME MEDICATIONS
SOME VITAMINS

MAY CAUSE LOOSE STOOLS; DIARRHEA:

ALCOHOLIC BEVERAGES
APPLE AND PRUNE JUICES
BAKED BEANS
CHOCOLATE
FRESH/RAW FRUIT
FRESH/RAW VEGETABLES
FRIED OR SPICY FOODS
HIGH SUGARED BEVERAGES
LEAFY GREEN VEGETABLES
MILK/CHEESE (LACTOSE INTOLERANCE)



**** STOMA BLOCKAGE:**

CABBAGE (FRESH/RAW)
CELERY
CHINESE VEGETABLES
COCONUT
COLESLAW
CORN (WHOLE KERNEL)
DRIED FRUITS
FRESH/RAW PINEAPPLE
MUSHROOMS
NUTS, SEEDS
PITH FROM CITRUS (e.g., ORANGES)
POPCORN
SKIN OF FRESH FRUITS (e.g., APPLE PEELS, GRAPES)

COLOR CHANGES:

ASPARAGUS
BEETS
FOOD COLORING (RED DYES FROM KOOL AID AND PUNCH)
IRON PILLS
LICORICE
RED JELL-O
TOMATO SAUCE

***ODOR CONTROL:**

CONSUME PROBIOTICS (e.g., YOGURT, AIDS IN DIGESTION)
EAT SMALLER/ MORE FREQUENT MEALS, AIDS IN DIGESTION
FRUITS AND VEGETABLES; HELPS KEEP THE COLON CLEAN
STAY WELL HYDRATED AND AVOID CONSTIPATION
ODOR ELIMINATORS (DROPS, GELS, SPRAYS, TABLETS, SACHETS THAT CAN BE PLACED INTO AN OSTOMY POUCH)



*****CONSTIPATION PREVENTION/RELIEF:**

BRAN PRODUCTS
FRUIT JUICES
FRUIT (FRESH/RAW OR COOKED)
OATMEAL
PRUNES
RAISINS
VEGETABLES (FRESH/RAW OR COOKED)
WATER (STAY HYDRATED)
WARM BEVERAGES
WARM SOUPS
WHOLE GRAINS

THICKENS STOOL

for Diarrhea and High Output

APPLESAUCE
BANANAS
BOILED WHITE RICE OR NOODLES
CREAMY PEANUT BUTTER
HOT CEREALS (OATMEAL, CREAM OF WHEAT, RICE)
MARSHMALLOWS
PEELED POTATOES
TAPIOCA PUDDING
UNSEASONED CRACKERS
WHITE BREAD, TOAST
YOGURT

C Applies to people with a colostomy

i Applies to people with an ileostomy

Ostomy Supplies for the Under-Insured

The Ostomy Support Group of North San Diego County maintains a closet of supplies for under-insured ostomy

HOW: Contact **Leslie Schwartz 760-470-9589** email: LSchwartz@prodigy.net to make arrangements to pick up supplies. We'll need the size of your stoma and the type of surgery (ileostomy, colostomy, urostomy) to provide the appropriate supplies. Call ahead and pick up your supplies at our monthly support group meetings.

Other Resources for Free Supplies

OstoGroup. <https://www.ostogroup.org> Ostomy supplies are free, patient covers shipping costs

FREE Virtual Ostomy 101 Classes

These classes are designed to give new patients confidence for LIVING with an Ostomy. The class will start with Ostomy basics, pouching options, troubleshoots and end with swimming, bathing, exercising, travel, work, school and more.

This is a collaborative program between UCSD and the Ostomy Support Group of North San Diego County. Registration is required.

**For more information & registration visit
Ostomy101.com**



Certified Patient Visitor Program (Due to Covid, phone visits only at this time)

Visiting new and recent ostomates is an important service. The Ostomy Support Group of North San Diego County trains and certifies ostomate members who offer encouragement and support to individuals and their families both before and after surgery. Patient Visitors answer non-medical questions about living a vibrant life with an ostomy. Visits take place per the patients request, by a visit to the hospital, home or by phone. The goal is to reassure individuals that they can look forward to a normal, satisfying life after ostomy surgery. Any and all medical questions, which may arise during a visit, are referred to medical practitioners.

**Contact: Herb Carrier / Visitor Coordinator 708-510-7479
Herbertcarrier@hotmail.com**

Eight Reasons for Pouch Leakage

Source: The Houston Area Ostomy Group: The By-Pass On-line

- **Poor adherence to peristomal skin** – Apply pouch to dry skin. A warm hand over the pouch for 30 to 60 seconds assures a good seal.
- **Wrong size of pouch opening** – Be sure that the size of your stoma has not changed. Remeasure and adapt accordingly.
- **Folds and creases** – Ostomy paste can be used to build up an area in order to avoid leakage. Consult your WOC nurse for proper methods.
- **Peristomal skin irritation** – Avoid irritated or denuded skin. If any of these problems develop, consult your WOC nurse.
- **Too infrequent emptying** – Pouches should be emptied before they are full. Weight of the effluent may break the seal causing a leak.
- **Extremely high temperatures** – Wafer melt may cause leakage in warm weather. Change pouch more frequently or try a different wafer.
- **Pouch wear and tear** – If you are stretching your wear time, leakage may be due to wafer wearing out. Change pouch more frequently.
- **Improper storage** – Store your ostomy supplies in a cool, dry place. Humidity may affect your pouch adhesive. Appliances don't last forever. Ask your vendor what the recommended shelf life is for your brand of pouch.

NEXT MEETING SAT. JAN 30TH @ 10AM

ONLINE ZOOM Instructions on Page 5

Sunshine Report by Dodie Wilson

Birthdays

DEC: Barbara Backman, *Amy Shouf, Mito Gribovski, Camille Lemieux, Susan Caldwell, James Grube

JAN: *Dodie Wilson, Glenda Walsh, Mona Villa, William Meurs, Paulette Frazelle, Janet Howell, and Joe Pauu

Welcome New Member **SUSAN MASTERS!**

Stomaversarys: **DEC:** Tammy Davis=11yrs, Mito Gribovski=5yrs, Arturo Ramirez=3yrs, Dawnette Meredith=5yrs, Connie Mendoza=3yrs, Ernest McGrady=29yrs, Herbert Carrier=15yrs **JAN:** Joe Pauu=10yrs, Gene Schmidt=6yrs, William Whitley=14yrs

(We have asked members, on the anniversary of their stoma, to donate \$1.00 for each year since their surgery.)

Thinking of You: Carolyn Wells, Michael Long, Mary Austin, Michelle Tracy



Hello Friends and Happy New Year!

Below is a look back at the Ostomy 101 app in 2020. This worldwide resource would not have been possible without your support.

Launched 2/14/20

In 2020, there were over 65,000 visits the Ostomy 101 mobile app. The app was downloaded in 30 countries and in 27 languages. 70% of app users are NEW Ostomates looking for support and information.

This past year, the "En Espanol" section was added, featuring videos from Edna Thomas, WOCN and Connie Mendoza. A special thanks to these two dedicated volunteers.

The "Events" section was updated to promote Ostomy Support Groups, who are holding virtual meetings. Now, you can virtually attend meetings from Ohio, Texas, Chicago, Washington, Arizona, North Dakota and more! If you haven't joined in the fun – please do! I've met some truly wonderful people and had loads of fun people. Go to the "Events" section of the app to find dates and meeting links.

Dawnette Meredith

President: Dawnette Meredith

858-336-4418 Terrabusy@yahoo.com

Vice President & Supply Closet Coordinator: Leslie Schwartz 760-470-9589 lbschwartz@prodigy.net

Treasurer: Lou Drexel

760-749-6656 LMrnch@gmail.com

Secretary: Ruth Voyzey

Directors: Tammy Davis, Paulette Frazelle, Michelle Tracey, Mona Villa, Dodie Wilson, Herb Carrier

Honorary Board Members: Dr. Dhruvil Gandhi, Al Nua, Connie Mendoza, Lorena Eckart, WOCN

Money Corner by Lou Drexel

Dec 1 - Dec 31, 2020

INCOME: \$285

EXPENSES: \$1,372

Jan. 1 – Dec 31, 2020

INCOME: \$2,898

EXPENSES: \$4,005

General Meeting Schedule 2021

Time: 10am. Location:

Now ONLINE

Jan 30	July 31
Feb 27	Aug 28
March 27	Sept 25
April 24	Oct 30
May 22	Nov 20
June no meeting	Dec no meeting

Board Meeting Schedule 2021

Time: 1:00 pm

Currently held online

Jan 11	July 12
Feb 8	Aug 9
March 8	Sept 7
April 5	Oct 4
May 3	Nov 1
June 14	Dec 13

Zoom Meeting Instructions

Jan 30th at 10 a.m.

Join by Computer

Click the link below or cut & paste it into your browser

<https://us02web.zoom.us/j/85447703699>

Meeting ID: 854 4770 3699

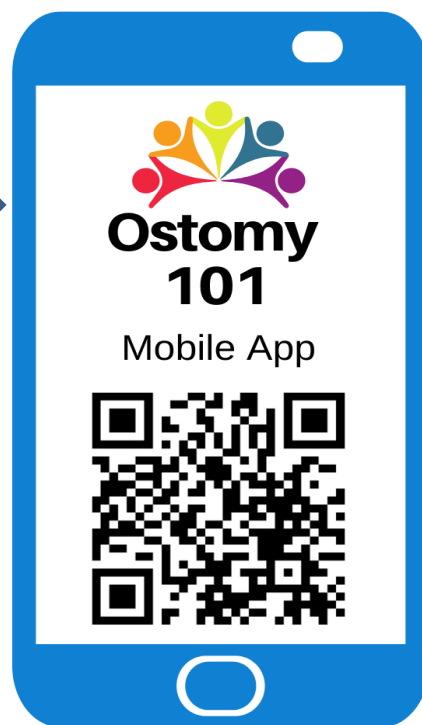
Join by Phone (audio only)

Dial:

+1 669 900 9128 US (San Jose)

Meeting ID: 854 4770 3699

Download the FREE Ostomy 101 Mobile App



This is a free mobile app where you'll find helpful videos, free programs, product information, support resources and make a virtual appointment with an Ostomy nurse.

A mobile app can only be downloaded to a smartphone or tablet. You can find Ostomy 101 in the app store.

Don't know how to find the "app store"? No worries. From your smart phone or tablet, visit Ostomy101.com and simply click the button at the top of the page...that's it!

Ostomy Supply Manufacturers

FREE Samples

Coloplast Corp. 800-533- 0464

ConvaTec. 800-422-8811

Cymed Ostomy Co. 800-808-7456

Hollister Inc. 888-808-7456

Marlen Manufacturing. 216-292-7060

Perfect Choice Medical Technologies 800-665-4312

Safe n' Simple 844-767-6334

Securi-T USA. 877-726-4400

Download the Ostomy 101 Mobile App for a full list of free samples

Ostomy Support Group of North San Diego County

New Membership Application

Membership is open to all ostomates and individuals with continent diversions, persons contemplation or scheduled for Ostomy surgery, family members, Medical professionals, and other interested persons.

Membership includes:

Ostomy News, Our group’s monthly newsletter containing useful information on how to live a satisfying life as an ostomate, helpful hints for caregivers, and other relevant information.

Monthly meetings, to hear interesting speakers, exchange Ideas, answer questions, receive emotional support, share the camaraderie of fellow ostomates. One on one visits by certified visitors to prospective or new ostomates and to others as needed. Access to the many services and information made available by our National Association, UOAA United Ostomy Associations of America, Inc

Tax Deductible annual dues are \$30.00 per year
From January 1st through December 31st
Please do not use this application for renewal.
Renewal notices will be mailed.

Name: _____ Date of Birth _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

How would you like to receive your newsletter? _____ By Mail _____ By Email

Date of Surgery: _____ Please circle type of Ostomy below:

Colostomy Ileostomy Urostomy Continent Ileostomy Ileoanal Reservoir

Continent Urostomy I am the parent of and ostomy child I do not have an ostomy

Please attach your check, made payable to: OSGNSDC. Submit your payment at group meeting or mail to:

**Ostomy Support Group of North
San Diego County
P.O. Box 3019
Vista, Ca. 92085**

Receive Date _____

Entered 1, 2, 3, 4, 5, 6, 7,

Ostomy Resources San Diego County

Tri City Medical Center: 4002 Vista Way Oceanside, CA 92056

Appt call 760-940-3793 * Lorena Eckhart RN, MSN, WOCN* Eckartlr@tcmc.com 760-851-7491

Adrianna Kovacs RN, BSN, WOCN KovacsA@tcmc.com 760-851-9903

Scripps Hospital: 10666 Torrey Pines Rd La Jolla, CA

858-554-8984 Edna Thomas

Scripps Mercy 4077 5th Ave San Diego 92103

Appt call 619-260-7244 Sandy Whitlock RN, WOCN Whitlock.sandy@scrippshealth.org

Julia Ringhofer RN, WOCN Ringhofer.Julia@scrippshealth.org

Palomar Medical Center: 15615 Pomerado Rd Poway, CA 92064

Palomar Medical Center: 2185 Citracado Parkway, Escondido, CA 92029

Susan Mason WOCN 442-281-4128, 760-809-1252 Susan.Mason@palomarhealth.org

Sharp Mission Grossmont Hospital: 5555 Grossmont Center Dr. La Mesa, CA 91942

619-740-4953 – Ostomy Clinic

Sharp Memorial Hospital (no clinic) questions Jessica.schroeder@sharp.com

Sharp Coronado 619-522-3966

Rady Children's Hospital

No Clinic. Questions 619-200-4797 Mary Ann Dilloway RN WOCN

UCSD

Hillcrest Clinic & UCSD Moores Cancer Center Clinic La Jolla 858-246-3214

Star Harrison RN, BSN, WOCN EHarrison@ucsd.edu

Kaiser

Garfield Specialty Center 5893 Copley Dr. San Diego 92111

Viewridge Clinic 5251 Viewridge ct San Diego 92123

San Marcos Clinic 400 Craven Rd San Marcos 92078

Appointment line for all ostomy clinics 619-622-1222

United Ostomy Associations of America Affiliated Support Group

The Ostomy Support Group of North San Diego County

P.O. Box 3019

Vista, CA 92085

Address Service Requested

Dated Material

Next Meeting: Jan 30 @ 10am

Online

Instructions Inside