

Support and reassurance for patients with
colostomies — ileostomies — urostomies

Positive Options for **Living** with your **Ostomy**

Self-help and Treatment

Covers **practical** and **emotional**
aspects, and provides **psychological**
adjustment advice that doctors,
surgeons and nurses may
not give.

Craig A. White, Ph.D.

Foreword by
David E. Beck, M.D.



Positive Options For Living With Your Ostomy Selfhelp And Treatment

Philippa Pigache



Positive Options For Living With Your Ostomy Selfhelp And Treatment:

Positive Options for Living with Your Ostomy Craig A. White, 2002 Nearly half a million people in the U S have an ostomy a surgically created opening used to expel waste when the body s normal systems are damaged by disease or injury This book deals specifically with the effects of colostomies large intestine ileostomies small intestine and urostomies urinary tract which handle waste materials from the digestive tract

The Prostate Health Workbook Newton Malerman, 2002 Stating that men who take a proactive approach to treatment when diagnosed with prostate cancer have better recovery rates a cancer survivor provides worksheets that enable readers to understand their illness exercise all available treatment options and cope with emotional and sexual difficulties simultaneously

The Ultimate Metabolism Diet Scott Rigden, 2008-12 Nationally known weight loss expert Scott Rigden MD has determined that these disorders cause your metabolism to switch when you diet making it nearly impossible for you to lose weight your body stores fat instead of burning it Using simple quizzes and actual case histories Dr Rigden helps you identify your metabolic profile and understand its effects He then guides you in designing a personal plan using diet supplements and exercise to get you back on the path to safe and permanent weight loss

Positive Options for Living with COPD Teri Allen, 2010-05-18 The diagnosis of chronic obstructive pulmonary disease COPD can be devastating It s important to note though that while COPD is debilitating it is not a death sentence With proper disease management people with COPD can expect to live a full and happy life While there are no magic pills or quick fixes there are many things COPD sufferers can do to have more energy less shortness of breath and an overall better quality of life despite breathlessness or use of home oxygen This comprehensive guide helps people in any stage of COPD learn to work with their physical limitations rather than against them Compassionate and clearly written it covers every aspect of the disease including the psychological and emotional issues that go along with having COPD medications and physical therapy identifying triggers and warning signs creating an action plan for worsening symptoms techniques to make breathing easier working with healthcare providers and much more

Positive Options for Living with Lupus Philippa Pigache, 2006 Lupus is an autoimmune disorder meaning the immune system attacks the body s tissue causing damage and dysfunction and sometimes affecting major body organs Lupus may be mild but it can also bring on serious and even life threatening complications Symptoms include extreme fatigue joint pain muscle aches anemia and the general malaise plus rash most often across the face

Positive Options for Crohn's Disease Joan Gomez, 2000 Seven out of every 10 000 Americans have Crohn s disease If you re one of them you re all too familiar with the symptoms of abdominal pain diarrhea and fever You also know how traumatic and embarrassing this chronic inflammatory bowel disease can be This book is a comprehensive look at all aspects of the disease including risk factors signs and symptoms and diagnosis Most important it addresses what can be done

Positive Options for Sjögren's Syndrome Sue Dyson, 2005-10-18 Sjögren s pronounced show grins syndrome the most common autoimmune disease after rheumatoid arthritis can affect both sexes and all races and

strike any age from children to the elderly In Sj gren s Syndrome the body s immune system attacks its own moisture producing glands This book written by a woman who has Sj gren s presents and evaluates a full range of treatment options conventional and alternative providing unbiased assessments of their possible benefits and side effects Author Sue Dyson discusses everything from how Sj gren s affects the body to exercise pregnancy and relationships The Art of Getting Well David Spero, R.N.,2002-02-27 A majority of chronic illnesses have no medical cure The best therapy asserts the author is self care This comprehensive guide suggests healthy behaviors and holistic approaches while acknowledging the barriers people face in applying them Positive Options for Colorectal Cancer Carol Ann Larson,2005 Colorectal cancer develops slowly over a period of several years undetected usually as polyps It is a preventable and treatable disease if caught in time yet most know little about how to read its symptoms *Positive Options for Polycystic Ovary Syndrome* Christine Craggs-Hinton,2004 Polycystic Ovary Syndrome PCOS named after the cysts that may form in the ovaries is a hormone disorder that causes irregular menstrual cycles obesity and infertility among other symptoms If untreated it can lead to heart disease diabetes high cholesterol levels and uterine cancer The cause of PCOS is not fully known Unfortunately many doctors aren t sufficiently enlightened about PCOS to readily make a diagnosis Women who have experienced multiple miscarriages often have PCOS doctors sometimes finally diagnose PCOS in a woman when she undergoes fertility investigations Symptoms can include multiple miscarriages infertility absent or irregular periods pelvic pain joint pain weight gain excessive facial and or body hair adult acne hair loss depression POSITIVE OPTIONS FOR POLYCYSTIC OVARY SYNDROME PCOS includes information on causes symptoms diagnosis getting help from a doctor medications and what a woman can do to help herself including improved nutrition complementary therapies exercise and lifestyle changes A chapter on emotional support and case histories separates this concise guide from the competition *Positive Options for Reflex Sympathetic Dystrophy (RSD)* Elena Juris,2005 Reflex Sympathetic Dystrophy is a chronic nerve condition characterized by severe burning pain excessive sweating changes in the bones and skin and extreme sensitivity to touch It usually occurs at the site of an injury but the cause of the disorder is unknown This book provides holistic day to day strategies for managing the painful and often frustrating condition as well as positive patient testimonies and the latest information on traditional and experimental interventions **Positive Options for Colorectal Cancer, Second Edition** Carol Ann Larson,2014-04-08 Positive Options for Colorectal Cancer offers readers everything they need to know about understanding and dealing with colorectal cancer It presents detailed information in a clear and concise manner from a well known advocate and author who is a personal survivor of Stage III colorectal cancer for more than 20 years Chapters present information on prevention techniques warning signs and screening tests including the latest on virtual colonoscopy and how to find and talk honestly with the right doctor It offers tips on treatment options including surgery chemotherapy radiation in addition to advice for life after colorectal cancer and how to find support and resources for the colorectal cancer patient **Positive Options for Children**

with Asthma O. P. Jaggi, 2005 Parents of asthmatic children often feel helpless when their child has a severe attack This guide written by an internationally known asthma expert helps parents better understand and cope with this frightening situation Dr Jaggi explains the causes of asthma in children discusses what goes wrong inside the lungs and describes the latest advances in the prevention diagnosis treatment and management of the disease Special sections review advances in alternative therapies

Breast Cancer Basics and Beyond Delthia Ricks, 2005 Having breast cancer can be devastating for the woman affected and for her family and loved ones It can also be confusing because there are many variations of the disease and at least as many treatments By bringing together comprehensive information on the subject Breast Cancer Basics and Beyond helps women better understand their illness and participate in making decisions about all aspects of their treatment and care In this book award winning medical writer Delthia Ricks tells you all about common and rare types of breast cancer their causes and symptoms diagnosis including mammography and different kinds of biopsies treatment options including lumpectomy mastectomy chemotherapy radiation and hormone therapy benefits and side effects of the most commonly used drugs your risk factors including ethnicity genetics hormones and diet life after cancer follow up care and dealing with recurrence reasons for hope breast cancer research and treatments in development [Library Journal](#), 2002

What Doesn't Kill You Tessa Miller, 2025-09-23 Should be read by anyone with a body Relentlessly researched and undeniably smart The New York Times Named one of BuzzFeed's Best Books of 2021 What Doesn't Kill You is the riveting account of a young journalist's awakening to chronic illness weaving together personal story and reporting to shed light on living with an ailment forever Tessa Miller was an ambitious twentysomething writer in New York City when on a random fall day her stomach began to seize up At first she toughed it out through searing pain taking sick days from work unable to leave the bathroom or her bed But when it became undeniable that something was seriously wrong Miller gave in to family pressure and went to the hospital beginning a years long nightmare of procedures misdiagnoses and life threatening infections Once she was finally correctly diagnosed with Crohn's disease Miller faced another battle accepting that she will never get better Today an astonishing three in five adults in the United States suffer from a chronic disease a percentage expected to rise post Covid Whether the illness is arthritis asthma Crohn's diabetes endometriosis multiple sclerosis ulcerative colitis or any other incurable illness and whether the sufferer is a colleague a loved one or you these diseases have an impact on just about every one of us Yet there remains an air of shame and isolation about the topic of chronic sickness Millions must endure these disorders not only physically but also emotionally balancing the stress of relationships and work amid the ever present threat of health complications Miller segues seamlessly from her dramatic personal experiences into a frank look at the cultural realities medical occupational social inherent in receiving a lifetime diagnosis She offers hard earned wisdom solidarity and an ultimately surprising promise of joy for those trying to make sense of it all

Film & Video Finder, 1987 *Fundamentals of Nursing* Karen J. Berger, Marilyn Brinkman Williams, 1999

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