

I hope everyone is enjoying this lovely weather as much as I am. Even though I planned on keeping this short, it has still taken a long time to finish due to major personal problems. We just had our second yard sale Sat. and hopefully it was as productive as the first. We have a great speaker this month from the UOAA. As an ambassador for the group I am sure he will have many things to tell us.

There are some items I am putting in here from a website that is sponsored by "Great Comebacks". The site includes chats, information and stories by other ostomates who are wonderfully encouraging and thoughtful. I would like to include some of the postings and some of the replies to the problems.

Pouching options

Discuss the pros and cons of pouching options here. Share your experiences and hear what works and what doesn't for other members.

*QUESTION==I normally read posts here but wanted to ask a general question to everyone...

Where do you get your supplies? I have been using Edgepark and they have been good, but I am curious as to what other options are out there. Plus, my insurance changed this year to a deductible so I am on the hook to pay 100% for my supplies at the moment so I am also doing some price shopping. Any feedback would be great.

ANSWER = I used to go through CCS Medical until an insurance change, now I go through Byram Healthcare.

I actually like both companies very much. I liked that CCS Medical sent you a postcard in the mail that you checked off what supplies you need and what you don't for the month, and then you mail it back to them. Byram Healthcare sends you different samples of products periodically for you to try and see if you'd like them and want to switch to that specific product. Both insurances take Medicare/Medicaid.

ANSWER = Edgepark was recommended to me while I was still in the hospital because of my insurance (Tricare) and I really like them...they are very fast shipping out my orders and I can always call them if I have questions.

ANSWER=.I use Byram Healthcare. Have never had any problems. In fact, I just talked to them a few minutes ago. I do all my ordering online. I placed an order last week. I got an email back from them today that said that the order couldn't be processed because Medicare said I was on home healthcare service. I called them to tell them that I was not on home healthcare since last Nov. I have received orders since then, & Medicare is not my primary insurance, therefore shouldn't even have been contacted. My husband still works so my primary insurer is through the railroad. He agreed that Medicare should not have been contacted & I thought he asked me to hold. After a couple of minutes I looked at the phone & had been cut off. I hope it is straightened out because I need my supplies. This is the only problem I have had & I've been using them for three years. They usually send the order within a couple days of ordering.

ANSWER==It is true that if Medicare is paying for home health care, as they often do after Ostomy surgery, the home health agency is responsible for Ostomy supplies.

Medicare has a coordination of benefits office that can get clogged up. Byram should be able to help you get in touch with them and straighten this out. Usually bills can be resubmitted about 10 days after you talk to them.

Meanwhile, Byram or your Ostomy nurse may have samples to tide you over.

By the way, it doesn't hurt to reorder as soon as you can per insurance and build up an emergency supply of supplies.

NEW TOPIC--I'm having problems with leaks between my pouch and my wafer what can I do about this
ANSWER--I'm a bit confused as to where the leak is: Is it between the wafer and your skin, or are you using a two piece system and the leak is at the point where the bag connects to the wafer?

RESPONSE – I have a two piece system. And it seems like it leaks between the two seals.

ANSWER--Hmmm, I'm not sure what is going on. Are you using a two piece system that snaps together like Tupperware - make sure that you listen for the clicking sound as you pinch the two pieces together.

Some suggestions:

You may need a system with a floating flange that allows you to get your fingers under the flange (plastic ring on the barrier) to ensure the pieces are coming together. Hollister makes a floating flange and Convatec makes an adapter to create a floating flange. If this continues to be a problem you could try a two piece adhesive coupling system. It is still a two piece system but instead of the two pieces snapping together - adhesive keeps the pieces together. You could ask convatec or coloplast for a sample. Their advice nurses could help you out.

Also - I know that if the stool is very thick and pasty (such as what can happen with colostomy stool), sometime stool collects on the stoma causing the bag to snap off the barrier. If that is going on you may want to use a lubricant in your pouch to keep the stool sliding down into the bag.

Hope that helps a little bit!

There are many, many topics discussed and many responses by fellow ostomates-just like at our meetings!! Please try to join this wonderful group of people and contribute anything you can to the discussions, or just read all the answers given to someone's queries. You can join very easily at www.inspire.com. Besides joining on the website, you can also "like" and "follow" them on Facebook and receive daily, weekly or monthly e-mails (your choices). I would recommend everyone looking at this site.

Another interesting website is www.qualityhealth.com. They are not specifically an Ostomy site but have many very helpful, interesting health articles and recipes that anyone can benefit from.

One more web group is www.C3Life.com. They ARE Ostomy oriented with many topics to explore Their newsletter is really neat "**Welcome to the C3Life.com Newsletter, where you can find out about new and interesting content and get updates on the C3Life Community.**" Give this a try and do not forget OUR own website—www.OSGofCC.

The important thing to remember is we are all in this journey together and receive and give encouragement and love to each other. Just to keep your smile on and brain working, here are some Lexiphiles to enjoy.

Okay, you Lexiphiles, you lovers-of-words, you, beside the old "stand-bys" such as, "You can tune a piano, but you can't tuna fish" or "I wondered why the baseball was getting bigger, then it hit me".

Here are more for you to enjoy...

- *To write with a broken pencil is pointless.
- *When fish are in schools they sometimes take debate.
- *A thief who stole a calendar got twelve months..
- *When the smog lifts in Los Angeles, U.C.L.A.
- *The professor discovered that her theory of earthquakes was on shaky ground.
- *The batteries were given out free of charge.
- *After a dentist and a manicurist married, they fought tooth and nail.
- *A will is a dead give-away.
- *With her marriage, she got a new name and a dress.
- *When you've seen one shopping center, you've seen a mall.
- *Police were called to a day care where a three-year-old was resisting a rest.

THAT'S ALL FOR NOW. SEE YOU AT OUR MEETINGS!! Sharon

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