

# SASKATOON OSTOMY ASSOCIATION BULLETIN

August 2013

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.

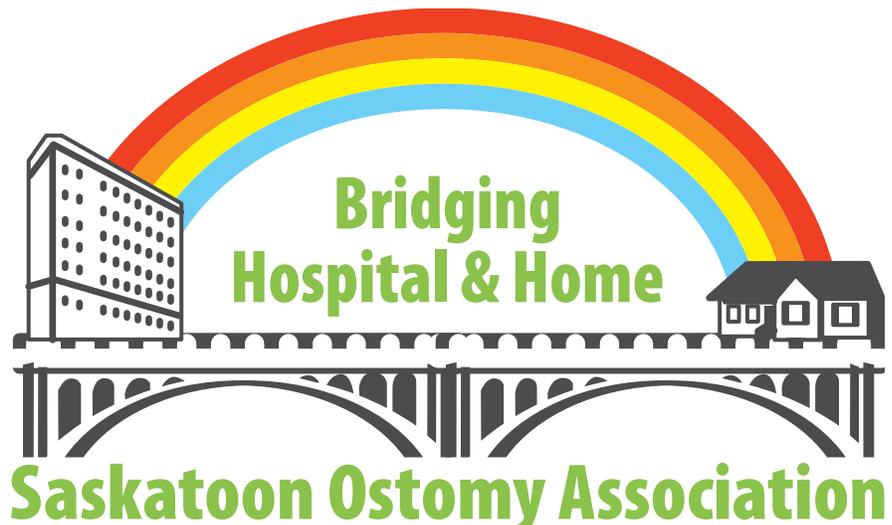
## The purpose of our chapter is to:

- 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, September 9th, 2013 7:30 p.m.

**Location:** Mayfair United Church, 902 33rd St. West

**Program:** Rap session for the September meeting with reports from our representatives at the CIS/AGM



**When:** Monday, October 7th, 2013 7:30 p.m.

**Location:** Mayfair United Church, 902 33rd St. West



## Meeting Dates:

November 4th, December 2nd, February 3rd, March 3rd,  
April 7th, May 5th, June 2nd.

No meetings in January, July or August

### Meetings are held at:

Mayfair United Church, 902 33rd St. West  
(Corner of Avenue 33rd St. and Avenue I)

- Convenient Washrooms and parking
- Refreshments and visiting at each meeting
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## *President's Message:*

Hope everyone is having a great summer! I seem to be busier than most years and do not see any light at the end of the tunnel!

We are going to be celebrating the 40th anniversary of the Saskatoon Ostomy Association in 2014 and have booked the Prairie Lily (river boat cruise) for a 2 hour boat ride with goodies and drinks. Regina has agreed to do their "Fashion show" and we will see what other entertainment we can find! If anyone has any ideas or talent please let us know, or if you would like to help that would be greatly appreciated.

We do not have anything booked for meetings this fall yet but have several ideas: yoga, financial adviser, mental health/ altered body image. December is our Christmas party and February is our Pot luck/ heart happy meeting. May is our SteakNite, June is the Anniversary - I might be running out of months!! Haha. We hope to have an "Ask the ET/Supplier night"! We also want to "walk on the legislature" to make the public and government aware that we need to be heard and that we are normal everyday people.

Gerard is representing us at the National CIS/AGM in Halifax this year. We are hoping for quiet uneventful meetings!

We still have some committee positions open: Luncheon Coordinator, Media Personnel and Webmaster. These are not demanding jobs and we definitely would give you direction. We are always looking for ideas for meetings, articles for the newsletters, fundraising ideas and help with them. Diane is working on the bylaws and I am working on the provincial handbook. If anyone wants to help, we will gladly have you!!

Our mission is always to help one another; many hands make light work. We will also have to have a visitor training sometime this season as well. Yes, it will be a fun packed, enjoyable and entertaining year. Come join the fellowship. We do this for you our members. ☺

Trying to be the best I can,

*Wanda*

## SUMMARY OF MINUTES (February to June 2013)

Due to lack of space, the minutes of our last several meetings have not been in the bulletin.

### *Summary as follows:*

- Attendance at meetings ranged from 15 to 30. Steak Night attendance was 130.
- Vice President Gerard will attend the UOAC Annual General Meeting this year in Halifax.
- We will send one girl to camp this year.

### **Programs:**

February - presentation by Heart and Stroke Foundation  
 March - Tai Chi demonstration  
 April - Elections  
 May - Steak Night  
 June - Ice cream social and raffle.

### **Visits:**

16 colostomies  
 19 ileostomies  
 7 urostomies  
 1 mitrofonoff  
 1 cecostomy

## A NOTE FROM YOUR EDITOR:

Various members of your chapter Executive and committees work together to put together this newsletter. Because some of us are taking vacations in August, we are completing its production earlier than usual so that we are sure that you will get it before the September meeting. Unfortunately, at this time, we have not received responses from those who have been asked to be our guest speakers. So, we cannot announce our programs for the September and October meetings.

I wish to take this opportunity to encourage you to attend chapter meetings as often as possible. One of our main purposes is to offer support to our fellow ostomates. When one is a new ostomate, there are many new concerns in one's life and who better to help deal with those concerns than someone who has travelled that road. We have all gone through the tough period of adjusting to having an ostomy and are willing to share what we have learned from our experiences. Reading about ostomy matters in books or online is certainly valuable. BUT, a face - to- face conversation with someone who has been in your situation can offer a degree of personal comfort and support that outweighs simply reading about something. I have been an ostomate for 32 years and I have greatly benefited from my involvement with the Saskatoon chapter. I hope to see you at our meetings this year. ☞

*Louise Mulligan*  
*Bulletin Editor*

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### **Tips & Tricks via Ostomy Toronto**

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- \* If you're an ileostomate your output is very acid containing bile salts and enzymes. If your skin becomes irritated from this output try applying Maalox which will neutralize the acid then wash off the Maalox completely before applying your skin barrier wafer to your clean and completely dry skin. Use Maalox instead of Mylanta or other brands of antacids as it contains fewer flavorings and extra ingredients.
- \* Try strong-brewed tea before the purchase of a diuretic. Hot tea twice a day will wake up sluggish kidneys.
- \* Tomato juice is lower in cost per cup than Gatorade while providing as much sodium and 5 times more potassium. Orange juice is another alternative providing the same amount of sodium and 15 times the amount of potassium.
- \* A large teaspoon of bulk gelatin dissolved in water or lemon juice once a day will help firm up stool.
- \* Don't be afraid to shower without your appliance; soap cannot hurt the stoma. Just rinse well.
- \* Put toilet paper into the toilet bowl to prevent splashing when emptying your pouch. ☞

## 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 have a Suggestion Box** at our meetings. Please use it to present ideas for guest speakers or topics for the bulletin, submit questions for the Dear ET column or whatever else you wish to offer comments about. For our out of town members who cannot regularly attend our meetings, please send your ideas to:

**Saskatoon Ostomy Association,  
1610 Isabella St.,  
Saskatoon, SK. S7J 0C1**

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



### •**Friends of Ostomates Worldwide Canada**

endeavors to improve the quality of life of people with ostomies and assist in educating their caregivers in countries where the latest technology is not available. They work in cooperation with the International Ostomy Association. If you have any unused ostomy equipment which you wish to donate, please put it in the bin at NorDon Drugs. Staff there will pack it up and ship it to the nearest collection depot. Please consider volunteering at NorDon to help pack it up to be shipped to the nearest collection depot. Call Tam to find out when there is enough to send.



•**A Drop Box** has been created to hold old papers, emails and other chapter information. Please contact Diane Boyd for more details.

•**The next chapter bulletin** will be out in late October.

### •**Would you like to receive this bulletin in living colour?**

Contact Diane Boyd at 306-249-9079 or [dianeboyd@sasktel.net](mailto:dianeboyd@sasktel.net) for your email copy. It's easy to be **GREEN!**



**A fanatic is one who can't change his mind and won't change the subject.**

~Winston Churchill

## HELPFUL HINTS FROM HERE & THERE

*(Via Tulsa (OK) Newsletter)*

1. Emotional pressures and overfatigue can cause bowel upsets, especially when traveling. Do not allow yourself to become overtired.
2. Asparagus generates a strong odor in the urine. Yogurt, cranberry juice and buttermilk help to combat urinary odor. Parsley is excellent in combating fecal odor, besides being a good source of potassium.
3. Keep grape juice in the refrigerator. If you eat something that causes a blockage, try drinking a glassful. It really works.
4. Never wait until you've used your last appliance before ordering new ones. Keep a list of your equipment, complete with order numbers, sizes and manufacturers. Let a member of your family know where you keep the list so that they can get the necessary supplies in the event of an emergency.
5. Buttermilk will soothe an irritated digestive tract and will not cause diarrhea or constipation.
6. Colostomates should not use water that is too cold or too hot for irrigation as it may cause cramps, pain or nausea. Do allow 45 minutes to one hour for a complete return of water. Arrange to sit for comfort and relaxation. Do not hurry through irrigation. Anxiety, frustration and spillage may result. ☞

**Wisdom is knowing when to  
speak your mind and when  
to mind your speech.**

## PHASES OF SURGICAL RECOVERY

Each patient, along with the family, usually goes through four phases of recovery following an accident or illness that results in loss of function of an important part of the body. Only the time required for each phase varies. Knowledge of the **four phases of recovery** is essential. They are:

•**The Shock Phase** - The period of psychological impact. Probably you remember nothing of this phase after your operation. Nevertheless, it is a phase that requires a lot of support.

•**The Defensive Retreat Phase** - The period in which you defend yourself against the implication of the crisis. You avoid reality. Characteristic in this period is wishful thinking, or denial or repression of your actual condition. For example, an ostomate believes that his/her entire colon is still there and will be reconnected later.

•**The Phase of Acknowledgement** - In this period you face reality. As you give up the existing old structure, you may enter into a period, at least temporarily, of depression, of apathy, of agitation, of bitterness, and of high anxiety. You hate your stoma, yourself, cry a lot, pity or condemn yourself. You may not eat, be unable to sleep, or want to be left alone to die. In this phase you need all the support that can be mustered.

•**The Phase of Adaptation** - Now you actively cope with the situation in a constructive manner. You adopt, during a shorter or longer period, the adjustments that are necessary. You begin to establish new structures and develop a new sense of worth. With the aid of an enterostomal therapist/nurse and the ostomy visitor, you learn about living with a stoma. Aided by your physician, social workers, ostomy association and family, you go about rebuilding and altering the life that brought about this condition. ☞

## WHICH FOODS HAVE THE MOST VITAMINS?

Everyone knows that vitamins are essential for good health.

To find out if you know which foods are the best choices for these basic nutrients, try this multiple choice quiz.

**1. Vitamin A , which helps you have healthy skin, gums, hair and teeth, is highest in:**

- a) potatoes    b) lima beans    c) sweet potatoes

**2. Vitamin C, which helps defend against colds, bladder infections and some cancer causing substances , is highest in:**

- a) beets    b) tomatoes    c) carrots

**3. Vitamin D, which is needed for strong bones and teeth, is highest in:**

- a) cheese    b) yoghurt    c) sardines

**4. Vitamin B12, which helps improve concentration, memory and balance, is found in:**

- a) broccoli    b) spinach    c) liver

**5. Vitamin B1, which helps your nervous system, muscles and heart work normally, is highest in:**

- a) oatmeal    b) parsley    c) turnip greens

**6. Vitamin B2, which helps eyesight, growth and reproduction, is found in:**

- a) yellow vegetables    b) fish    c) sunflower seeds

**7. Vitamin B6, which helps prevent skin disorders and night muscles spasms, can be found in:**

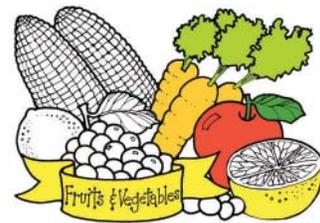
- a) beef    b) yams    c) peanuts

**8. Vitamin E, which reduces fatigue and helps prevent blood clots, is found in:**

- a) oranges    b) broccoli    c) eggs

**9. Folic acid, one of the B complex vitamins that is essential for the body to process sugar and form red blood cells, is found in:**

- a) beans    b) almonds    c) bran



**ANSWERS:** 1. C 2. B 3. C 4. C 5. A 6. B 7. A 8. B 9. A



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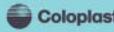
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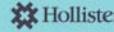
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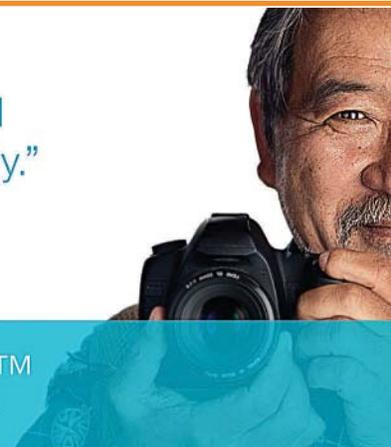
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## SASKATOON OSTOMY ASSOCIATION 2013 - 2014

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