



Pikes Peak Ostomy Association

www.pikespeakostomy.com

Affiliated with the:



January / February 2011

Message from the President

The beginning of a New Year is a wonderful time to thank everyone for their hard work. So much happens behind the scenes. A special thank you to Cindy, Marilyn, Lowell and Dick for all your work on the newsletter. Marilyn, thank you for all your time at getting our website up and going. Mickey thank you for counting and maintaining our finances. (Our Christmas auction raised \$43.) Visitation is so vital, thank you for all the referrals from Nancy and Cheryl. Thank you to Lisa for all the calls and visits made to new ostomates. And, finally to you, for your active participation. Your attendance, visits and words of encouragement go a long way. Happy New Year!

Next Meeting January 11, 7pm

Angela Kemper, dietitian at Memorial Hospital will be our featured speaker. She always has a wealth of information to share that can benefit everyone. Her tips on losing weight will come in handy if that happens to be one of your New Year's resolutions.

Upcoming Meetings February 8

The February, March and April, 2011 meetings will feature one of the following product representatives: Hollister, Convatec or Coloplast.

People to Know

VeEtta Bradley <u>President</u>	390-3497 mwbradley@netzero.net
Mickey Flanagan <u>Treasurer</u>	596-3907
Cindy Pickett <u>Newsletter</u>	637-8296
VeEtta Bradley Lisa Arachtingi	390-3497 310-1321
Nancy Rudisill <u>ET Nurse</u>	365-5996 Memorial Hospital
Cheryl Rudolph <u>ET Nurse</u>	776-5621 Penrose Hospital
Marilyn Thiel Web Site & E-mail updates	719-338-6218 Marilyn@marilynthiel.com www.pikespeakostomy.com

What is UOAA?

UOAA is a national network for bowel and urinary diversion support groups in the United States. Its goal is to provide a nonprofit association that will serve to unify and strengthen its member support groups, which are organized for the benefit of people who have, or will have intestinal or urinary diversions and their caregivers.

Contact UOAA Offices at:

PO Box 512

1-800-862-0826

The **Phoenix**
The official publication of UOAA

Happy New Year!

Leading Ostomy Magazine

The Phoenix magazine is the official publication of the United Ostomy Associations of America, Inc. and published by Ian Settlemire, the *Ostomy Quarterly* editor, art director and advertising manager. *The Phoenix* magazine is published four times a year - December, March, June and September.

The Phoenix Magazine

P.O. Box 3605

Mission Viejo, CA 92690

949-600-7296



Directions: Meetings are held at the Health South Rehab Hospital

325 Parkside Drive Colorado Springs, CO 80910

Traveling south on Union Blvd. go past Pike's Peak Ave.

Turn left at the light onto Parkside Drive

Go 1 more block east then right into hospital parking lot.



Don't forget to mark your calendars for the UOAA 3rd National Conference that will be held in Reno Nevada, Aug 7 - 11, 2011. We KNOW that it will be a wonderful time, full of educational workshops, along with some fabulous social events. I would like to strongly ENCOURAGE all who can attend to do so and I promise you will have an amazing time. Registration information is available on the UOAA website,

www.ostomy.org

How Exercise Grows A Healthy Heart

Everyone knows that exercise comes with metabolic and cardiovascular benefits, but scientists understand surprisingly little about how physical activity influences the heart itself. Now, a new study in the December 23rd issue of Cell, a Cell Press publication, offers some of the first molecular-level insights. The studies in mice suggest that exercise turns on a genetic program that leads the heart to grow as heart muscle cells divide. It appears that shift in activity is driven in part by a single transcription factor (a gene that controls other genes). That gene, known as C/EBP β , was known to play important roles in other parts of the body, but this is the first evidence for its influence in the heart. "We've identified a pathway involved in beneficial cardiac hypertrophy - the good kind of heart growth," said Bruce Spiegelman of Harvard Medical School. Source: Elisabeth (Lisa) Lyons Cell Press Article Date: 02 Jan 2011

Dues Are Due This Month

January has been designated as the month for the annual membership drive. Fill out the form on the last page of this newsletter and send it with your dues to Mickey. You may also bring your dues to the January Meeting. Your local dues, the monthly raffle and the Holiday Auction are our only means of support. The monies raised are used for our newsletter and other related functions of the Ostomy Support group. The Pikes Peak Ostomy Association is affiliated with the UOAA.

**Please check out our new
Pike's Peak Ostomy web site at
www.pikespeakostomy.com**



Traveling by Air ? 12/10/2010

Recent events in the news understandably have many people with an ostomy concerned about going through air travel security. The [UOAA](#) and other organizations are continuing to take the lead in addressing these issues on your behalf. In fact, UOAA and 23 other organizations recently sent a letter to the TSA Administrator, urging the government agency to develop more and better educational materials, training and policies for screening travelers with medical issues such as an ostomy.

In the meantime, if you are traveling by air this holiday season, here are some tips to help you through the security line and safely to your destination: Obtain a Traveler's Information Card, if you do not have one already. These cards, available from UOAA, ConvaTec, and others, give you the opportunity to advise the transportation security officer of your health situation without having to disclose it verbally.

- To minimize any change of an accident during a screening or pat-down, empty your pouch before you get in the security line.
- Pack your supplies in a single bag so that you can easily present them to the security officer when you go through. You could say to the officer, "these are my medical supplies and I am wearing one right now," putting your hand over the location of your pouch to indicate where the appliance is located.
- You will want to pack at least a few days supplies in your carry-on luggage, as a precaution just in case your checked luggage gets lost.
- If you are going to be patted-down, which is likely if you are wearing an appliance and especially if you decline to go through the scanner, you have the right that the pat-down be conducted in a private setting. Most TSA Cards also highlight the requirement for a private screening, if one is needed. You can also consider bringing with you a printed out copy of the TSA's [Fact Sheet](#) on Assistive Devices and Mobility Aids. This TSA document includes a picture of ostomy devices, which you can also show the officer before the screening or pat-down.
- If you encounter a security officer who does not seem to have any knowledge of an ostomy or Ostomy devices, stay calm. Give them the above materials, and calmly take the opportunity to educate them, much as you might do any member of the general public.

[UOAA's website](#) includes more information on this topic that you may find useful. If you have any problems during air travel, you can also contact the UOAA at advocacy@UOAA.org

Travel Tips

Over-Pack

"Be aware of the heat and humidity," warns Patricia Calhoun, MSN, ARNP, CWOCN, from Jackson Memorial Hospital in Miami, FL. "Some shore excursions or swimming may mean you need to change your pouch more often." Pack twice the amount of supplies you would normally need during the period you'll be cruising.

Precut Barriers

If you have to fly to your cruise departure point, keep in mind that strict security measures will prohibit you from carrying scissors on the plane. Calhoun suggests cutting a few skin barriers to take on the plane along with other supplies. Then pack your scissors and the bulk of your supplies in your checked baggage.

Stay Cool

"Be sure to stay well hydrated, use skin protection, and wear hats," says Carol T. Coker, MSN, ARNP, CWOCN, from Jackson Memorial Hospital in Miami, FL. She also suggests limiting the amount of time you spend in Jacuzzis or saunas as their heat and humidity can leave you especially dehydrated. If you do choose to go in a Jacuzzi or sauna, avoid alcohol, as it only increases your chances of dehydration. Also, remember to check your pouch after you get out to make sure that the seal is still intact.

THE AMERICAN CANCER SOCIETY

Pikes Peak Ostomy Association
1445 N. Union Blvd., Suite B-100
Colorado Springs, CO 80909

First
Class
Postage



Name _____ Telephone _____

Address _____
(Street or P.O. Box, City, State and Zip Code)

Local Dues: \$10.50 This membership is for chapter events and newsletter only. This membership is for ostomates and non-ostomates and ostomates families. Make checks payable to :
Ostomy Support Group of Colorado Springs and bring to a meeting. You may also mail dues to:

OSG- in care of
Mickey Flanagan
5033 Masheena Lane
Colorado Springs, Colorado 80917

Membership begins in January.

I give _____ do not give _____ permission for my name to be mentioned in the newsletter.

See an officer if you need confidential help with dues.

E- Mail Address _____