

**Mayo Clinic Medical Edge**

***Ostomy Misconceptions***

1:00

**Log**

**Audio**

<p><b>Intro with music</b></p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p>
	<p>THERE'S NO QUESTION THAT IT TAKES SOME GETTING USED TO...</p>
<p><b>Laurie Maidl, RN</b></p>	<p>"BODY IMAGE IS A BIG CONCERN."</p>
	<p>LAURIE MAIDL IS A WOC OR WOUND, OSTOMY, CONTINENCE NURSE AT MAYO CLINIC. WOC NURSES HAVE ADVANCED TRAINING IN OSTOMY CARE. <b>AN OSTOMY 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</b></p>

	<p><b>COLLECTED IN A POUCH THAT IS ADHERED TO THE SKIN AROUND THE OSTOMY AND IS EMPTIED AS NEEDED.</b> . LAURIE SAYS PATIENTS OFTEN HAVE MISCONCEPTIONS ABOUT THINGS LIKE ODOR OR WHAT CLOTHES THEY CAN WEAR.</p>
<b>Laurie Maidl</b>	<p>“THE POUCHING SYSTEM IS ODOR-PROOF. THEY CAN WEAR THEIR USUAL WARDROBE. ANY ACTIVITY THEY WANT TO DO, THEY SHOULD BE ABLE TO DO WITH AN OSTOMY, AND IT SHOULDN’T LIMIT THEM.”</p>
	<p>THAT INCLUDES ATHLETICS. LAURIE SAYS SHE HAS EVEN WORKED WITH WRESTLERS AND FOOTBALL PLAYERS WHO HAVE OSTOMIES AND HAVE BEEN ABLE TO RESUME THEIR SPORT.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>

