

SASKATOON OSTOMY ASSOCIATION BULLETIN

October 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.

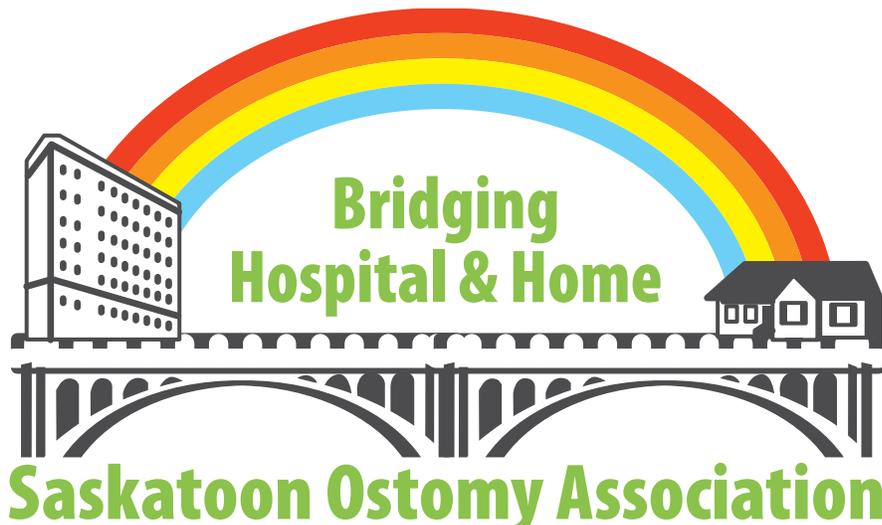
The purpose of our chapter is to:

- 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 Email: info@saskatoonostomy.ca

UPCOMING CHAPTER MEETINGS:

When: Monday, November 4th, 2013 7:30 p.m.

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

Program: Stephen Kessel, certified yoga instructor, will give a demonstration and speak on the benefits of yoga.



When: Monday, December 2nd, 2013 7:30 p.m.

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

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 exchanges and delicious baking. Each person is requested to bring a gift of approximately \$10 value. A tray of Christmas baking will be appreciated.



Meeting Dates:

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
- Spouses, family members and other visitors welcome

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President's Message:

Wow - has the weather been great or what? We have had two chapter meetings so far and not many people are coming out! It can't be that the roads are bad - I must be doing something wrong!

We have a yoga instructor coming and a remembrance time at the November 4th meeting and then the Christmas party December 2nd and 2013 is gone! I sure do hope the attendance improves! If it doesn't we will finish this year and have a look at the future of the Association! Let me know your opinion! Is another day better? Maybe only 2 meetings per year?? Let any of the executive know what you think!? This is suppose to be a BIG year for this association, OUR 40TH!!

We need to have a Visitor Training as well. What date, day or time would be convenient for everyone?

We are having a coffee day at Nordon Medical from 10 to noon on November 6th. Come on by and give us your opinion!

Let me hear from you,

Wanda

SUMMARY OF MINUTES (September and October 2013)

Summary as follows:

- A meeting of the Saskatoon Ostomy Association was held on Monday, September 9th, 2013.
Program: rap sessions.
- A meeting of the Saskatoon Ostomy Association was held on Monday, October 7, 2013.
Program: Karen Massett from ConvaTec outlined their Life Embrace Program. This program is designed to help new ostomates adapt to living with an ostomy after their discharge from hospital.

Visitation for June - August included 4 colostomies, 5 ileostomies, 1 urostomy and 1 pelvic pouch.

Visitation for September was 2 ileostomies and one urostomy.

Would you like to receive this bulletin in living colour?

Contact Diane Boyd at 306-249-9079 or dianeboyd@sasktel.net for your email copy.

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TIPS & Tricks

Colostomy Hints

(Metro Maryland)

Everyone expels some gas. This is especially true during the early weeks and months after the operation. Excessive gas may come from swallowed air. Eat leisurely in a relaxed atmosphere with your mouth closed and chew well. Chewing gum and carbonated drinks should be used in moderation. Certain foods may cause intestinal gas; some of these are cucumbers, cabbage, broccoli, mushrooms, onions, fish, dried beans, milk, and cheese. Large amounts of vegetables can create gas, as can sweets. Constipation or unsatisfactory irrigation returns may be the cause of temporary gas.

A hand mirror propped up will allow a better view of your stoma.

Wear your pouch inside your underwear for support.

Eating parsley with every meal, drinking orange juice or eating oranges is said to lessen odor for people with colostomies.

ITEMS OF INTEREST

• **Association dues** are once again due and payable for 2014. We are now sending out our own reminder letters and your dues of \$30.00 should be sent to:

Saskatoon Ostomy Association, c/o Diane Boyd,
200-235 Herold Terrace, Saskatoon SK S7V 1J2.



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.

• **Congratulations to Paul Riome**, National and Western Winner of of the ConvaTec Great Comeback Award! Way to go, Paul!

• On **Saturday, September 5th, 2013**, UOAC sponsored its first Stoma Stroll Awareness Walk in six cities across Canada to fundraise and promote awareness. Approximately \$20,000 was raised.

• **An informal Meet and Greet Coffee Time** will be held at NorDon Medical Wednesday, November 6th 10 a.m. to noon. All welcome!

• We are in the process of planning a **Visitor Training Program**. If you are interested in becoming a visitor or if it is time for you to renew your training, please let an Executive member know. More details will be available in the future.

• **The Saskatoon Ostomy Association will be celebrating its 40th anniversary in 2014**. In honour of the event, we are planning a 2 hour cruise aboard the Prairie Lily on the South Saskatchewan River. Mark June 2nd, 2014 on your calendars and plan to attend. More details in a later bulletin.

• **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 OCl**

• **The next chapter bulletin** will be out in January 2014.

• **In our August 2013 edition**, Maalox was recommended as a skin soother. Unfortunately, Maalox is no longer on the market. The ever helpful staff at NorDon Medical suggested Dioval Regular as a substitute.

SKIN CARE AROUND THE STOMA

(Via Kingston Ostomy Newsletter)

The skin is the largest organ of the body. It is made up of three layers: the epidermis, the dermis and the subcutaneous layer. The epidermis is the thin, dry outer layer. The dermis is slightly thicker than the epidermis and services the epidermis. If the epidermis or dermis are injured, new normal skin can grow and repair the damage. The subcutaneous tissue contains our fat cells. The subcutaneous tissue cannot regrow. Injuries this deep heal by scarring.

General recommendations for skin care:

- Remove pouches gently.
The new adhesive removers are wonderful.
- Wash with warm water and a gentle cleanser such as Dove or Neutrogena.
- Dry gently.
If you use a hair dryer, use on low setting.
- Hair removal: consider shaving or using a chemical hair remover (try on opposite side of your abdomen before using around your stoma.)
You can do a nice, dry shave with skin barrier powder.
- Keep your pouch change procedure as simple as possible. Use the products that you need, but only what you need.

Keep stool and urine off the skin by:

- Using a stoma opening that fits closely around the stoma.
- Using paste for "caulking" if you have an ileostomy or urostomy or a colostomy, if your stool is loose and/or your stoma is short or flat with the skin.
- Change your pouch frequently enough to prevent too much contact of stool or urine with the skin.

The most common skin infection around a stoma is caused by yeast. There are now antifungal medications that you can take by mouth.

You will need a prescription.

You can use antifungal creams or powders but you will need to change your pouch at least daily to apply.

For persistent or different skin problems, get help. See your ET nurse. If she/he can't solve the problem, your surgeon or a dermatologist may be able to find the problem.

The skin around an ostomy can be injured by several things:

Trauma or injury by removing pouches roughly, scrubbing too hard, or pressure from a faceplate or belt.

A chemical injury from urine, stool or a product (most often a cement or adhesive).

An allergy to a product.

An infection from a fungus (yeast), bacteria or virus.

A burn, perhaps from a too hot hair dryer.

Miscellaneous - such as ulcers from Crohn's or pyoderma gangrenosum.

The following are the major types of skin care products with suggestions for their use.

Creams - creams are for moisturizing the skin and usually are not needed. If used, use sparingly and rub in well. Do not use ointments or oil-based products: these will keep the pouch from sticking.

Premoistened disposable washcloths or "baby wipes" - these are a convenience. They have different ingredients and some may interfere with pouch adherence. Attends now makes one with a protective barrier in the wipe.

Skin barrier wipes - these put a protective coating on the skin. They may also help pouches stick better. Most are removed by water but several aren't. This is one of those products that "if it helps, use it." An old product in this way is tincture of benzoin.

Solid skin barrier - the first ever was Stomahesive and now most pouches and wafers are made with a solid barrier. If you are allergic to tapes, use a wafer or a pouch that adheres only with the barrier.

Skin barrier paste - use as caulking. When applying yourself, squeeze it closely around the opening you have cut in your pouch or wafer. It can also be used to fill in uneven surfaces. If you've got a good stoma and formed stool, you don't need it.

Skin barrier powder - use when skin is raw and weepy to get a dry surface to work with. Dust it on, pat with water, dust some more powder and then brush off excess and proceed as normal. ☺

Continuing Your Social Life with an Ostomy

Your social life can be as active as it was before surgery. You can enjoy all activities: meeting people, attending concerts, sporting events, civic and social club meetings, parties, religious occasions or whatever you enjoyed before. The first time you go out of the house after surgery, you may feel as if everyone is staring at your pouch, even though it is not visible under your clothing. You can feel your pouch on your body, but no one can see it. Keep those concerns in mind. Did you know what an ostomy was or where a stoma was located or what it looked like before you had surgery?



Friendship and love—You may be wondering about your relationships with others. Now that you have an ostomy, you may feel that it will change your present relationships and decrease

new opportunities for friendship and love. True friendships and deep relationships on any level are built on trust and mutual understanding. These qualities depend on you and other persons. You have the same qualities you had before surgery and your ability to develop friendships is unchanged. If you care about yourself, others will feel your strength and will not be deterred. If

your ostomy does cause a break in friendship, a sexual alliance or even marriage, this relationship was not built upon trust and mutual respect and probably would have crumbled sometime in the future anyway. ☺

You may also worry about your pouch filling with gas and sticking out under your clothing. A quick trip to the restroom can take care of this problem. If you are worried about your pouch filling up immediately after eating at a social event, remember, people without ostomies often need to go the restroom after eating and nobody will think it is unusual if you do the same! You will probably find that you need to empty your pouch less often than you need to urinate.

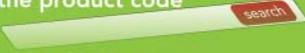
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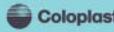
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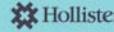
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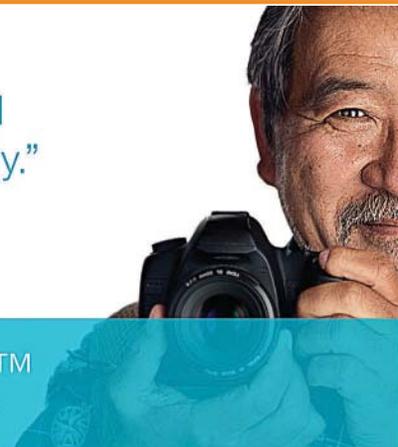
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SASKATOON OSTOMY ASSOCIATION 2013 - 2014

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