Happy Thanksgiving!!

We would like to wish everyone a Happy Thanksgiving and Happy Holidays to you and your family and friends from all of us at the Ostomy Association of Los Angeles.

As the year comes to a close, we would like to remind everyone to renew your membership to the OALA (page 10) and remember us during this season of giving by considering to support us with a tax deductible donation. We rely entirely on the generous support of donors and vendors to ensure we can continue to provide the support groups in the Greater Los Angeles area.

We hope to see everyone at our last meetings of 2013. 2014 is just around the corner and we look forward to continuing to serve the ostomates of Greater Los Angeles.
November 2013

As I write this the Valley group is once again looking for a meeting place. Providence Tarzana Hospital is transitioning to new patient record system and they have decided they need all the meeting rooms for training all the time, due to the 24 hour schedules for nurses and doctors. If anyone knows of a place where we can meet please tell us. We need a place that has easy access to freeways and has room for 25 to 30 people for an evening meeting every other month. Thanks to Doug Yakich for having found Providence Tarzana Hospital.

Elections are being held this month. Please return your ballots by mail or bring them to a meeting. We have some new members joining the Board this year. We are always looking for new people who are willing to help and participate in keeping the organization going.

We celebrated World Ostomy Day at our September and October meetings by collecting new, unused supplies that members had. We collected five large boxes which Shield Health Care was kind enough to ship to Friends of Ostomates Worldwide (FOW) and the Osto-Group. These supplies will go to the needy both in the US and around the world that do not have access to supplies that are so critical to a normal life.

We are also happy to announce the relaunch and update to the OALA website. www.oa-la.com. Special thank you again goes to Doug Yakich for his leadership on this project. We hope you like the new look and look forward to your feedback!

Join us in November and December meetings to celebrate the holidays. We always have good discussions and a feeling of community at our support meetings.

We hope you all have a Healthy and Happy Holiday Season.

Bob Hamburg
President
OALA Board of Directors

Any product mentioned, discussed, displayed, demonstrated, or distributed by sample at meetings, in this newsletter, or on the OALA website does not constitute an endorsement of said product by the Ostomy Association of Los Angeles
### Support Group Meetings

#### West San Fernando Valley

**Location:**
Providence Tarzana Hospital  
18321 Clark St.  
Tarzana, CA 91356  

North Conference Room, Building A  
7 pm to 9 pm.

**NEXT MEETING**
NOVEMBER 20, 2013

2014 TBD pending new location for meeting

#### West Los Angeles Meetings

**Location:**
Veterans Memorial Complex  
4117 Overland Ave.  
Culver City, CA  

Room: Uruapan  
1 pm to 3 pm.

**NEXT MEETING**
DECEMBER 7, 2013

2014 dates to be announced soon

### Upcoming Guests and Topics:

**November/December**
Share a positive memory or share a funny story as we focus on the positives of living with an ostomy!

In 2014 we are hoping to continue to bring in representatives from the major manufacturers of ostomy supplies, as well as, members of our medical community.

**Do you have a topic you would like discussed? Perhaps a guest you would like us to invite to present? Let us know!!**
LAUGHTER - AN ESSENTIAL INGREDIENT OF GOOD HEALTH
UOAA UPDATE 10/2013

For years, Readers Digest has featured the column “Laughter, the Best Medicine.” It contains jokes, riddles and humorous musings designed to tickle the funny bone. But just how important is laughter to our everyday health?

It turns out that when we laugh we produce natural killer cells which destroy tumors and viruses. Plus there’s an increase in the production of Gamma-interferon (a disease-fighting protein), T-cells (important for our immune system) and B-cells (which make disease-fighting antibodies). Besides lowering blood pressure, laughter increase oxygen in the blood, which also facilitates healing.

Laughter helps us to deal with stress, cope with loss, work through tragedy, hide our embarrassment and calm our fears. Laughter helps the body relax. It lowers blood pressure, increases immune system functioning and assists in warding off disease.

In terms of mental health, laughter:

- Helps us connect with others - humor is often used as a means to help us collectively cope with grief, fear or loss.

- Makes us more productive - happy people have more energy.

- Releases, negative emotions such as anger, fear, sadness, resentment, depression - Increases the likelihood that we will feel happy.

- Releases endorphins in the brain that help you feel good.

Did you also know that laughter is a form of aerobic exercise? You may even feel fatigued if you laugh continuously for any length of time! Just remind yourself to laugh well and often in order to experience the aerobic benefits of laughter.

What steps can you take to increase the amount of laughter in your life?

- Surround yourself with positive upbeat people who laugh a lot - laughter is contagious!

- Find out what makes you laugh - is it funny movies, watching the comedy channel, reading funny material? Whatever it is - do it more often.

- Don’t take yourself, or anyone else, or even life for that matter, so seriously.

Always remember, happiness is your birthright…so laugh and when you do, laugh loud and often!
THE FLU AND WHAT TO DO

UOAA UPDATE 10/2013

The flu brings with it headaches, upset stomach, diarrhea, muscle aches and pains. The advice to drink plenty of fluids and rest in bed remains sound medical advice for your general attack of the virus. But if your case of the flu includes diarrhea, the following may be 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 “leave it alone.” Start irrigation again after a few days when your colon has had a chance to return to normal. For those with an ileostomy, 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, bouillon and ginger ale.
Third, obtain sodium from saltine crackers or salted pretzels.
Fourth, drink a lot of fluids, including water.

Cranberry juice and orange juice also contain potassium, while bouillon and tomato juice are good sources of sodium. Increased water intake in the ileostomy patient results in increased urine output rather than increased water discharge through the pouch.

Vomiting also brings the threat of dehydration. If it is severe and continuing, your doctor should be notified.

You should also know that diarrhea may be symptomatic of a partial obstruction or acute gastroenteritis. Since the treatment of these two conditions is entirely different, a proper diagnosis should be sought immediately. It is very important to determine whether the diarrhea is caused by obstruction or gastroenteritis. If you do not know, check it out with your doctor. Do not guess—always call your physician unless you are 100 percent certain what you are doing.

For those with a urostomy, be sure to keep electrolytes in balance. Follow the general instruction for colostomies and ileostomies.

No ostomate should take medicine for pain or a laxative without a physician’s order. Do not use an antibiotic for a cough or flu unless ordered by doctor.

When returning to a normal diet, use fiber-free foods at first then gradually increase to a regular, normal diet.

Prompt attention to symptoms of distress of colds and flu could bring a happier and hopefully healthier winter.

DON’T FORGET TO GET A FLU SHOT!!!
Get Ostomy Answers!

The Leading Ostomy Publication. The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories – it’s all here and more. Published each March, June, Sept. and December.

Funding the UOAA. Subscriptions directly fund the only national organization providing vital information, resources, support and advocacy for ostomates in America.

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This is provided to travelers in order to simplify communication with federal Transportation Security personnel and airline flight attendants, at those times when you wish or need to communicate in a non-verbal way, as is your legal right.

This is not a “certificate” and it is not a “pass” to help you avoid screening.

Please print out on any weight of paper you wish, trim to wallet-size and laminate if desired. The blue color is important, as it is a “flash-card” developed by the TSA so their own officers will recognize it and be guided to treat the traveler with discretion and sensitivity.

If laminated in a double-side manner, it can be used ‘blue side out’ during security screening, and the white side out when communicating non-verbally with airline personnel.

JUST PRINT, CUT OUT, FOLD, AND PUT WITH TRAVEL DOCUMENTS

NEWS: As of January 2011 - You may always have a travel companion with you during a private screening - TSA officers should NOT ask you to show your pouch—you may be asked to rub over your pouch outside your clothing so they can test your hand to rule out explosive residue.

- To file a complaint, send an email to TSA.ODPO@dhs.gov (with a copy to advocacy@uoaa.org, please)

OUTSIDE LEFT—for use during screening before boarding. Intended for the passenger to show the TSO at the beginning of personal screening - before being patted-down or entering a full-body scanner. The TSO may not take it from you to read, since the distinctive blue color makes it like a ‘flash card’.

OUTSIDE RIGHT

INSIDE LEFT - this is designed to show in the event it is needed while in flight and the pilot has chosen to limit restroom access—or when passengers are supposed to be belted in during turbulence. You might wish to show it to a flight attendant during boarding and/or getting settled, so he or she will be mindful of your situation. Before laminating, you may wish to rotate the bottom half so all text is in one direction when it is folded/unfolded.

INSIDE RIGHT

TRAVELER’S COMMUNICATION CARD

Provided by the UOAA, a volunteer-based health organization dedicated to providing education, support and advocacy for people who have or will have intestinal or urinary diversions.

United Ostomy Associations of America
www.ostomy.org 1-800-826-0826

Notification Card
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(Optional)
I understand that presenting this card does not exempt me from screening.

~ ~ GOTTA GO NOW ~ ~

RESTROOM ACCESS

The cardholder contains body waste in an OSTOMY POUCH (stool/urine) and/or carries pouches and related supplies and/or a catheter to manage personal hygiene. S/he needs access to the restroom now in order to empty the pouch — this is critical for the cardholder’s well-being and for public sanitation.

~ ~ RESTROOM ACCESS
Dietary Guidelines
Erin Feldman, R.D

Erin Feldman, Registered Dietician from Cedars Sinai Medical Center offers several guidelines for Ostomy patients that could be very helpful. Diet can influence many of the most common concerns for people with stomas: odor, gas, constipation and diarrhea. The following are some suggestions from Erin.

If you are new to your Ostomy, there are a few things that are helpful to know. If you have had your stoma for a while, these may still be of interest.

- Eat regular meals. Skipping meals can actually increase the amount of gas produced.

- Chew your food thoroughly, just like your Mom used to tell you. This is especially important for ileostomies to reduce the incidence of blockage.

- Eat in moderate amounts. Small, frequent meals are usually better tolerated the first 6-8 weeks post-op.

- Try new foods, one at a time. This way you can determine if a food disagrees with you. If a new food gives you a problem, eliminate it for a few weeks and try again.

- Drink plenty of fluids, especially water. This will prevent dehydration. Both colostomy and ileostomy patients need plenty of fluids, especially in hot weather.

To reduce odor:

- Buttermilk, parsley, and yogurt may help reduce odor.

- Foods that may cause increased odor are: alcohol, eggs, cauliflower, asparagus, onion, broccoli, fish, coffee, Brussels sprouts, cheese, garlic, cabbage, beans

Continued on next page....
To reduce gas:

- Eat regularly. Skipping meals may actually produce gas.

- Avoid swallowing air by eating slowly and don’t talk with your mouth full. Don’t use straws, especially with carbonated beverages.

- Avoid foods that may cause excessive gas such as apples, asparagus, bananas, broccoli and other cabbage like vegetables, carbonated beverages, corn, cucumbers, dairy foods, dried peas and beans, grapes eggs, fatty foods, fish, green peppers, juices, melons, mushrooms, nuts, onion, prunes, radishes, raisins, concentrated sweets, turnips.

- Yogurt or buttermilk may help to control gas. Their live bacterial cultures help the digestive process.

To reduce constipation:

- Eat foods that will increase fiber, add bulk and moisture to the stool as well as stimulate peristalsis.

- Increase the amount of fluids you drink.

- High fiber foods include: bran cereals, fresh fruit, vegetables, whole wheat breads and cereals.

- Coffee, chocolate, lemon juice, licorice or prune juice may help to relieve constipation.

- Commercially available fiber products added to foods or drink may also help. Make sure to drink adequate fluids with these products.

To reduce Diarrhea (multiple loose stools or for ileostomates, large volumes of liquid or even watery stools):

- Diarrhea may be caused by beans, hot beverages, broccoli, chocolate, large meals, spicy foods, beer, licorice, prunes and prune juice, red wine, raw fruit, tomatoes, and bran cereals.

- Foods that may help reduce watery stools are apple sauce, peanut butter, bananas, cream of rice cereal, boiled milk, tapioca, rice, weak tea, soda crackers.

These are some simple ideas that may be useful. As always, what works for some people may not work for all. Sharing information is what the Ostomy Association is all about and in that spirit Erin has brought us these tidbits.
MEMBERSHIP

Ostomy Association of Los Angeles
P.O. Box 2077
Winnetka, Ca 91306

Membership Application

Check one: ☐ New Member ☐ Renewal

Membership Type: ☐ Ostomate
☐ Nonostomate
☐ Medical Professional

Member Information:

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Ostomy Information:

Type of Ostomy ☐ Colostomy ☐ Ileostomy ☐ Jejunalostomy ☐ Urostomy ☐ Indiana Pouch ☐ J-Pouch ☐ Kock Pouch

Date of surgery (month/year) (Optional) ___________________________

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Thank you for your support!

*Includes e-mail newsletter; be sure to include your e-mail address.

**Please add $10.00 to receive the newsletter by mail

Additional Information:

OALA publishes a bi-monthly newsletter, Los Ostomy News, and hosts a website at www.oa-la.com. Please indicate your preferences for each below.

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Our Website has now been updated!! Checkout the new look and let us know what you think!