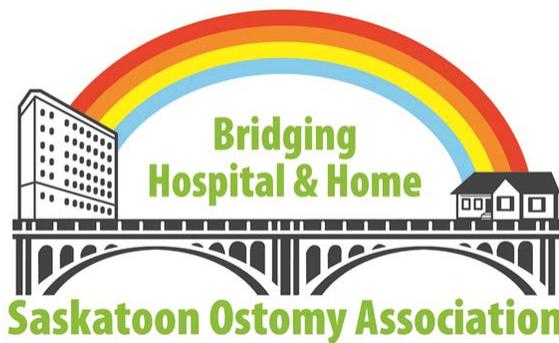


SASKATOON OSTOMY ASSOCIATION BULLETIN

October 2012



1610 Isabella Street East Saskatoon, SK S7J 0C1

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

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.

UPCOMING CHAPTER EVENTS

When: Monday, November 5, 2012, 7:30 p.m.

Program: We will have representatives from **Coloplast, Hollister and ConvaTec**. Come and learn what is new on the market and ask any questions you have on the product that you are already using. Representatives from **SAIL** will also be there to answer questions about their new policies. This will be an informative and interesting meeting!

When: Monday, December 3, 2012, 7:30 p.m.

Program: Come and share the joy of the Christmas Season! We will be hosting our ever popular Christmas celebration. Feel free to invite a family member or friend to join us in our singing, gift exchange and delicious baking. Each person is requested to bring a gift of approximately \$10.00 value. A tray of Christmas baking will be appreciated.



Meeting Dates

November 5, 2012
December 3, 2012

February 4, 2013
March 4, 2013
April 1, 2013

May 6, 2013
June 3, 2013

No meetings in January, July or August.



Meetings are held at: Mayfair United Church, 902 33rd St. West (corner of 33rd Street and Ave. 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.

For those who wish to write a letter to the Saskatchewan Minister of Health or their MLA regarding the changes in the SAIL program and/or the shortage of ETs in Saskatoon, **there is a sample letter on our website.**



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For more information about the Advance Plus Intermittent Catheter please contact Customer Service at 1.800.263.7400.



PRESIDENT'S MESSAGE

I am discouraged!! In this changing world I wonder why our association is here? Our mission statement says, to help other Ostomates, inform each other and to inform the public!! I'm wonder if we are doing the best job we can do on any of this!!

I am not sure everyone is aware that a kindergarten student was denied access to a school because she wore an appliance? There was an issue with one of the campers at the airport when she forgot to take off her watch and all the bells and whistles went off and they assumed it was her pouch (didn't even check the watch). Now we are fighting so we don't have to beg for our supplies! **Does no one care???**

We have asked for a few volunteers for easy jobs and can not get anyone to step up! There are a handful that continually do it over and over! I am fairly new here and understand why some don't even come to the meetings anymore, but they forget someone with their experience was there for them once.

I try to have informative meetings so everyone will learn to take care of themselves better or it will make their life more comfortable/easy. I must not be getting it right as the turnouts are getting smaller! There is never anything in the suggestion box, so I do not know why people are not coming or what they would prefer to have. I/we have been working on a few things. Our Bylaws are from 1977, they badly need updating. We are trying to make a Saskatchewan Ostomy Handbook. We now have a battle with SAIL on limits and what is covered. The response from the Health Minister, who looked into this, said SAIL had not had very many complaints. If you don't say anything we can not fight for you! The lack of ET's is another issue we are working on.

We have attended meetings, had meetings, written letters, made phone calls and attended events on each and every topic mentioned plus some, but unless you start taking the time and speak up, attend meetings and events, why do we bother, It is not all for ourselves.

We did have a good response to the World Ostomy Day event at Nordon Medical on Saturday October 29th. People were coming and going the whole time! We even got to educate some and inform some that there were meetings available for them.

Next meeting will be a good one. PLEASE come out and participate!!

Keep up the battle!

Wanda

SUMMARY OF MINUTES

A meeting of the Saskatoon Ostomy Association was held on Monday, September 10/12.

Treasurer: Books are at the accountant's for yearly audit.

Visitation: July — one urostomy. August — 2 ileostomies, 2 urostomies

Library: New material was brought back from the Toronto conference.

Program: Kim from RUH physiotherapy department demonstrated exercises to help prevent hernias.

A meeting of the Saskatoon Ostomy Association was held on Monday, October 1/12.

Visitation: September — 5 colostomies, 2 ileostomies. Ron Sadler is stepping down as Co-ordinator. Kathy Guina has volunteered to stand in for this position. Our thanks to both.

Program: Our delegates, Diane Boyd and Pat Ramage, gave reports on the Toronto conference. Ray Ramage reported on SASO events for the conference. Peter Folk presented on Social Media and how it can be used to benefit ostomates.

ITEMS OF INTEREST

- Congratulations to **Nordon Drugs** who celebrated their 50th anniversary on Sept. 15, 2012. They are a valuable community asset, especially for ostomates. Nordon was the first drug store to carry ostomy supplies in Saskatoon and they continue to provide much needed services with friendly, competent staff.
- 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 655-2138. If you do not reach the secretary, please leave a message.
- 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.

- **ET Solutions** is a private practice. If you wish to contact Teri Schroeder, call 306-249-1442.
- 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.
- Would you like to receive this bulletin in living colour? Contact Diane Boyd at 249-9079 or dianeboyd@sasktel.net for your email copy. It's easy to be **GREEN!**
- **Friendly Reminder:** During October, membership renewal notices are sent out by UOAC. Membership is due by December 31, 2012 and is \$30.00 annually. Still a great value for the price! Please mail your cheques to: SOA c/o Diane Boyd, 200 — 235 Herold Terrace, Saskatoon, SK. S7V 1J2. But you can pay Diane at any time . . . she is always happy to take your money!
- Wanda and Diane represented our chapter at **Spotlight on Seniors** which was held at TCU Place on Tuesday, October 2/12. They manned a booth, giving out ostomy information and talking to people from many walks of life. This was the first time being there and they felt that it was a valuable outreach to the public.
- SOA is now affiliated with Change-It Canada. It is easy to make on-line donations to our chapter. Please see our website and look for the Canada Helps or Change-it Canada logos.
- As part of our efforts to increase online donations, we have increased our online presence by joining LinkedIn and Twitter, in addition to our Facebook group, our Facebook page, and our email discussion list at Yahoo. You can find links to all these social media site on our webpage. Look for these symbols:



- Our next bulletin will be out in late January.

HEALTHY LIVING QUIZ

(Healthy Living, Sask.)

What is the most beneficial lifestyle change anyone can make? Experts agree that quitting smoking does more good than any other single factor.

High blood pressure has been called 'the silent killer'. What is the normal range for blood pressure? Normal blood pressure is 120/80. If the top number is consistently over 140, or if the bottom number is consistently over 90, you must work to control it.

A recent survey asked people to identify the top benefit they got from regular exercise. What was the number one answer? 85% said 'I have more energy'. Other answers were 'I feel more in control of my life' and 'I feel more optimistic'.

What's the most important factor in foot care? By far, the most important factor in foot care is buying shoes that fit well. This means enough room for toe comfort. It also means avoiding high heels when possible.

If you want to make sure that you keep up your exercise schedule, what is the best time of day to do it? Morning, mid-day or evening? Statistics show that 75% of morning exercisers continue their workouts one year later. By comparison, only 50% of mid-day exercisers continued and just 25% of evening exercisers carried on.

Neck pain affects about 40% of adults each year. Name one exercise that helps prevent neck pain. Try shoulder shrugs - shoulders shrugged up and head moved forward five times and back five times. Or, neck rolls - tuck chin to chest then move your head left to right and right to left about 10 times.

What are three important factors that contribute to back problems? Being overweight, bad posture and using improper ways of lifting and carrying.

High fever is a common childhood condition. What temperature is considered a fever? Fever temperature: armpit - 38.0 (100.4 F) oral - 38.5 C (101.3 F)



Is there an easy way to get rid of cellulite fat? Fat is fat and your body will yield to the same regimen that gets rid of any fat - burn more calories than you consume.

WHY OSTOMY POUCHES LEAK

(D. Krasner, RN, MSET, Baltimore Ostomy Assoc.)

There are many reasons why ostomy pouches may leak. Listed below are the most common problems and suggestions for how to handle them. For further information, consult your ET nurse or your doctor.

Poor adherence to peristomal skin. Make sure that your peristomal skin is bone dry before applying your pouch. Hold a warm hand over the pouch and stoma for 30— 60 seconds after application to warm it and assure a good initial seal.

Wrong size of pouch opening. If the size of your stoma has changed (due to post-operative shrinkage or weight loss or gain, etc.) and you have not re-measured and adapted the opening accordingly, you may get undermining of the wafer, resulting in leakage.

Folds or creases. If skin folds or creases have developed and leakage is always along the crease, wafer pieces or ostomy paste can be used to build up the area to avoid leakage. You could also use Stomahesive paste in the valleys and creases.

Peristomal skin irritation. Pouches don't stick well to irritated skin. So, perform meticulous skin care to avoid irritated or denuded skin or a rash. If any of these problems develop, see your ET nurse or doctor as soon as possible.

Proper pouch angle. If the pouch doesn't hang vertically, the weight of its contents can exercise an uneven pull on the wafer, twisting and causing leakage. Every ostomate must find his/her optimal angle based on individual body configuration.

Emptying too infrequently. Pouches should be emptied when 1/3 to 1/2 full. If allowed to overfill, the weight of the effluent can break the seal and cause leakage.

Extremely warm temperatures. Leakage in warm temperatures may be due to wafer 'melt out'. More frequent pouch changes or a change in wafer material may be required to avoid leakage.

Pouch wear and tear. Disposable wafers do wear out. If you're stretching your wear time to a week or more, leakage may be due to the wafer wearing out. Try more frequent changes.

Improperly stored appliances. Storing appliances in a warm or humid place (such as a bathroom) may affect the pouch adhesive. So don't take chances — keep pouches in a cool, dry place. A bedroom closet works well.

Aging materials. Appliances don't last forever. Ask your supplier what the recommended shelf life is for the brand that you wear.

HOW CAN OSTOMY SURGERY AFFECT YOU?

(R.H. Phillips, Ph.D.)

Each person is unique and deals with the circumstances surrounding ostomy surgery in a different way. You need to analyze your situation to determine how to best live with your illness. Because having ostomy surgery affects different people in a number of ways, you may experience some or many of the following concerns:

- interference with daily activities
- interference with physical activities
- change in lifestyle and/or personality
- emotional reactions such as depression, anger, anxiety helplessness or guilt
- changes in relationships with family members
- alteration in your social life



- interference with your sleep
- feeling that you have less control.

What can you do? Your ultimate goal is to take charge and live a happier life, despite having an ostomy. Here are a few strategies that can help you better handle your ostomy and improve your overall health, happiness and productivity.

Be a person, not a patient. Make this the foundation of your thinking. You are a person who has had ostomy surgery, not an ill person. The only time you are a patient is when you are in the doctor's office or the hospital. The way you see yourself living with an ostomy is an essential part of coping successfully.

Understand the unique way that your ostomy affects you and your life. Identify the ways that your ostomy causes problems for you. Are you experiencing any problems with the pouch system, leaking, odour, skin breakdown? How does your ostomy affect others around you? Does it limit your activities? There are many other factors that may affect you. You'll want to identify them and determine how you are going to deal with them.

Set overall goals for improving your life. You'll find that your efforts can include many of the following:

- improving your ability to cope with a situation
- setting reasonable, realistic and achievable goals
- aiming to control your life
- improving day-to-day functioning
- improving your perspective on any problems you may be facing
- being more assertive and taking an active part in your healthcare (including dealing with medical personnel)
- accepting and improving your ability to deal with the emotional consequences of your ostomy
- increasing your ability to handle negative emotions
- focusing more on your strengths and diminishing the impact of weakness or limitations of having an ostomy
- doing things that you like and spending less time on things you dislike
- enhancing positive relationships
- improving participation in your social network
- improving your life satisfaction and quality of life.

Pinpoint what you need to help improve your life. Think about all the difficulties you have living with an ostomy. Write these down on the left side of a folded piece of paper. On the right side, next to each item, write down things you can do to improve each one. Note as many alternatives as you can. Ask others for additional ideas, especially if you are not sure what to do about certain things. Keep adding to your list and plan how you will use these ideas to improve your life.

Anticipate the negative. There are negative things that can happen during life with an ostomy, but some of these things could happen if you didn't have an ostomy. The more you anticipate and prepare, the better you will cope. Isn't this true of all of us, ostomy or not!

SPORTS AFTER OSTOMY SURGERY

(via Metro Maryland)

Just because you have had ostomy surgery does not mean that you must reduce your sports activities, although, there are some common sense tips that you should consider:

- Give thought to the physical shape you are in, plus the day-to-day management of your ostomy.
- For most ostomates, a sport that stresses your abdominal muscles too much should be avoided, unless you slowly and carefully build up these muscles and can now easily per-



form the skills necessary without undue exertion.

- Avoid sports with high risk of injury, such as boxing. If you insist on contact sports, protect yourself. Some manufacturers offer special stoma guards which will permit you to do just about anything. Do not allow the stoma to keep you from doing any activity that you wish.
- When playing ball games such as tennis, you may want to cover or in some way protect your stoma with stoma caps or stoma guards.
- A tight or strongly fitting pouch is an absolute must, but there is no need to do anything extraordinary.
- Try to keep your pouch reasonably empty.
- Check your pouch after a strong physical workout. A change may be necessary, or at least a preventative measure, due to perspiration or movement. We all get less wear time due to any kind of physical activity.
- Before swimming, make sure your pouch is secure and empty. If your skin is oily, tape your pouch with waterproof tape rather than take a chance.
- See your doctor before beginning an exercise regime.

IF YOU ARE A NEW OSTOMATE

(via Metro Halifax News)

Here are five suggestions to make life easier:

Smile — You'll find that this costs you nothing. It is perhaps the first pain free motion you've made recently. It is exhilarating. It not only improves your face, it's contagious.

Be Thankful - You're alive. Count your blessings. You're bound to resent your surgery; we all do. But, we cannot be grateful and resentful at the same time. We cannot change the past experience, but we can make the future what we want it to be.

Overcome your fear of being different. It doesn't show. Everything else is normal. In no time at all, you will be back in the swing of things. If you don't think so, come to a meeting. Look around the room and try the guessing game — which one has the stoma?

Make someone happy - Your show is over. The curtain has come down on your starring role. Consider those who have been waiting in the wings. They need loving, too.

Accept your new way of life. It's not really a change. It's just a different place and it takes time to orient yourself. Don't give up. There will come a day when you will have to agree it's far more comfortable than it used to be.

Helpful Hints:

Nut Fiends: Instead of peanuts try eating softer nuts like pecans, cashews or walnuts. They are easier to digest. In baking, finely chop nuts give you the flavour and crunch.

Add baking soda to your pouch - it's a great deodorizer.



217 Jessop Avenue
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Tom Jeffries
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10 TIPS FOR LIVING WELL WITH AN OSTOMY

(A. Sloane, LCSW-C)

1. Learn the basics of your ostomy care. Practice your skills. Build your confidence.
2. Anticipate solutions to potential problems. Practice them too.
3. Live life. Hold onto your goals. Problem solve as necessary.
4. Have compassion for yourself as you discover and embrace the 'new you'.
5. If you have an intimate partner, communicate honestly with each other. You may both have new feelings and needs.
6. Know that you are not alone. Use your ostomy support system for seeking and sharing help with special issues (e.g. insurance, intimacy, airport scanners, skin breakdown, scuba diving, paid caregivers, self acceptance).
7. Take advantage of professional sources of support for further help with medical, emotional, relational or spiritual issues.
8. Acknowledge what having an ostomy has contributed to

*(Continued on page 9)***MEDICAL PHARMACY**

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your life—the positive and the negative.

9. Use your experience to help yourself and others.
10. Consider becoming a systems advocate for issues important to many living with an ostomy.

WHAT TO DRINK WITH DRUGS

(Vancouver High Life)

How many times have you received a prescription with the instructions to "take as needed" or "take before meals"? Pretty vague; but many people do not stop to question further, assuming the medication will work, no matter what they swallow it with.

Acid drinks, such as fruit juice or soda pop, may chemically destroy certain kinds of antibiotics, including penicillin, ampicillin or erythromycin. Citrus fruit juices may reduce the effect of antidepressants, antihistamines or major tranquilizers by speeding up their urinary excretion. Milk can interfere with a number of medicines. The laxative Dicolax, for example, has a coating designed to ensure that the drug will dissolve slowly in the intestine. But, if the medication is taken with milk, which is alkaline, it may dissolve prematurely in the stomach, lose its cathartic action and irritate the sensitive stomach lining. Milk can also block the action of tetracycline. If a doctor fails to warn his or her patient not to take this antibiotic within an hour of any dairy product, they might be puzzled to hear that the infection that was being treated has not disappeared.

Even something as simple as tea, hot or cold, may cause problems. A woman given a mineral supplement to treat iron deficiency anemia would be surprised to learn that the tannin in the tea can undo the benefits of her iron pills. To play it safe, always rely on good old water. **Water** will not interact with drugs or reduce their effectiveness.

"I'd gotten used
to occasional
leakage
– I thought
it was normal."

Nicolas, living with an ostomy since 2010

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SASKATOON OSTOMY ASSOCIATION, 2012 - 2013

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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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