



**JENNIFER BART**  
MSN, RN, CWOCN

**AIMEE SHEDDAN**  
BSN, RN, CWOCN

## FEBRUARY 20 WEBINAR: OSTOMY 101

During this webinar, the discussion touched on various crucial aspects of basic GI anatomy, ostomy care, practical tips for ostomy appliances, celebrities with ostomies, and tricks for maintaining a healthy lifestyle post-ostomy placement.



### Q&A HIGHLIGHTS

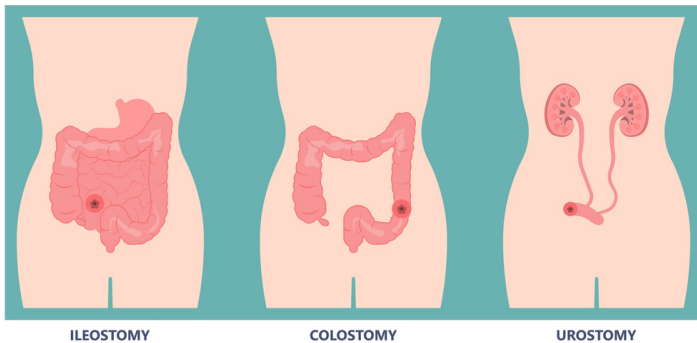
#### What is an Ostomy?

Surgical creation of an abdominal opening (stoma) to redirect waste from an internal organ (e.g., intestine) to the skin surface.

#### Types of Ostomies

- Colostomy: Reroute waste from the large intestine
- Ileostomy: Reroute waste from the small intestine
- Urostomy: Reroute urine from the bladder

#### THREE TYPES OF OSTOMIES



#### Common Reasons for Ostomies

- Digestive disorders (e.g. ulcerative colitis, Crohn's)
- Colon or rectal cancer
- Intestinal blockage
- Injury/trauma
- Diverticulosis
- Birth defects
- Incontinence

### MYTHS VS FACTS

I won't be able to exercise and live an active lifestyle.

You can maintain an active lifestyle with an ostomy. Modern ostomy products are designed to provide security and comfort, allowing you to enjoy life to the fullest.

I won't be able to get pregnant with an ostomy.

Many individuals with ostomies have successfully conceived and carried pregnancies to term. It's essential to consult with your healthcare provider for guidance on pregnancy and ostomy care.

People around me will be able to smell my Ostomy.

This is a common misconception. Odor is typically only a concern in the event of a leak. There are odor-neutralizing products available to address this issue effectively.

Everyone will know.

Modern ostomy appliances are discreet and can be easily concealed under clothing. Most people won't notice you have an ostomy unless you choose to share that information.

I'm alone, no one else has an ostomy.

You're not alone. Many people have ostomies for various reasons. Support groups and online communities offer a wealth of resources.