

Pikes Peak Ostomy Association Meeting Minutes
February 11, 2020

Meeting called to order at 6:35

Justus Anderson reintroduced himself and reminded the group what PPOA is all about. PPOA is a volunteer-based support group dedicated to improving the quality of life for those who have or will have an intestinal or urinary diversion, and their friends, family, and caretakers.

We are here to provide support and information. PPOA does not endorse products or service providers, and we are not here to sell anything. If anybody tries to sell you anything, please let the Board know.

Justus welcomed new-comers, and we went around the room introducing ourselves. Attendees shared their name, they identified what kind of ostomy they had, and many shared details of their medical background that led them to this group. This took about 45 minutes. Several people there had ostomies for many years, while others had theirs for less than a month, and some people were discussing ostomy as an option to resolve medical issues.

Marilyn Thiel, who has been handling the PPOA website, is seeking volunteers to help her update and maintain information there. Please let us know if you have ideas about how to improve PPOA's online interface with the public.

She can be contacted at marilyn.thiel@icloud.com.

Our guest speaker was nutritionist Elizabeth (Betsy) Bosley, a dietitian from UC Health. She moved to Colorado Springs about a year ago from Denver, where she worked at Porter Hospital and University Hospital. She has nine years of experience in this field, and is based out of Memorial Central now. She has worked with oncology patients and has a lot of experience with ostomy care.

Betsy explained the makeup of the digestive tract from the stomach on down to the rectum, describing the various ostomy surgeries people typically need. Every section of the tract is responsible for absorbing different nutrients, so depending on the type of ostomy one has, their nutritional concerns will vary.

Overall, Betsy emphasizes water and the importance of staying hydrated. Ostomy surgery removes parts of the digestive tract, so normal water absorption is no longer possible.

Betsy also talked about how to recover from the surgery itself, requiring a person to eat high-protein and good quality calories to help the body heal. Soluble fiber foods like rice and oatmeal are great because they act like a sponge and soak water in the intestines so the bowels have the right amount of fluid.

Betsy also recommends avoiding sugar, as diets high in sugar can pull water out of the intestinal wall, creating very high output in the ostomy. She also recommends talking to your doctor about B12 deficiency, which is often a side effect from ileostomy, and can cause neuropathy.

Other concerns she recommends addressing are deficiencies in Vitamins A, D, E, and K. Those can be checked by your doctor as well.

She recommends chewable supplements, as they're easier for ostomates to absorb. With some ostomies, pills go right through the system without being absorbed, so the chewable or soluble ones are better.

She also discussed how to select which supplements to buy. Since the US government does not regulate the supplement industry, she recommends buying from makers that have their products tested by third-party companies. She buys Nature Made, which is often on sale at King Soopers.

She mentioned three companies that do third-party testing of supplements. When buying supplements, she recommends looking for information about this third-party testing.

NSF International (National Sanitation Foundation): [NSF](#)

USP (US Pharmacopeia): [USP](#)

Consumer Lab: [Consumer Lab](#)

She discussed minerals and salt, since ostomates typically need to pay attention to electrolytes. When people are severely depleted, she recommends G2, which is a Gatorade product, but Power Ade and other sports drinks are similar.

She discussed the importance of gut flora, encouraging the group to eat fermented foods like sauerkraut, kimchee, and yogurt. Since we were running out of time, she couldn't go into much detail about prebiotics and probiotics, which are also connected to gut flora.

The meeting ended right at 8:00