



Saskatoon Ostomy Association Bulletin

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

September 2004

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 September 13, 2004, 7:30 p.m.

Meet and greet, Conference updates, Camp update and video.

Come out and meet the new executive members. Get all the information about the Gander conference and the Camp Horizon for kids.

Monday, October 4, 2004, 7:30 p.m.

Rep meeting, Personal accounts

Something new! We are planning to have four people give their history of their surgery and their road to healthy living.

NORTHEAST SATELLITE

The North East Satellite of the Saskatoon Ostomy Association meets for lunch the second Thursday every other month at 1:00 p.m. at Mr. Ribs in Tisdale. **The next meeting is Thursday, September 9, 2004.** For information on upcoming meetings contact: Wally Derkach at 862-5381 or Shirley Klatik at 873-2156.

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. **The next meeting is Friday, September 10, 2004.** 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 receipt for income tax purposes.

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.
Teri (Smith) Schroeder, R.P.N., R.N., B.Sc.N., E.T., IIWCC.
Kathy Guina, B.Sc.N., E.T.
Sandy Roberts, R.P.N., R.N., B.Sc.N., E.T.

MEDICAL ADVISORY BOARD

Dr. Provash C. Ganguli, Gastroenterologist Saskatoon SK	Dr. Lawrence Taranger, Urologist Saskatoon SK
Dr. Brian Colquhoun, Surgeon Saskatoon SK	Phyllis Stephens, R.N., E.T.

**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



Hi Folks!

It is with much enthusiasm that I extend a warm "hello" to everyone who are either members of the SOA or who are avid supporters of our association and cause. As incoming President, I look forward to helping facilitate meaningful and memorable occasions from which we can leave having learnt from, shared and valued our monthly meetings and planned events.

I admittedly was a little sheepish about taking on such an important role, partly because of the wealth of history in the association and the number of members who have so much more knowledge than I obtained from past happenings. I'm relatively new on the scene in comparison but have gained valuable insight into practices and procedures from a number of keen and admirable participants. Great support, combined with my own drive and exposure to past organizations, help set the stage for hopeful success. I am looking forward to working with executive members, past and present, and many other active members to provide a format that will foster relationships and participation. I was fortunate last year to be on hand throughout the annual conference. Working closely with the executive and in generating interest in the 20/40 activities then and beyond, I understand the principles needed to ensure our organization's continued success.

This year Peter Folk and I, as well as Bev Fry who is attending as a Director on the National Board, will have attended this year's conference as delegates in Gander, Newfoundland by the time many of you have read this newsletter. We will bring back to you our observations, memories and ideas. We thank the organization for allowing us such a fortunate opportunity to represent each and every one of you there.

I look forward to the fall. We have sessions and events planned that I trust you will find stimulating and enjoyable. I also look forward to meeting each of you personally and developing an enhanced rapport. I encourage members to be engaged and participatory in future activities so that the SOA continues to provide the ongoing support each of us needs in our own way. Please, involve myself and the executive wherever we can be help. We're committed to being of good support to you all.

Best regards,

James Maloney

MEETING MINUTES



By Betty Tydeman

(May's minutes as recorded by Don Purich)

Minutes of an historic meeting of the Saskatoon Ostomy Association held on May 3, 2004 at Nordon Medical and attended by only 29 members - an all time low in the last three years.

1. Call to order. Resplendent in a tan and cream full flouncing skirt, and a matching top with a lace border and silver sequins and sea shells, President McCormick in one of her last presidential acts, called the meeting to order at 7:36 PM.
2. Salutes and member news. President McCormick updated the meeting on Alf Keating's condition. He will be travelling to Edmonton to start the heart transplant process or alternatively gene therapy. Alf was our long time and very successful fund raising coordinator.
3. Minutes. Secretary Purich, appearing in a Bosa jacket and matching Bosa mock turtle neck, read the minutes. Moved by Zach, seconded by Robert that the minutes be adopted as read. Carried unanimously.
4. Finance. Treasurer Chastakoff, appearing in a blue navy pant suit and a pink checked blouse, reported. Our financial statement is as follows: \$10,156.63 in an investment account and \$9846.65 in our chequing account. She also reported that last year the 50/50 draw earned us \$230.50 and this year \$226.50; though after a last minute push (including Zach digging out his last pennies) this year's total was pushed up to exceed last year's by \$3.
5. Membership. Pat Crilly reported that some 29 memberships were past due. Due to a failing and flagging secretarial mind, details of her ensemble were not noted.
6. Newsletter. Peter Folk reporting. Newsletter went out in April. Next letter out in August and August 1 is the deadline for submissions. Also continue to watch for web site developments. Mr. Folk appeared in a turquoise two piece with red trim over a cream coloured shirt.
7. Visitations. Don Adams reporting. 1 illeostomy, 1 colostomy. And Don is so handsome that who can notice his wardrobe.
8. Announcements and other business.
 - CCFC will hold their annual Heal and Wheelaton in early June. Last year this event raised over \$27,000 in Saskatoon.
 - 20/40 tentatively a bowling event next Sunday.

- Kids and Parents have had difficulty getting a social event organized.
- Announcement of Relay for Life: A Fundraiser for Cancer

9. Fund raising. President McCormick reporting.

- a supper and bingo at the Nutana Legion is planned for Saturday November 6. President McCormick expressed considerable excitement about this event especially since there will be in her words "dobbers" at this event
- Ham, turkey and meat sales will be held before Christmas

10. National Conference

- President McCormick announced that Peter Folk and James Maloney had been selected by the executive as our subsidized representatives to the conference.
- Moved by President McCormick, seconded by Helen Pries that our association buy an advertisement in the Gander Conference book up to one page in size and not to exceed \$150.

11. As past president, Zach Hauser, in blue jeans - brand name unknown - and sporting a teal blue shirt, conducted the elections. Candidates who agreed to stand for office were as follows:

- President - James Maloney
- Secretary - Betty Tydeman
- Treasurer - Wayne Duncan
- Vice-President - Colleen Dembiczak

Zach called for further nominations and there were none. And at this point the secretarial mind and hand failed. It was not noted who moved the nominations closed and seconded the same and whether it was approved. We will assume it was done properly. What a failure and thanks that we have a new secretary.

12. Special thank yous from President McCormick, accompanied by various gifts and special hugs from the president herself to:

- the staff at Nordon Medical. Michelle accepting.
- Don Adams for his work with visitations, with golf tournaments, the national conference and other things
- Pat Crilly for work with membership and helping in a great many other ways.
- Vi Haight for her work in stuffing the newsletter, stamping it.
- Helen Pries, one of the association's original members, for her work in friendship.
- Marlyne Wight for her work in fundraising and serving on a variety of committees.
- Peter Folk for stepping in and taking over the newsletter on short notice.
- Bev Fry, our past vice-president and Rita Hazelhurst, our social convenor, who were not able to be with us.

- Zach Hauser who as past president has served and helped in so many ways.

- Marg Chastakoff for her work in bringing the financial records to very good shape and at a time when the organization was extremely active in fund raising and to her assistance with many other tasks

- Don Purich for serving as secretary for the last four years and bringing a sense of humour to the minutes (I think she meant sinking to a new low).

- The presidential gavel and president roll of stamps was passed on to James Maloney.

13. Moved by Don Purich, seconded by a great many people, that the contribution of President McCormick in the last four years be formally noted in the record. He noted her dedication and hard work, evidenced by her work for the national conference, the interesting programming and record attendances, in one instance exceeding 60 people. The motion was carried unanimously and noted by a standing ovation.

14. Adjournment. Moved by Helen, seconded by Peter and approved unanimously.

15. Social - as customary, strawberry shortcake was served.

16. And as they say - long live the big bag. May it be full.....

EDITOR'S MESSAGE AND WEB PAGE UPDATE



Hi all,

At the May, 2004 meeting, a new executive was elected. Four new faces are in the photo below. Just Trish remains from the previous executive.



Left to right: Betty Tydeman (secretary), James Maloney (president), Trish McCormick (past president), Wayne Duncan (treasurer) and Colleen Demiczak (vice president).

New on the Internet - the UOA Canada website has been redesigned. If you have a chance to have a look at the fresh new site, visit <http://www.ostomycanada.ca>

Peter Folk (peter.folk@shaw.ca)

VISITATION REPORT



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

	March	April
Ileostomy	1	1
Colostomy	1	1
Urostomy	0	0
Pelvic Pouch	0	0

PRINCE ALBERT SATELLITE

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Meeting Minutes: Prince Albert Satellite June 11th, 2004

President Ed Frey opened the meeting. There were 24 members and visitors present.

The blessing was asked by Leonard Blair followed by lunch.

Ed Frey introduced 15 year-old Christina Jabusch and presented her with a cheque for \$150.00 towards Camp Horizon registration for this summer. The remainder of the camp registration fee has been donated by the Saskatoon Ostomy Association. Christina expressed her thanks and is looking forward to making new friends at camp in July.

The minutes of the April 16th, 2004 meeting were adopted as read.

The account balance is \$507.44 as reported by treasurer, Mary Buechert.

Jack Greening mentioned the importance of reaching out to others with ostomies. He also suggested that a small group meet with Victoria Union Hospital administration to present the need to begin training an ET nurse to replace Phyllis Stephens when she retires.

Gertie Green motioned that Jack Greening initiate such a meeting. Seconded by Paul Kazinski. After talking with

Phyllis, Jack will make an appointment with Administration and ask 2-3 members to join him for the meeting.

A 50-50 draw was conducted to raise money for camp scholarships for next year. Adeline Palchinski won the draw and donated it for camp.

Next Tisdale meeting: September 9th, 2004.

Next Prince Albert meeting: September 10th, 2004

Meeting adjourned by Gertie Green.

Secretary: Marian Davis

NORTHEAST SATELLITE

The North East Satellite of the Saskatoon Ostomy Association meets for lunch the second Thursday every other month at 1:00 p.m. at Mr. Ribs in Tisdale. **This is a change from meeting at Chicken Delight in the previous years. Chicken Delight is under new management and wanted \$25 to hold meetings there, so we've change the meeting location to Mr. Ribs.** For information on upcoming meetings contact: Wally Derkach at 862-5381 or Shirley Klatik at 873-2156.

REGIONAL STOMA AND WOUND CLINICS



Throughout the year, the ET nurses hold stoma and wound clinics in Lloydminster, North Battleford, Melfort and 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!

Kathy Guina

John Danyluk

Judy Balon

Daryl Zoerb

Saskatoon

Hudson Bay

Saskatoon

Hafford

DECEASED MEMBERS

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

Arnold A. Cannam Saskatoon

OUR NEW 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. In May, our group had a great time bowling at Eastview Bowl. For further information please contact James Maloney at 933-4234.

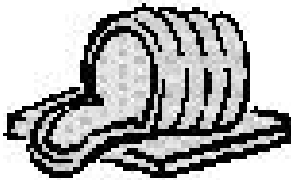
NEW OSTOMY SUPPORT GROUP FOR KIDS AND THEIR PARENTS



The kids and parents support group are planning a Playstation 2 party. Please contact Marlyne Wight at 249-5731 mwight@sasktel.net or Laurie Beaulieu at 258-2016 if you would like to come. Place and time will be determined if enough families are interested.

Special Announcements

Annual Meat Sales Fund-raiser



This year we will be selling:

Drake Boneless Hams 3 lb. average \$15.00
Drake Farmer Sausage 2 x 500 grams \$12.00
Christmas Turkeys 15 - 25 lbs. \$1.75 / lb.

Order forms available at SOA September and October meetings

To order by phone call: Trish at 374-6807

Sales close: November 1, 2004
Delivery in December

All proceeds used to sponsor children and youth with ostomies to Ostomy Youth Camp and adult ostomates to National Conference

Supper and Bingo Night



Saturday, November 6, 2004

Nutana Legion, 3021 Louise Street

Cocktails 5:00 - 6:00 p.m.

Supper 6:00 - 7:30 p.m.

Bingo 7:30 - 9:00 p.m.

Cost: \$25.00/person - includes supper and 8 games of bingo (additional bingo cards available for purchase)

Major Sponsors: Nordon Medical, Coloplast, Convatec, Hollister

LOTS of prizes!!

Top prizes: \$100.00 Sears gift certificate
\$100.00 gift certificate for The Keg Restaurant
\$100.00 certificate for gas
A night at the Delta Bessborough

Tickets available at September, October and November SOA meetings and Nordon Medical. To order by phone call: Trish at 374-6807

All proceeds used to sponsor children and youth with ostomies to Ostomy Youth Camp and adult ostomates to National Conference



"Are you sure I'm getting enough fiber?"

STOMA ('Parastomal') HERNIAS

from website <http://www.hernia.org/stoma.html>

A Hernia is a weakness or split in the muscle wall of the abdomen which allows the abdominal contents (usually some part of the intestine) to bulge out. The bulge is particularly noticeable upon tensing the abdominal wall muscles - such as occurs when coughing, sneezing, straining or simply standing.

Stomas pose an additional problem.

When a stoma is brought out to the surface of the abdomen it must pass through the muscles of the abdominal wall, thus a potential site of weakness is immediately created. In the ideal situation the abdominal wall muscles form a snug fit around the stoma opening. However, sometimes the muscles come away from the edges of the stoma thus creating a hernia - in this case, an area of the abdominal wall adjacent to the stoma where there is no muscle.

Factors that can contribute to causing a stoma hernia to occur include coughing, being overweight or having developed an infection in the wound at the time the stoma was made. The development of a stoma hernia is often a gradual phenomenon, with the area next to the stoma stretching and becoming weaker with the passage of time. This weakness, or gap, means that every time one strains, coughs, sneezes or stands up, the area of the abdomen next to the stoma bulges, or the whole stoma itself protrudes as it is pushed forwards by the rest of the abdominal contents behind it.

As with all hernias the size will increase as time goes by. Stoma hernias are rarely painful, but are usually uncomfortable and can become extremely inconvenient.

They may make it difficult to attach a bag properly and sometimes their sheer size is an embarrassment as they can be seen beneath clothes. Although a rare complication, the intestine can sometimes become trapped or kinked within the hernia and become obstructed. Even more seriously the intestine may then lose its blood supply, known as strangulation. This is very painful and requires emergency surgery to untwist the intestine and prevent the strangulated part of the bowel from being irreversibly damaged. Regardless of inconvenience or pain, hernias are defects in the abdominal wall and should not be ignored simply because they might not hurt.

There are surgeons who advocate that small stoma hernias that are not causing any symptoms do not need any treatment. Furthermore, if they do need treatment it should not be by operation in the first instance but by wearing a wide, firm colostomy/ileostomy belt. This is probably true with small hernias, in people who are very elderly and infirm or people for whom an anaesthetic would be dangerous (serious heart or breathing problems, for example).

We feel that nowadays operative repair of the stoma hernia should be given more serious consideration to improve the quality of life, prevent progressive enlargement of the hernia with time and make it easier to manage the stoma.

REPAIR OF STOMA HERNIAS - The Usual Approach

If symptoms are severe enough, the hernia is repaired. The repair of a stoma hernia requires that the abdominal wall tissue is made to fit back snugly around the stoma, leaving no weakness. Over the years many different surgical approaches to this problem have been tried.

There are two options. One can move the stoma to a new site on the abdomen, i.e., create a new opening elsewhere and repair the hernia at the old site as one would any other hernia, or one can try to repair the hernia around the stoma, leaving the stoma where it is.

Repair of the hernia without moving the stoma involves opening the abdominal wall over the hernia adjacent to the stoma and re-suturing muscle and supporting tissues in the area.

Although this may appear to be the most straight-forward way of doing it, this is not always a successful method.

If the original stoma site is unsatisfactory for other reasons, or if the hernia is very large it may be necessary to re-site the stoma, making a new stoma through fresh, healthy tissue. The

area of the hernia, together with the site of the original stoma is then repaired, usually by stitches.

This can be a more successful procedure regarding repair of the hernia, but is a more major operation because of the many technical, surgical difficulties in dismantling the existing stoma and transferring it from one side of the abdomen to the other.

The British Hernia Centre Approach

Whether one chooses to leave the stoma at its original site or to move it, we feel that the hernia itself should be repaired with mesh over and beyond the weakened area to reinforce the whole weakened muscle structure.

This is an improvement over the original stitching method and our technique usually enables us to avoid the more major procedure of re-siting the stoma.

Once inserted, the mesh rapidly becomes incorporated within the muscle and surrounding tissue and forms the core of a much stronger area within the abdominal wall. This is very similar to the way builders put a steel mesh inside reinforced concrete.

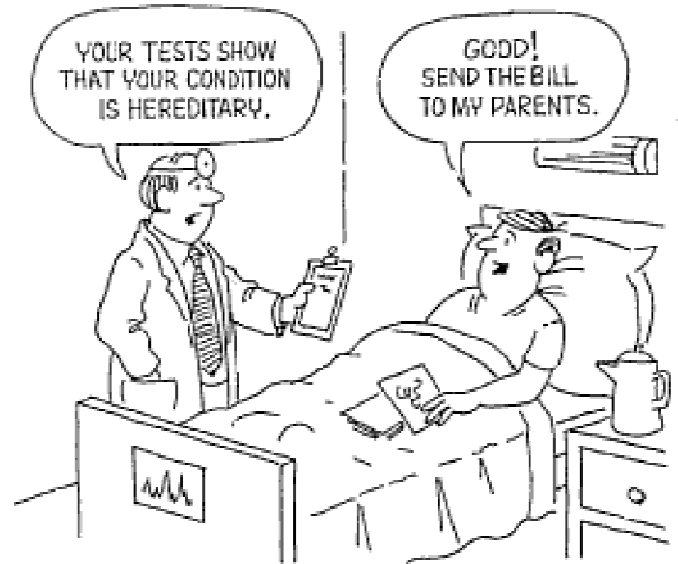
Although the mesh we use is wafer-thin, lightweight (yet extremely strong), the principle is the same, in that the mechanical load becomes spread over the whole area rather than pulling on any individual stitches through the muscles.

This use of mesh, rather than stitches, serves to avoid future recurrences, which happen when the stitches used with other methods are pulled away from the tissue.

Once the bowel is seen to function normally, our kind of mesh repair generally requires 1 or 2 days in hospital following which a rapid recovery with a more reliable repair can be expected. Because the reinforcing effect of the mesh gives strength to the repair without the tissue distortion and tension of other methods, most patients are able to be completely mobile and engage in normal levels of exercise within a very few days.

Whilst there can be no guarantee of the permanence of any stoma hernia repair, it is felt that this technique offers the least risk of recurrence.

As this is a highly specialised area of surgery, one should take care to seek surgeons with the appropriate level of experience with hernias, and specifically stoma hernias and this technique of repair.



SASKATOON OSTOMY ASSOCIATION

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<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

