

# SASKATOON OSTOMY ASSOCIATION BULLETIN

March 2014

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.

## VISITING SERVICES

At the request of the physician, either preoperative or postoperative, 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.

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 in any other publication.



1610 Isabella Street East Saskatoon, SK S7J 0C1

Website: [www.saskatoonostomy.ca](http://www.saskatoonostomy.ca) Email: [info@saskatoonostomy.ca](mailto:info@saskatoonostomy.ca)

## UPCOMING CHAPTER MEETINGS:

**When:** Monday, April 7, 2014 at 7:30 p.m.

**Location:** Mayfair United Church, 902 33rd Street West

**Program:** Elections will be held. There will be draws for free tickets to the upcoming brunch and the cruise.



**When:** Saturday, May 3, 2014 at 11 :30 a.m.

**Where:** Smiley's Restaurant, 702 Circle Drive, East.

**Please see page 3 for more details.**



## SOA 40th Anniversary Celebration

**When:** Monday, June 2nd, 2014 at 6 p.m.

**Where:** dock at the Mendel Art Gallery, 950 Spadina Cres., East.

**Program:** Celebration of our 40th Anniversary.

**Please see page 3 for more details.**

It's easy to be **GREEN!** With the impending raise in the cost of postage, we encourage our members to receive the newsletter in **LIVING COLOUR.**

Please contact Diane Boyd at [dianeboyd@sasktel.net](mailto:dianeboyd@sasktel.net) to be added to our email list.





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## Upcoming Chapter Socials



### Saskatoon Ostomy Association Brunch

**When:** Saturday, May 3, 2014 at 11 :30 a.m.

**Where:** Smiley's Restaurant, 702 Circle Drive, East.

In lieu of our Steak Night, we are getting together at Smiley's to enjoy their delicious buffet. There will be a 50/50 draw as well as an auction. Come and join the fun! Cost: \$25/adult, \$10/child 11 and under. All proceeds go to the Ostomy Youth Camp. Thank you to Gerard Dakinewich for arranging this. This replaces our regular Monday evening meeting. There will not be a meeting on May 5th.

### SOA 40th Anniversary Celebration

The Saskatoon Ostomy Association will be celebrating its 40th Anniversary on June 2, 2014. In honor of this event, we are planning a 2 hour cruise aboard the *Prairie Lily* on the South Saskatchewan River. We will depart from behind the Mendel Art Gallery at 6:30 p.m.. Boarding begins at 6 p.m. We will enjoy all that the cruise provides: beautiful scenery, relaxing surroundings plus snacks, entertainment, cash bar, cake cutting and, most important of all, meeting and greeting old and new friends and family. We have been supporting each other through sickness and in health for 40 years and we deserve to celebrate! Cruise is wheelchair accessible. Cost: \$25/members and \$30/non-members. Tickets will be available in the near future.

**Questions? Call Pat Ramage (306) 384-0581.**

**Cruise times given in the January bulletin were incorrect. We are sorry for the error.**



## ELECTIONS

Elections will be held at our April meeting. We have all benefited from attending our meetings, having shared our experiences with others and having others share theirs with us, learning from our guest speakers and many other positive experiences in our activities with our chapter. I would like to encourage you to consider volunteering to help continue these positive things. Please remember that no one expects you to know how to do the job - you will learn. More importantly, remember that you are not alone. You are part of a team working together, sharing the load. On the top of page 4 are some positions coming open. For more details please contact the person listed on the back page who is presently doing that job.~

**It is important that we fill these positions as they are vital in communicating with our members.**

**Social Media Specialist:** The Social Media Specialist is expected to attract and interact with targeted virtual communities and networks users. The goal is to gradually achieve superior member engagement and intimacy, website traffic and revenue by strategically exploiting all aspects of the social media marketing roadmap, including but not limited to: Website, Facebook, Twitter, Instagram, etc.

**Membership:** The Membership person is responsible for sending and receiving membership applications and association dues, and keeping accurate records of membership lists.

**Webmaster:** Using Adobe Dreamweaver, the Webmaster will maintain our Website by making regular professional calibre updates to calendar events, articles, press releases and new content pages.

**Bulletin Editor:** Editor reads newsletters from other chapters and decides what to include in their own chapter's edition. Also, try to keep up on activities going on in the chapter/UOAC and include that information.

## President's Message

It has been a LONG winter!

I am advising everyone now "this is my last year as president". I have always believed a good "team" had lots of people doing different jobs. But that is not the case here! It seems the minute someone is elected to the executive, they are expected to do it ALL! We, on the executive, will NOT be taking on the positions that are going to become vacant. We are already doing a number of jobs that are done by other people in other chapters and we are all Visitors as well! If no one steps up for NEWSLETTER EDITOR we will lose it! If no one steps up for WEBMASTER we will lose our online activities! If no one steps up for MEMBERSHIP we will not grow from those that are currently active and our numbers are dropping fast as it is.

The Executive is hoping to CELEBRATE the rest of 2014. We have a Brunch planned for the May meeting. It will be on a Saturday the 3rd instead of the usual Monday night. June will be our River Cruise instead of a Steak Night, to celebrate the Associations 40th Anniversary. September will be Birthday Celebration for everyone! We hope to have cake and goodie bags to start off the next season!

I know my job is to pump everyone up and try to get everyone excited, but if people do not start to come forward, the writing is on the wall!! There are lots of positions that have not been filled for a long time. It is YOUR ORGANIZATION, help make it what YOU want it to be! Maybe Monday nights do not work anymore? Maybe a different day and or time? Poor attendance at the meetings is giving us a message! Let someone on the executive know what would work for you!

Trying to be the best I can be

Wanda



## ITEMS OF INTEREST



*Sandy Roberts*



*Kathy Guina*

- **The Stoma Clinic** is located at room 5706, A Wing, Royal University Hospital. Our two ETs are Sandy Roberts and Kathy Guina. If you wish to contact an ET, please phone 306-655-2138. If you do not reach the secretary, please leave a message.

- We are planning a **Visitor Training Program**. If you are interested in becoming a visitor or if it is time to renew your training, please contact an Executive member.

- The purpose of this chapter is to help meet the needs of its members. If you have any suggestions for guest speakers, questions for the Dear ET column or ideas to change/improve how we function, please let us know. We have a Suggestion Box at meetings or send your ideas to: Saskatoon Ostomy Association, 1610 Isabella St., Saskatoon, SK. S7J OC1.

- **ET Solutions** is a private practice. If you wish to contact Teri Schroeder, call 306-249-1442.



- **The UOAC Ostomy Youth Camp will be held at Camp Horizon, Bragg Creek, Alberta, June 29 - July 5, 2014.** This camp is held for children ages 9 -18 who have an ostomy or related special needs. This is an excellent chance for children with ostomies to get together in an environment specially suited to their needs to meet others sharing the same concerns. Registration fee is \$590.00. Some financial assistance is available for child ostomates in our area. Please contact chapter president Wanda Dansereau at (306) 384-2793 or [wjdanseureau@gmail.com](mailto:wjdanseureau@gmail.com) for more information. Requests for financial assistance to another camp will also be considered.

- If you need a ride to our monthly meetings, please phone one of the Executive. They will arrange for someone to pick you up.

- **Tickets to both the Brunch and the Cruise are now available. Please contact Tam at NorDon (306) 374-1589.**

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## SUMMARY OF MINUTES

A chapter meeting was held on Monday, February 3, 2014. We started with a pot luck supper, followed by a presentation by Paul Riome, National and Western winner of the ContaTec 'Great Comeback Award'. There was no business meeting. **Visits for Jan. - 2 urostomy, 2 colostomy, 1 ileostomy.**

A chapter meeting was held on Monday, March 3, 2014. Stephen Kessel, certified yoga instructor, gave a presentation on gentle yoga movements for seniors. This was followed by a business meeting concerning many topics - chapter elections, a donation from the Order of the Eastern Star, disability tax credit, upcoming events and UOAC projects.

**Dear E.T.**

Dear ET,  
I have a urostomy and have noticed at times, the white part of my flange will sometimes get a pretty blue/

purple ring on it. Through process of elimination, I found this was probably caused by eating too many black olives. Was I right? Also, I notice, the night drainage bag and connecting tube will sometimes also turn this same color. I am not eating beets nor consuming a lot of red wine or black olives. I wonder what is causing this. Can you help?

Thanks  
'Puzzled in purple'

Dear 'puzzled in purple'

Well you have uncovered a great question and a long time mystery to many of us. I have seen what you describe mildly a number of times in persons with urinary diversions. There is a syndrome termed "purple bag syndrome" which has been documented in urology journals. Usually discoloration to this extent shows a totally deep purple bedside urine bag and catheter and even tubing on a person who has had a catheter for a long time. I searched the Journal of Urology (Canadian Urological Association Aug 2011: 5(4):233-234) as well as Medscape (South Med J.2007:100(10):1048-1050). Neither of these articles related specifically to urinary diversion.

The authors suggest that in severe purple bag cases, a cause is a highly alkaline urinary tract infection. In these cases the urine is not discolored blue, only the bedside bag, pouch and/or tubing. The urine is highly alkaline, with a number of bacteria organisms involved. (Escherichia coli: Providencia bacteria: Proteus mirabilis or Klebsiella pneumoniae). These organisms show up on a urinalysis and as well the person will be quite ill. Most of what I have seen for persons with ostomies has been as you described a part of the barrier or pouch has a slightly blue/purple tinge. This situation is really quite different than what is referred to as purple bag syndrome. The whole pouch and drainage system is not deep purple. In any of the cases I have worked with persons with ostomies I have not seen diagnostic purple bag syndrome as I have shared from the Urological journals. So here is the chemistry documented. The purple bag is due to the metabolism of Tryptophan which is converted in the liver, broken down in the urine by bacteria before being excreted from the body. (Canadian Urological Association Aug 2011)

The question remains for persons with urinary diversions, whether alkaline urine is reacting with Tryptophan and the polyvinyl of the pouch or whether an infection is present. Tryptophan is in a wide variety of foods. Tryptophan is an essential amino acid that is needed for the production of niacin, serotonin, and melatonin. Serotonin is needed to transmit nerve impulses from the brain and is essential in regulating mood. It also works in conjunction with melatonin to regulate sleep rhythms. The body cannot produce tryptophan, so it is essential that you get enough from your food.

***The following is a list of nine types of foods that contain tryptophan:***

- Dairy products: yogurt, milk, cheese
  - Protein foods: beef, pork, turkey, chicken, fish, shellfish, eggs
  - Soy products: tofu, soy milk, soybeans
  - Legumes: beans, lentils, chickpeas
  - Whole Grains: oats, brown rice, wheat, wheat germ
  - Nuts and seeds: hazelnuts, peanuts, almonds, sunflower seeds, sesame seeds, pumpkin seeds
  - Fruit: mangos, dates, bananas
  - Vegetables: beets, kelp, spirulina, potato skins
  - Cocoa: dry powder, dutch cocoa, chocolate
- (Google: Foods containing tryptophan)

You will notice that the color of the food does not need to be purple; rather it is the interaction with tryptophan with alkalinity, appliance vinyl and in extreme cases infection. In my past experience with urinary diversions most often testing has found that there was no infection present and we really did not have an answer for the blue/purple discoloration. I was surprised to find the above information and plan to speak further with urologists regarding at what point one should be concerned with infection.

I would suggest that if you are experiencing this discoloration and also have signs of infection such as: odorous urine decreased pouch wear time, barrier break down and generalized not feeling well including a temperature, you should consider having a urine specimen sent for analysis. Remember that it is important to have an appropriate urine specimen taken. See your ET nurse to have a catheterized specimen taken directly from your stoma to avoid contamination from your pouch.

In most cases I suspect that alkaline urine with tryptophan is the culprit. Persons with urinary diversions often have alkaline urine. High alkalinity of urine is a risk for infection, so it is also important to lower urine alkalinity. Healthy urine is more acidic than alkaline. Drinking sufficient volumes of water is the easiest way to maintain urine acidity with an addition for many of cranberry juice or tablets. Once again speak with your ET nurse and family Doctor. ~

**Teri Schroeder CETN(C)**

## The Disability Tax Credit and You

via Vancouver Ostomy High Life March/April 2013

If you have a colostomy, ileostomy or urostomy, and regularly submit a tax return every year, you may be eligible for a tax credit. All or part of this amount may be transferred to your spouse or common law partner, or to another supporting person. The form does not come with your standard income tax package, it must be ordered separately. It is called Form #2201.

### HOW DO YOU FILL OUT THIS FORM?

The first part includes a **self-assessment questionnaire** for the individual to complete to see if he or she is eligible.

**IMPAIRMENT** is an anatomical and/or physiological loss or damage to the body -- such as an amputation, or severe arthritis, or loss of sight. All ostomates have a degree of impairment, in that we have lost a part of our body -- rectum, bowel or bladder -- necessary for normal function, and in most cases, this is permanent.

**MARKEDLY and DISABILITY** refer to the degree to which an impairment alters one's daily life -- in other words what effect this has on one's ability to function. In Part B of the form, your doctor will be required to verify the duration (how long you have had the ostomy and if it is permanent) and the effects of the impairment (ostomy) on your ability to function normally. The doctor will need to certify that you are 'markedly restricted in a basic activity of daily living'. Essentially, the doctor must certify that either the patient 'needs the assistance of another person to empty and tend to their appliance on a daily basis', or that the care of the ostomy requires an 'inordinate amount of time'.

If you require assistance to manage your ostomy, or if you spend significantly more time than a normal person managing elimination, you qualify for this tax credit. Form 2201 does not provide room to expand upon these factors, therefore, we recommend that you describe your daily functions in a separate letter which your doctor will need to verify.

*Some examples of factors which would support your application would be:*

- frequent need to change your appliance (more than once a day)
- difficulty in cleaning/changing/maintaining the appliance due to rheumatoid arthritis, poor eyesight or mobility issues
- the need for another person to assist you in ostomy management
- restrictions on mobility (ie confined close to home, or bathroom mapping due to high-maintenance ostomy)
- disruptions to rest and sleep due to leakage/need to cleanup

As doctors' time is at a premium these days and most will charge a fee for writing a supporting letter. You should write your own letter, in a clear and concise manner, and let him or her verify it. You should be prepared to explain anything that he or she questions.

You can send Form T2201 at any time of the year, but it's recommended that you submit it before you file your income tax return. If you send it in later, or at the same time, it will still be processed but this may take longer for your submission to be assessed. If you are deemed ineligible, the form will not affect the outcome of your usual tax return. How much you get back will vary depending on your income, and when your ostomy surgery was first performed. Once you have been accepted as eligible for the DTC, you do NOT need to re-apply with your doctor again. You will be registered with Revenue Canada as eligible, and can claim the standard disability deduction on the standard income tax form.

If your ostomy is temporary, you can still apply for the Disability Tax Credit and may be eligible for the period of time that you have the ostomy until you can be reversed. Revenue Canada may review your case to ascertain that you still have the ostomy. ~

### HOW DO YOU OBTAIN THIS FORM?

You can call toll-free at: 1-800-959-2221  
or order online at [www.cra-arc.gc.ca/forms/](http://www.cra-arc.gc.ca/forms/)



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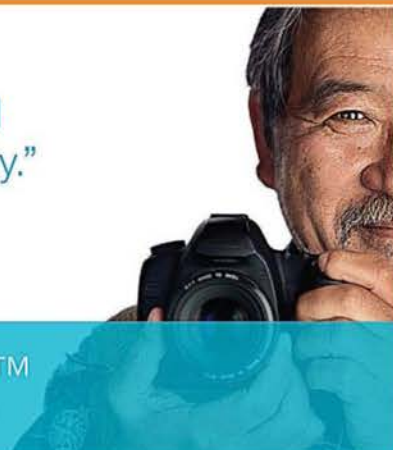
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## SASKATOON OSTOMY ASSOCIATION 2013 - 2014

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### **APPLICATION FOR MEMBERSHIP**

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