

Connecticut valley Ostomy and ibd support Group

COG blog

Summer 2018

LAST MEETING:

I sat alone pondering the secret of life the universe and everything and so save the testing of powders for another day. Coloplast are presenting at the Sept 14th meeting and it would be good to be sure they will have an audience. So RSVP by email or leave a VM on my home phone 869-1090 if you are likely to attend. Thank You. Maybe we should review the day of the week again. It only got changed to Friday because when I worked in Boston, Tuesday was problematic.

Monday, Thursday or the weekend is best for me, but what about you, LET ME KNOW PLEASE.

CONFERENCE

Very interesting. A company called Stomagienics has taken the cardboard tube technique to the questionably modern realm by making plastic tubes filled with an ultra-absorbent layer. There is a partnering product called stomapress that ensures an even pressure on the wafer once pressed to the skin. They have a great little video and a worthwhile product despite it being plastic, costly and disposable. <https://stomagienics.com/> Of course I had to go ask them where they got the idea from and the story was not convincing. I was pleased my idea has at last found the way to the market place and am quite sure it will not make them millions but it will make life a lot easier for some people with stomas. I was given a free demo model and will show y'all at the BBQ.

I also brushed shoulders with a member of the American College of surgeons and discussed a project to discover how many people end up with sub optimal stomas. She was very interested and offered valuable assistance. I will be contacting her soon to give her the project outline.

There was an excellent talk on the microbiome from a doctor and researcher who himself has a high output ileostomy. He presented the concept of our bodies needing a far more varied mix of living bacteria and fungi than we

currently consume. Too many antibiotics, caesarian sections and food too clean to eat was the theme, with unnecessary antibiotic prescription being the main thrust for criticism. I still am of the opinion though that the fashionable bandwagon of supermarket yogurt products is exactly that, just a fad, that makes millions for the manufacturers. Far better to avoid antibiotics and only wash veggies in water.

LET ME KNOW YOU ARE COMING 802-869-1090

Summer Picnic for members and their partners/friends

Sunday July 15th 12:30 my home

Saxtons River

Bring the meat you like to eat, and if you like a little treat.

Salad and drink provided.

From Bellows Falls take 121 towards Grafton. As you come in to Saxtons River turn Left immediately after crossing the bridge (before the store). My house is on the Right (river is on the other side). It is mellow cream/yellow. Please park on grass next to house but walk up driveway to back garden as side steps are not safe.

Fall 2018	Fri Sept 14th	at 5 pm	Fireplace room, Rockingham Med group. Bellows Falls.
Winter 2018	Sun Dec 9th	at 12:30 pm	Saxtons River, Winter Warmer.
Mud season 2019	Fri March 8th	at 5pm	Fireplace room, Rockingham Med group. Bellows Falls.
Spring 2019	Fri May 10th	at 5 pm	Fireplace room, Rockingham Med group. Bellows Falls.

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 Specialist.

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