



# THRIVE

METRO MARYLAND OSTOMY ASSOCIATION, INC.

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Web: [www.MarylandOstomy.org](http://www.MarylandOstomy.org)



12320 Parklawn Drive, Suite 241

Rockville, MD 20852

## Message from our President

Save the Date:

**Sunday, March 09, 2014**



To celebrate

40 YEARS OF SERVICE

to

OSTOMY PATIENTS

In Montgomery County

and the surrounding Washington Metropolitan area

***Formal Invitation to Follow***

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Metro Maryland Ostomy Association, Inc. is a registered 501(c)(3) tax-exempt, non-profit organization dedicated to the education, rehabilitation, and Assistance of those living with an Ostomy.

## Upcoming Meetings:

**SUNDAY, SEPTEMBER 8, 2013 at 12:00 Noon**

**Individual Discussion Groups with WOCN’s**  
*Colostomy – Ileostomy – Urostomy – Alternate Procedures*

**SUNDAY, OCTOBER 13, 2013 at 12:00 Noon**

**EMT from Montgomery County Fire Dept.**  
*Safety and things to know when calling 911*

**SUNDAY, NOVEMBER 10, 2013 at 12:00 Noon**

**Alison Ehrlich, MD, MHS, FAAD**

*Update on Stoma Dermatitis*

**Monthly Meetings held at:**

**Holy Cross Hospital**  
**Community Education Center**  
 1500 Forest Glen Road  
 Silver Spring, MD 20910



### *From our Mailbag...*

Friends of Ostomates Worldwide USA received an email from the founder of Earthwide Surgical Foundation, Dr. Camazine, who sent us an appeal for ostomy pouches from a gentleman in Nigeria. Dr. Camazine and his group were contacted because this man had ostomy surgery but had no way to receive and utilize an ostomy pouching system. The picture that accompanied the email showed a piece of material wrapped around his abdomen and stoma and under the material were what looked like paper towels. As this unfortunate gentleman noted he had no way to contain what drained from the colostomy. Between the gas and the odor no one was comfortable being around him and he contemplated withdrawing from life. Dr. Camazine requested and will receive the supplies from FOW to help this man manage their stoma and move on with an improved quality of

## **MMOA Board of Directors and Volunteers**

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## Gut Microflora—

By Mayo Clinic Health Letter, April 2013

Adapted by MMOA

While bacteria do cause many health concerns, they also play a very significant role in supporting our health. These microorganisms live in our body in vast numbers peacefully and constructively under normal circumstances. They live on our skin, in the respiratory system, and in the urinary tracts. The largest numbers of bacteria live in the gastrointestinal tract. Research focuses on the relationship these gut microflora have in maintaining health and what may jeopardize that balance, possibly leading to illness.

These microflora, microbiota and microbiome get shelter and materials they need from the body while creating a healthy environment to protect from illness and help with food digestion. The surface area of the intestinal tract is about the same as that of a tennis court! More than 500 different types of bacteria work to support normal digestion.

The digestive benefits of microflora are production of several B vitamins, vitamin K, folate and certain fatty acids. Some byproducts of bacterial interactions help supply up to 10 percent of our daily energy needs and are critical to our normal immune system development.

Gut microflora evolve in response to things such as diet, aging, geographical location and environmental factors, including infections and use of antibiotics.

Generally, this relationship between gut microflora and the body remains balanced, keeping infections in check promoting good health. Disruptions to the balance of good and bad bacteria level can result in illness or disease.

### Balance is necessary

After taking antibiotics as many as 30 percent of people encounter changes in bowel activity such as diarrhea. This antibiotic-associated diarrhea is due to an imbalance in the microflora of the intestines.

**Prebiotics** are nondigestible carbohydrates that act as food for probiotics. Fermented dairy products, such as yogurt and kefir, are considered symbiotic because they contain live bacteria and the fuel they need to thrive. Prebiotics and probiotics when combined work together, form a symbiotic product.

**Probiotics** are found in foods such as yogurt, while prebiotics are found in whole grains, bananas, onions, garlic, honey and artichokes. In addition, probiotics and prebiotics are added to some foods and available as dietary supplements.

You don't necessarily need probiotics to be healthy because the existing "good" bacteria in your body already helps with digestion and offer protection from harmful bacteria.

Although more research is needed, there's encouraging evidence that probiotics may help with managing gut microflora. On the market now are more probiotics products in dairy foods with live cultures and dietary supplements, but consumer enthusiasm often exceeds scientific knowledge about safety and actual effect of probiotics.

There are many unanswered questions concerning the use of probiotics. Evidence supports probiotics use as a possible added therapy for certain bowel disorders, including irritable bowel syndrome (IBS), ulcerative colitis and pouchitis a complication that may occur after surgery to remove the colon due to ulcerative colitis. Consult the doctor to determine if probiotics may help manage one of these conditions. Side effects are rare, and most healthy adults can safely add foods that contain prebiotics and probiotics to their diet. If you're considering taking supplements, again check with your doctor to be sure that they're right for you.

In a limited number of studies Dannon's yogurt product Activia has been associated with some positive results for people with IBS. There are well-controlled studies with strong evidence that Dannon's DanActive yogurt drink may help prevent antibiotic-associated diarrhea.

*Continued on Page 4*

*Continued from Page 3...*

### Microbiome therapy

*Clostridium difficile* (*C. difficile*), a bacterium, is a major disrupter causing symptoms ranging from diarrhea to life-threatening inflammation of the colon. *C. difficile* infections are becoming more frequent, severe and difficult to treat. *C. difficile* infections most commonly affect older adults in hospitals or long-term care facilities after use of antibiotics. However in recent years even healthy people who aren't hospitalized or taking antibiotics have been sickened by *C. difficile*.

Antibiotics are typically used to treat *C. difficile* with recurrences fairly common. An alternative treatment for these recurrent infections involves transplanting fecal material from a healthy donor to the infected person's colon. This procedure is called fecal microbiota transplantation or FMT. The intent is to introduce good bacteria found in healthy fecal material that can then repopulate and restore balance to the infected person's gut microbiota. The overall success rate found in one review was 92 per cent. FMT is performed at Mayo Clinic in situations where *C. difficile* recurs despite antibiotic treatment or where symptoms of moderate to severe *C. difficile* diarrhea don't improve after five to seven days of antibiotic treatment.

Based on findings published in 2012 in Annals of Internal medicine the authors say there's little reason not to encourage people at risk of *C. difficile* infection to use probiotics when prescribed antibiotics. Nevertheless, infection prevention and control, including hand hygiene, remains the cornerstone for prevention of *C. difficile* infection.



### Important Correction:

In the July/August issue of Metro Maryland's newsletter a very significant error needs to be clarified in respect to the article, "What to do About Pouch Odor," specifically the de-odorizing product, Devrom, and its side effects. The company who makes this product, Parthenon, would like to explain as follows:

"Devrom is an over-the-counter medicine used to deodorize odor from stool and gas. Devrom does change stool color, not to green but to black. The active ingredient in Devrom is bismuth (subgallate) and it like any other bismuth containing product darkens the stool. Devrom has been on the market for over 50 years and has never been reported to have any effect on blood thinning agents. "

In the article by Linda Carter, MS, RN, CWOCA, it states *the active ingredient in Devrom (bismuth subgallate) affects blood thinning agents. This is an error.* It is important to distinguish Devrom from other bismuth products such as bismuth subsalicylate, which do interact with blood thinning agents. Devrom is FDA approved.

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*Articles and information in this newsletter are intended to serve as general advice and may not be applicable to everyone. 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 WOC Nurse for the medical advice best for you. Any display, description, demonstration or distribution of products at our meetings does not constitute an endorsement of that product by Metro Maryland Ostomy Association.*

## Look Ma! No Scissors!

by Wendy Lueder with thanks to Emma

Skin barrier wafers that do not need scissors to create the “just right” opening size for our stomas are great benefits for those of us who have oval stomas or are challenged by dexterity issues. Also if your stoma is still changing size during the few months following surgery, this type of barrier has real advantage as adjustments can be easily made with each barrier change. For busy nurses who change many ostomates a day, these types of wafers also save lots of time as cutting with scissors must be slow and accurate.

Both Hollister and ConvaTec have wafers that don't require the use of scissors. However the two products do exhibit differences.

Hollister's FormaFlex is an extended wear skin barrier wafer which has the ability to be stretched to custom fit the size and shape of the stoma without the use of scissors. It is an optional skin barrier in the New Image two-piece system. The starter hole is stretched (not rolled) to the correct opening size. However, if you make a mistake by stretching it too far it will not shrink back to a smaller size. The barrier does not come with built-in convexity however they now make a 'ring' that fits into the barrier that will make it convex.

ConvaTec Moldable Skin Barrier wafers are available in either flat or built-in convexity and can be used with either SURFIT Natura pouches or Esteem Synergy Adhesive Coupling Technology. To create the customized stoma opening you place your fingertips or thumbs at the inner edge of the starter hole while leaving the plastic cover backing in place and roll the skin barrier outward. If you roll it too far by mistake you can roll it back to a smaller size. Once it is the correct size you pinch the material together to help hold the customized circumference in place.

Using all modern and thus pliable skin barrier wafers, the opening hole for your stoma should be the exact size of your stoma. The barrier should be placed right up next to, but not over the stoma with no gap allowing the skin to be exposed. Stomahesive is an older product that is not as pliable and thus should not be applied immediately next to the stoma as a cut to the stoma may occur.

For all barrier wafers, be sure to use clean hands when handling and make sure the skin around your stoma is completely clean and completely dry before application. Don't use soaps or tissues with lotions. All barrier wafers are like packing tape in that if you touch the sticky side, the adherence is diminished. Barriers also become more effective by applying warmth. After you've applied a new wafer and pouch, hold a warm hand over the wafer for fifteen minutes as the warmth will make the need to change less frequent. To request samples:

ConvaTec – 1-800-422-8811 ([www.convatec.com](http://www.convatec.com)) and  
Hollister 1.888.740.8999 ([www.hollister.com/us](http://www.hollister.com/us)) ■

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### **Do you Sometimes Feel Overwhelmed, Stressed Out, or Even Discouraged at Work?**

From Cleveland Clinic Wellness publication, 2013

Here's a healthy way to perk up your mood: Get an instant lift just by looking through old photos. Researchers put several common coping strategies to the test and found that flipping through personal photos improved volunteers' moods better than eating chocolate, watching TV or even listening to music. Whereas some of these strategies elevated moods by a measly 1 percent, browsing through photos gave people an 11 percent boost in happiness. Store some of your happiest snapshots on your phone or place some around your office so that, whenever you're having a hard day, you can look at them and feel instantly better.



## October 5, 2013

World Ostomy Day is a global campaign in which ostomates worldwide and their associations celebrate life and the chance to live productive and fulfilling lives. More than 700,000 ostomates alone are in the United States, and over 100,000 ostomy surgeries are performed annually. This one day a year is designed to enhance public awareness of the challenges faced by people with ostomies, to ensure that ostomy surgery is viewed positively and to call attention to the vital work of ostomy associations.

**Photo contest** - To support World Ostomy Day, Hollister Incorporated is sponsoring the World Ostomy Day Photo Contest, in conjunction with The International Ostomy Association (IOA). The contest originated in 2006. Interested participants can submit their favorite photos via mail or the Hollister website. Twelve winning photographs will be featured in the 2015 World Ostomy Day calendar. The winning photographers also will receive a certificate of recognition and \$250 for their International Ostomy Association (IOA) chapter. All participating IOA chapters will receive a CD-ROM of the winning photographs. Check the UOAA or Hollister websites for details or Google “world ostomy day.”■

### Membership Request for Metro Maryland Ostomy Association

Today's Date \_\_\_\_\_

Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Street Address \_\_\_\_\_ Occupation \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Spouse Name \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

Type of Ostomy: Colostomy \_\_\_ Ileostomy \_\_\_ Urostomy \_\_\_ J-Pouch/Pull-thru \_\_\_

Continent Ileostomy \_\_\_ Continent Urostomy \_\_\_ Urinary Diversion \_\_\_ Other \_\_\_\_\_

Date of Surgery \_\_\_\_\_

Reason for Surgery: Crohn's \_\_\_ Ulcerative Colitis \_\_\_ Cancer \_\_\_ Birth defect \_\_\_ Other \_\_\_\_\_

Membership Dues are \$40 per year, May-April, unless other arrangements are made.  
Donations are also needed and gratefully accepted. All contributions are Tax0Deductible.

Send Check to: Metro Maryland Ostomy Association, 12320 Parklawn Drive, Rockville, MD 20852  
[www.marylandostomy.org](http://www.marylandostomy.org) Email: [info@marylandostomy.org](mailto:info@marylandostomy.org)  
Telephone: 301-946-6661 ~ Fax: 1-800-543-5870

**HOSPITALS AND WOC NURSES**

**MARYLAND:**

ANNE ARUNDEL - Annapolis – 443-481-5508  
*Irene Repka, WOCN or Michelle Perkins, RN*  
 DOCTORS' COMMUNITY - Lanham – 301-552-8118 x8530  
 HOLY CROSS - Silver Spring – 301-754-7295  
*WOCNs: Theresa Emmell, Rezia Lake, Molly LaVoie*  
 HOWARD COUNTY GENERAL - Columbia - 410-740-7890  
 MONTGOMERY GENERAL - Olney - 301-774-8882  
*Wound Ostomy Consult Line: 301-774-8731*  
 NAT'L INSTITUTE OF HEALTH - Bethesda - 301-451-1265  
*CWOCNs: KC Chandler-Axelrod, Katie Rizzo*  
*(For patients on NIH protocols only)*  
 PRINCE GEORGES - Cheverly - 301-618-2000  
*Barbara Smith, CWOCN, CWS, 301-618-6462*  
 SHADY GROVE ADVENTIST – Rockville - 301-279-6000  
*WOCNs: Lyndan Simpson, Linda D'Angelo, Barbara Copenhaver*  
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*Paz Aquino, WOCN & Sharon May, WOCN*  
 V.A. MEDICAL CENTER - Washington. D.C., 202-745-8000  
*page Erlinda Paguio, WOCN; RNs Leslie Rowan, Natalie Tukpak*

**WASHINGTON DC:**

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*June Amling, CWON*  
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*Debbie Sears, WOCN, Ashley Buscetta*  
 GEORGETOWN UNIV - 202-444-2801  
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 HOWARD UNIVERSITY - 202-865-6100  
*Page 769 Faith Winter, RN*  
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*WOCNs: Dorothy Shi, Helene Hemus, Marie Newman*  
 SPECIALTY HOSPITAL of WASHINGTON (formerly Capitol  
 Hill Hospital) is a nursing home with long term acute care  
 beds. Wound Care Dept. 202-546-5700, ext. 2140  
 UNITED MEDICAL CENTER (UMC) - 202-574-6150  
*Donna Johnson, WOCN*  
 WASHINGTON HOSPITAL CENTER - 202-877-7000,  
*page WOCNs Joseph Kisanga, Robert Ebeling, Michael*  
*Kingan, Donna Stalters, Debra Engels*

**OUTPATIENT OSTOMY CLINICS**

*REMINDER: A doctor's referral is required to take with you or to be faxed to the clinic before your visit. Be sure your referral covers additional visits with the nurse if that might be needed. This will help with your insurance coverage.*

**George Washington University Hospital**

Main Level  
 Tuesdays & Thursdays, 12:30-3:00 pm  
 By Appointment Only - Call 202-715-5302

**Georgetown University Hospital**

Thursday mornings, 8:30 AM to 12:30 PM.  
 4<sup>th</sup> floor, Pasquerilla Healthcare Center  
 For appointment, call 202-444-5365.

**Holy Cross Hospital**

Tuesday, Wednesday and Thursday  
 By Appointment Only - Call 301-754-7295

**Washington Hospital Center**

Surgical Clinic - Ostomy Care, Ground Level, Rm GA48  
 Wednesdays, 12:30 PM to 4:30 PM  
 By Appointment Only - Call 202-877-7103

**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.

**Make your tax-deductible contribution to:  
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 Telephone & Email: \_\_\_\_\_  
 \_\_\_\_\_  
 Send Tribute to: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_

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

~ Emerson

## Ostomy Support Belts and Underwear Alternative

By GROA, MI and Metro Maryland Ostomy Association, Inc.

**OSTomysecrets** is ostomy underwear and ostomy undergarments help you to regain confidence and conceal and support your ostomy bag. *Ostomysecrets* was first made by the founder for herself after her ostomy. There are many options for kids, men and women:

- Keeps ostomy pouch supported & flat against your stomach; allowing you to wear tailored clothing.
- Completely covers the pouch up to the base of your skin barrier, reducing friction between the pouch & your skin.
- Supports the weight of the pouch as it fills, providing you with additional security & confidence.
- Smooths "bumps" as the pouch fills, making them less noticeable.
- Prevents pouch from "swinging" under clothing.
- May be used for right-sided and/or left-sided ostomies.

To order online, [www.ostomysecrets.com](http://www.ostomysecrets.com) or call 877-613-6246

**Smarty Pants** is a line of underwear for active women designed as an alternative to conventional underwear and the thong. Similar in appearance to bike shorts, Smarty Pants features comfortable style, a sleek fit, and a high-performance, wicking fabric. Ostomy patients and others with disabilities looking for a workable underwear alternative enjoy the comfort of Smarty Pants. They may be worn under workout wear, shorts breeches and wetsuits as well as casual wear. To order online, [www.smartypantsunderwear.com](http://www.smartypantsunderwear.com) or call 831-476-9327.

**Dignity Belt** is Comfort – Discretion--Protection. These three fundamental principles guide the design of the dignity ostomy belt. The Dignity belt was designed by ostomates for ostomates. The belt is seamless, breathable, comfortable belt and protects your ostomy appliance inside a low-profile, zippered, fabric pouch. The belt supports and conceals the ostomy appliance around the waist and underneath clothing. Additional features of the belt include a fabric, elastic waistband and its extra rear utility pouch for spare supplies – all designed with your comfort and discretion in mind. To order online, [www.azzbackwards.com](http://www.azzbackwards.com) or call 1-952-583-8030.

**The Stealth Belt** ostomy support belt is custom-designed to provide excellent support, privacy, and protection for people of all ages and sizes. Each belt is made to fit a specific one's stoma size, ostomy bag size and waist measurements. Stealth Belt works by supporting an ostomy bag securely against your body while being fully concealed inside a zippered compartment. The zippered access makes for easy cleaning and draining without the need to take off the Stealth Belt. The Stealth Belt Pro has been designed to withstand sports such as wakeboarding, surfing, hiking, marathons and even skydiving. To order online, [www.stealthbelt.com](http://www.stealthbelt.com) or call 1.800.237.4491. ■

### Medicare Has Outlined Some New Rules for Suppliers

– by Deanna Eaves, Senior Reimbursement Manager, US, excerpted from Hollister's Secure Start Newsletter, Winter 2012-2013.

The Centers for Medicare and Medicaid Services estimate that we are losing billions of dollars to fraud and abuse each year. As part of the ongoing effort to fight Medicare fraud and abuse, and to ensure the products delivered to a beneficiary are still necessary, these rules may change the way your supplier processes your re-order for supplies.

Billions of dollars are lost to fraud when someone bills for supplies or services that were actually received and to abuse when doctors or suppliers don't follow practices that result in unnecessary costs

If you have Medicare insurance coverage, please don't be surprised, alarmed, or angered if your supplier asks you for a count of the product you have left. They are only doing what Medicare requires of them. The communication outlines specific reordering instructions for suppliers so there is no question what Medicare expects from them and clarified these rules in a recent communication to suppliers. Below is a summary of the main points of the communication:

- When products are supplied as refills to an original order, supplier must contact the beneficiary within 14 days prior to dispensing the refill and it cannot be delivered more than 10 days before the current supply runs out.
  - Suppliers cannot ship on a pre-determined basis, even if authorized by the beneficiary to do so.
- This shall be done to ensure that the refilled item remains reasonable and necessary, and that the existing supplies are approaching exhaustion. Suppliers must not dispense a quantity of supplies exceeding a beneficiary's expected utilization. They must stay attuned to unusual utilization patterns *and* must verify with the physician that any changed utilization is warranted. ■

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

## Social Media

We are proud to announce our recent presence on Facebook and Twitter. For almost 40 years Metro Maryland Ostomy Association (MMOA) has served the needs of those living with an ostomy in the Greater Washington Metropolitan area.

In today's growing technology and social media focused world, we recognized it was time to make our small corner of the world more available to those who are in need of our assistance, or know someone who is.

MMOA is one of the largest and the most tenured ostomy support organizations in the United States, and as we approach our 40th Anniversary next year, we are proud to announce these exciting initiatives for our nearly all-volunteer organization.

We hope you will visit and “like” us on Facebook and follow us on Twitter @MarylandOstomy.



Metro Maryland Ostomy Association  
12320 Parklawn Drive, Suite 241  
Rockville, MD 20852

OR

Visit our website at:  
[www.MarylandOstomy.org](http://www.MarylandOstomy.org)

MMOA, Inc.

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Rockville, MD 20852