

**SASKATOON  
OSTOMY  
ASSOCIATION  
BULLETIN  
August 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 September 8, 2014 at 7:30 p.m.

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

**Program:** Celebration Cake—Chapter's 40th, Anniversaries and Birthdays

**Report from:** Kristen Sawchuck Camp Councillor, Wanda, Gerard, Virginia, Conference and AGM

**When:** Monday October 6th, 2014 at 7:30 p.m.

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

**Program:** Reps/ Supplies/E.T.'s

**FALL HARVEST DRAW**

**When:** Monday November 3, 2014 at 7:30 p.m.

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

**Program:** Remembering, Police /Fireman/Safety in our homes and life

Few ideas we have for 2014-2015: financial advisor, mental health expert

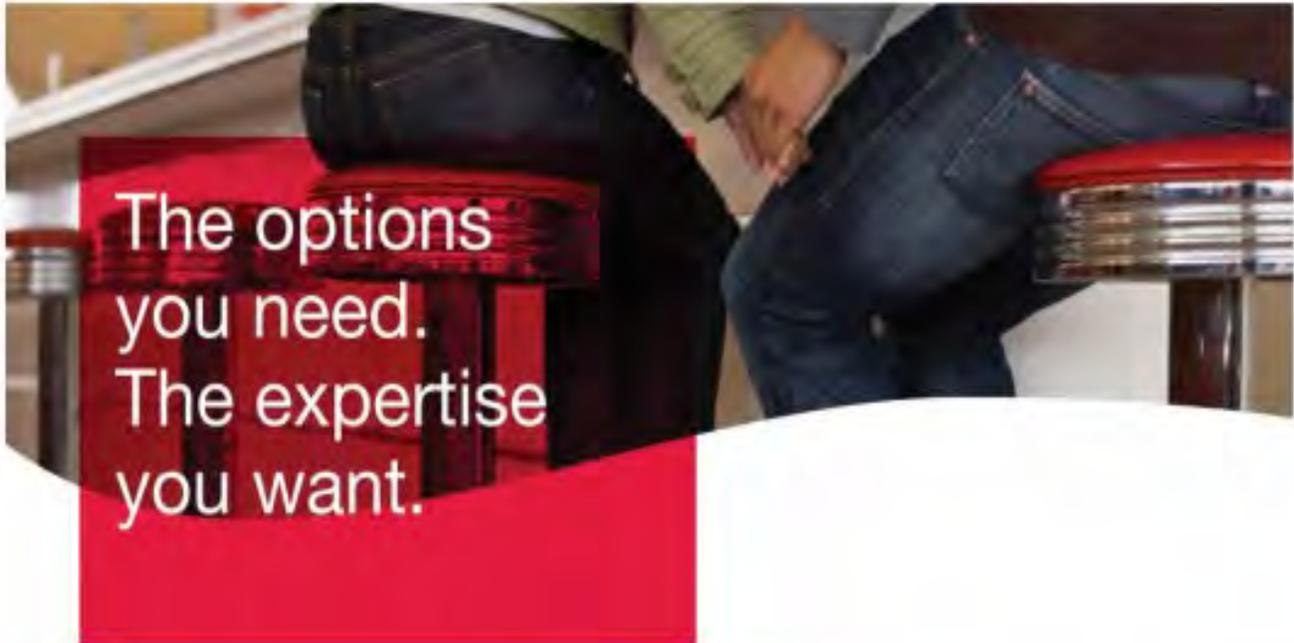
[Check out our revamped website for updates on programs](http://www.saskatoonostomy.ca)

Website: [www.saskatoonostomy.ca](http://www.saskatoonostomy.ca)

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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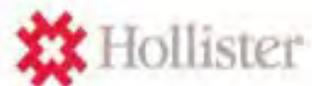
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## President's Message

We waited so long for summer to arrive and now it is almost time for all Fall activities to begin again. Hope everyone had a good summer break and are energized and ready for a new season.

I was fortunate to attend the Conference and AGM in St John's Nfld. Between Gerard, Virginia and myself I believe we attended every session available. I am sure we all learnt something from each session.

Our family has enjoyed many times together at the cabin this year. We like a lot of lakes are having water issues, but it is still a good get away!

I am attempting (with a lot of help from my daughter) to put this August Newsletter out and this is way out of my comfort zone!! I am also trying to find "interesting topics/guests for the upcoming meetings. If anyone has any suggestions or you have a few hours a month to donate to the Saskatoon Ostomy Association PLEASE let one of the executive know. Many hands make light work!!

Looking forward to a great season. Come join us for some socializing, information and support.

Trying to be the best I can be

Wanda

April 7, 2014 we had 2 special guests attend our meeting. Donna Boyce from Hope Cancer Saskatoon, informed us about their organization and Sandy Petrenko from Hollister told us what was knew from Hollister. There were only 4 visits in February, 2 colostomy and 2 ileostomy. March there was 13 visit 8 colostomy, 2 ileostomy and 3 urostomy.

On Saturday May 3rd. We held a Brunch for "Kids to Camp". A small crowd enjoyed an enormous smorgasbord at Smileys. Again we had numerous prizes for the modified silent auction. At this time, the executive are planning on going back to the annual Steak Nite in May.

June 17th from 6:30pm to 8:30pm we cruised the South Saskatchewan on the Prairie Lily celebrating Saskatoon Ostomy Associations 40th Anniversary. About 40 of us, including members from Regina, enjoyed appetizers, cake, great company and beautiful scenery. The weather cooperated and we all enjoyed a great evening.

Items of Interest



*Kathy Guina*



*Terri Schroeder*

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\*\*\*\*\*

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*James Carnegie*

• **The Stoma Clinic** is located at room 5706, A Wing Royal University Hospital. If you wish to contact an ET, please phone 306.655.2138. If you do not reach the secretary, please leave a message.

• **Visitor Training Program:**

Tentatively planned for October 18, 2014,

Location: TBA

Contact any executive member to sign up, to renew, or for certification.

• **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 you ideas to: Saskatoon Ostomy Association, 1610 Isabella Street, Saskatoon, SK S7J 0C1.

• September 20th—

FALL out of SUMMER celebration/walk

There will be hamburgers, hotdogs, and refreshments provided.

Location: NorDon Medical Time:11a.m.—3p.m.

We will be celebrating the Canada Ostomy Day and Stoma Stroll on this day due to weather conditions in Saskatchewan,

• September 30th—Spotlight on Seniors at TCU. Diane and Wanda will have a display. Come say hi.

• October 4th—Canada Ostomy Day and Stoma Stroll Check the UOAC website for details.

• Memberships are now due for the upcoming season. Please contact Diane.

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

## Emotional Issues of Ostomy Surgery

By J. MALOY, RN, CETN

Ostomy surgery causes a threat to one's self esteem and causes a readjustment of one's body image. Self esteem is based on how each person accepts or values him/her self. Fears have a negative effect on self esteem. Some of the common fears that one who has a ostomy may experience first after surgery are fear of rejection, leakage, odour embarrassment and a decrease in feelings of person attractiveness. Not only can these fears lower one's self esteem, but also they can create a barrier in a personal relationship. Successful fitting, changing and caring for an appliance independently, along with honest, open communication are the steps necessary for restoring one's self esteem and returning to the previously held roles in a relationship. There are several phases in rehabilitation from ostomy surgery. The meaning the diagnosis has to each person can cause an emotional impact, as well as the adapting and adjusting to an ostomy. In the first few weeks after surgery, energy is exerted toward recovery and toward the task of mastering ostomy care. Independence, when possible, has a positive effect on self esteem.

The need to wear a pouch may cause anxiety. To minimize appliance anxiety, a pouch that is unobtrusive, odour proof and secure is essential. Develop a routine of changing the appliance before a leak occurs. Check the appliance regularly for signs of wearing our undermining, such as staining under the tape or discoloration from the stoma to the edge of the pouch. Keep the tail of the pouch clean. Individual moist towelettes carried in the pocket or purse are handy to the clean the pouch tail after emptying. As one masters the task of stoma care, it is not unusual to discover that there is a hypersensitivity to the reaction of others. Any behavior or reactions that are interpreted as negative can have an effect on interpersonal relationships, self esteem, self confidence and the physical competence of the person. The person with an ostomy who can be independent yet allows the spouse to stay in a caregiver role is fostering an invalid image and not promoting the return of the previous sexual relationship.

Good personal hygiene will help decrease anxiety and promote confidence, particularly during intimate times. Pouch covers that are plain, lace or in pastels or prints are available for those who would like to cover the appliance. Taping the body of the appliance in place will help prevent pouch movement during sexual activity. A common fear of the spouse is hurting the partner or the stoma. Reassurance will dispel fears. Experiment with positions that will not rub or irritate the stoma. During recovery from ostomy surgery, holding, touching, caressing, and kissing are all important methods of expressing affection that should not be forgotten.

The readjustment period continues for several months after surgery as each person re-establishes a suitable lifestyle. The supportive network of friends, family and health care team is important. However, the overall adjustment is ultimately the responsibility of each person. Patience is necessary with oneself as the process unfolds. If a particular hurdle seems very large, seek help to put it in the proper perspective.

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We would like to acknowledge a few people who have stepped up to help. Marloes Christison who took over as Webmaster. Prem Dhir stepped up to help Kathy Guina with Visitation. Virginia Dakinewich who has totally taken on the Bulletin Editor for the time being. BIG, BIG thank you to all of you. We are still in dire need of some more volunteers. Membership and Bulletin Mailing is VACANT and is Extremely important to our chapter. Diane has been doing in for a number of years as well as treasure. Friendship is VACANT, Media Liaison is VACANT. Please Donate your time to help out Your Chapter!

## OSTOMATES FOOD REFERENCE CHART

*For individuals who have had ostomy surgery, it is important to know the effects of various foods on ileal output. The effects may vary with the remaining portion of functioning bowel.*

*Listed below are some general guidelines of the effects of foods after ostomy surgery. Use trial and error to determine your individual tolerance. Do not be afraid to try foods that you like, just try small amounts.*

### Stoma Obstructive

Apple peels  
Cabbage, raw  
Celery  
Chinese vegetables  
Corn, whole kernel  
Coconuts  
Dried fruit  
Mushrooms  
Oranges  
Nuts  
Pineapple  
Popcorn  
Seeds

### Gas Producing

Alcoholic bev.  
Beans  
Soy  
Cabbage  
Carbonated bev.  
Cauliflower  
Cucumbers  
Dairy products  
Chewing gum  
Milk  
Nuts  
Onions  
Radishes

### Odor Producing

Asparagus  
Baked Beans  
Broccoli  
Cabbage  
Cod liver oil  
Eggs  
Fish  
Garlic  
Onions  
Peanut butter  
Some vitamins  
Strong cheese

### Color Changes

Asparagus  
Beets  
Food colors  
Iron pills  
Licorice  
Red Jello®  
Strawberries  
Tomato sauces

### Constipation Relief

Coffee, warm/hot  
Cooked fruits  
Cooked vegetables  
Fresh fruits  
Fruit juices  
Water  
Any warm or hot beverage

### Increased Stools

Alcoholic bev.  
Whole grains  
Bran cereals  
Cooked cabbage  
Fresh fruits  
Greens, leafy  
Milk  
Prunes  
Raisins  
Raw vegetables  
Spices

### Odor Control

Buttermilk  
Cranberry juice  
Orange juice  
Parsley  
Tomato juice  
Yogurt

### Diarrhea Control

Applesauce  
Bananas  
Boiled rice  
Peanut butter  
Pectin supplement (fiber)  
Tapioca  
Toast

**FOR A NEW OSTOMATE** (VIA Iowa City 'Short Circuit')

If changing your appliance seems to take forever, do not despair. With practice, it will soon become a small part of your normal day. Rome was not built in a day. Learning to deal with your ostomy appliance will not take nearly as long. Do learn to care for yourself from the start. You may not always have someone around to assist you. Do come to ostomy meetings where you can talk to others about your concerns. You'll be surprised at the ease with which you can discuss problems, once you're there. Do bring your family members with you. It is also important to have them understand ostomy problems and their solutions.



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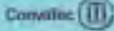
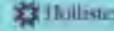
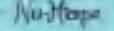
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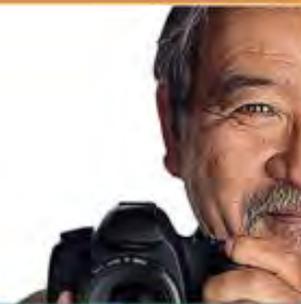
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**EXECUTIVE OFFICERS**

**President**

Wanda Dansereau 306.384.2793  
 wjdansereau@gmail.com

**Past President**

Pat Ramage 306.384.0581  
 patramage@sasktel.net

**Vice President/Liaison for CCFC**

Gerard Dakiniewich  
 306.653.2780  
 fernevillefoods@sasktel.net

**Treasurer**

Diane Boyd 306.249.9079  
 dianeboyd@sasktel.net

**Secretary**

Tam Gunn 306.374.1589  
 info@saskatoonostomy.ca

**COMMITTEE HEADS**

Friendship -- VACANT

**Spouse and Significant Others (SASO)**

Ray Ramage  
 306.384.0581, Cell: 306.222.0983  
 rayramage@sasket.net

**Luncheon Coordinator**

Alvera March 306.382.8211  
 Alveramarch@hotmail.com

**Bulletin Editor**

Virgina Dakiniewich  
 virginad@sasktel.net

**Webmaster**

Marloes Christison  
 mlchristison@hotmail.com

**Media Liaison —VACANT**

**Greeter**

Karen Rommel 306.477.2555  
 kmkrommel@sasktel.net

**Literature/Library**

Bryan Merritt  
 306.979.1159, Cell: 306.380.3424  
 bmerritt7@shaw.ca

**Membership /Bulletin Mailing — VACANT**

**Visitation**

Kathy Guina 306.343.0334  
 kguina@sasktel.net  
 Prem Dhir 306.374.5841  
 premdhir@sasktel.net

**United Ostomy Association of Canada (UOAC) Office**

344 Bloor Street West, Suite 501, Toronto, ON, M5S 3A7  
 416.595.5452  
 1.888.969.9698  
 E-mail: info1@ostomycanada.ca  
 Website: www.ostomycanda.ca

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