



NEWSLETTER ♦ 83rd Edition ♦ Jul 2020

Our Mission - To reach out and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to raise awareness of limb loss by becoming actively involved in our community.



EDITOR'S NOTE

– by Elaine Skaggs

Summer is here, YAY!! Restrictions are slowly being lifted still, and for some of us, life may be returning to some normalcy. We're able to get out and about more, enjoy being with our children and grandchildren, friends and neighbors, and return to some of our social activities. Hopefully we will soon be able to get back to having our monthly in-person meetings, and we'll be sure to keep you updated concerning that.

And now that we have somewhat of a handle on Covid-19, our country is once again facing a difficult time. As we watch some of the events unfold across the United States, it's only natural to experience some anxiety or worry and fear about what the future holds. While it's not unusual to experience anxiety before a big event or an important decision, chronic anxiety can be debilitating and lead to irrational thoughts and fears that interfere with your daily life. Physical symptoms and behavioral changes include feeling fatigued easily, difficulty concentrating or recalling, muscle tension, racing heart, grinding teeth, sleep difficulties, including problems falling asleep and restless, unsatisfying sleep. There are emotional symptoms as well which include restlessness, irritability, or feeling on edge, difficulty controlling worry or fear, dread, and panic. If you are

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NEW “SPOTLIGHT”

This month we are beginning our new 'SPOTLIGHT' column, showcasing a member of our group, so that we can get to know each other a little better. This month I'd like to introduce you to Mario Sanchez. His bio, written in his own words, follows:

“Hello, my name is Mario Sanchez. I'm happy to be a part of this awesome group. I have been married to my wife of 13 years, Jamie, and we have a little girl named Ana Isabel, who's 5 years old. I have a 28 year old son named Mario Eduardo from a previous relationship. We moved to Louisville from Chicago in 2016.

I became an amputee on August 31, 2018, due to a septic infection that I contracted in the hospital. After becoming an amputee, I felt like life was over; I didn't know what to do. So I started thinking, observing, and learning a lot about myself because I needed to reboot my brain to adapt. I remember being in the hospital going through surgeries and waking up to my wife's smile every single time. She was there the whole time, supporting me and making me feel safe. I felt like a kid.

I do work – I am a supervisor for the city of Louisville. It took me about 8 months to get hired after several interviews and many tests. I lost my job that I had when I got my amputation. They said that my performance was not the same, even though I was back at work 90 days after becoming an amputee. It was really hard on my self-esteem, but I could not give up. I had my daughter and wife and wanted them to feel safe and protected.

I am a father of a very unique kid. And we do lots of things together, but we enjoy going for walks, we try hiking, play all kinds of games, and swim. I'm trying to get mobile enough to play basketball.



~ cont'd on Page 2 Column 2 ~

EDITOR'S NOTE (cont'd)

experiencing anxiety over the current situation like I am, here are a few of the things I've done that have helped me. They include deep breathing exercises, sticking to a sleep schedule, steering clear of negative influences like turning off the news, and focusing on the positive things in my life, getting outside to work in the yard, or taking a walk or exercising also has many benefits. As many people have said to me, this too shall pass, and though that in itself doesn't reduce the stress or worry I feel, practicing my faith does bring calm as well.

I am excited and anxiously look forward to the day we will all be able to gather face to face again. Until then, take care of yourselves, my friends.

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## QUOTE OF THE MONTH



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..... from Beverly's Kitchen

Here is a recipe that is both light and tasty.

FRITO CORN SALAD

Ingredients

2 (15 oz. cans whole kernel corn, drained)
2 cups grated cheddar cheese
1 cup mayonnaise
1 cup green pepper, chopped
½ cup red onion, chopped
1 (10-1/2 oz.) bag coarsely crushed Fritos chili cheese corn chips (I could not find these so I mixed ½ regular & ½ barbeque corn chips)
Combine all ingredients in a large bowl.
Makes 8 servings.



SPOTLIGHT (cont'd)

I am a very sensitive guy that loves his family. Very



soon we will be adopting a baby. This pandemic has been crazy busy for our family since I spend all day with Ana, then go to work after my wife gets home from her job, and with a new baby

coming along soon, things will likely get even crazier! Life is fun!!

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## How to Deal With SWEATING If You Use a Prosthesis

— by Pete Seaman, CP, CTP



If you use a prosthesis, you're probably also applying some type of liner over your residual limb before putting it into your socket. Wearing a gel liner for a few hours, let alone an entire day, can cause your residual limb to sweat, especially during the summer months. Due to the nature of their construction, gel liners do not "breathe," and they tend to keep your limb warm and moist. Excessive moisture can cause issues with the health of your residual limb and potentially your safety, if not properly managed, as your prosthetic suspension may become compromised.

So what can you do to lessen the degree to which your limb sweats or to manage the build-up of sweat inside your liner? There are four basic options:

- Remove and dry the inside of your liner
- Wear a type of stocking under your liner to help absorb perspiration
- Apply an extra-strength antiperspirant to your limb
- Undergo targeted low-dose Botox injections in your residual limb

### Sweat Removal

On warm days or days when you are active and perspiring more than usual, you may occasionally need to find the time and place where you can remove your prosthesis and liner. After wiping your residual limb and the inside of your liner dry with a towel, you can put your dry liner and prosthesis back on and get on with what you were doing. Negatives: This is only a temporary remedy, and it is an inconvenient process to have to go through, but if you plan ahead and dress appropriately, it should not take more than a few minutes to accomplish.

### Wear Stockings Under Your Liner

Multiple companies manufacture "specialized" stockings that can be worn under your liner to help absorb some or all of the sweat that builds up. These socks can be pulled onto your dry residual limb before donning your liner and prosthesis. They need to fit so that they are not loose on your limb and they need to be

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## Ways to Donate to *Moving Forward* Limb Loss Support

### AmazonSmile

Go to "[Smile.Amazon.com](https://www.amazon.com/smile)"

Sign in or Create your account

Hover over "Accounts and Lists"

Under the "Your Account" items,

Click on "Your AmazonSmile"

AmazonSmile is a website operated by Amazon with the same products, prices and shopping features as Amazon. The difference is that when you shop [smile.amazon.com](https://www.amazon.com/smile), the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice!

Once you have registered, you can check back to see how much your orders have contributed to ***Moving Forward***.

You will know you are contributing to the group because under the search bar it will say "Supporting *Moving Forward* Limb Loss Support Group, Inc."

### Kroger Community Rewards Program

Go to:

["https://www.kroger.com/account/enrollCommunityRewardsNow/"](https://www.kroger.com/account/enrollCommunityRewardsNow/)

Click on "View Details" (this will take you to a new screen to select our group)

Enter our organization number: DC476 or,

Sign in or Create your account under box "I'm a Customer"

Search for "Moving Fwd Limb Loss Support"

If you do not have internet access:

Register at the Service Desk of your local Kroger.

Once you have registered, the bottom of your receipt will say that your "Community" rewards are going to ***Moving Forward*** Limb Loss Support Group. You can check the amount of your community rewards on their website for each quarter.

### Employer Deductions

Many employers offer employees the opportunity to have automatic payroll deductions which are donated to a charity of their choice. Some companies will **MATCH** your donation. If your employer uses Frontstream, Truist, or Network for Good to manage their deductions, ***Moving Forward*** is listed.

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PREVIOUS NEWSLETTER ISSUES

For your convenience, all previous issues of our newsletter are available on our website at:
ampmovingforward.com



How to Deal With SWEATING If You Use a Prosthesis (cont'd)

the proper length. Some amputees wear socks shorter than their liners so that some of their residual limb is still in direct contact with the inside of the liner. Others wear the sock long enough so it can be rolled down over the outside of the liner to act as a wick and to help hold it in place. Negatives: The presence of a sock between your residual limb and the inside of the liner can reduce the adhesion of the liner to your residual limb, thus compromising prosthetic suspension, which can be hazardous.

Apply Extra-Strength Antiperspirant

There are several types of antiperspirant products available that can be applied directly to your residual limb, from natural crystal alum to other over-the-counter roll-on or spray products. It is sometimes recommended that these products be applied in the evening so that they have time to absorb into your skin. Negatives: These products may not work for everyone and you might develop some skin irritation by using them, but it never hurts to try, after consulting your physician.

Low-Dose Botox Injections

This alternative should be considered as a last resort to the three non-invasive options listed above. Botox injections, if deemed appropriate, are administered by a qualified physician. You would need to determine if these types of injections would be covered by your medical insurance provider. Negatives: As with the antiperspirant applications, there is no guarantee that these injections directly into your residual limb will be effective. You could also incur significant out-of-pocket expenditures if they are not covered by your insurer. However, if you have a serious sweating problem and no other options have helped, this is one you might want to investigate.

As a prosthesis user, at some point, you will most likely have to deal with an excessively sweaty residual limb. Understand that you have some options and you should be willing to experiment to see if any of the ones outlined above work for you.

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## *Thank You to the Amputee Coalition!*

**\*\*** We want to thank the Amputee Coalition for allowing us to use their articles in our newsletters. We also want to thank them for the many brochures and publications that they provide to our group. It is not the intention of the Amputee Coalition to provide specific medical or legal advice but rather to provide consumers with information to better understand their health and healthcare issues. The Amputee Coalition does not endorse any specific treatment, technology, company, service or device. Consumers are urged to consult with their healthcare providers for specific medical advice or before making any purchasing decisions involving their care. **\*\***

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