

Laurel

Orthopedic & Medical Supplies

INC.

Complete line of medical equipment & supplies
 Discounts to Seniors & UOA Members
 Delivery service available
 20 Years of Professional & Personal Service
 Se Habla Español

Monday - Thursday 9:30-6:00
 Friday 9:30-5:00
 Saturday 9:30-1:00

Laurel Baltimore
 301-776-0081 410-792-2449

374 Main Street • Laurel, Maryland 20707
 www.shoploms.com

CMS CHANDLER'S MEDICAL SUPPLY
 CHANDLER'S MEDICAL SUPPLY 301-577-9001

Best Service Available

Medicare • Medicaid • Private Insurance
 Low Prices • VISA • MasterCard • American Express
 Professional Staff • Personalized Service

Complete Line of Ostomy & Surgical Supplies
 • Ostomy Club Discount •

Our professional staff
 ensures personalized service.

Delivery & Same Day Mail Order Available
301-577-9001

Serving entire MD, DC, VA Area
 Open 6 Days a Week

Over 50 Years of Service

7425 Annapolis Road (Rt. 450) • Landover Hills, MD 20784
 Beltway Exit 20B

Patients covered by Medicare only must pay 20% of the cost of their
 supplies and equipment after they have met the annual deductible.

Metro Maryland

Ostomy Association and Youth Group, Inc.

Newsletter

A Non-Profit Volunteer, Charitable, Tax-Exempt, Rehabilitation Organization

Phone: 301-946-6661 • Fax: 1-800-543-5870 • www.marylandostomy.org

November/December 2011

E-mail: metromaryland@verizon.net

Volume 40, Issue 2

Upcoming Events

November 13, 2011 at 12 Noon
at Non-Profit Village
 Linda Adelson, RN, BSN, CWOCN
 Guest Speaker Topic - "Home Health Care"

December 11, 2011 at 12 Noon at
New Meeting Location:

Holy Cross Hospital Education Center
1500 Forest Glen Road, Silver Spring MD
20910 (See directions inside newsletter)
 Holiday Party and Product Fair
 with Manufacturer's Representatives and
 Local Suppliers.

Meetings are held the second Sunday of the month.

To keep informed check our website at
www.marylandostomy.org. Or call the office
 Monday through Friday from 9 AM to 12 PM.

In this Issue...

Message From Our President.....	1
Linda G. Saunders Memorial Terrace Garden Dedication.....	2
New Meeting Location Directions to Holy Cross Hospital Education Center.....	2
Have Bag... Will Travel!.....	2
In Case of Bad Weather.....	6
Outpatient Clinics & WOCNurses.....	6
12 th Annual Beacon 50+ Expo.....	7
Raffle Tickets.....	7
Membership Request Form.....	7

"It is one of the most beautiful compensations
 of this life that no one can sincerely try to help
 another without helping himself"- Emerson



Message From Our President –

Snow in October; it is hard to believe! I would
 like to begin with a few updates, requests and
 happenings at Metro Maryland. Like most non-profit
 organizations, businesses and households, we are
 feeling the crunch of the tough economic conditions,
 and are always looking for ways to become more
 efficient without compromising or impacting the level of service we
 provide to those who reach out and need our help.

Newsletter – One way Metro Maryland can become more efficient
 and save a significant amount of money is by e-mailing our newsletter
 to as many members, medical professionals, and chapters as possible.
 If you have e-mail and would provide us with that address we would be
 most appreciative. Our e-mail address is MetroMaryland@verizon.net.
 Don't worry, we will still be mailing to those who don't have e-mail
 or wish not to receive the newsletter electronically.

Monthly Meetings – While we have benefited in so many ways
 from our new office at the Non-Profit Village in Rockville, we recognize
 that the space is just not adequate for our monthly meetings. Beginning
in December, we will be moving our monthly meeting location to
the Education and Community Center at Holy Cross Hospital. The
 Education and Community Center is located just inside the main
 entrance to the hospital and provides ample space for our meetings.
 Parking is free on Sundays at the hospital and valet parking is available
 for those who need it. (See hospital directions inside the newsletter)

Raffle – Yes, it is that time of year again. Within the next 2 weeks
 you should be receiving your raffle ticket booklets in the mail. I ask
 that you support this as much as possible, as it is Metro Maryland's
 only fundraiser all year. The drawing will be held at our December
 11, 2011 holiday party. This year's prizes include an ipad2 (donated
 by Apple), a \$200 Visa gift card, and \$50 in cash.

Website and Facebook – As many of you know we are in the
 process of re-designing our website, and hopefully will have it up and
 running very soon. Did you know that Metro Maryland has a Facebook
 page? Please visit our Facebook page and "like" us; this helps others
 find us when they are searching the internet for help or information
 about their Ostomy.

In conclusion, I want to thank you all for your support of Metro
 Maryland and I look forward to seeing many of you at our meeting on
 November 13th; the final meeting at the Non-Profit Village location.

Have a safe and healthy holiday season, **Scott Bowling**

12320 Parklawn Drive
 Rockville, MD 20852
 Phone: 301-946-6661

NEW
 ADDRESS

POSTMASTER
 Return Service Requested

November/December 2011

Linda G. Saunders Memorial Terrace Garden Dedication – Metro Maryland

On May 11, 2011 a ceremony was held on the Behavior Health Terrace at the Washington Adventist Hospital to dedicate the outdoor space as the Linda G. Saunders Memorial Terrace Garden. Horace and Violet Saunders' daughter, Linda Saunders, passed away July 2010 in a car accident. Horace and Violet wished to create the garden to honor their daughter.

"Patients always come first here, and that is what gave me a life-long love of this hospital," said Horace. "When this terrible tragedy happened to my daughter, I couldn't think of a better way to honor her memory then to create a space to benefit the patients for years to come."

Washington Adventist Hospital President, Joyce Portela said, "We are honored you chose to remember your daughter here. This serene space will greatly benefit our patients, and it truly speaks to our mission of improving the health of the people we serve through a ministry of physical, mental and spiritual healing." Horace Saunders, a Washington Adventist Hospital volunteer for more than 40 years and a founding member of the Washington Adventist Hospital Foundation, is the founder of Metro Maryland Ostomy Association. ■

Our New Meeting Location: Directions to Holy Cross Hospital Education Center (Parking is FREE on Sunday):

From West/VA- Take Interstate 495 going east to exit 31A. Merge onto MD-97 N/Georgia Ave toward Wheaton. Turn right onto Forest Glen Rd (0.3 mile). Hospital will be on the right (0.4 mile) at 1500 Forest Glen Rd, Silver Spring, MD 20910. Park in lot or use valet if desired. Go through front entrance and inside turn right to the Education Center.

From East/PG - Take Interstate 495 W/Beltway/Silver Spring. Take exit 31 for MD/97/Georgia Ave toward Silver Spring/Wheaton. Keep right at the fork, follow signs for MD-97 N and merge onto MD-97 N/Georgia Ave (0.1 mile). Turn right onto Forest Glen Rd (0.4 mile). Hospital will be on the right (0.4 mile) at 1500 Forest Glen Rd, Silver Spring, MD 20910. Park in lot or use valet if desired. Go through front entrance and inside turn right to the Education Center.

From points North (Germantown/Gaithersburg) - Take Interstate 270 S (14.6 mile). Merge onto I-495 (3.9 mile). Take exit 31A to merge onto MD-97 N/ Georgia Ave toward Wheaton (0.3 mile). Turn right onto Forest Glen Rd (0.4 mile). Hospital will be on the right (0.4 mile) at 1500 Forest Glen Rd, Silver Spring, MD 20910. Park in lot or use valet if desired. Go through front entrance and inside turn right to the Education Center.

For those traveling South on Georgia Ave - Take Georgia Ave south to Tilton Dr. Turn left onto Tilton Dr. Take the 1st right onto Woodland Dr. (0.2 mile). Turn left onto Forest Glen Rd. Hospital will be on the right (0.3 mile) at 1500 Forest Glen Rd, Silver Spring, MD 20910. Park in lot or use valet if desired. Go through front entrance and inside turn right to the Education Center. ■

Have Bag...Will Travel! – Metro Maryland Panel Members, October, 2011

This issue of our Metro MD newsletter will be primarily dedicated to the topic of travel. More ostomates are traveling in spite of new security measures. TSA is being educated by travelers with special needs and trying to update their procedures as they learn.

The TSA changes as of August 2006 are as follows: "We are adjusting the current ban on liquids, aerosols and gels to allow travelers to carry travel-size toiletries (3 ounce or less) in ONE, QUART-SIZE, clear plastic, sealable bag through security checkpoints. In addition, travelers can now bring beverages and other items **purchased in the secure boarding area** on-board the aircraft. (*Editor's emphasis*).

We are continuing to permit prescription liquid medications and other liquids needed by persons with disabilities and medical conditions. This includes: all prescription and over-the-counter medications (liquid, gel, and aerosol), including KY jelly, eye drops, and saline solution for medicinal purposes; liquids (to include water, juice, or liquid nutrition) or gels for passengers with a disability or medical condition.... Passengers with disabilities and medical conditions can choose to put their small bottles/items of liquid medication in the one quart sealable bag (mixed with toiletries) without the need to declare these items. However, if the liquid medications are in volumes **larger** than 3.4 ounces (100ml) each, they **may not be placed** in the quart-size bag and **must be declared** to a Transportation Security Officer. A declaration can be made verbally, in writing, or by a person's companion, caregiver, interpreter, or family member. Declared liquid medications and other liquids for disabilities and medical conditions must be kept separate from all other property submitted for x-ray screening.

It is recommended (not required) that passengers bring along any supporting documentation (ID cards, letter from doctor, etc.) regarding their medication needs. It is recommended, not required, that the label on prescription medications match the passengers boarding pass. If the name on prescription medication label does not match the name of the passenger, the passenger should expect to explain why to the security officers. To ensure a smooth screening process, passengers are encouraged to limit quantities to what is needed for the duration of the flight....

Scissors - metal with pointed tips and blades shorter than four inches can be in carry-on." This applies only to flights departing U.S. airports, as the rules vary greatly in different countries. For flights departing Canadian airports, scissors were banned from carry-on baggage until recently (as of early 2011), but they do allow small scissors with blades no longer than 6 cm (2.4 inches) now.

The section, "**Prosthetic Devices, Casts and Body Braces**," on the TSA website for Travelers with Disabilities and Medical Conditions states, "advise the Security Officer

Continued on page 3

12th Annual Beacon 50+ Expo Free Community Event

Sunday, November 6, 2011

from Noon to 4 pm

At White Flint Mall on Level 3

Resource Fair with exhibitors, health screenings and live entertainment

Sponsored by Montgomery County Government and the Beacon

Stop by the Metro Maryland Ostomy Association exhibit

(This is the 4th Expo/Health Fair Metro Maryland has participated in this year. Others at Riderwood, City Place downtown Silver Spring and Holy Cross Hospital. A BIG Thank You to all the volunteers!)



RAFFLE TICKETS



Please support Metro Maryland!
Do your share. Buy and/or Sell as many raffle tickets as you can. Help our all volunteer organization in this most important and only fundraiser.

RAFFLE DRAWING AT MMOA HOLIDAY PARTY
December 11, 2011 at 12:00 PM
1ST PRIZE: IPAD2
2ND PRIZE: \$200 VISA GIFT CARD
3RD PRIZE: \$50 CASH
Winner need not be present BUT...
make sure your name and phone number are on the stub you return to the Metro Maryland Office with your check.

The Big Picture in Home Health Care

It's about the patient *and* the caregiver.

Equipment & Supplies

One of the most extensive inventories anywhere, including:



- Hospital beds
- Wheelchairs
- Bathroom safety aids
- Walkers / canes / crutches
- Ostomy / incontinence supplies
- Wound dressings
- Diabetes supplies
- Enteral feeding supplies
- Compression stockings

Services

Our knowledgeable staff will help you:

- Understand what's covered and what's not
- Submit insurance claims for you
- Set up a billing plan for guardians / trustees / conservators

Our Showroom

Virtually everything you need in stock — and we can deliver it to you quickly.

Pharmacy

Whether you're looking for maintenance prescriptions or specialty medications, our highly skilled pharmacists and certified technicians are there to answer all your questions.

New Hampshire
Pharmacy &
Medical Equipment

5001 New Hampshire Avenue, NW • Washington, DC

Hours

Monday - Friday: 9 to 6 • Saturday: 9 to 3

Contact Us

Phone: 202-726-3100 • Fax: 202-291-5259
www.nhmedsupply.com



SUPPORT OUR ADVERTISERS!
THEY SUPPORT OUR WORK AND
HELP TO MAKE THIS NEWSLETTER POSSIBLE.

Membership Request for Metro Maryland Ostomy Association

Name _____ Birth Date _____

Street Address _____ Spouse Name _____

City _____ State _____ Zip Code _____ Occupation _____

Ostomy Info: () Colostomy () Ileostomy () Urostomy

() Alternate Procedure (specify) _____

Date of Surgery _____ Reason for Surgery _____

Check the items below where you can volunteer with MMOA:

- () In the office () With the Newsletter () With the database () With the website () With health fairs
 () As a Visitor, in person (hospital or in homes) or by telephone
 () Give Rides to meetings () Arrange refreshments for meetings
 () Assist in a language other than English What language? _____

Membership Dues are \$30 per year, May – April, unless other arrangements are made.

Donations are also needed and gratefully accepted. All contributions are Tax Deductible.

Send check to: Metro Maryland Ostomy Association, 12320 Parklawn Drive, Rockville, Maryland 20852

www.marylandostomy.org

Email: metromaryland@verizon.net

Tel: 301- 946-6661 • Fax: 1-800-543-5870

MD HOSPITALS, OSTOMY CLINICS & WOCN NURSES:

ANNE ARUNDEL MEDICAL CENTER - Annapolis, MD, Phone: 443-481-5508
Irene Repka, RN, WOCN. or Michelle Perkins, RN.

DOCTORS' COMMUNITY HOSPITAL - Lanham, MD
Phone 301-552-8118, ext.8530 - Fran Austin, RN, WOCN.

HOLY CROSS HOSPITAL - Silver Spring, MD, Phone 301-754-7000, page
Theresa Emmell, RN, WOCN / Toli Stopak, RN, WOCN
Rezia Lake, RN, WOCN

HOWARD COUNTY GENERAL HOSPITAL- Columbia, MD
Phone 410-740-7500, page 9626 - Lolly McCance, RN, WOCN.

MONTGOMERY GENERAL HOSPITAL- Olney, MD
Phone 301-774-8882 - Wound Ostomy Consult Line 301-774-8731

NATIONAL INSTITUTE OF HEALTH - Bethesda, MD Phone 301-451-1265
Tye Mullikin, RN,CWOCN & KC Chandler Axelrod, RN CWOCN

PRINCE GEORGES HOSPITAL CENTER - Cheverly, MD
Phone 301-618-2000 - Barbara Smith, RN, CWOCN, CWS 301-618-6462

SHADY GROVE ADVENTIST HOSPITAL- Rockville, MD Phone 301-279-6000
Barbara Copenhaver, RN, WOCN and Lyndan Simpson, RN, WOCN
Shady Grove Wound Clinic - Linda D'Angelo, RN, WOCN Phone 240-826-6106
Shady Grove Cancer Care Navigator - Jan Tapirmeister, RN 240-826-6297

SOUTHERN MARYLAND HOSPITAL- Clinton, MD 20735
Phone:301-877-5788 or 301-868-8000, Kimberly Mauck, RN or Anna Riley, RN

CHESAPEAKE-POTOMAC HOME HEALTH AGENCY, INC. Clinton, MD 20735
Phone: 1-800-656-4343 ext. 227 or 301-274-9000 ext. 227, Amber Fowler, ET

SUBURBAN HOSPITAL, Bethesda, MD - Melba Graves, RN, WOCN
Phone 301-896-3050

WASHINGTON ADVENTIST HOSPITAL- Takoma Park, MD Phone 301-891-7600
Jane Zisseron, RN 301-891-5635

FOR MILITARY ONLY:

ANDREWS AFB, Suitland, MD
MALCOLM GROW MEDICAL CENTER - 240-857-3083

BETHESDA NAVY HOSPITAL, Bethesda, MD
301-319-8714 Paz Aquino, RN, WOCN.

V.A. MEDICAL CENTER, Washington, D.C.
202-745-8000 page Erlinda G. Paguio, RN, WOCN.; Leslie Rowan, RN,
Natalie Tukpak, RN

DC HOSPITALS, OSTOMY CLINICS & WOCN NURSES:

GEORGE WASHINGTON UNIVERSITY HOSPITAL- Washington, D.C.
Phone 202-715-4000, Debbie Sears, RN, WOCN

GEORGETOWN UNIVERSITY HOSPITAL - Washington, D.C.
Phone 202-444-2000, page Dot Goodman, RN, WOCN & Loren Myers, RN, WOCN

UNITED MEDICAL CENTER (UMC) - Washington, DC
Phone 202-574-6150, Donna Johnson, RN, WOCN

HOWARD UNIVERSITY HOSPITAL - Washington, D.C.
Phone 202-865-6100 page 769 Faith Winter, R.N.

PROVIDENCE HOSPITAL - Washington, DC
Phone 202-269-7548 or 7000, page Beverly Styles, RN, WOCN

SIBLEY MEMORIAL HOSPITAL - Washington, D.C. Phone 202-537-4111
Dorothy Shi, RN, WOCN & Helene Hemus, RN, WOCN &
Marie Newman, RN, CWOCN 202-689-9931

SPECIALTY HOSPITAL OF WASHINGTON (formerly Capital Hill Hospital)
is a nursing home with long term acute care beds.
Wound Care Dept. 202-546-5700 ext 2140

WASHINGTON HOSPITAL CENTER - Washington, D.C.
Phone 202-877-7000 page - Joseph Kisanga, RN, WOCN.
Carol Pettus, RN, WOCN. 202-877-5395,
Surgical Clinic - Ostomy Care, Ground level, Rm GA48
Wednesdays from 12:30 to 4:30 / By appointment only - Call 202-877-7103

GAY & LESBIAN OSTOMATES
Fred Shulak 773-286-4005

OUTPATIENT OSTOMY DEPARTMENTS

Holy Cross Hospital
Outpatients seen on Tuesday, Wednesday and Thursdays.
No Walk-ins. Must have an appointment. Call 301-754-7295

Shady Grove Adventist Hospital
Outpatients seen on Tuesdays from 8 AM to 12 Noon
in the Outpatient Wound Clinic in the hospital
with Dr. Joshua Katz and Linda D'Angelo CWOCN
Appointment required - Call 240-826-6106

Washington Hospital Center
Surgical Clinic - Ostomy Care,
Ground Level, Rm GA48,
Wednesdays from 12:30 PM to 4:30 PM
By appointment only - call 202-877-7103

A Reminder: A doctor's referral is required before visiting.
Tell your doctor that you will need this document to see
a WOCN and that there may be other instances that will
require a visit to the Nurse. Request him to fax the referral
to the ostomy outpatient department you will be visiting.

*** In case of bad weather, listen to WTOP
News Radio 1500 AM or 107.7 FM
(WTOPNEWS.com) for cancellation
news of our meeting.*******

**Not too late
to get your
flu shot!**



Board of Medical Advisors:
Bernard A. Heckman, M.D., Chairman
Arnold G. Levy, M.D., Vice Chairman
Alan J. Diamond, M.D.
Barry H. Epstein, M.D.
Debra Ford, M.D., FACS.
Milton Koch, M.D.
Fitzhugh Mullan, M.D.
Lee E. Smith, M.D., FACS.
Susan D. Stein, M.D., FACS.
Paul H. Sugarbaker, M.D., FACS
Mohan Verghese, M.D., SACS, SICS
Fran Austin, RN, WOCN.
Geraldine Adams, RN, WOCN.
Lolly McCance, RN, WOCN.
Tye Mullikin, RN, WOCN.
Elizabeth O'Connor, RN, WOCN.
Erlinda Cruz Paguio, RN, WOCN.
Carol Pettus, RN, WOCN.

Past President: Paul M. Vogel
President Emeritus & Founder:
Horace Saunders
President: Scott Bowling
Vice President: Michele Gibbs
Secretary: Bonnie Richburg
Treasurer: Verland Erntson
Board of Directors:
Scott Bowling William King
Mildred Carter Marty Noretsky
Cary Dawson Bonnie Richburg
Noel Eldridge Sue Rizvi
Verland Erntson Paul M. Vogel
Michele Gibbs
Office Manager:
Mildred Carter 301-946-6661
Editor/Website: Sue H. Rizvi
Appliance Chairpersons:
Carol D. Pettus, RN, WOCN.
& William King

Articles and information printed in this newsletter are intended to serve as general advice and may not be applicable to everybody. Metro Maryland does not necessarily endorse all the information herein and it should not be used as a substitute for consulting your own physician or ET/WOCN Nurse for the medical advice that is best for you.

Any display, description, demonstration or distribution of products at our meetings or in the newsletter recommended by a member of our Association does not constitute an endorsement of that product by Metro Maryland Ostomy Association.

if you have an ostomy or urine bag. You will not be required to expose these devices for inspection.” The website is: <http://www.tsa.gov/travelers/airtravelers/specialneeds/index.shtml> or call your airline with other questions.

MMOA October meeting on Travel - At our October, 2011 meeting a panel of our members discussed very few negative travel experiences as ostomates and provided numerous travel tips while dispelling fears of and offering encouragement to travel.

Perspective - A positive attitude for fun and adventure and an interest to learn about and experience our world is fundamental. Fear is the biggest factor keeping many of us from experiencing things that look like a challenge. Do your homework, prepare, and then let go and relax! “In the 5 years since my ostomy surgery I traveled in the United States, Switzerland, Germany, Italy, Sicily, Spain, Egypt, Turkey, and Mexico. I traveled independently and with escorted tour groups, by car, train, ship, bus, airplane and hot air balloon. I have never had a serious ostomy problem during my travels; for that matter, no ostomy related issues that I couldn't solve with just a little common sense,” says Gerhard E.

Preparation - Make a list of items you will need. Don't wait until the last minute to pack and double check your ostomy supplies to make sure nothing is missing.

Luggage - Travel as light as possible, with as small a suitcase as possible. Make every piece of clothing or other gear do double or triple duty. Those humongous suitcases or those with 4 swiveling wheels will limit your mobility when climbing a hill on a cobblestone street to a wonderful, small, local hotel (but no elevator) perfectly located near the main tourist sites.

Ostomy supplies – The general recommendation for traveling is 3 times the number of supplies you would need for your trip. This allows for defective products, prolonged athletic activities especially in hot weather, a flight delay for some reason and traveler's diarrhea. If you wear a closed pouch you may want to pack a few drainable pouches in case of diarrhea. Yolande L. covered all bases while traveling by putting some of her supplies in her husband's checked luggage as well as hers and in their carry-on, necessary items (i.e., clothing) for each of them in case of lost luggage.

It is highly recommended to pre-cut all of your flanges/wafers especially any you will take in your carry-on. As Linda A. warns: You don't really want to be cutting your wafer in the airplane bathroom. (when the “fasten your seat belt” sign goes on). If you have to make a change the goal is to be in and out as soon as possible. Ditto for your entire vacation, why sit in your room cutting holes in barriers when you could be spending that time soaking up the sun and scenery.

Marty N. says,”Past experiences both traveling and not traveling help me determine what additional items should be taken to play it safe. Although I use Eakin rings, I take barrier paste just in case the rings get misshapen from heat or some other reason and take extra clamps. Don't panic

if you need ostomy supplies. Most travelers travel in well-traveled places. Places that sell ostomy supplies can be found in phone books, calling suppliers' 800 numbers, a hospital or pharmacy may have supplies or can direct you to a place that does.” In Turkey the tour guide telephoned a supplier whose number Gerhard E. had, to send him additional wafers and arranged rapid shipping to a hotel on his itinerary.

Sue R. says, “Because I stay for an extended period of time every summer in one familiar place where I know my environment I take only one and a half times the supplies, but I take Karaya powder even though I rarely use it at home.” Pack everything in a “family size” toiletry bag, including medicines, that way everything is always together. If in doubt pack an item in your checked in luggage.

The following is a list of possible additional supplies: Any prescribed medicines; a letter from your doctor explaining any medical condition you may have and, if possible, a translation into the language of the countries you will be traveling through; a copy of TSA regulations (for U.S.), internationally not all countries will have the same regulations; your supplier's 800 number or the number in the country you are visiting; your list of supply names and numbers in metric system for foreign countries; “Purse size” room deodorizer (pressurized aerosols are not allowed); travel blow dryer; Imodium (Loperamide); Beano; scissors with blades no more than 4 inches may be put in carry-on. (See page 1 for TSA regulations). Take some partially used toilet paper rolls; just because you find a toilet doesn't mean you'll find toilet paper. Bill S., an urostomate, learned he should pack an extra adaptor for his urostomy night drainage bag after his daughter's dog chewed it because he has a habit of leaving it under the bed at home. While traveling he uses the hotel's waste basket to hold his drainage bag.

Colo-Majic disposable liners (for 2 piece systems) may seem like a good idea but you can't be certain the hotel or B&B or third world country has the plumbing to take these flushable liners. Gerhard E. says, “I take the sealable black plastic Ostaway X-bags from www.BagItAway.com (about \$25 for 50). They are thick plastic and really keep odors in. And they have the “look” of “don't open this up to check for lost valuables.” I place them near the sink or toilet. Some countries like Turkey, parts of Italy, Egypt, Mexico, third world countries even post reminders to not even flush toilet paper to prevent clogging their small pipes. I leave a little extra than the routine tip for hotel room cleaning staff or ship cabin stewards.”

Managing output when traveling - for Colostomates who do not irrigate Nancy M.'s regimen may help. She says, “After my surgery the irrigation procedure didn't work for me. I wanted a predictable plan to get me back to “normal” that would replicate my pre-colostomy regimen of a bowel movement after breakfast. After trial and error I encourage this by having a glass of very warm prune juice every other

Continued on page 4

Memorials and Tributes

A generous donation in memory of or in honor of a loved one or friend will aid in the continuation of Ostomy rehabilitation.

*Please make your tax-deductible contribution to:
Metro Maryland Ostomy Association, Inc.
12320 Parklawn Drive
Rockville, MD 20852*

In Memory of Honoring Other/Donation

Name: _____

Amount: \$ _____

From: _____

Address: _____

Telephone: _____

Send tribute to: _____

Address: _____

morning, first thing before coffee and breakfast, this allows me to plan ahead for upcoming events, appointments, trips, etc. If I need two “free” days in a row I have prune juice two days in a row and then skip two days. When I am traveling, I have to make compromises between my regimen and the travel schedule. I recently had to go to a Sleep Lab for tests. Knowing I would be “wired up” from head to toe and unable to move around easily, not wanting to get up in the middle of the night to go to the bathroom, I prepared myself by doing two days of prune juice then eating and drinking sparingly the day before. All went well!”

Another method to “wake up” the digestive system is drinking some water, eating a cracker, a cookie or energy bar so there will be output early in the morning. The night before an early morning flight have a light meal, some pasta or little meat, little vegetable or a sandwich. Don’t eat big salads or large amounts of vegetables or food with lots of fiber because they produce more output. If you did eat a big meal before traveling and your pouch fills up, empty your pouch before going through security. Having an empty pouch during a pat-down is always better. Especially for ileostomates packing peanut butter crackers, single servings of creamy peanut butter cups or small applesauce cups with you in your luggage will help thicken output.

Marty N., an ileostomate, “almost” always empties his pouch before going through security except in Buenos Aires where it caused some concern. The interaction lasted less than a minute and ended well. While traveling “I never pass up a toilet, you’ll never know when you’ll see the next one. You may end up emptying your bag sooner than you would at home. But you are not at home so empty your pouch more often in places where toilets aren’t predictable. I don’t go to the boarding gate too early in case I have to

empty my bag, sometimes there is a second security check or no toilet.” In most countries you can find a toilet in department stores, fast food places (MacDonald’s), train stations and museums. Officially you have a disability, though you may not feel this way, you can use the toilets meant for disabled.

Airline Travel - Gerhard E. has never had any trouble taking 3 carry-on pieces: 1 carry-on, plus 1 personal item (a purse or laptop), plus his CPAP (essential medical equipment) in its carrying case that is removed and put in the bin for x-raying, the same as people who have laptops have to do. A bag or case containing medical equipment does not count toward your 1 carry-on plus 1 personal item limit. Mary S. uses a quilted, flexible carry-on bag that fits neatly under the seat so she knows where her ostomy and diabetic supplies are at all times. Some like to take all of their supplies with them on the plane; some put supplies in their carry-on and in their checked luggage, some take only what they need for the flight in their carry-on.

Some people have trouble with their pouch ballooning up while in the air. One way to minimize this is to have something in your stomach before boarding. An empty stomach gives you gas as well as eating gaseous foods. Especially on long flights drink water and stay hydrated. Avoid coffee and alcohol because they contribute to dehydration and interfere with your body’s new time zone. Get to the airport 3 hours in advance if traveling abroad. You can relax and take bathroom breaks before boarding the plane. Once on the plane you can use the toilet before takeoff and the seatbelt sign goes on. Use the TSA travel card if you truly have an emergency.

Body Scanners! - The US government has gone ahead with use of the controversial full body scanners under strict privacy provisions, an American official speaking to a group of European journalists said on 21 June, 2010: “There is more privacy protection in place in the US than in Europe, because we embedded those provisions before rolling out the system,” said Mary Ellen Callahan, in charge of privacy and data protection at the Department of Homeland Security. Ms Callahan stressed that in the US a pat-down is always an option for those passengers who do not want to be scanned. Also, the officer looking at the images is in a separate room and does not actually see the person going through the scanner. “We stress clearly that there has to be no retention of data. The image just shows if the person has any metal or plastic objects underneath the clothes. But there is no need to store it,” Ms Callahan said. (*From Bloomberg Business Week, 6/2010*)

There is new software that produces a generic, stick figure outline of a person being screened rather than a detailed, passenger-specific image. If a traveler has a suspicious item on their body, it shows up as a red box on a specific area of a stick figure outline. In July, 2011 the TSA announced plans to install the new software on all existing millimeter-wave scanners, which use electromagnetic waves to produce an image of the body, in the coming months. On Sept. 7, 2011 TSA also announced \$44.8

million for the purchase of 300 additional millimeter-wave scanners to be installed at airports nationwide. The new machines will be deployed with the new software, which is designed to enhance passenger privacy. (*From Overhead Bin, CSNBC.com*)

Pat downs in the U.S. are not relegated to airports. Any large gathering of people such as music concerts or stadium events are now subjected to pat-downs.

Other modes of transport - Escorted tours are often by bus. Tell the bus driver your bag contains medical supplies or a fragile medical instrument when he puts it in the storage compartment or keep it with you if there is an extra seat on the bus. Tell your tour guide the same and they will be alert. There are sufficient bathroom breaks and some buses have facilities. Gerhard’s blow dryer came in handy when a leak began at midnight on a train in Turkey. “What a unique adventure standing there at the sink under the flickering lights, doing my ostomy stuff, feeling the motion of the car and hearing the trains sounds as it sped through the night with its sleeping passengers.” When traveling by car don’t leave your supplies in the car during hot weather or park it in a cooler spot, if possible. Michele G. when on camping trips takes a cooler with her ostomy supplies in a zip lock bag and places it on top of food that is on top of ice pack on the bottom. Before taking a cruise Scott B. telephoned the cruise line and spoke with the doctor who made sure he had enough supplies of TNP on board for Scott.

“Foreign” Food - Part of the adventure in traveling is to taste new foods. You probably know which foods your digestive system doesn’t tolerate. Beano contains an enzyme, Alpha-galactosidase that chews up the oligosaccharides. Gerhard E. takes 3-5 Beans per meal when necessary. And he carries a supply of loperamide, ½ - 1 tablet works for him. It slows down peristalsis, therefore slowing down diarrhea. Check with your doctor.

Marty always checks online or in travel books if the country he is traveling to has drinkable tap water. Not all developed countries have drinkable tap water. He buys bottled water and uses it when rinsing his brushed teeth. If the water is not drinkable don’t use it to rinse out your pouch. Avoid uncooked fruits and vegetables while traveling in countries that don’t have drinkable water. Marty N. packs Gatorade powder and needed it in Spain where later he found their equivalent, “PowerAde”. Most pharmacies would carry an equivalent for replenishing lost fluids, especially for diarrhea.

Every time you try something new and unfamiliar, there will be a bit of fear. And when you see things turning out just great, you wonder why you were afraid. So go out and do it. Each time, relishing your success, you’ll feel better about yourself. Besides, think of the funny odd travel moment you will have because of your ostomy, like sitting at breakfast chatting with your tablemates around you, and you know, but they don’t, that you are multitasking, accomplishing more than just eating your ham and cheese omelet. Consider: Ships in harbor are safe, but that’s not what ships are built for. (John Shedd)

More resources: United Ostomy Associations of America posted this: “A woman who drinks prune juice to keep her ileostomy liquidy since she has a Kock pouch and needs to intubate with a catheter to empty it, wanted to know if she could take small cans on the plane. Prune juice is permitted on-board a plane for passengers with medical conditions. The 3 ounce rule does not apply to juices and water used by patients with medical conditions. The passenger must declare the condition and the item at the checkpoint for further inspection. A doctor’s note may help, but is not required. Print out the TSA instructions page and give it to the agent. If they are unfamiliar with the exemptions, ask to go higher up the chain. Larger airports will be familiar with the disability provision of TSA but smaller airports may be less familiar, having not dealt with the situation before.”

The president of the San Diego Ostomy Association, Jim N. relates in their newsletter his new experience with the full body scanner. It was a random selection of who goes through one. It also depends on how much of a passenger backup may be developing. “I did not know until selected, that when you go through the full body scan you must remove everything from your pockets, even non-metallic items that would not have been detected in the regular scanner. When I quietly mentioned to the agent that I had a colostomy and asked if that was a problem, she caught the eye of another nearby agent to assist her. As I exited the scanner that second agent simple brushed small wipes across my palms, and said I was fine to move on. Because I watch NCIS and CSI, I knew that the wipes detect whether you have handled explosive materials recently. This method enabled TSA to check me out with ease and send me on my way with no disruption!”

The Travel Card developed by TSA for ostomy patients is best printed from the UOAA website (below) for it to have the “blue” color because that is important as it is a flash card so that the TSA officers will recognize it and be guided to treat the traveler with discretion. After printing cut it out and laminate it.

Books:

Feel the Fear and Do it Anyway by Susan Jeffers, Ph. D.
Yes we can! Advice on Traveling with an Ostomy and Tips for Everyday Living by Barbara Kupfer, Kathy Foley-Bolch, Michelle Fallon Kasouf, and W. Brian Sweeny, M.D.

Log on to UOAA at http://ostomy.org/ostomy_infoltravel_tips.shtml. For discussion of various topics use <http://www.ostomy.org/forum/index.php>.

Editor’s note: For most cases of diarrhea due to food poisoning, over-the-counter Loperamide (Imodium) can help. But don’t take if you have bloody stools or a high fever, because it could worsen your illness. (Consumers Union of United States, Inc.) Our MMOA panel members have over 170 years of combined experience as ostomates, perhaps not all as travelers, but valuable none the less. Thank you so much. ■