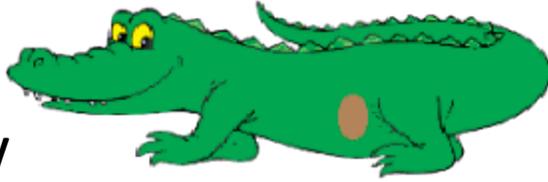


**Colorado
River
Ostomy
Chapter**



CROC February-March 2023 Newsletter

**The Next Meeting is
April 17th!**

NOTE: This is the 3rd Monday !

**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.

The February CROC meeting, had a good turnout of ostomates/supporters. We would like to meet every other month, yet with Desiree's schedule this has proved to be challenging. Desiree's presence is needed to address the medical and ostomy care concerns. This is why the meetings are in flux and at times have changed with short notice. We are sorry for the inconveniences it has caused to our group members and attendees. We will update the calendar page when a change has occurred, please follow and check the website: www.coriverostomy.com .

Did you know?

UOAA Ostomy Conference

Every other year, except during the recent pandemic, the United Ostomy Association of America has had an ostomy conference.



If you can go to the 8th National Conference, you will enjoy mingling with other ostomates, speaking with vendors, and learning great information. Check out www.ostomy.org for the classes available and much more information.

The Phoenix

The Phoenix magazine is the Official Publication of the UOAA. It comes out quarterly for a cost of \$19.95/yr or \$29.95/2yrs.

(Continued on the next page)

There are many interesting topics to help ostomates live their best life found in this important magazine.

The Winter 2022 issue included articles on the Human Microbiome of the gut, Urinary Diversion Effect, (finding) The Right System for pouching, An Air Force pilot who is an ileostomate and Food for Thought (finding the right diet to avoid adhesions and stay healthy) among many other topics.

The Spring 2023 edition just arrived and highlights a story of Taylor and Michael, each of their journeys with an ostomy and their recent wedding. You will also find articles on Sideways Pouching, Chronic Obstructions, Intestinal Adaptation, Fiber and an Ostomy plus more. All great articles to consider. See, phoenixuoa.org for ordering this magazine in print or digital formats.

Education Topics

TIES Implant

In reading the Spring The Phoenix edition, found an article there by R.S. Elvey called TIES Implant. This product/procedure idea was noted a few years ago at an ostomy conference I attended. It is a way to cap a stoma of an ileostomy and not have to use a pouching system. The company is OstomyCure based in Norway.

An overview of the article: TIES stands for Transcutaneous Implant Evacuation System. This is a procedure that puts a small titanium tube around the stoma by implanting a tube in the abdomen. Through 3 stages the stoma eventually is able to be covered with a cap and then to empty the stoma, the cap or lid is opened and resealed when finished. It was in trials in Europe but all trials were put on

hold during the pandemic. The trials started again during 2022 in Europe and the company is hoping for trials in the US in late 2023

Whether or not this product takes off and becomes an option for ileostomates remains to be seen. Keep your eye out for the name of this product/procedure.

Adhesive Removers

The use of adhesive removers is to protect the skin from shearing (or tearing away) of the top layers of the skin when removing the adhered skin barrier and barrier ring.

Make sure you get a no sting product!

Use a gentle push-pull method of removing the skin barrier from your skin as you use the adhesive remover to loosen the adhesion of the skin barrier.

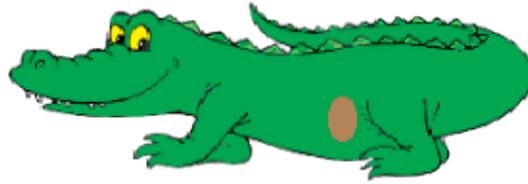
Damaged skin can make maintaining a good pouching seal difficult and it can be so uncomfortable.

Adhesive removers come in liquid, individual wipes and sprays.

If you do not already use an adhesive remover, consider adding this to your ostomy care basic supplies.

Some options noted below. Check your ostomy supplier's available options.





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 is now in the Phoenix area and is still able to be contacted for ostomy issues as needed.

Website:

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

CROC is an

