

SASKATOON OSTOMY ASSOCIATION BULLETIN

April 2016

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.

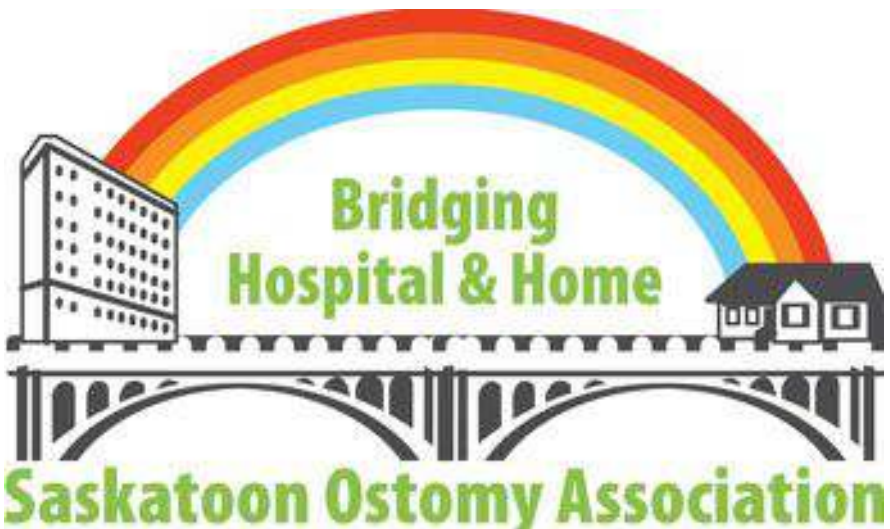
- To promote up-to-date information concerning ostomy care and equipment to ostomates, and those involved in their care.

- To educate, develop and promote public awareness and understanding of ostomies.

VISITING SERVICES

At the request of the physician, Stoma Nurse or patient. 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 306-655-2138. 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.



#15 - 1610 Isabella Street East, Saskatoon, SK S7J 0C1
saskatoonostomy@gmail.com | www.saskatoonostomy.ca

UPCOMING CHAPTER MEETINGS:

When: Monday, April 4th, 2016 - 7:30 p.m.

Location: Mayfair United Church, 902 33rd Street West

Program: Elections and Direction

When: Monday, May 2nd, 2016 - 6:30 p.m.

Location: Greenbryre Golf and Country Club

Program: Annual Steak Night - supper, silent auction

Tickets: Adults \$25, Children \$10. For tickets, Contact Gerard; tickets also available at Nordon Drugs and Carnegie Medical Supplies.

When: Monday, June 6th, 2016 - 7:30 p.m.

Location: Mayfair United Church, 902 33rd Street West

Program: Ice Cream Social

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 saskatoonostomy@gmail.com to be added to our email list.





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President's Message

So so many things going through my head!! **Happy Easter!**

Wow Spring is almost here, That was winter? Elections, Elections! playoffs and competitions!! An end to some and a new start to others!! Some of these as just life happenings others do pertain to Saskatoon Ostomy Association!

- **April 4th is our Elections**, actually the same night as our Provincial Elections! We need someone to allow their name to stand for Vice President. We also will be informing members about the direction our association can go in the future! Things are changing! MEMBERS, Please do your best to attend this meeting! **VERY IMPORTANT FOR THE FUTURE OF SASKATOON OSTOMY ASSOCIATION.**

- **MAY 2nd is our Annual Steak Night** with all proceeds going to sending Kids to Camp. Tickets are available from Carnegie Medical or Nordon Medical or call Gerard at 306.653.2780, \$25 for Adults, \$10 for 12 and under. Choices are steak, chicken or vegetarian. We are always looking for donations for the Modified Silent Auction as well.

- Regina is hosting a **SPRING SEMINAR on May 7th** from 9:15 a.m. to 4 p.m. Cost is \$15, if interested talk with an executive and they can give you more details.

- **June 6th** is our Ice Cream Social windup and possibly voting! We also have a modified auction on "gently used" or "re gifting" items. This will be the final "Rap session" for the season.

- **July 24th to 29th** is Ostomy Camp. I believe we have 2 boys attending this year.

- **August 18th to 20th** is the National Conference and AGM in Winnipeg. It is usually a lot of fun, meet other ostomates and renew friendships. You just might learn something new as well! Again let one of the executive know if you are interested.

- We are in need of a seamstress to make pouch covers, whether it is for a charge or we supply the material and you donate! We want ALL ostomates to feel as comfortable as possible!

And then it is September! what happens next year depends on the April/June meetings, let your opinion be heard, come out to the meeting.

Trying to be the best I can be,

Wanda

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Saskatoon Ostomy Association

Follow us on Twitter:
@SaskatoonOstomy



Ostomy Youth Camp ~ FAQ's

Ostomy Youth Camp is a unique and exciting opportunity for young people, between the ages of 9 and 18, with an ostomy or related special needs.

Who: the camp is for children between the ages 9 – 18 who have had or who will have bowel or bladder diversionary surgery (such as an ostomy) or who have related special needs (i.e. self catheterization, bowel and bladder incontinence), due to birth defects, trauma or disease (e.g. Crohn's disease, Ulcerative Colitis, Cancer, Spina Bifida).

When: Dates vary year-to-year, based on coordination with Easter Seals Camp Horizon.
Dates for 2016 are: Sunday July 24th – Friday July 29th

Costs: Registration fees change yearly. Room and board is included in the fee, but transportation to and from camp is not.

Contact Ostomy Canada for information about current registration fees and for information about financial assistance.

Ostomy Canada Society Office

5800 Amber Drive Suite 210 , Mississauga, On. L4W4J4

1-905-212-7111 FAX 1-905-212-9002 e-mail: info1@ostomycanada.ca

Website:www.ostomycanada.ca

No child is ever denied the opportunity to attend camp because of financial need. Your local ostomy chapter can also sponsor a child to attend camp.

(Ostomy Canada Society website)



Ostomy Canada's World Ostomy Day Contest

Over a dozen individuals and chapter participated in Ostomy Canada's World Ostomy Day Contest. All submissions were very creative, promoted Ostomy Canada and looks like all had a good time.

Thanks to all who participated!

In first place: Regina

The Regina chapter was very active in promoting World Ostomy Day. Some of their activities included Stoma Stroll walk with an appearance by Stoma

Stroll Sally, a proclamation, TV interview and they were a top fundraiser.

In second place: Saskatoon

They held a successful walk including a local MP that helps raise ostomy awareness at a political level

In third place: Halifax

The Halifax chapter had 40 people brave miserable weather to stroll in celebration of World Ostomy Day. Cake and information were given out to attendees and people watching the stroll.

To see a video of how we celebrated World Ostomy Day 2015 in various cities across Canada, check out:

World Ostomy Day 2015- YouTube

<https://www.youtube.com/watch?v=uHCArRME2qU>

Items of Interest



Kathy Guina



JoElla Klassen

The Stoma Clinic is located at room 5706, F 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.



James Carnegie

Carnegie Medical
306-922-9880
ET by appointment.



Teri Schroeder

ET Solutions is a private practice. Call 306-249-1442

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 your ideas to: Saskatoon Ostomy Association, #15-1610 Isabella St., Saskatoon, SK. S7J 0C1.

To continue your membership, please mail your cheque in the amount of \$30.00, along with the membership form from the newsletter to: Saskatoon Ostomy Association, #15- 1610 Isabella St, Saskatoon, SK S7J 0C1. **Please do not let the fee deter you from becoming a member - If you are having financial problems talk to the executive and we may be able to cover the cost. We are here for one another!**

DID YOU KNOW?

Ostomates may choose where to purchase products: there are 2 ostomy supply stores in Saskatoon: Nordon Drugs and Carnegie Medical Supplies. Although it may cost more, you also have the option of having your supplies brought into your local pharmacy.

Visitation: if a person is wanting a visitor please email saskatoonostomy@gmail.com or contact Kathy Guina (306) 343-0334 or Prem Dhir 306-374-5841. Contacts can be in person, phone or by email.

Regina Ostomy Chapter Spring Seminar:

Saturday, May 7th 9:15 a.m. to 4 p.m.
Register by April 29th \$15/person lunch included.
For more information: Call Agnes: 306-761-0221 or cell 306-551-9063 or speak with a member of the executive.

Seamstress Wanted: We are in need of a seamstress to make pouch covers, whether it is for a charge or we supply the material and you donate?

Wanted: Items for Auction Steak Night and gently used items for regifting items for Ice Cream Social

Saskatoon Council on Aging 25th Anniversary

Luncheon: Wednesday, April 13th ,11:30 a.m. to 2 p.m. Western Development Museum. Entertainment by Saskatoon Zoomer Idol contestants. Tickets: \$20 phone 306-652-2255

My Ostomy Journey By Dr. John Stephenson

Chapter One: The onset of ulcerative colitis

It all started 59 years ago in February 1957, my final year of high school as a day boy in Wesley College, a Methodist Boarding school on the south side of the Swan River facing Perth, Western Australia. Day boys simply attended the school and did not live there.

Grade 11 was a tough year, our fifth and final year, which ended in December with The Leaving Certificate public examination in 7 subjects.

Passing those examinations would guarantee entrance at the University of Western Australia, the only free university in Australia. Getting excellent grades of 60 plus would also guarantee a Commonwealth Scholarship which paid for board and lodging if needed, or pocket money for those living at home, like me. Exams were set and graded by teams of High School Teachers and University Faculty.

Distinction was awarded for a grade of 75% or more. As a champion athlete and top academic student, more stress was heaped on my shoulders. The Headmaster appointed me Captain of the School, Captain of my House, and Captain of Boats.

Term 1 started like this. Six a.m., arrive at school by tram and bus then go to the river and practise team Life Saving, I was one of four team members. Eight a.m. breakfast with the boarders in the dining room. Quarter to nine, school assembly with the Headmaster making his usual prayer and speech, then as Captain of School, I had to make announcements about extra-curricular activities. Then at 3:30 p.m. down to the river and stroke the first eight for 12 to 15 miles up and down the Swan River until 6 p.m. Then I would sleep on the bus and tram home, have supper and hit the books until 10 p.m.



Term 2 was not so bad; I only competed in Cross County running and field hockey. But midway through the term I said to my mother that I was so tired I wish I would get sick so I could have a few days off. Be careful what you wish for! We played a hockey match in pouring rain, typical of a winter's day in Perth which never has a frost. We were crushing our opponents, and as a full back I had nothing to do but stand in my wet cotton shirt with a howling gale at my back.

The next week we wrote our school exams for Term 2 which were combined with the exams for Term 3 to decide who would be Dux of the school, and have his name written in gold letters on the Honour Board. After the final exam, I felt horrible and so I went to see the nurse in the Boarding School and she found my temperature was over 104. My mother was called to take me home. It turned out that I had pleurisy and had to spend three weeks in bed on antibiotics. When I returned to school, I experienced strange cramping pains near my rectum, which was relieved by going to the toilet. It was the beginning of ulcerative colitis. The Mayo Clinic have discovered that the first onset of ulcerative colitis is often preceded with pleurisy. Evidently the body's immune system is compromised and at the onset of ulcerative colitis you become vulnerable to other infections.

Just before the end of term, I ran my last school cross country race before the State Cross Country Championships. I had to stop in a pine forest to relieve myself and noticed there was blood in my stool. I did not run in the State Championships.

During my final term at Wesley I experienced several episodes of fever followed by more frequent bowel movements. Finally my GP sent me to see a specialist, a Mr. Bruce Hunt who told me he had learned all about bowel problems while he was a doctor at a Japanese prisoner of war camp. The instrument that was used to examine the lining of my bowel was a shiny steel tube which was inserted into me while I crouched doggy style on an examining table. It was most unpleasant.

(continued on page 10)

TIPS & TRICKS

For most people, water is sufficient for cleaning the skin. Remember to wash your hands after changing or emptying your pouch. If soap is needed, use a mild soap without lotions or creams that may leave a residue or film on your skin. This can interfere with the adhesive.



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My Ostomy Journey By Dr. John Stephenson

Chapter One: The onset of ulcerative colitis (continued from page 6)

Hunt confirmed that I had ulcerative colitis and when my parents asked him where I had got the disease, he told them bluntly "from you, of course!" He may have meant that there was a genetic connection. He prescribed sodium bromide tablets with meals. These were large tablets that fizzed when you dropped them into a glass of water. They had a calming effect on me but doped me so that my thinking became very sluggish. This is a powerful drug used primarily for the control of brain seizures, both petti mal and grand mal seizures. It should not be taken for long periods of time. When I wrote the Leaving Certificate Examinations, I was so drugged I could not think clearly. I did not obtain Distinction in my two mathematics exams, which were my favourite subjects, I did get Distinction in Physics, Chemistry and Biology (even though I left the tail off my drawing of a crayfish – the Australian lobster!)

During orientation week, I spent the week in hospital, so I missed taking advice on doing medicine. I came to the conclusion that with ulcerative colitis it would be very difficult to be a Doctor. So I chose to study mathematics. My GP prescribed salazopyrin, a sulphur drug, which seemed to help. To this day it is still used to treat ulcerative colitis and Chrones's disease. I also used an over the counter medication called tincture of belladonna. My father was a life time pipe smoker and he encouraged me to smoke a pipe in the evening when I was studying. I did this and discovered that the nicotine had a calming effect on my bowels. The pipe was a nuisance so I switched to very strong unfiltered cigarettes. I found that if I smoked three cigarettes in the evening, I could get through the night. I do not recommend this, but studies have shown that nicotine does slow down the bowels, and nowadays you can use a nicotine patch to avoid damaging your lungs.~

(Dr. Stephenson's story will be continued in the next issue of the bulletin)



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

SAVE THE DATE!

CONFERENCE 2016

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the
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Ostomy Canada Society Conference
Winnipeg Manitoba, August 18 - 20, 2016

August 18—20, 2016

Delta Winnipeg Hotel

A national conference is held every two years. It is a chance to get together with other members and attend interactive educational seminars as well as fun-filled social networking opportunities to see old friends and meet new ones.

For more information, visit Ostomy Canada Society website: www.ostomycanada.ca

SASKATOON OSTOMY ASSOCIATION 2015- 2016

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DEADLINES:

Please submit items for the bulletin by the following dates:

August 1st, 2016

October 30th, 2016

IMPORTANT NOTICE

Articles and information printed in this newsletter are not necessarily endorsed by the Saskatoon Ostomy Association or the United Ostomy Association of Canada and may not be applicable to everybody. Please consult your own doctor or ET nurse for medical advice.



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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