

45 Years Working
with Ostomates



July/August 2019
Volume 45 Issue 6

Metro Maryland Ostomy Association, Inc.

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15800 Crabbs Branch Way
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Rockville, MD 20855

Dear Metro Maryland Supporters,

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” This quote by Leo F. Buscaglia is a similar expression to Plato’s: “Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.” These sentiments are witnessed at each of our MMOA meetings.

We take this opportunity to express our gratitude to all who have donated to Metro Maryland this past few months. You gave out of kindness without expecting anything in return.

However, the reward - your reward, is the continued work of MMOA: supporting new ostomates and those who depend on the knowledge that someone will be there to listen, to share an experience, when they need a lift.

THANK YOU TO ALL!

~ MMOA Board Members

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Check page two for the meeting agendas

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*“One of the most beautiful compensations
of this life
is that no one can sincerely try
to help another
without helping himself.”
~ Emerson*

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 or alternate procedure.

Upcoming Meetings at Holy Cross:

SUNDAY, JULY 14, 2019 at 12:00 Noon

Peter Herzog, Representative
Digestive Disease National Coalition

~ ~ ~ ~ ~

NO MEETING IN AUGUST

~ ~ ~ ~ ~

Please note our meetings are held at the
Holy Cross Hospital – Silver Spring
Professional and Community Education Center
Rooms 2 & 3

~ ~ ~ ~ ~

Parking charges:
First 30 minutes: FREE
Daily Maximum: \$8

Take your ticket before parking. Pay with your ticket
at the outside Main Lobby of the Hospital,
1st Floor kiosk by the garage elevator
(front of building, top/4th floor of the garage).

~ ~ ~ ~ ~

***Twenty years from now you will be more disappointed
by the things that you did not do than by the ones you
did do. So throw off the bowlines. Sail away from the
safe harbor. Catch the trade winds in your sails.***

~ Mark Twain

MMOA Board of Directors and Volunteers

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Appliance Chairperson William King

**MMOA regrets that we can no longer accept
donated ostomy supplies at our office
because of the lack of available storage.**

Please Use These Two Options for Donating Unused Ostomy Supplies:

1. Osto Group provides Ostomy products to the
uninsured, who pay shipping and handling charges.
Their website is <https://www.ostogroup.org>
or call 1-877-678-6690.

2. Friends of Ostomates Worldwide (FOW)
accepts any new and unused ostomy supplies.
These include:

- ☐ One-piece pouching systems
- ☐ Two-piece pouching systems (even if you
don't have a pouch or matching flange)
- ☐ Skin barrier paste
- ☐ Skin barrier rings
- ☐ Belts
- ☐ Skin barrier strips
- ☐ Pediatric supplies

Please ship or bring your supply donation to our
warehouse facility: **FOW-USA**

4018 Bishop Lane
Louisville, KY 40218-4539

Include your mailing information inside your cartons,
as well as on the outside, to ensure that we know
who you are. If you have any questions as to
whether they are able to accept your supplies,
contact **FOW** to discuss items that we can use:

1.502.909.6669

If there is no answer at the warehouse, leave a
message on the answering machine and a volunteer
will contact you as soon as they are able.

info@fowusa.org.

**Every ostomate has different needs. 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
your WOCNurse for advice.**

*We become the
best human beings we can be,
one insight,
one mistake
at a time.*
~ Joan Chittister

Tips for People with Arthritis and an Ostomy –

Adapted from an article by Julia Thompson, Stomal therapist, St. Vincent's Private Hospital, Sydney, Australia. Reprinted from Vancouver BC Ostomy "High Life" by gr. Seattle, WA 2018, via Tri-State Ostomate, IA, IL, MO.

Many ostomy surgeries are performed on seniors, so it stands to reason that many of those patients will have arthritis to some degree. Canadian statistics show approximately one in three (33.8%) senior males and one in two (50.6%) senior females reported arthritis in 2008. Stiffness and pain in the hands, neck or back can make caring for an ostomy more challenging.

Major Problems For Ostomates With Arthritis:

1) Gathering equipment and getting to private places.

Wheelchairs and walking frames require two hands, so there are problems moving equipment, especially if an ostomy bag is leaking and one hand is needed to minimize leakage. Solutions include having emergency supplies in a shoulder bag or a bag attached to the wheelchair/frame and keeping spares of ostomy equipment in various rooms of the house (such as upstairs and downstairs).

2) Stiffness getting on and off the toilet or bending over to empty an appliance.

An occupational therapist may be of great help to organize railings around the toilet, an extension seat for the toilet or a non-slip chair adjacent to the toilet.

3) Stiff back or neck preventing bending to see the stoma when changing the appliance.

A well-placed shaving mirror with a hinged frame and a magnifying side may help. Otherwise, sit, lean back and use a mirror on a table in front of you. A two-piece appliance may be easier to change because changing the bag (which needs to be done more frequently) can often be done by feel.

4) Arthritic hands sometimes prevent opening packets, peeling off backing papers, cutting holes, opening and closing clips, using tubes of paste and undoing tops on bottles of ostomy pharmaceuticals.

These areas have been most improved since 1989. Manufacturers have listened to their customers and provided a wide range of more user-friendly products. To find out which is best for your needs, see an ET nurse (WOCN) or attend an ostomy education day or a local ostomy association meeting. Often the representative of companies is present at these meetings and they can advise you.

a. Some appliances still have difficult packaging but it is worth investigating to find whether there is a suitable alternative appliance in packaging that you can manage. Similarly, some backing papers have brightly colored tabs that are easily seen and manipulated.

b. Many base plates and bags have pre-cut holes and manufacturers have slightly different sizes, so one of them probably meets your exact size. And there are now moldable products so those with non-circular stomas may not need scissors to customize holes.

c. Many drainable bags for people with bowel stomas now have integrated closures rather than clips. The integrated closures are soft and simple to use, even if you do not have much strength in your hands.

d. Most pastes now come in soft tubes or you can use a key or paste dispenser, obtainable from a pharmacy or where arthritic aids are sold.

Generally speaking, arthritic ostomates should simplify all tasks to use the least amount of time, movement and effort, thus minimizing joint pain. To do this:

GET READY – Decide what equipment is needed and take it all to the work area before you start.

DO THE TASK – Do an appliance change. List all the movements you made. Ask yourself whether it is necessary to do all the movements, and in that way.

ELIMINATE - All unnecessary steps.

COMBINE – As many movements and operations as possible.

REARRANGE -The order of steps to save movements

SIMPLIFY - All steps which are necessary.

REMEMBER – To do it the new way next time.

There are many aids available for those with arthritis sold in pharmacies or the pharmacy section of large chain stores. If you are unsure where to buy a product to help with a specific challenge, ask a physical therapist, your doctor or your WOCN and you may be able to obtain equipment at low or no cost. □

Sharing Helpful Hints –

NEVER wait until you have used your last appliance before ordering new ones.

Keep a list of your equipment, complete with order numbers, sizes and manufacturers. Let a member of your family know where you keep the list so that they can get the necessary supplies in the event of an emergency.

Buttermilk will soothe an irritated digestive tract and will not cause diarrhea or constipation.

Colostomates should not use water that is too cold or too hot for irrigation as it may cause cramps, pain or nausea. Allow 45 minutes to one hour for a complete return of water. Arrange to sit for comfort and relaxation. Do not hurry through irrigation. Anxiety, frustration and spillage may result.

Ileostomates should not sit in one position for a lengthy period of time. This may force pouch contents upward around the stoma and cause possible leakage. Stand up frequently.

If your pouch does not stick well, are you applying it right after showering in a high-humidity bathroom? Skin must be perfectly dry to hold the appliance. Also, oily soap can cause the wafer to loosen and fall off.

Lack of bulk in a colostomate's diet can be part of the difficulty in elimination. This may be caused by eating too much highly refined food and not enough bulk, like bran. □

During this whole pregnancy the stoma changed very little. It became more almond shaped as my abdomen grew but did not change in size after the 6th month. I was fortunate to be able to use the same size appliance throughout by just reshaping the karaya ring to accommodate my stoma. Overall, the size changed less than ¼" in diameter and protruded about ¼" further than usual. My normal size stoma returned in about 10 days after delivery. I had anticipated leakage problems because of the changing shape of my abdomen but experienced none. My only real problem with the stoma was not being able to see it over my tummy to change appliances! I found I needed a full-length mirror or my husband coaching me to center the appliance over the stoma.

While we had a Cesarean birth, my doctor had assured me that the ostomy itself in no way precluded a normal vaginal birth. They encouraged us to take the prepared childbirth classes earlier in the pregnancy before it was determined that my pelvic measurements were inadequate to deliver Teresa vaginally.

P.S. On November 27, 1978 Teresa's brother, Timothy, was born. Again, my pregnancy experience was about the same with the exception that the stoma this time flattened out somewhat – but not enough to cause me a significant problem. □

From the Metro MD Mailbag, December 1978 -

Dear Mr. Saunders,

Please excuse my delay in expressing our deep appreciation for funding Tyrone's registration fees to the National Youth Ostomy Rally in Boulder, CO. We are indeed grateful that you accompanied Tyrone on the trip.

Tyrone's participation in this conference represented a significant step towards independence, maturity and increased awareness of other ostomates. He enjoyed the trip immensely and has many memories to reassure in future years.

Your organization is making an important contribution towards helping ostomates understand their uniqueness yet realize that one can still live life to its fullest.

We will continue to encourage Tyrone to participate in the Metro Youth activities. Thank you very much.

Very sincerely yours,

V. Matthews

Child Development Specialist

~~~~~  
**Ode to a Summer Hike** – by Craig Glazer, 2009 via Gettysburg/Hanover OA

The forecast said hot - but it didn't say how hot. The doctor said resume normal activity, but he didn't define "normal." And determined to prove to myself that I could do post-surgery the same if not more than what I did pre-surgery, I set out with my Eagle son on what was billed as a casual day hike in the mountains of Virginia.

The literature warns you of too-shortened pouch wear time in the summer. But I didn't have to worry about that. The pouch had held well over the past two days. And, after all, this was supposed to be a "casual" summer hike on a warm, but not unbearable day. And the rest as they say, is history.

My son being an Eagle Scout, I of course felt the need to try to be an "Eagle Scout" Dad. The route looked tame enough: a two-hour gradual uphill climb to what was billed as an excellent lookout spot across the Shenandoah Mountains. And surgery had occurred over a year before. But, of course, life had a little unwelcome surprise awaiting me.

The hike up wasn't too bad. But as the hours went forward, the heat grew. I was soon sweating as much as a contestant on American Idol. Upon reaching the mountain top, we broke out sandwiches. After a few bites, I knew I had a problem. The Eagle Dad didn't anymore have an "Eagle" quality seal on his pouch. And just as I reached for my tape and supplies to shore up this potentially leaky seal, my fingers fumbled and I watched helplessly as my emergency supplies rolled down a steep cliff. Now what? A moment of panic ensued. The Eagle Dad melted into a helpless prey.

Fortunately, we can put our minds to innovating. Although I won't go into detail on what I did to innovate so as to keep my pouch on, I will assure you I used products not found in any ostomy catalog known to man. I truly was a sight as hikers passed us. Upon reaching the car, there was no time to sight-see. It was a quick hightail to the nearest restroom, which I blocked off with an "old room being cleaned" sign. After all, I didn't want anyone to have to witness this novelty lest I end up in the funny pages of the town's local community paper. Although this experience was incredibly stressful at the time, I look back and realize that staying calm and innovative can get you through some of the worst circumstances imaginable. And, by the way, learn from my experience. Don't take chances in the summer heat. A fresh pouch on a hot day can go a long way to maintaining that peace of mind we all seek! □

ELAINE SIGMAN, R.Ph.

Pharmacist - Manager

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## HOSPITALS AND WOC NURSES

## OUTPATIENT OSTOMY CLINICS

### MARYLAND:

ANNE ARUNDEL - Annapolis – 443-481-5508  
*Michelle Perkins, RN or Jennifer Davis, RN*  
CHESAPEAKE-POTOMAC HOMEHEALTH AGENCY, Clinton;  
1-800-656-4343 x227 or 301-274-9000 x227  
DOCTORS' COMMUNITY - Lanham – 301-552-8118 x 8530  
*Ellyce Green, RN*  
HOLY CROSS - Silver Spring – 301-754-7295  
*WOCNs: Rezia Lake, Denis Idefonso, Agnes Mpanga*  
HOWARD COUNTY GENERAL - Columbia - 410-740-3137/3160  
MEDSTAR MONTGOMERY MEDICAL CENTER - 301-774-8731  
*WOCNs: Carolyn D'Avis, Patricia Malone, Carolyn Carroza*  
MEDSTAR SOUTHERN MARYLAND HOSPITAL CENTER-  
Clinton MD - 301-877-5788 *Aldene Doyle, RN & Alison Knepper, RN*  
NAT'L INSTITUTES OF HEALTH - Bethesda - 301-451-1265  
*CWOCNs: Karen C Chandler-Axelrod, Ashley Buscetta*  
PRINCE GEORGES - Cheverly - 301-618-2000 or 301-618-6462  
SHADY GROVE ADVENTIST – Rockville - 301-896-6106/5721  
*WOCNs at Wound Center: Sue Hilton, Shay Jordan, Anita Wong, Kay Karro, Sue Federmeyer, and Heather Hanson. Cancer Care Navigator – 240-826-6297*  
SUBURBAN - Bethesda - 301-896-3050 - *Melba Graves, WOCN*  
WASHINGTON ADVENTIST - Takoma Park - 301-891-7600  
301-891-5635 - *WOCNs: Barbara Aronson-Cook, Carol Caneda*

### FOR MILITARY ONLY:

MALCOLM GROW MED CTR, ANDREWS AFB –  
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MEDICAL CENTER - Bethesda, MD - 301-319-8983/4288  
*Paz Aquino, WOCN & Sharon May, WOCN*  
V.A. MEDICAL CENTER - Washington. D.C.,  
202-745-8000/8495/93, Page WOCNs: *Leslie Rowan, Natalie Tukpak*

### WASHINGTON DC:

CHILDREN'S NATIONAL - 202-476-5086  
*June Amling, CWON & Sarah Choi, Intern*  
GEORGE WASHINGTON UNIV- 202-715-4000 - *Thai Kelley, WOCN*  
MEDSTAR GEORGETOWN UNIV - 202-444-2801  
*Page WOCNs Margaret Hiller & Anne McArdle*  
HOWARD UNIVERSITY - 202-865-6100 ext. 1105 - *Ann Coles, RN*  
NATIONAL REHABILITATION - 202-877-1186  
*WOCNs: Carolyn Sorensen, part time: Carolyn Corazza, Carolyn D'Avis. Send mailings c/o: STE G084*  
PROVIDENCE – Main number 202-854-7000 (In-Patients ONLY)  
SIBLEY MEMORIAL - 202-689-9931  
*WOCNs: 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*  
MEDSTAR WASHINGTON HOSPITAL CENTER – 202-877-7000  
*Page WOCNs: Donna Stalters, Debra Engel, Catherine Spangler, Susan Serdensky. Dr. Verghese's RN: Bernadette Denis, RN, Coordinator – 202-877-2534*

**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.**

### Carroll County Hospital Wound Care Center

410-871-6334

### Frederick Memorial Hospital Wound Care Center

400 West Seventh St., 240-566-3840

### Holy Cross Hospital

Tuesday, Wednesday and Thursday

By Appointment Only - Call 301-754-7295

### Shady Grove Medical Center

Tuesday and Wednesday

9901 Medical Center Dr

Rockville, MD 20850

Call 240-826-6106

### George Washington University Hospital - Main Level

Tuesdays & Thursdays, 12:30-3:00 pm

By Appointment Only - Call 202-715-5302

### Medstar 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.

\*\* Anne E. McArdle, NP, WOCN is able to write orders. A patient does NOT need an MD RX order to go to this clinic. But for insurance coverage contact your insurance company.

### Medstar 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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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 \_\_\_\_\_

We have no membership dues. We do remind you each May to donate whatever amount you wish.  
You may donate any time of year! All Donations are gratefully accepted and are Tax-Deductible.

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