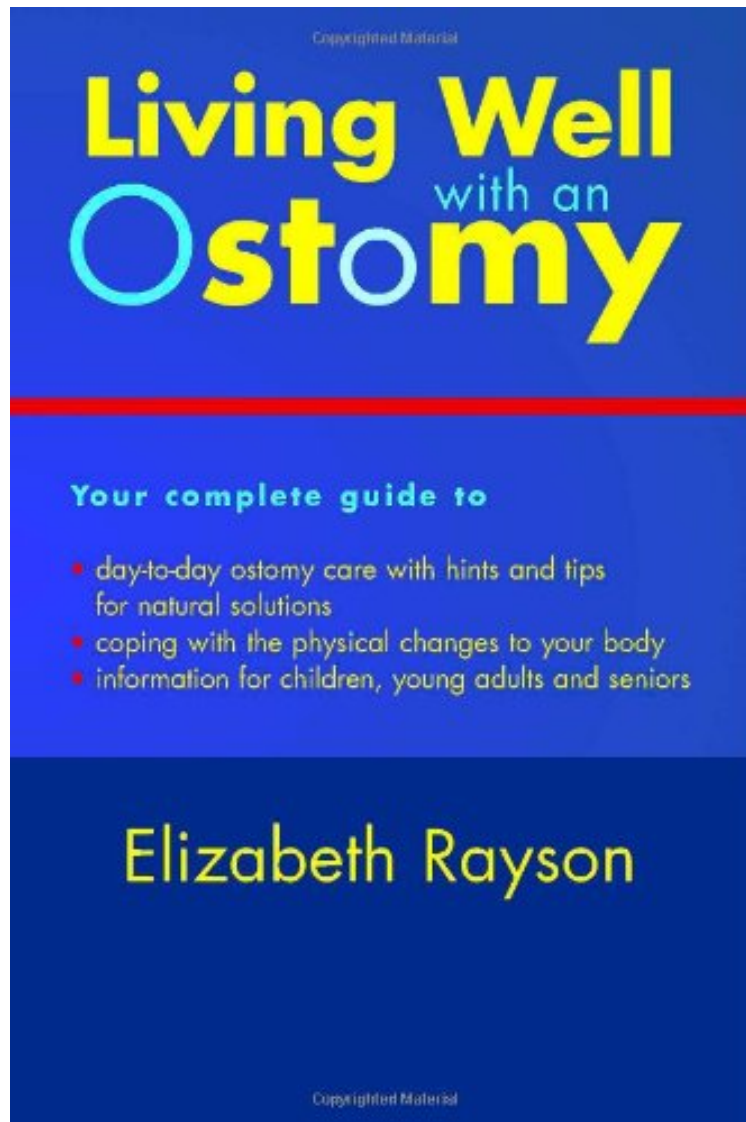


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Living Well with an Ostomy

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1 of 1 people found the following review helpful. Good book for new or soon-to-be OstomateBy SuziM118Received promptly and in excellent condition. Book is very helpful and informative for new or soon-to-be ostomate and caretaker. It really should be handed out by colon-rectal surgeons to patients as soon as ostomy surgery is mentioned and/or scheduled...just my opinion!!1 of 1 people found the following review helpful. Advice for people dealing with

ostomies. By J. McKenzie Interesting and informative, but not as much detail as we hoped for on the type of ostomy we deal with. Material on recessed ostomies is scarce. 0 of 0 people found the following review helpful. Ostomy Care By Deborah Conaway Very informative. Answers to many questions concerning Ostomy care.

Your complete guide to: day-to-day ostomy care with hints and tips for natural solutions coping with the physical changes to your body information for children, young adults and seniors

About the Author Elizabeth Rayson has an MA in professional writing from the University of Waterloo. After working for several years as a technical writer, she decided to pursue her passion for consumer health writing and alternative approaches to health and healing. Now, in addition to her work as a writer, Rayson also teaches yoga and runs a small aromatherapy business. She currently lives in Toronto, Canada. Excerpt. Reprinted by permission. All rights reserved. Introduction If you have or will be getting an ostomy, this book is for you. The first part of the book covers basic information about the different types of ostomies, including the different surgical options available today. It also lets you know what to expect from ostomy surgery and provides advice on how to ease your recovery from ostomy surgery. Later chapters focus on some of the psycho/social issues that may surface as a result of ostomy surgery, including those unique to certain groups, such as children, young adults and seniors. There are many good resources that focus on specific issues for people with ostomies, and I haven't tried to tell you "everything there is to know" in this book. I do hope, though, that *Living Well with an Ostomy* will give you enough information to make the most of life with an ostomy. And to help you find even more information, the Resources section at the back of the book contains a host of references to additional sources. Don't feel obliged to read this book from front to back. I've tried to organize the book so that it lets you easily find what you're looking for. So use this book as your guide by picking and choosing the information most pertinent to you. Here are some tips on how to make the most of *Living Well with an Ostomy*: * If you've just learned that you need an ostomy and you want to get a bit of background, read chapters 1 and 2 first to get a feel for just what an ostomy is. You can also turn straight to chapter 3 for information about preparing for ostomy surgery. Then, you may want to browse through the remaining chapters for more information about your particular situation. * If you've had an ostomy for many years, take a look at the first two chapters to see if there's information there that you don't already know. Then, focus on chapters that contain information more specific to your needs. * If you have a child, partner or friend with an ostomy, turn to the chapter that addresses these groups. For example, chapter 9 looks at relationships and sexuality; chapter 10 goes into greater depth on those issues common to special groups like children and senior citizens. And if from time to time you come across language you don't understand - don't worry! I've tried to anticipate this by providing detailed definitions in the Glossary on page 155. So, let's start by answering the question most central to this book: What is an ostomy anyway?