

Secure Start



“Meeting Bri was instrumental because she gave me hope and confidence.”

Inspiring Friendships

Lauren Lipsyc connects young people with ostomies

When 20-year-old Barnard College student, Lauren Lipsyc woke up from surgery this past June, she wanted nothing to do with her new ileostomy. When the nurse came in to teach her how to change her pouching system, Lauren refused to learn. As fate would have it, another young woman with an ostomy was recovering from a follow-up surgery in the other bed.

“Meeting Bri was instrumental because she gave me hope and the confidence to know that I can be a normal college student and handle my own care,” explains Lauren.

Lauren’s new friend explained that she engaged in the same college activities as Lauren did before ostomy surgery. Probably the most valuable evidence of this was when she showed Lauren photos of herself at her sorority formal.

“She was wearing normal clothes and looked great, nobody would ever know she was wearing a pouch,” says Lauren. “I knew right then that I would feel comfortable wearing the same dresses I did before.”

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COVER STORY

Inspiring Friendships

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Lauren's friend also shared that it helped to wear a closed pouch during the school day, so she didn't have to take the time to drain it between classes. Lauren took that advice to heart and wears a Hollister **New Image** closed pouch during the day and a New Image drainable pouch at night. When she dons more tight-fitting clothes, she wears a mini pouch.

The two have stayed in touch and regularly text when great things happen or when they need advice. This life-changing friendship inspired Lauren to create Y.O.U. Connect, a website that connects young people with ostomies to others going through the same experience. Lauren feels that even though older people can offer a wealth of knowledge, there's nothing like talking to someone your own age about your ostomy.

Finding a kindred spirit through Y.O.U. Connect creates opportunities to ask each other questions, share tips, vent, or just check in once in awhile. For example, dorm life can be a challenge for a young person with an ostomy, since trash cans are often in a shared washroom. Lauren recommends keeping a Diaper Genie in the dorm room to avoid embarrassing odors. Tips like this can make transitioning to normal college life a whole lot easier.

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Hollister New Image closed pouch.



Lauren Lypsys, Barnard College student and founder of Y.O.U. Connect.

Inspiring Friendships

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Even though her surgery was over the summer, Lauren didn't waste any time getting back into normal college life in New York City. Having an ostomy hasn't stopped her from doing the things she's passionate about. Lauren is on the Standards Board of her sorority, two student government committees, and is a student admissions representative. On most days she can be found at a meeting or showing prospective students around campus, but academics are always number one for this driven sophomore.

Lauren has given herself a lofty GPA goal and studies at least five hours a day. Her long-term goal is to attend law school and work in health law. Her advice to young people with ostomies is to set goals, but don't be so hard on yourself. For the new year, she has resolved to focus on better nutrition, live in the moment, and take time for self-reflection.

Right now, she's on the run doing as much as she can in the hours given to her. She has a deep desire to volunteer and make positive change in the day-to-day lives of others. Y.O.U. Connect is just one way she's fulfilling her dream.

"People with ostomies have a hard enough time in the bathroom," concludes Lauren. "I want them to be able to live their lives to the fullest after surgery. To do this, we all need to seek support from one another and create lifelong friendships."



Lauren enjoys living in the moment.

Are you under 25 years old and interested in joining Y.O.U. Connect? After a brief screening process you'll be matched with a similar young person with an ostomy as soon as possible. Just click here to begin the adventure: <https://sites.google.com/site/youconnect01>

Skin Care 101

Give the skin around your stoma the tender loving care it deserves

By Joy Boarini, MSN, WOC Nurse,
Clinical Education Manager



Everyone seems to be into healthy skin these days. For example, more people are conscious of protecting their skin from sun exposure, spa treatments have become more commonplace, and advertisements proclaim they can keep you looking young.

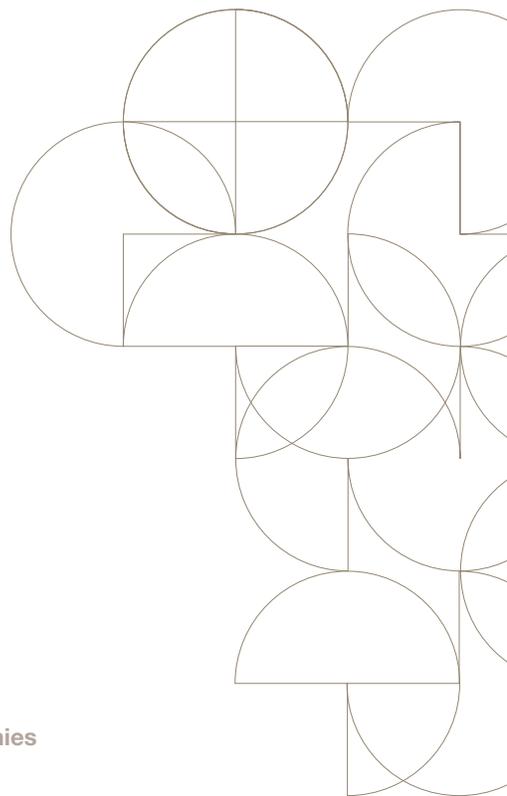
However, with all of this attention on the skin, we don't want to ignore the health of the skin around the stoma.

It's important to maintain the integrity of the skin around the stoma even if you're the only one who sees it. The skin around the stoma (peristomal) is like the skin on other places on your body and it should look the same. It's not normal for the peristomal skin to be reddened, irritated, broken, or painful. You might be surprised at how many people think it's normal to put up with this, but it's not.

When leakage occurs, adhesives pull or moisture gets trapped under your tape or skin barrier, the skin can become irritated. Once the skin around the stoma breaks down, it's not only uncomfortable, but it can also reduce your optimal pouch wear time. The key is to identify the cause and treat it appropriately. There are different skin problems that require different approaches. Most are fairly easy to treat if caught early enough. But if you don't manage it correctly, the skin problem will not only continue, but may get worse.

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“We don't want to ignore the health of the skin around the stoma.”



ASK THE EXPERT

Skin Care 101 (continued)

Here are a few basic tips for healthy skin care:

- When removing any adhesive, support the skin and gently peel. Don't rip off the pouching system.
- If you have difficulty removing adhesives or if you have fragile skin, you might want to think about a skin barrier wipe or an adhesive remover. These are very different products with different purposes. Be sure you understand how to use them correctly.
- Examine your skin with each pouch change and respond quickly if a problem is noted. Home remedies are not always beneficial and a visit to your WOC/ET nurse will help to determine the cause.
- Keep your skin cleaning routine simple. Most people only need water to clean the skin. If you use soap, make sure it's non-oily, and rinse and dry your skin before applying your pouching system.
- Make sure you're using the right skin barrier for your stoma and skin type. Some skin barriers work better depending on the type of discharge you have and the frequency with which you routinely change your pouching system.

If your skin is damaged, open, and moist, the skin barrier will not adhere well. You need to determine the cause of the damage or irritation. Guessing is usually not a good idea. When talking with your WOC/ET nurse, they may recommend that you use a skin barrier powder to dry up the moist skin. Once your skin recovers you can stop using the powder.

Remember, no skin irritation is normal but it is normal to have an occasional skin problem. Treating your skin well contributes to your overall health and well-being.

Be healthy! Be skin healthy!



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You Are Not Alone

Teens build networks of support at Youth Rally 2013



2013 Youth Rally

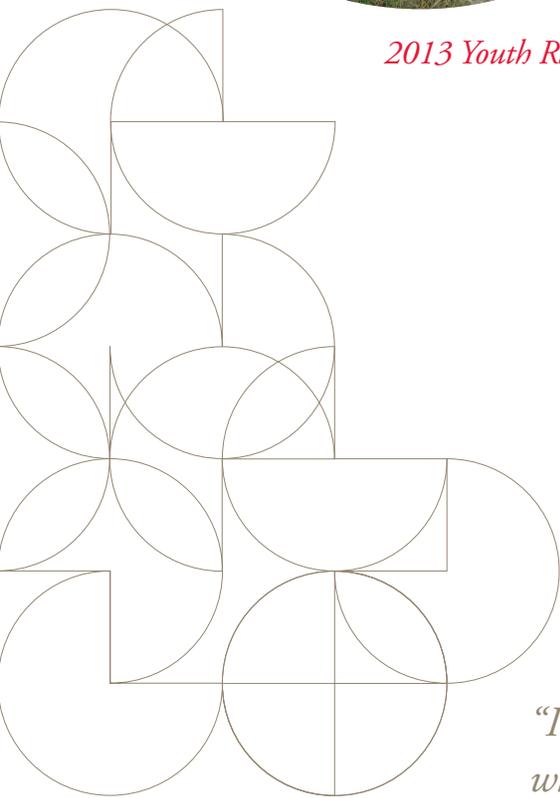
There's a camp for that? You bet! Youth Rally is a life-changing summer camp for young people with any type of bowel or bladder dysfunction that takes place at a different college campus each year. In addition to typical camp activities, campers have the valuable opportunity to bond with others who are dealing with similar conditions.

"It's so important for teenagers dealing with a bowel or bladder diversion to spend time with other kids who are going through the same things they are," explains Bret Cromer, veteran Youth Rally counselor. "We build an environment where this can happen naturally."

Youth Rally 2013 in Seattle was no exception. 124 campers and various volunteer counselors converged on the University of Washington, July 7 through 12. A new venue for the Youth Rally, University of Washington offered a wealth of unique possibilities. For example, campers discovered interactive rock 'n roll exhibits and composed original songs at the Experience Music Project (EMP) Museum. Next, many boated for the first time at Green Lake Park. And, the University athletic center offered rock climbing, archery, swimming, basketball, and other sports that have often been off-limits to many young people with ostomies.

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"It's important to have a chance to spend time with other kids who are going through the same things you are."

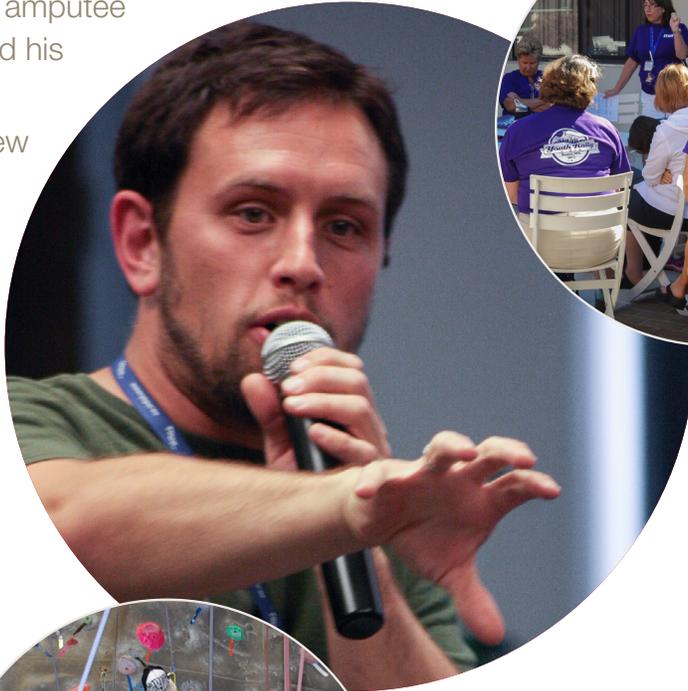


FOCUS FROM HOLLISTER

You Are Not Alone *(continued)*

Along with the ever-popular fashion show and talent show, a new 1950s ice cream social was also a big hit. Though extremely fun, the Youth Rally is also educational. Each young person has a consultation with a Wound, Ostomy and Continence Nurse (WOC Nurse), and has the opportunity to go into a room filled with ostomy supplies donated by various manufacturers, including Hollister. All are encouraged to attend breakout sessions to share experiences and ideas with like-minded teens. But probably the most inspiring point of the Youth Rally came when guest speaker Cameron Clapp, a triple amputee with robotic arms and legs shared his courageous journey.

Campers left on Friday with new friends, great memories, and the assurance that they are indeed not alone. The 2014 Youth Rally is planned for July 7-12 in San Diego, California! Know a young person who would like to attend? Go to Rally4Youth.org to register.



Events and activities from 2013 Youth Rally

Resolve to Feel Great

Ring in 2014 with healthy habits

The new year is a great time to focus on your health, especially if you have an ostomy. There is plenty you can do to stay healthy, happy, and looking great too!

Adopting a variety of healthy habits can make all the difference. We resolve to focus on a different healthy habit in each 2014 issue of *Secure Start*—starting with a serving of healthy nutrition.

Eating right

Whether you have a new ostomy or are a seasoned veteran, it's important to follow good health guidelines when choosing what you eat. All in all, the golden rule is to enjoy a varied diet where all things are taken in moderation. Along with exercise, this is the best way to achieve and maintain good health.

In the beginning

Directly after surgery your doctor may advise a period without food or water. Next, you may take in just water, then a fluid diet. This would be followed by a reintroduction of softer, blander foods. It's a good idea to reintroduce your favorite foods slowly. Your stoma may not react positively to the first hot and spicy dish it has to deal with. So, when possible start with plain foods. Avoid those that are stringy or fibrous.

The six food groups and you

Once you have settled into a routine, it's a good idea to adhere to the six food groups. The United States Department of Agriculture, or USDA, introduced an updated version of the traditional five-layer pyramid in April 2005. The six food groups are listed below along with considerations for people with ostomies.

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Foods and beverages that may increase gas:

- Beans
- Beer
- Broccoli
- Brussel Sprouts
- Cabbage
- Carbonated Beverages
- Eggs
- Fish
- Garlic
- Onions
- Some spices

Foods that may increase odor:

- Asparagus
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Eggs
- Fish
- Garlic
- Onions
- Some spices

Resolve to Feel Great *(continued)*

- **Grains**—A typical adult profile calls for three servings per day. One serving equals a slice of bread, a half cup of cooked cereal, a half cup or rice or pasta, or a cup of cold cereal.
- **Vegetables**—Depending on age and sex, guidelines call for one to three cups of vegetables a day. Any vegetable or 100% vegetable juice counts as a member of this group. Vegetables may be eaten raw or cooked, fresh, frozen, canned, dried, whole, cut up, or mashed.
- **Fruits**—A serving of fruit equals one cup, and three or four servings per day are recommended. Note that some fruits can cause an increase in pouch output. This includes fruits with stones, such as mangoes, plums, apricots, etc. Bananas are known to slow down and thicken output. Coconut flesh has been known to cause blockages in ileostomies. If you have doubts, try a very small amount.
- **Oils**—Oils include both solid fats and oils. Solid fats are those that are solid at room temperature. Examples are butter, tallow, lard, margarine, and shortening. Fats that are oils remain liquid at room temperature. These include mayonnaise and salad dressing. Fats should be kept to a minimum.
- **Milk Products**—Besides fluid milk products, you can get the benefits of calcium through cheese, cottage cheese, yogurt, pudding made with milk, ice cream, and ice milk. Recommendations for dairy vary, but about three servings per day is optimal to maintain healthy bones and provide other essential nutrients.
- **Meat, Fish, Nuts, and Beans**—Protein is one of the most important nutrients supplied by this group. Make sure meat and poultry choices are low fat and note that fish, nuts, and seeds contain healthy oils, so be sure to include them in your diet frequently. If you have an ileostomy, be cautious as blockages may occur when nuts are eaten. Be slow to introduce these into your diet and make sure to chew them well. Recommendations for this group would be five or six servings a day. A serving is approximately one egg, one tablespoon of peanut butter, a small handful of nuts or seeds, or one ounce of meat.

General guidelines:

- Try to develop a regular eating pattern
- Take time to chew thoroughly
- Avoid eating a large meal later in the evening as your pouch may fill up quickly overnight
- Avoid excessive amounts of alcohol as it can make you dehydrated. Beer can contribute to larger amounts of gas as well
- If you have an ileostomy or urostomy, make sure you watch your fluid intake and urine output
- Above all, enjoy life to the fullest! Your ostomy should not limit the fun and joy of a happy mealtime and social life.

UPDATES/NEWS FROM HOLLISTER

Resolve to Feel Great

Watch for these Healthy Habits in future Secure Start newsletters:

Spring 2014—How to Avoid Dehydration

Summer 2014—Exercise

Fall 2014—Mental Health

Save the Date!

The 2014 Youth Rally is planned for July 7-12 in San Diego, California!

Know a young person who would like to attend? Go to **Rally4Youth.org**.

Share Your Story

Are you interested in having your story potentially featured in the Secure Start newsletter? Email us at **securestartnewsletter@hollister.com**

Secure Start Newsletter Resources

Secure Start Services

1.888.808.7456
www.hollister.com

United Ostomy Associations of America, Inc. (UOAA)

1.800.826.0826
info@uoaa.org
www.ostomy.org

Crohn's & Colitis Foundation of America, Inc. (CCFA)

1.800.932.2423
www.ccfa.org

Wound, Ostomy and Continence Nurses Society (WOCN)

1.888.224.9626
www.wocn.org

C3Life.com

www.C3Life.com

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Hollister Ostomy. **Details Matter.**

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