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Feature Article

What is Shield HealthCare's OstomyLife Community?

Shield Healthcare has created a dedicated group to provide resources, support and a sense of community to people living with an ostomy.

Shield Healthcare recognizes the need for information about ostomy lifestyle topics. Our OstomyLife Facebook, Twitter, Instagram, community page and YouTube accounts offer tips, tricks and educational materials about living day-to-day life with an ostomy from our very own Ostomy Lifestyle Specialist, Laura Cox, and other community members.

We invite you to share your story and tips with the community to enable our members to learn and grow from each other. Connect with us on:

Facebook: www.facebook.com/ostomylife
Twitter: www.twitter.com/ostomylife
Instagram: www.instagram.com/ostomylife
Community: www.shieldhealthcare/ostomylife

INTRODUCING
OstomyLife

A SHIELD HEALTHCARE
COMMUNITY



Laura Cox
Shield HealthCare
Ostomy Lifestyle Specialist

OstomyLife Webinar Update

In case you missed our first two OstomyLife Webinars, we recorded them for you! They are now available for viewing on shieldhealthcare.com/ostomylife.

Topics covered in Webinars 1 and 2 include:

How to tell a loved one about your ostomy, travel tips, swimming with an ostomy, how to prevent leaks, stoma care, plus diet and nutrition basics.

OstomyLife Webinar 3 is scheduled for Thursday, July 23, 2015.

Please subscribe to our eNewsletter on shieldhealthcare.com/ostomylife or follow us on Facebook.com/ostomylife for more upcoming webinar details.

Active Lifestyle With An Ostomy

OstomyLife

A SHIELD HEALTHCARE
COMMUNITY

Having an ostomy does not mean you can't live an active, fulfilling life. In fact, sometimes an ostomy can enable individuals to have a more active and healthy lifestyle! There are mountaineers, models, body builders, mothers, fathers, runners, lawyers, police officers, advocates, and business people who have ostomies.

Ask your doctor about resuming your normal routine after surgery. After your initial healing time, it is likely that you can resume your normal schedule with slight modifications.

When your doctor indicates you're clear to start exercising again, start slow. Introduce new exercises slowly to build up your endurance. Low-impact exercises like swimming, walking, and biking are good beginning workouts. As you build your endurance and strength, start to incorporate any other exercises you would like.

Remember that having an ostomy makes it easier to become dehydrated. Make sure you are well hydrated prior to exercising. Eat a small snack and hydrate well 30-60 minutes prior to working out. You may also find it helpful to take an anti-diarrheal like Imodium 30-60 minutes before working out, especially if you have an ileostomy. Ask your doctor before taking any new medications. Also, keep a water bottle nearby when exercising and sip throughout your workout.

Keep in mind that having any type of abdominal surgery increases the risk of hernias. Ask your doctor about abdominal exercises that could work for you, such as stability workouts to indirectly work abdominal muscles. A good example of a way to modify your workout to incorporate stability is to stand for bicep curls. Tighten your abdominal muscles and isolate the biceps. Use your abs to keep everything but your arms still. Think about investing in a hernia belt or a Spanx like product to keep your abdominal muscles intact and secure your ostomy close to your body.

If you chose to participate in sports for exercise, make sure your stoma is protected. An ostomy accessory called a "stoma guard" protects against blunt force trauma, like getting hit in the stomach by a soccer ball.

The best piece of advice I could give is to listen to your body. If you wake up and your body is telling you that it's a "take it easy" day, listen. Recovery is a long process and takes work and patience. Don't judge yourself if you have to skip the gym once in a while.

All of these tips sound like a lot to consider, but once you get back into working out and incorporating some new practices to your old routine, like wearing a hernia belt and sipping throughout your workout, you'll find that exercising with an ostomy is not only feasible, but enjoyable.








Proper Hydration Tips

- Drink 8-10 glasses of fluid a day (8 ounces = 1 glass)
- Ask your doctor about taking imodium 20-30 minutes before eating and drinking
- Eat foods that thicken the stool like bread, mashed potatoes & pastas
- Replenish electrolytes (like sodium and potassium) with pedialyte, gatorade, coconut water, chicken broth, or homemade electrolyte drinks
- Coffee and tea interfere with hydration, so do not count coffee or tea toward your 8-10 glasses a day goal

Diet and Nutrition

Maintaining a balanced diet directly after surgery and thereafter is a very important part of living with an ostomy. Each person's diet and what he or she can tolerate with a stoma varies. This is why it is important to add foods slowly back into your diet after surgery. Add just one new food a day. Start with a small amount of the new food and chew very well. Follow it up with a good amount of water. Wait a couple hours and see how this food affects you. If you feel like the food hasn't affected you in a negative way try another couple bites, chew well, and drink more water.

This process sounds tedious, but following these guidelines helps you know exactly how your body tolerates each food. Below are some of the most common difficulties and possible solutions:

	<p>Foods/beverages that cause -Gas-</p>	<p>Tips for preventing gas</p>
<p>Beans, Broccoli, Cabbage, Carbonated Drinks, Cauliflower, Garlic, Gum, Leeks, Onions</p>		<p>-Cook vegetables to prevent gas -Don't drink through a straw -Eat more frequently, skipping meals causes gas Ask your doctor about taking Gas X if gas persists</p>
	<p>Foods/beverages that cause -Odor-</p>	<p>Tips for preventing odor</p>
<p>Alcohol Eggs Fish</p>		<p>Foods to add to your diet: -Cranberry Juice, Kefir, Parsley, Yogurt -Use odor eliminating drops or spray -Place a Tic Tac at the bottom of your pouch</p>
	<p>Foods that cause -Blockages & Constipation-</p>	<p>Prevention tips</p>
<p>Celery, Corn, Fruits with peels, Nuts, Seeds</p>		<p>-Chew well -Drink plenty of water -Drink grape juice</p>
	<p>Foods/beverages that cause -Diarrhea-</p>	<p>Tips for thickening the stool</p>
<p>Beans, Beer, Broccoli, Chocolate, Red wine, Soup</p>		<p>Foods to add to your diet: -Apple sauce, Bananas, Nut butters, Pasta Potatoes (without skin), White rice Ask your doctor about taking Imodium 20 minutes before meals</p>
	<p>Foods that contribute to -Kidney Stones- (in ileostomies)</p>	<p>Kidney stone prevention tips</p>
<p>Foods that contains oxalates such as: Chocolate, Green leafy vegetables, Instant coffee, Nuts, Seeds. Don't cut these out all together</p>		<p>-Add calcium rich foods such as: Milk, Yogurt, Kefir -Drink lots of water</p>

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Diet and Nutrition Continued from page 3

It's not necessary to cut out some foods all together. It's important to have foods and beverages you enjoy. For example, if you want to have some red wine (sometimes known to cause diarrhea), have your wine with some white pasta (a stool thickener). Also make sure to drink plenty of water and beverages with electrolytes to replace what you lose when you have loose stool.

Moderation is very important when splurging on foods that may cause certain difficulties. Remember that foods may affect people differently depending on their individual bodies and how food/beverage is tolerated. Some people don't have to change their diet at all after stoma surgery, and some may have to modify it quite a bit.

If you are worried about not getting the right nutrition due to diet limitations with your ostomy, ask your nurse to refer you to a registered dietitian to answer your questions.



Ask Laura!

Laura Cox, Shield HealthCare's
Ostomy Lifestyle Specialist

Get advice from Laura on your
ostomy-related questions and concerns.
shieldhealthcare.com/asklaura



Hi Laura,
I am due to have ostomy surgery next week.
What is one thing you wish someone had told
you about having an ostomy before you got
an ostomy or when you were new to having
an ostomy?

Thanks, Carol



Hi Carol,
One of the things I most wish I would have known is that your skin under your wafer should look and feel like the rest of the skin on your abdomen. I just assumed that itchy, painful skin was a part of life with an ostomy. That's absolutely not true! I also wish someone had told me not all of the accessories are mandatory for every person with an ostomy!

I originally used every product (powder, paste, skin prep, etc.) out there because I assumed that's what I was supposed to do. That was actually detrimental to my seal! When I started only using powder and stoma strips, my skin cleared right up! Everyone's skin chemistry is different and not every product is going to work for you. Talk to a Wound, Ostomy, Continence Nurse (WOCN) if you're having leaks or skin issues. He or she will help you find the right combination of products for you!
Thanks, Laura

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Are you interested in ostomy supplies from Shield HealthCare? Call us today!

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