

Mayo Clinic Medical Edge

Ostomies

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	MAYBE IT WAS ULCERATIVE COLITIS OR SOME OTHER BLADDER OR BOWEL PROBLEM.
Laurie Maidl, RN	"THERE ARE PROBABLY PEOPLE THAT ALL OF US WORK WITH THAT HAVE AN OSTOMY, AND YOU DON'T EVEN KNOW THEY HAVE IT."
	AN OSTOMY, EXPLAINS LAURIE MAIDL, A SPECIALIZED NURSE AT MAYO CLINIC, IS WHEN URINE OR STOOL IS DIVERTED FROM THE NORMAL ROUTE USING A PIECE OF THE INTESTINE TO MAKE AN OPENING IN THE ABDOMEN. WASTE IS COLLECTED IN A POUCH AND IS EMPTIED AS NEEDED.

Laurie	“WHAT THEY ENVISION IS USUALLY MUCH LARGER AND MUCH WORSE THAN WHAT WE ACTUALLY SHOW THEM.”
	WHILE IT CAN TAKE SOME GETTING USED TO, AN OSTOMY CAN ALLOW A PERSON TO RETURN TO ACTIVITIES THEY USED TO ENJOY BUT WERE UNABLE TO DO BECAUSE OF THEIR DISEASE.
Laurie	“FOR SOMEONE WHO’S BEEN VERY SICK, MAYBE EVEN HOME-BOUND BECAUSE OF A DISEASE, WHEN YOU CAN DO AN OSTOMY AND THEY CAN GET BACK TO WORKING, HAVING A SOCIAL LIFE, HAVING A FAMILY LIFE, YOU’VE GOT PEOPLE THAT WILL COME BACK AND SAY ‘YOU KNOW, I WISH I WOULD HAVE DONE THIS A LONG TIME AGO’.”
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.