

# Lawton – Fort Sill Chapter Of the United Ostomy Association

Lawton-Fort Sill Chapter  
United Ostomy Association



**Helping People with  
Ostomies and Alternative  
Surgeries in Southwestern  
Oklahoma**

Meetings - 3<sup>rd</sup> Tuesday of  
each month (except Jul & Aug) -  
please visit our website

<http://www.ostomyok.org/lawton/>

Call (580) 353-6908 or (580) 429-8810  
for additional information.

Meeting location:

American Cancer Society  
1305 W. Gore Blvd., Suite A  
Lawton, OK 73501

## UOA Mission:

The United Ostomy Association is a volunteer-based health organization dedicated to providing education, information, support, and advocacy for people who have had, or will have, intestinal or urinary diversions.

The purpose of this brochure is to acquaint you with the Lawton-Fort Sill Chapter of the United Ostomy Association.

Years ago it was realized that although there were many local individuals, family, and friends getting an ostomy, there was no local support group specifically for persons with an ostomy.

The Lawton-Fort Sill chapter was then established by local, caring individuals for the express purpose of providing a venue for persons with an ostomy, or someone who was about to have ostomy surgery, to gather together to provide moral support and encouragement, share ostomy maintenance ideas, and to learn of new products and methods for maintaining an ostomy.

Often times, persons who just had surgery were laying in their hospital bed in total anguish about what to do next. This chapter was created as a stepping-stone for those persons and has always been available to provide visitation to new ostomy patients.

The Lawton-Fort Sill Ostomy Association meets at 4pm on the third Tuesday of each month, except July and August. Meetings generally last for one hour. All persons with an

ostomy, regardless of age, their family members and friends needing to know more about what it is like to have an ostomy are welcome. Come join us, won't you?

For our meetings we often times have a guest speaker from an outside agency to inform us of new products or health-care techniques.

For those persons needing information between meetings, our chapter has its own website at <http://www.ostomyok.org/lawton/> At this location you may access and read each monthly newsletter, sign up for recurring email delivery of the monthly newsletter, or complete a simple form to ask a question concerning ostomy maintenance procedures. We have many very long-term ostomates in our chapter who have learned a great deal over the years. They are delighted to be able to share their first hand knowledge of ostomy maintenance tips with relative newcomers.

Of course for those individuals who believe they have a maintenance situation or problem that needs to be discussed immediately, we encourage using the telephone to call either of the following two numbers:

Area code: 580  
353-6908 or 429-8810

Your situation will be discussed in strictest confidence, if you desire, and a possible solution or suggestions will be provided based on personal experience and knowledge gained from being an ostomate. Of course, any remedies discussed cannot take the place of emergency or routine medical treatment by a health-care professional.

As a convenience to fellow ostomates and on behalf of the Lawton-Fort Sill Chapter of the United Ostomy Association, the following ostomy maintenance tips, from past issues of our newsletters, are provided.

- If you have cramps, try running a hot shower on your back. It will relax the muscles and help hurry the food through your digestive tract.
- When you travel and fear that you may have an accident during the night, buy "PEE WEE" pads in the baby department and take them with you to place under you when you sleep. If you have a leak, no one would be the wiser.
- Gas at night can be controlled by not eating after 8:00 PM. This allows the small intestine to "quiet down" by bedtime.

- Try spraying the hole you cut in your Stomahesive wafer with skin prep. Let the spray dry completely before peeling off the backing; this may increase your wear time by a day or two.
- Two or three tablespoons of plain baking soda in water when washing around the stoma will not only help heal the skin, but relieve itching too.
- The application of a couple of capsules of Vitamin E oil broken down and rubbed on sore and irritated skin around the stoma promotes overnight healing.
- Be sure to re-order supplies before they get too low. Your supplier may be out of your particular brand and will need time to notify the company.

### Traveler's Ostomy Identification Card – Member Benefit

UOA is making available to all members a traveler's identification card to be used at airport security checkpoints if necessary. The cards include space to fill in personal information such as name, type of surgery, physician name, and phone number.

We hope these cards aid ostomates when traveling and going through security checkpoints. The cards are free to members and have been sent to all UOA chapters for distribution. They are also available by calling the UOA office at 1-800-826-0826.

Thank you for taking the time to read our brochure. We hope that it has provided some meaningful information, a means for you to contact someone who has "walked in your shoes", and above all has informed you that there is a local support group for persons with an ostomy. **You are not alone.**

## Remember - an ostomy is for living!

### DISCLAIMER:

The information contained within this brochure is presented expressly for informational purposes only. In no way is any of the material presented here meant to be a substitute for professional medical care or attention by a qualified practitioner, nor should it be construed as such. **ALWAYS** check with your doctor if you have any questions or concerns about your condition, or before starting a new program of treatment.



This brochure provided by donations from the active members of the Lawton-Fort Sill Ostomy Association and Dishman's Gibson Discount Pharmacy, Lawton, Oklahoma your local ostomy supplies dealer.