



Saskatoon Ostomy Association Bulletin



Internet web page -> <http://saskatoonostomy.tk>
Mailing Address -> 1610 Isabella Street, Saskatoon, SK, S7J 0C1

April 2005

SASKATOON MEETING INFORMATION

Location: **NorDon Drugs, Medical Centre -**
Louise Avenue & Isabella Street

- Wheelchair accessible
- Convenient washrooms
- Refreshments and visiting period after each meeting
- Spouses, family members and other visitors welcome

Monday April 4, 2005, 7:30 p.m.

Health and Wellness - Easy exercises that will help build strength and keep you feeling healthy - discussions about doing what work's for you!

Monday, May 2, 2005, 7:30 p.m.

Wrap-up Social - may be at an alternate location - details will be available at the next meeting - Nordon's - or by calling any Executive or Committee members as found in the newsletter

NORTHEAST SATELLITE

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PRINCE ALBERT SATELLITE

The Saskatoon Ostomy Association has a branch in Prince Albert which meets for lunch every 2nd Friday of every 2nd month at 11:45 a.m. at the Travelodge. **Upcoming meeting dates are: April 8, June 10, September 9, October 14 and December 9, 2005.** For more information on upcoming meetings please contact: Ed Frey at 654-4809.

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SASKATOON OSTOMY ASSOCIATION

(A Chapter of the United Ostomy Association of Canada)

The Saskatoon Ostomy Chapter is a non-profit mutual support society for the benefit of people who have had, or are about to have, Ostomy surgery. The purpose of our chapter is to:

- Assist the medical profession in the rehabilitation of ostomates by providing, at the request of the physician, reassurance and emotional support.
- To promote up-to-date information concerning Ostomy care and equipment to ostomates, and those involved in their care.
- To educate, develop, and promote public awareness and understanding of ostomies.

MEMBERSHIP & DONATIONS








The annual membership fee of \$25.00 entitles you to the chapter newsletters and a subscription to the Ostomy Canada Magazine, a U.O.A. Canada publication. Bequests and donations over \$10.00 will receive an official income tax receipt.

VISITING SERVICES

We provide lay visitation service, at the request of the physician, either pre-operative or post-operative, or both. The visitor is chosen according to the patient's age, sex and type of surgery. A visit may be arranged by calling the Stoma Clinic therapists at 655-2138. They will contact the Visiting Chairperson of the local Ostomy Association.

ENTEROSTOMAL THERAPISTS AND STOMA CLINIC

STOMA CLINIC: Room 1610, A Wing, Royal University Hospital
Saskatoon, Saskatchewan S7N 0X0 655-2138

THERAPISTS:			
	Phyllis Stephens, R.N., E.T. Prince Albert SK		Teri (Smith) Schroeder, R.P.N.,R.N., B.Sc.N., E.T., IIWCC. Saskatoon SK
	Kathy Guina, B.Sc.N., E.T. Saskatoon SK		Sandy Roberts, R.P.N.,R.N., B.Sc.N., E.T. Saskatoon SK
MEDICAL ADVISORY BOARD			
	Dr. Provas C. Ganguli, Gastroenterologist Saskatoon SK		Dr. Lawrence Taranger, Urologist Saskatoon SK
	Dr. Brian Colquhoun, Surgeon Saskatoon SK		Phyllis Stephens, R.N., E.T. Prince Albert SK
THE SASKATOON OSTOMY ASSOCIATION ADVISES ALL OSTOMATES TO CONSULT THEIR PHYSICIAN OR E.T. BEFORE USING ANY PRODUCT OR METHOD REFERRED TO IN THIS BULLETIN OR ANY OTHER PUBLICATION.			

SASKATOON OSTOMY ASSOCIATION

PRESIDENT'S MESSAGE



Well spring is almost here. How nice it will be to part with the winter clothing and get some consistent warm sunshine! I'm getting the urge to get back out there and start gardening again.

A couple more meetings and we break for the summer. This year has flown by.

The next meeting we will discuss being fit and doing safe, easy exercising that will help keep us energized and feeling healthy. The last meeting will be social as a fun wrap-up to the year before our break for the summer.

All members are encouraged to consider attending the Conference in Winnipeg this August. Our chapter is making it easy and advantageous for members and their guests to make the trip. As discussed at recent meetings, the SOA will provide van transportation for members and their guests and the members registration. This is a great way for interested members to attend with reduced hassle and expense. Add your name to the list at the next couple of meetings so that we can plan our excursion. We would love to have a strong Saskatoon delegation.

Continued good wishes and encouragement go out to those who have been ill. Your names come up in your absence and we're all hoping for a quick turn around. Let us know if we can help.

See many of you at the next meeting,

James Maloney
SOA President

MEETING MINUTES



By Betty Tydeman

Minutes of the Saskatoon Ostomy Association
March 7, 2005

B. Tydeman was ill so minutes taken by T. McCormick.

Welcomes and Announcements

President James Maloney welcomed visitors to the meeting. He shared the happy news that Alf Keating had a heart transplant on Tuesday (March 1) and is doing well. He will remain in Edmonton for several months.

Moved by Marg Chastakoff: That the association send a fruit basket to Alf and Tunie. Seconded by Cliff Nickel. Carried. J. Maloney will follow through.

Committee Reports

Treasurer - Wayne Duncan reported a chequing account balance of \$13,453.00

Bulletin - Peter Folk requested information for the April Bulletin be in to him by Friday March 11.

Friendship - Helen Pries is in hospital. T. McCormick will send cards to Helen and to Betty Tydeman.

Membership - Pat Crilly reported the addition of a few new members. She wondered if there is a "cut off" date for memberships so that new members aren't billed twice within a few months. J. Maloney will follow up with UOAC.

Youth Camp - Teri Schroeder reported the ET's have 2 potential campers. She will pass the information on to Marlyne Wight.

Visitation - Don Adams reported visits to 2 ileostomates and 1 colostomate. We are short of visitors - male colostomates and female ileostomates are needed. J. Maloney suggested a mini visitor training session may be needed if there is interest.

New Business

Elections - The position of Vice President is vacant as Colleen Dembiczak has moved to Regina.

UOA Directors - UOA Canada has issued a call for people willing to let their names stand for the position of Director on the national board. Contact James Maloney if interested.

Moved by Trish McCormick (for Bev Fry): That our chapter put a greeting in the Winnipeg program book to help offset the costs of the booklet and that this ad be ½ page (3.5 x 10) at a cost of \$175. Second: Wayne Duncan. Carried.

Winnipeg Conference (August 17 - 21, 2005) - The association is planning to provide free transportation in 2 passenger vans, which can carry 15 people each, as well as paying registration fees for members wishing to attend the conference. Spouses are welcome in the vans but must pay their own registration (\$100.00). Registration covers all sessions and 3 banquets (may also include a lunch / breakfast). Accommodation at the Delta (where the conference is being held) are \$109 / night for a single or double and \$124 / night for a triple. Registration forms are currently available on the UOA Canada website and will be published in the next Ostomy Canada magazine. Contact James Maloney to sign up. Our chapter must remember to take a donation for the raffle.

Rependa Conference - Wayne Duncan reported a notice of an upcoming conference called People Living with Cancer to be held April 20 - May 1, 2005 at the Delta Regina. See this Bulletin for more details.

ET Report - Teri Schroeder reported Sandy Roberts attended a training session in New York on a new wound treatment which is proving successful.

Program

Jan Lloyd-Vossen presented information about the development and implementation of the Convatec Support System.

50-50

\$30.00 was won by Leila Nickel.

Website

Visitors Larry and Rose Pollock (from Qu'appelle) complimented Peter Folk on the association website, which they have found very helpful.

EDITOR'S MESSAGE AND WEBSITE UPDATE



Hi all,

Thank you to all the people who submitted an article for this bulletin. Remember the bulletin belongs to all of us and we are richer when you take the time to share.

Included in this bulletin are some details about the upcoming UOAC conference in Winnipeg and on the upcoming Youth Camp in Alberta. Both are excellent things to attend. Let James know if you are interested because some funding is available.

Our website continues to be popular, with over 2500 hits since December 1, 2004. Our terminology and history pages continue to be the most popular with our visitors and we have had many returning visitors. The latest logs show that 48 percent of visitors are from the United States and 42 percent from Canada.

New this month are links to the new website for the Halifax chapter <http://www.uoachalifaxchapter.cjb.net/> and Colon Cancer Alliance <http://www.ccalliance.org/>

Our eGroup on Yahoo! continues to be popular with over 50 members. There are links to the group on our website, or you can go directly to the website address at <http://health.groups.yahoo.com/group/saskatoonostomy/> and if you join this group, you can download files from the UOAC Canada Connection as well as the latest newsletter from FOW Canada. One advantage of having the eGroup at Yahoo! is the ability to send e-mail to all 50 members at once without having to worry if you have the latest email addresses for the members.

If you have any comments or suggestions, please let me know.

Peter Folk (peter.folk@shaw.ca)

VISITATION REPORT



The visitations coordinator is Don Adams. You can phone him at 374-4965.

	Dec	Jan	Feb
Ileostomy	0	1	2
Colostomy	4	4	1
Urostomy	2	0	0
Pelvic Pouch	0	0	0

We are in need of more visitors. We are looking for women Ileostomates, men colostomates, men urostomates, women colostomates and men and women with pelvic pouches. If you would like to volunteer, please call Don Adams. Training session is required.

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Prince Albert Satellite Chapter of Saskatoon Ostomy Association February 11th, 2005

President Ed Frey opened the meeting with 20 members and guests.

50-50 draw won by Mary Bueckert and returned.

The blessing was asked by Marian Davis followed by lunch.

The minutes of the October 8th, 2004 meeting were read and adopted with no omissions or errors.

Treasurer's Report—balance \$405.23 and \$101.00 for 2005 camp scholarship.

Phyllis Stevens, E.T., explained the pelvic pouch and answered questions. She then showed the video, "What You Really Want to Know about...Colostomies, Ileostomies, and Urostomies."

Upcoming meetings:

Tisdale—March 10th

Prince Albert—April 8th

Gertie moved the meeting adjourned.

Recorded by Marian Davis

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REGIONAL STOMA AND WOUND CLINICS



Throughout the year, the ET nurses hold stoma and wound clinics in Lloydminster, North Battleford, Melfort and Nipawin. Here are the upcoming dates and places:

May 3 & 4 - Lloydminster

June 14 & 15 - Nipawin

SHARE DONATIONS

Please help ostomates in third world countries, who often have very few or no supplies, by donating supplies you cannot use or do not need. These can be brought to our meetings or dropped off at NorDon's Drugs for shipment overseas by FOW Canada. FOW (Friends of Ostomates Worldwide) has a web site now. www.fowcanada.org

DONATIONS AND BEQUESTS

Donations and bequests are gratefully accepted and are used to support chapter activities. Tax receipts are provided for all donations to the Saskatoon Ostomy Association.

WELCOME TO OUR NEW MEMBERS



Welcome to our new members. Hope to see you at the meetings soon!

David Pochylko - Saskatoon
Wayne Warnock - Nipawin
Anne M. Sawchuk - Saskatoon
Ricarda Woloschuk - Saskatoon
Herb Essenburg - Saskatoon

DECEASED MEMBERS

We extend our sympathies to the families of the following members:

Sam Austin - Saskatoon

MARG'S STORY

It was June, 1999 & I was in the hospital having my bladder removed due to cancer. I had a visitor. Helen from the Saskatoon Ostomy Association. What a nice surprise to meet a lady who was living with the same thing I was faced with.

I spent most of the summer on the couch watching T.V. & getting more bored as the days went on. Now its Sept. & I decided to go a meeting of the Ostomy Association. I went with the opinion that it would be a bunch of old people. To my surprise there were some much younger than I was. And they seemed to be living normal lives in spite of having an ostomy. I meet Helen again & she went out of her way to make me feel at home. Everyone was so friendly. I didn't feel like I was different in any way.

As the months went by, I found if I was having a problem with my ostomy, someone at a meeting would say they had that same problem & this is how they solved it. The support & friendship became very important to me.

I was honoured to be elected treasurer & have the opportunity to give something back to this great group of people. If you haven't been to one of our meetings, do yourself a favour & come see what its all about. We're love to meet you . To all the members of the Saskatoon Ostomy Association, thank you for helping me adjust to life after becoming an ostomate.



Marg Chastakoff

The Rependa Conference for people living with cancer, their family and friends

Fighting cancer is about more than taking tests and undergoing treatment. It is about staying positive, finding information, making decisions, and maintaining strength. It's also about building a team of family members and friends to walk with us during the experience and afterward as survivors.

About The Rependa Conference

This conference is the first of its kind in Saskatchewan. It is designed to give people living with cancer and their support team some of the tools, skills and information that will help make the journey easier.

Conference sessions are designed to cover a wide variety of topics, ranging from the practical to the spiritual. Many of the presenters have experienced cancer themselves, and all of the events are designed with everyday people in mind.

If you have cancer or if you are close to someone who is experiencing cancer, please join us for the 2005 conference. April 29 - May 1, 2005
Delta Hotel
Regina, Saskatchewan

For more information about the conference please call toll free 1 877 977-HOPE (4673) or visit their website: <http://www.cancer.ca>

Renaissance Award

is designed to recognize persons with an ostomy who:

- Has made significant achievements in his/her life following their ostomy surgery.
- Has made a meaningful contribution to the community or to others around them.
- Has contributed to eliminating prejudicial misconceptions relating to people with ostomies, in society

This Award is sponsored by ConvaTec, Division of Bristol-Myers Squibb Company.

Enrollment Criteria:

1. You must have had ostomy surgery
2. You must submit an essay that is 500 - 2500 words in length.

How to Enroll:

Enrolling is really easy. Simply send your essay directly to ConvaTec Canada by using one of the following methods:

- E-mail: convatec.canada@bms.com
- Fax: 1-877-4377-1777

When submitting your essay via fax or e-mail, do not forget to mark it "The Renaissance Awards".

For further information, do not hesitate to call our Customer Relations Center at 1-800-465-6302, Monday through Friday, from 08:00 to 19:00 EST.

OUR 20/40 GROUP COULD BE FOR YOU



The Saskatoon Ostomy Association is inviting those under 40 (with an invitation to those 40 plus who are "Young at Heart") to join others in this age group for periodic gatherings involving socializing, support, conversation and planned

activities. Another bowling outing is in the planning stages. For further information please contact James Maloney at 933-4234.

OSTOMY SUPPORT GROUP FOR KIDS AND THEIR PARENTS

We are looking for youth to attend this year's camp. Funding is in place for transportation and registration.

Canadian Ostomy Youth Camp Mission Statement

* To provide an opportunity for young people aged 9-18 with consideration to emotional growth and maturity, who have ostomies or other special related needs (intermittent catheterization; urinary or bowel incontinence; internal pouch; Crohn's disease or ulcerative colitis), to attend camp and participate in camp activities under professional supervision

* Provide formal/informal education on:

- o anatomy and physiology
- o self esteem and coping
- o sexuality

* Encourage independence and self confidence with personal care and camp activities

* Provide individual ET and UOAC counselling on physical and psychosocial needs

Activities:

- * formal/informal education sessions
- * swimming
- * camp out
- * outdoor recreation
- * rafting
- * arts and crafts
- * dance
 - o rap sessions

WHEN: July 4-10, 2005

WHERE: Camp Horizon, Bragg Creek Alberta (southwest of Calgary)

WHO: Children between the ages 9 - 18 who have had or who will have bowel or bladder diversionary surgery or who have related special needs (i.e. self catheterization, bowel and bladder incontinence), due to birth defects, trauma or disease (e.g.. Crohn's disease, ulcerative colitis, cancer, spina bifida.)

COST: Registration fee is \$460/child plus airfare (transportation to and from camp, room and board are included)

CONTACT: UOAC office or Camp Coordinator, Pat Cimmeck at pvc@shaw.ca

APPLICATION FORMS: Available upon request from Coordinator

DEADLINE FOR APPLICATION: June 1, 2005.

UOAC Conference 2005



We invite all persons with ostomies, their partners, families and friends, to come to Winnipeg, MB August 18-20, 2005, for the 8th Annual Conference of the United Ostomy Association of Canada Inc. All chapters are encouraged to send voting delegates. Our hosts are the Winnipeg Ostomy Association. Conference co-chairs Dave Page and Lorrie Pismenny, on behalf of the host chapter, promise a warm welcome to all.

The theme for UOAC Conference 2005, "FEEL ALIVE IN 2005", expresses the belief that all who have ostomies live, vibrant, active, lives filled sometimes with joy and happiness, sometimes sadness and difficulties, but always with a sense that life is worth living to the fullest. Over the three days of conference you will be royally entertained, and educationally stimulated as you attend sessions on medical issues pertinent to ostomates, and business sessions related to your chapter. Your registration fee includes all educational sessions, three evening events, a lunch and a continental breakfast.

One of the fun events at the Conference is the raffle/fund raiser. Individuals and chapters are asked to send items in advance for the raffle. You might want to choose something

representing your town or province. Packages should be marked "Raffle" and sent to:

John Keleman
258 Scotia Street
Winnipeg, MB
R2V 1V9

You are encouraged to stay on and enjoy Winnipeg's diverse cultural mosaic, an experience of a lifetime. As well, the Province of Manitoba has every type of recreational activity you can imagine.

So join us, in Winnipeg, the Heart of the Continent, from August 18 to 20, 2005, and "Feel Alive in 2005".

Important Notice

For those ostomates from outside Manitoba who will be attending conference and spending holidays in Manitoba: due to the unique centralized ostomy product distribution system in Manitoba, Ostomy supplies are NOT available in retail outlets in the Province of Manitoba. Therefore, it is essential that you bring with you more supplies than you would normally need for the time period you will be in Manitoba.

In an extreme emergency, supplies can be obtained from the Province's one central supplier, in Winnipeg, during business hours, at the retail cost, but be aware, should you be visiting areas outside of Winnipeg and they have to be shipped to you, it could be two to three days before you receive them.

So, once again, Please bring enough supplies with you!!

Humour



"I'm sorry, Ma. I won't be able to do your taxes this year."

CRANBERRIES — FOR AND AGAINST FOR UROSTOMATES

Via: Snohomish county, WA & S. Brevard FL Newsletter

FOR— The secret ingredient in cranberries that is pivotal in preventing urinary tract infections (UTIs) is concentrated tannins in the juice, called proanthocyanidins. In a Boston study published in the Journal of the AMA, cranberry juice was found to be effective in reducing the incidence of UTIs and the need for antibiotic treatments.

This has important implications for persons with ostomies and continent diversions. Recurrent UTIs can be common in persons who catheterize frequently. These can be more evident if proper hand washing and cleaning of catheters is not done routinely. In addition, a large proportion of women over age 65 will experience at least one UTI per year.

How does this special ingredient in cranberry juice work? The tannins from cranberries simply prevent E-coli bacteria, the main culprit in urinary infections, from adhering to cells that line the walls of the bladder and kidneys. The bacteria thus will “wash out” before infection can develop.

Scientists in the Boston study believe that the routine addition of cranberry juice to dietary regimes in circumstances where UTIs have a high incidence, would be sensible.

AGAINST—An article from the Mayo Clinic says drinking cranberry juice to prevent recurring bladder or urinary infections is an “old folk” remedy. Does it work? Maybe—but don’t count on it.

A key to preventing a bladder infection is blocking the growth of the bacteria that cause the infection. Researchers have two theories about how cranberry juice makes urine more acidic, discouraging the growth of bacteria. But scientists don’t know whether a realistic amount of cranberry juice can produce enough change in urine acidity to affect bacteria.

The second theory is that cranberry juice keeps bacteria from “sticking” to the bladder wall where they multiply and cause infections. This theory was confirmed in the laboratory and in mice, but results vary in humans.

We do know that taking 500mg of vitamin C (ascorbic acid) twice a day along with cranberry juice can cause acidity of urine. Still, if you think you have a bladder infection, don’t try home remedies. See your doctor. The usual treatment is antibiotics and lots of liquids.

COLONOSCOPIES—HUMOUR

Via: Seattle WA & Stillwater –Ponca City OK & Hemet San-Jacinto, CA

A physician claims these are actual comments from his patients made while he was performing colonoscopies.

1. “Take it easy, Doc. You’re boldly going where no one has gone before.”
2. “Find Amelia Earhart yet?”
3. “Can you hear me NOW?”
4. “Oh boy, that was sphincterrific!”
5. “Are we there yet? Are we there Yet? Are we there yet?”
6. “You know, in Arkansas, we’re now legally married.”
7. “Any sign of the trapped miner, Chief?”
8. “You put your left hand in, you take your left hand out. You do the Hokey Pokey....”
9. “Hey, now I know how a muppet feels!”
10. “If your hand doesn’t fit, you must quit!”
11. “Hey, Doc. Let me know if you find my dignity!”
12. “You used to be an executive at Enron, didn’t you?”
13. “Could you write me a note for my husband, saying that my head is not, in fact, up there?”

SASKATOON OSTOMY ASSOCIATION

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Web site address:
<http://www.ostomycanada.ca>

Saskatoon 2004 - 2005 Meetings

September 13, 2004
October 4, 2004
November 1, 2004

December 6, 2004
February 7, 2005
March 7, 2005

April 4, 2005
May 2, 2005

VISIT YOUR STOMA CLINIC regularly!

Room 1610, A Wing, Royal University Hospital. The help and expertise of our Enterostomal Therapists is available to you on an ongoing basis. It pays to keep in touch and keep updated, so see us soon.

FOR APPOINTMENT PHONE: **655-2138**

Service is free to all North Saskatchewan ostomates.
<http://www.sdh.sk.ca/pteducation/entwnd.htm>

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- Australian Medical Sheepskin

**1610 ISABELLA ST
At Corner of Louise Ave
SASKATOON, SASK
S7J 0C1**

<http://www.stn-biz.com/nordondrugs/>

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Phone: 763-2637 ** Fax: 763-5981

- Breast Prosthesis and Bras
- Hernia Supports
- Back Belts
- Surgical Support Stockings
- Support Pantyhose
- Incontinent Supplies
- Ostomy Supplies
- Prescription Blister Packaging

This Newsletter is printed courtesy of

Apex Graphics

1002 Broadway Avenue
Saskatoon SK, S7N 1B9
(306) 652-1967
apexg@sk.sympatico.ca

APPLICATION FOR MEMBERSHIP

I would like to become a member of the Saskatoon Ostomy Association. Enclosed is my cheque for \$25.00, for one year's membership. I understand that membership includes voting privileges, issues of the Saskatoon Bulletin, and U.O.A.

Canada's magazine Ostomy Canada.

I am: New Member Renewing Member

I have a: Colostomy Ileostomy Urostomy Continent Ostomy

I am a: Spouse Medical Professional Other Date: _____

Name:(Please Print) _____

Address: _____ City/town: _____

Postal Code: _____ Telephone(s): _____

*Please make cheque payable to:
and mail to:*

The Saskatoon Ostomy Association
1610 Isabella Street
Saskatoon SK S7J 0C1

For information contact:
Nordon Drugs....374-1585 or
The Stoma Clinic....655-2138