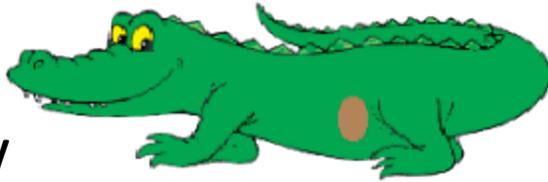


Colorado  
River  
Ostomy  
Chapter



## CROC October/November 2022 Newsletter

### The Next Meeting November 14<sup>th</sup>!

**The time will be from 1-3pm.  
Come and join us!**

Location: **Western Arizona Regional  
Medical Center's (WARMC) education  
room.**

The address is 2728 Silver Creek Road,  
Bullhead City, AZ 86442.

The Education building is across the street from  
the main entrance to WARMC. It is labelled  
building 2.

You may park in building 2 parking spaces or in  
the WARMC main visitor lot and walk across  
the street to Building 2.

Enter the building through the right-side door,  
go down the short hall through the next door,  
onto the patio and the room will be on the right.

**Next Meeting:  
November 14.**

**-NOVEMBER-**

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |    |    |    |

### Did you know?

If you are having issues with skin breakdown around your stoma, having issues with pouching adherence/leakage, and/or are a new ostomate, that you can contact one of the local wound care centers to inquire if you can be seen for ostomy issues?

Depending on your insurance, you may need your Primary Care Provider to make a referral for you to the wound care center. The wound care center staff would determine if an authorization from your insurance is needed for you to be seen. If authorization is needed, there would be a delay in getting into see the staff. So, call a wound care center earlier than later when you are having issues, and if you would like to be seen.

*Not all wound care centers have an ostomy certified staff member, so be sure to ask.*

### Mohave County Wound Care Centers

Havasu Regional Medical Center  
(928) 854-1250

Kingman Regional Medical Center  
(928) 681-8555

Valley View Medical Center, Ft Mohave  
(928) 788-3640

Western AZ Regional Medical Center, BHC  
(928) 444-1454

## Education of the Month:

### Diet: It is Pumpkin (Spice) Season!



#### aka Fall

Pumpkin and the squash family tend to be great thickeners for ileostomy output and can also help the colostomate's output. It is all about the fiber, some note there is prebiotic fiber in this family of food.

Caution, eat pumpkin/squash in moderation as too much can cause problems for the gut. It can greatly thicken ileostomy output and could act as a laxative for the colostomate.

Things to consider: Pumpkin/squash have both magnesium and potassium in each serving. Those with renal function issues may have limits on intake of these electrolytes/minerals. Small amounts to foregoing the food may be best with renal issues. Speak with your doctor about what is reasonable to consume during this season.

If you have adhesions in your abdomen that cause you trouble, eating small amounts of high fiber foods is a good idea, as too much fiber may cause cramping or blockages.

If your pouching seal leaks, when your output changes monitor for this.

As many enjoy eating pumpkin seeds, seeds are one of the causes of blockages. Many chose to avoid seeds and nuts for this reason. If you must have a few seeds, then chew very well, eat a small amount, and eat with other foods which may help lessen the chance of a blockage.

There are no known effects of pumpkin on urostomy output other than too much beta-carotene intake can change urine color to bright yellow or orange.

So, enjoy that slice of pumpkin pie, that piece of pumpkin bread or muffin. Pumpkin

flavored coffee may taste good—but not real amounts of pumpkin. You can still enjoy.

\*\* Not all that is labeled pumpkin is actual pumpkin, at times other orange/yellow squashes are substituted for pumpkin.



*Sweet Potatoes* have much in common with Pumpkin. These potatoes are rich in potassium and magnesium and have same concerns for the ostomate including urostomates as pumpkin/squash do. Eat in small amounts/ in moderation.

If you are not a pumpkin lover or a sweet potato partaker, make sure to enjoy some substitute flavors.

As always ostomates should be mindful not to overeat on celebration days. The keys are moderation in amounts/choices, chewing well, eat slowly.

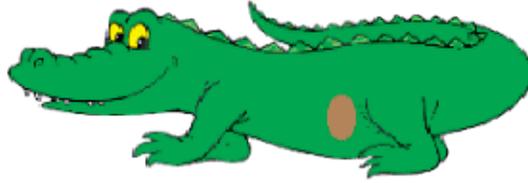


Enjoy the food of Fall and the Thanksgiving season with care.

## New Ostomy Products

**ConvaTec** has released a new lubricant deodorant in their recent line of Esenta products. This is in a spray pump form. This lubricating deodorant is made with eucalyptus, lavender, pine oils and other natural ingredients. For a free sample, go to [www.convatec.com/ostomy/esenta/](http://www.convatec.com/ostomy/esenta/)

**Hollister** has released a high output pouch line for fecal diversions ostomates. Also available, is drainage tubing that connects on one end to the new pouch's outlet and the other end attaches to a 2 liter collection bag. This new line combination is perfect for overnight use and anytime when a high output is a concern. Currently, this is in short supply and may not yet be covered by insurance for fecal diversions.



### **CROC Phone contacts:**

**Bob Brown, Group Leader:**

Home 928-763-3642

Cell 928-577-7922

**Desiree (Group Facilitator):**

928- 814-9906

**Stephanie (Group Facilitator):**

928-444-5468

Stephanie for now will still be able to be contacted for ostomy issues as needed.

### **Website:**

[www.coriverostomy.com](http://www.coriverostomy.com)

**There is a contact page on our website to reach us by email.**

**For Additional Resources:**

**United Ostomy**

**Association of America:**

[www.ostomy.org](http://www.ostomy.org)

**CROC is an**

