

SASKATOON OSTOMY ASSOCIATION BULLETIN

January 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.



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Website: www.saskatoonostomy.ca Email: info@saskatoonostomy.ca

UPCOMING CHAPTER MEETINGS:

When: Monday, February 3rd, 2014 at 6:30 p.m. (Please note time change)

Location: Mayfair United Church, 902 33rd Street West

Program: We will start the evening with a pot luck supper at 6:30 p.m. Please bring a dish to share. Dinner will be followed by a presentation by our own chapter member, Paul Riome, National and Western winner of the ConvaTec 'Great Comeback Award'.



When: Monday, March 3rd, 2014 at 7:30 p.m.

Location: Mayfair United Church, 902 33rd Street West

Program: Gentle Yoga with Stephen Kessel

Meeting Dates: April 7th, Saturday, May 3rd (Brunch), June 2nd (40th Anniversary River Cruise)

No meetings in January, July or August

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 to be added to our email list.



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
- Spouses, family members and other visitors welcome

There are no strangers here - just friends who haven't met yet



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President's Message

Happy NEW YEAR! Hope everyone had a Merry Christmas with lots of goodies, family and or friends. I know I did, just wish we could extend Christmas to last 2 months instead of the hustle, bustle, rush, rush of 1 month! I LOVE Christmas, if you hadn't noticed! The coming together, contacting people we have not talked to for a while and my family TRY very hard to get together at least for a few days during the holidays.

I would really like that to happen to our Ostomy Family as well. I do wish we could hold meetings that everyone would hate to miss and the attendance would increase. We are getting a few new people out to our meetings so it would be nice if some of the experienced members would come and help answer their questions and concerns!?

We have something planned for the remainder of the meetings this term and have some ideas lined up for next season, but if there is anything you would like more information on or a guest speaker for, let me know and I will try to line one up.

Hope to see a big crowd out to our annual Valentines Pot Luck on the 3rd of February. We have some awesome cooks, so come on out, bring your "speciality" and share in the LOVE! Paul Riome is going to share some of his travels with us as well. Should be an entertaining evening.

Trying to be the best I can be in 2014

Wanda

SUMMARY OF MINUTES

A meeting of the Saskatoon Ostomy Association was held on Monday, November 4th, 2013. 16 braved the bad weather to attend.

A meeting of the Saskatoon Ostomy Association was held on Monday, December 2nd, 2013. We celebrated our annual Christmas party. No business meeting was conducted.

Visits:
3 colostomies, 2 urostomies, 1 pelvic pouch

Common Skin Problems

Source: Phyllis Stephens, RN ET (based on a presentation in September, 1999); Saskatoon, SK. Metro Halifax News, November 1999 via Inside Out Oline March/April 2000

Skin Excoriation ~ caused by contact with stool or urine. This is often uneven in appearance. Excoriation may occur on one side, especially where leaks occur. Duoderm may be used below the faceplate to absorb moisture and protect the skin. A thin coating of Maalox or calamine (for itching) will protect and soothe skin. These can be dried with a cool hair dryer. Nothing will stick to wet skin. Solutions also include finding a better wafer fit. A flat or rounded abdomen can achieve a better seal and results in less leakage. A concave abdomen may require a convex appliance. If the skin has folds, a more flexible appliance may be required. Remember, a flexible appliance needs a larger opening. Exposed skin must be protected with products like Skin Prep, Skin Bond, Karaya Rings or Eakin, a dough-like washer. Skin protection does not last as long as an appliance and should be replaced after 3 or 4 days. Difficulties with stomach shape can also be addressed by a floating flange.

Allergies ~ occur with contact, and may be indicated by a ring around the stoma where paste is used or tape makes contact with your skin. This can be treated like excoriation. Your E.T. can create test spots for paste, wafer, plastic and tape and judge your skins reactions to isolate the problem. It may be necessary to switch products. Appliances without tape are made by every company. Pouch covers can aid in allergies to plastic (and are a good idea when it is hot). If you use soap on the skin around your stoma, be sure to rinse well. If necessary, your E.T. will refer you to a dermatologist. Be sure to take your own supplies for testing purposes.

Monila ~ is a yeast infection. The skin will peel and may look purple. Monila often occurs after treatment with antibiotics or a yeast infection elsewhere. Treatment includes washing and drying the skin thoroughly and applying micostatin powder, (not ointment or oil,) which is available over the counter. Yogurt in your diet helps fight yeast infections.

Infection ~ is caused by prolonged exposure to stool and is rare.

Folliculitis ~ is infected hair follicles, and is usually seen in men who shave around their stoma. Using Skin Prep to protect and coat the skin will help.

Chemotherapy ~ may cause a cycle of skin irritation. Using Duoderm under your appliance helps to keep the skin dry and protect it.

Crystal Formation ~ can occur for those with urinary diversions. Washing the skin and soaking it with vinegar each time the appliance is changed can prevent crystal formation. Vinegar is a mild acid that breaks down the crystal.

Pyoderma Gangrenosum ~ seems to be connected to ulcerative colitis and Crohn's Disease. This entails ulceration of the peristomal skin. Prednisone injections have been used and new ointments are proving effective. Skin breakdown due to Crohn's can occur anywhere on the body.

See your E.T. once a year. They may notice a change before you do. There may be a new product you should know about. Even if everything is going well, your E.T. would love to know all is O.K. ~

ITEMS OF INTEREST

•The Saskatoon Ostomy Association will be celebrating its 40th anniversary on June 2nd, 2014. In honour of the 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 7 p.m. Boarding begins at 6:30 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 for members and \$30 for non-members. Tickets will be available in the near future. Questions? Call Pat Ramage (306) 384-0581.



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.

• **Association Dues are now past due!!** Reminder notices are in the mail. Please send your 2014 dues in the amount of \$30.00 to: SOA c/o Diane Boyd, 200-235 Herold Terrace, Saskatoon, SK S7V 1J2

•We have for sale **eye-catching yellow t-shirts** with our chapter logo embroidered on them. Various sizes. Price: \$22.00. Contact Wanda if you would like one.

•We have two new ostomy related books in our library: *Bedtime Banter: Funny and Inspiring Medical Stories* and *If the Battle is Over, Why am I Still in Uniform?* Both are written by Brenda Elsagher. Please see our librarian, Bryan Merritt, if you wish to borrow them.

•We also have **Gastronauts**. These are puppets with ostomies. They help children understand what is meant by an ostomy.

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



•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.

•If you have to order your supplies directly from the manufacturer, you are still eligible for the rebate from SAIL. Please contact your regular supplier for assistance in claiming the rebate.

•The next chapter bulletin should be out in late March/early April.

To make winter pass
fast ~
get a loan due in the
spring.

THE BENEFITS OF JUICING

(From the Ostomy Toronto Newsletter)

Some ostomates are lucky in that they can eat whatever they want with no consequences. Others start sweating at the thought of eating raw celery or nuts. Well, sweat no more. These ostomates may benefit from juicing.

Once thought to be the activity of hippy, trippy granola bar eaters, juicing has found its way in the mainstream; and with good reason. There are many benefits to juicing, including:

- Providing vital nutrients, antioxidants, vitamins and minerals for healing, strengthening the immune system and cell regeneration;
- Preserving the live enzymes in the fruits and vegetables that are lost to heat through cooking;
- Assisting in weight reduction as juices contain a large amount of fluid which makes the consumer fuller faster;
- Creating more readily digestible/absorbable form of food.

There are several juicers on the market. Some will strain the fibre out of the juice, while others pulverize all the ingredients to create a thicker end product. Juicers can vary in price from \$100 to \$400. However, they are well worth the cost as they can help diet-challenged ostomates resume a healthy diet. A great tip on finding the best juicer for you is to read the reviews. Find out which ones are easy to maintain and use – this will make the juicing experience much more pleasurable.

In terms of ingredients, the choices are endless. You can do all fruit juices, all vegetable juices, or a combination of both. You can introduce seeds and nuts to add protein, or purchase a protein powder if you want the juice to replace a meal. Sweeteners can be used including honey or agave. Spend a little time on the internet and you will find a multitude of delicious juice recipes. **Looking for a new year's resolution?** Make juicing one of them! ~

Editor's Note: I was recently in London, Ontario, and **Yam Gurung** of [Momos at the Market](#) generously shared these recipes with me. More recipes available at the February meeting.

Bright Beet - Apple

2 apples
1/4 beet
1/2 lemon

Lemons stimulate the liver's production of enzymes. **Beets** are one of the best liver cleansers known.

Apple Carrot

1 apple
5-6 carrots
1/2 lemon

Apples & carrots regulate digestion and elimination as well as reduce cholesterol. **Apples** also enhance mineral absorption.

Pinky Green Power Drink

4-5 carrots
2 Romaine lettuce leaves
1 beet, 2 celery stalks
1/4 cup cilantro

Cilantro and lettuce have vitamin A & chlorophyll which nourish hair and skin.

From Your Garden

4-6 carrots
1 beet
2 celery stalks
1 small cucumber

This juice has it all ... **Celery** calms the nerves. **Alkaline minerals** for bones and teeth & **Beets** build the blood.

Leave the Toxins Behind

1 pear
2 apples
4 oranges
1 grapefruit

Substituting powerful **vitamins & minerals** will help leave coffee behind - *if you want.*

A logo for the 'Dear E.T.' column, featuring the text 'Dear E.T.' in a stylized, handwritten font inside a hand-drawn rectangular border.

Dear ET,

I am middle aged, and have had my ileostomy over 20 years. Most recently i have been having a lot of trouble with gas. My pouch fills with air almost to bursting. This problem is most troublesome at night. I have to wake up to empty my pouch and am afraid that it will leak from too much gas. I have not changed my diet and do much the same things as before. As I have not changed things, I wonder why this problem has occurred. Can you give me advice as to what may be wrong?

Dear Concerned.

There are a variety of things that can produce excessive gas from your small intestine. Really it is likely time for an assessment of what may have changed in your body as you have aged. Swallowing air is often a major cause for excessive gas particularly at night. Particularly as one ages, snoring, or sinus changes can lead to more mouth breathing which leads to swallowing more air. As well changes in fat absorption can lead to gas production, this could occur from Gall Bladder changes. You indicated that you had not made any changes that you are aware of. I would ask you if you had added or changed any medications. Also subtle changes in activity over time may not be noticed and can lead to bowel changes. As well, a hernia even if not noticeable can lead to bowel changes. ET's usually suggest that people with ostomies have a bedtime snack as an empty stomach is a major causing factor of gas production.

As you can see there are a variety of factors that can impact bowel changes and gas production. What you offer that is important is that you did not have this problem before. I would strongly suggest you consider contacting your physician for a physical examination, as well as routine blood work. This would be your first step in finding out what may have changed in your body. Make an appointment to see your ET nurse also. As well, I would suggest getting a notebook and recording your food/fluid intake as well as activity levels for 2 weeks or so. This would be valuable information to share with your ET as together you complete an assessment to further identify what may be causing this excessive gas production. In the meantime if you have not tried this before, please have a bedtime snack. Try a piece of toast with cheese or peanut butter, some crackers or even a bowl of cereal with milk. Note this on your diary as well to see if there are any immediate changes.

As you discover more of what has being going on for you and particular what you and your health team finds has caused these bowel changes for you, consider sending a follow-up note to this column.

Teri Schroeder- ET Solutions



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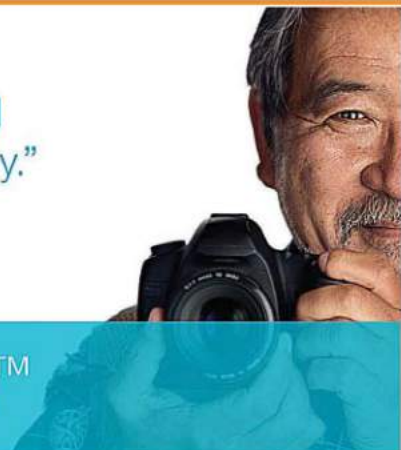
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APPLICATION FOR MEMBERSHIP

Yearly Membership Includes voting privileges, Issues of the Saskatoon Bulletin, and the UOAC publication "OSTOMY CANADA". The following information is kept strictly confidential.

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