

Connecticut valley Ostomy and ibd support Group

COG blog



SUMMER season 2020

No summer BBQ or ice cream social

We are soooooo lucky to be in Vermont at this momentous time of social upheaval and change. My heart goes out to any of you with friends or relatives going through Covid 19. I appreciate we are only a small crowd but I personally am trying to ensure I stay well and as I see patients most days, owe it to them to be as careful as I can. So despite having some new members, our next meeting is cancelled. Hopefully we can meet in September. Please call if you'd like to discuss any ostomy issues.

Conference was on line in June and free so I got to go, from my home. It was very good and I listened intently to the surgeon speaking about complications of ostomy surgery and how to prevent or reduce them. One of the questions asked of him was his own complication rate, he didn't know!! So my question is 'how can you reduce complications if you have no idea how many you have to start with'. He was informative though and it was good to hear a surgeon acknowledge the importance of site marking and making good stomas.

New Products

Coloplast have extended their soft flexible Mio range and do a clover leaf wafer for those with stomas on a hill or hernia. Hollister have updated some of their products. The Cera plus barrier works well, I have recommended it for several patients with sore peristomal skin and it reduces peristomal itching for those using it.

Interesting articles from 'The Phoenix'

Witchhazel is a remedy that dates back 'forever'. Used to 'bring out a bruise' and resolve itching. It is a non alcohol astringent which means that it reduces the oils on the skin but not by being an alcohol based product. The writer (Chuckie McHenry) used it after cleansing, instead of skin prep to reduce itching. One of my patients swears by it and says her pouch stays on well after using it but otherwise might leak after a couple of

days. My pennethworth is; like anything around the stoma be prepared for a reaction and don't add unnecessary products or steps.

Book review 'The Carnivore Code' by Paul Saladino. This rivals all current thinking about our evolution as omnivores, in a rather different direction than the current vegan fad. Doctor Saladino proposes that plants have evolved many different toxic substances to avoid being eaten and that these chemicals are harmful. He contends all the necessary vitamins and minerals are obtainable from meat (I have not read the book yet and wonder about vit C). With the acknowledgement recently that we 'are what we eat' and we are, as a nation, sick from our dreadful dietary habits, both this book and 'The Plant Paradox' have a place on our bookshelves. The review points out that many ileostomates are bound to a life of low fiber and no fresh fruit and veggies to prevent ileostomy blockage and this book may be of interest to them. There are many surgeons now being less prescriptive with low residue diets even postoperatively and going forward this is likely to increase. Blockages tend to be caused by adhesions, bowel pathology and rarely specific fibrous foods, so a longterm low residue diet is, generally, not necessary. The book sounds interesting and I will be reading it. My personal stance is that we are omnivores and as such can pick and choose what we eat based on what is tasty and healthy for us, as an individual. Being that we are all different our wants and needs will be as diverse.

Supplies issues

Please let me know if you have any supplies issues during the pandemic. All the companies have been very positive but it would be good for me to know if anybody is experiencing delays in delivery. Call if you ever run out of supplies there are usually plenty.

2020 Meetings Bellows Falls

Friday meetings are at 5pm in the Fireplace room, of the Rockingham Medical group. There will be signs up to guide you to the lower floor from the main entrance

Next meeting is Fall Friday Sept 11th

Winter warmer Sunday Dec 6th at 12:30 pm at my house Saxtons River

Mud season Friday March 12th

Spring Friday May 14th

Summer Sunday July 11th at 12:30 pm at my house Saxtons River

Our group aims to bring people together who are managing with inflammatory bowel disease or who have had an ostomy of any type.

The purpose is to keep in touch with others who share our fate in order that our questions can be answered and our concerns and tribulations shared.

Our support group is affiliated with the United Ostomy Association of America but has little formal structure or cost. It is run by Margaret Heale a certified Wound, Ostomy and Continence Nurse. Website healewoundcare.com

It is by helping & supporting each other that we grow and flourish