



# Saskatoon Ostomy Association Bulletin

Internet web page - > <http://members.shaw.ca/saskatoonostomy>

Mailing Address ----> 1610 Isabella Street, Saskatoon, SK, S7J 0C1 March. 2008

## SASKATOON MEETING INFORMATION

**Location:** NorDon Drugs, Medical Center -

Louise Avenue & Isabella Street

- Wheelchair accessible
- Convenient washrooms
- Refreshments and visiting period during each meeting
- Spouses, family members and other visitors welcome

**April 7, 2008** - "Kidney Night" - Kim Lytle from the Kidney Foundation will come and speak to our group on the Foundation and on Kidney Health. This will be held at Nordon Medical as usual, starting at 7:30 p.m.

**May 5, 2008** - "Ice Cream Social" - We'll be ending our year with an old-fashioned "Ice Cream Social" and appreciation/awards night. This will be held at Nordon Medical as usual, starting at 7:30 p.m.

## Saskatoon Ostomy Association

**Dates to remember....**

**Ice Cream Social May 5, 2008**

**Youth Canadian Ostomy Camp**

**June 30 - July 5, 2008**

**UOAC conference is in Hamilton August 14 - 16.**



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# SASKATOON OSTOMY ASSOCIATION

## (A Chapter of the United Ostomy Association of Canada)

The Saskatoon Ostomy Chapter is a nonprofit 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.

### MEMBERSHIP & DONATIONS

The annual membership fee of \$25.00 entitles you to the chapter newsletters and a subscription to the Ostomy Canada Magazine, a U.O.A. Canada publication. Bequests and donations over \$10.00 will receive an official income tax receipt.




### VISITING SERVICES

We provide lay visitation service, 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.



### ENTEROSTOMAL THERAPISTS AND STOMA CLINIC

**STOMA CLINIC:** Room 5706 A Wing, Royal University Hospital  
Saskatoon, Saskatchewan S7N 0X0 ..... 655-2138

#### THERAPISTS:

	Phyllis Stephens, R.N., E.T. Prince Albert SK		Sandy Roberts, R.P.N., R.N., B.Sc.N., E.T. Saskatoon SK
	Kathy Guina, B.Sc.N., E.T. Saskatoon SK		

#### MEDICAL ADVISORY BOARD

	Dr. Brian Colquhoun, Surgeon Saskatoon SK		Dr. Lawrence Taranger, Urologist Saskatoon SK
	Phyllis Stephens, R.N., E.T. Prince Albert SK		

**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 ANY OTHER PUBLICATION**

## SASKATOON OSTOMY ASSOCIATION



President's Report - April, 2008

Greetings,

The 11th UOAC annual conference is in Hamilton this year, August 13 - 16. We would like a good representation by Saskatoon Chapter at the conference. If you are interested, please contact me. Partial funding will be provided for up to 10 people. So far, these people have requested to attend: Peter and Donna Folk, Pat and Ray Ramage, Evan Wight, Prem Dhir and Ed Palchinski. If there are any others, please let me know by April 25th.

We are still looking to sponsor up to three youth to attend Ostomy Youth Camp this year. See further details in this newsletter. Partial funding is again being offered. Elections will be held at our April meeting. I will be seeking the past president position, Pat Ramage will accept nomination for president. Prem and Evan will continue on as secretary and treasurer. However, positions of Visitor Co-ordinator, Vice President, Librarian and Membership will be vacant. If interested, contact Zach Hauser. The success of this chapter is measured by the great work by the volunteers. Why not help out your association by volunteering for a position? The work is not too hard, and the rewards are great!

Our April meeting will be about kidneys and kidney health. This topic should be of interest to everyone, since everyone knows someone that has them!

And please join us in our year-end windup ice cream social in May. We will have special thanks to those who helped out this year, plus it is a great way to get into the mood for spring and summer!

This is my last newsletter message as president. I would like to thank all of you for your support the last two years. It has been with your great help and encouragement that allowed our chapter to attain the achievements that we did. To the outgoing executive and committee members, a great big thank you! Together, I think we made a difference! I look

forward to serving as past president this coming year.

A reminder that the meetings are open to anyone, you do not have to be a member to attend the meetings. Feel free to bring a family member or a friend.

Peter Folk,  
President, SOA  
Phone: (306) 384-6059  
e-mail: peter.folk@shaw.ca



## MEETING MINUTES

By Prem Dhir



**SASKATOON OSTOMY ASSOCIATION**

At Nordon Medical  
On Monday March 3, 2008

1. Peter Folk called the meeting to order at 7:35 p:m and introduced members of the executive committee.
2. The minutes of the February meeting were read and accepted by Peter Fehr/Zach Hauser.
3. Rod Osbourne got his Colostomy surgery in June 2007 and attended his first meeting.
4. Peter Folk requested everyone to introduce himself with name, type of ostomy and his favorite television show.
5. Members with latest important events were : Lilian Sinden celebrated her 86<sup>th</sup> birthday, Kathy Guina E.T celebrated her 54<sup>th</sup> birthday, Marlyne Wight -Kids & Parents coordinator is celebrating her 25<sup>th</sup> wedding anniversary with pomp and show.
6. Peter Folk introduced guest speaker Dr. Kanthan who gave an informative talk on Parastomal Hernia. The talk was followed by question/answer.
7. Peter Folk thanked Dr. Kanthan for his informative talk.
8. Peter Folk gave his President's report: Kim Lytle from Kidney Foundation will give a talk on Kidney Health at our April, 7, 2008 meeting. Year-end Ice Cream Social and appreciation award will be held at Nordon Medical on Monday May 5, 2008. Patient "visitor form" was upgraded by Charlotte Filipchuk, Jenny Bartsch and Bobbylyn. The 11<sup>th</sup> UOAC annual conference will be held in Hamilton during August 13 - 16, members interested in attending should contact Peter Folk at their earliest. Two applications consisting of Maple Leaf award and

9. ET yearly award have been received from UOAC, anyone interested in nominating someone should get in touch with Peter Folk. Ken Wiest of Prince Albert interested in forming a visitation group was directed to Sheelah Zaph of Edmonton chapter. Election will be held at our April meeting, members interested for the vacant positions of Vice President and membership coordinator should get in touch with Peter Folk or any member of the executive committee. Our Website has been updated with new logos, colors and new navigation links, members are requested to visit the site.



**EDITOR'S MESSAGE Laurie Beaulieu**



Hi all,

Please feel free to inform me of any errors or omissions. If there are items you would like to see in the newsletter feel free to submit them via e-mail [rlfarms@sasktel.net](mailto:rlfarms@sasktel.net) or via snail mail at box 35, Vonda, Sask. S0K 4N0

**WEB SITE UPDATE**



**Webmaster's Report - Jan 14, 2008**

Greetings,

Our website is:

<http://members.shaw.ca/saskatoonostomy/>

I've updated our website with new logos and new colours, and new navigation links. If you have not visited our website for awhile, please do so, and let me know how you like the new look!

Peter Folk,

Webmaster, SOA

Phone: (306) 384-6059

e-mail: [peter.folk@shaw.ca](mailto:peter.folk@shaw.ca)



**FRIENDS OF OSTOMATES WORLDWIDE**

FOW is a nonprofit organization operated solely by volunteers. Since 1986, FOW Canada has collected and sent over 50,000 KG of ostomy supplies and literature to more than 52 needy countries. Some of the countries receiving these donations are: Algeria, Bulgaria, Chili, China, Croatia, Cuba, Dominican Republic, Ecuador, Egypt, Hungary, India, Indonesia, Iran, Iraq, Jamaica, Malaysia, Mexico, Nigeria, Pakistan, Panama, Philippines, Romania, Russia-Belarus, Santo Domingo, Thailand, Vietnam and Yugoslavia.

Donations of ostomy supplies for F.O.W. can be brought to Nordon Medical Supplies or a meeting of the Saskatoon Ostomy Association.

To learn more about he F.O.W., or to make a charitable donation visit their web site at: <http://www.fowcanada.org/history.htm>



**DONATIONS AND BEQUESTS**

Donations and bequests are gratefully accepted and are used to support chapter activities. Tax receipts are provided for all donations to the Saskatoon Ostomy Association.



**WELCOME TO OUR NEW MEMBERS**



Memberships for 2007 are almost all collected. We do have some memberships that have not been paid. It is important that this is taken care of immediately to continue receiving the bulletins and the Ostomy Canada publications. Welcome to our new members. Hope to see you at the meetings soon!

**REGIONAL STOMA AND WOUND CLINICS**



**IMPORTANT UPDATE:**

Update from the Ostomy Clinic - as of Mon. Feb. 4 the Ostomy Clinic will only have one part-time secretary. Both Sandy & Kathy will be working full time (8 am to 4:30 pm) but the secretary will only be on Mondays, Tuesdays, Wednesdays & Thursdays from 8 am to 1 pm. If you have any questions or concerns please call the office at 655-2138. We look forward to greater availability and service to ostomy patients when this time of change is complete.

## UNDERSTANDING ILEOSTOMY SURGERY

### THE HUMAN DIGESTIVE SYSTEM

The digestion and absorption of nutrients, as well as the storage and elimination of fecal waste, take place in the gastrointestinal system, or the GI tract. Digestion starts in the mouth as you chew your food. Food then passes through the esophagus to be digested in the stomach. Partially digested food moves into the small intestine, where pancreatic enzymes and bile are secreted to further break down food and nutrients are absorbed.

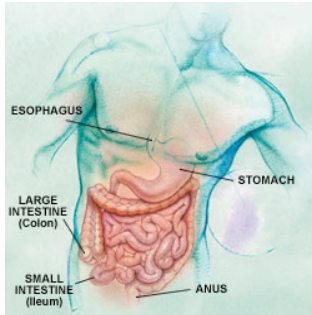


Diagram of the human digestive system

The food that remains at the end of the small intestine is in a liquid form, full of pancreatic enzymes. The undigested food that passes into the large intestine, or colon, solidifies as water and electrolytes (substances that maintain balance in body fluids) are reabsorbed in the colon, forming solid fecal matter, or stool. Stool is then passed to the rectum, where it is stored until it is excreted through the anus.

### UNDERSTANDING ILEOSTOMY SURGERY

An ileostomy is a surgically-created opening in the abdomen through which the end of the ileum is brought up to the surface of the skin. This new opening, called a stoma, allows waste to pass directly out of the body, bypassing a diseased or damaged section of the colon. The colon is removed. Its function, reabsorbing water and electrolytes, will be carried out to some degree by the small intestine.

After ileostomy surgery, body waste will pass through your stoma, the opening on your abdomen, and empty into a pouch. Since you will no longer have voluntary control over bowel movements, it is important to know that the discharge of body waste will be fairly constant. Liquid or pasty in consistency, it will occur several times a day, usually after a meal.

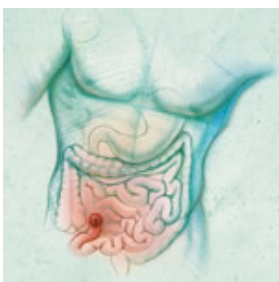


Diagram of an ileostomy

### Ileostomy

An ileostomy is created by bringing a portion of the ileum (small intestine) through an opening in the abdomen. Discharge is fairly constant and watery and contains large amounts of salts and digestive enzymes.

### DIET & MEDICATIONS

#### DIET

After your recovery from surgery, you can gradually resume eating a balanced diet, unless your physician requires you to follow a special diet. However, you may wish to avoid certain foods that can cause blockages, odor, or gas. It's good to remember that if a certain food disagreed with you in the past, chances are it will still disagree with you after surgery.

High-fiber foods can cause blockages in the ileum, which has a relatively narrow diameter, especially after surgery. Chewing food well helps break down the fiber into smaller pieces that are less likely to accumulate at a narrow point within the bowel. Drinking plenty of fluids can also help eliminate any residue.

Many healthcare professionals suggest that you avoid high-fiber foods for the first six to eight weeks after surgery. These foods can then be added one at a time in small amounts to see how well you tolerate the fiber. If you experience cramping, diarrhea, nausea, or vomiting, call your healthcare professional immediately.

#### HIGH-FIBER FOODS THAT MAY CAUSE BLOCKAGES

- apple skins
- celery
- coconut
- coleslaw
- corn
- dried fruit
- grapefruit
- nuts
- orange rinds
- popcorn
- potato skins
- raisins
- seeds
- Chinese vegetables
- meats with casings (sausage, hot dogs, bologna)

#### DIARRHEA

Just like before your surgery, at times you can experience diarrhea. It can be caused by many things, including viruses, antibiotic therapy, some medications, and your intolerance to certain foods. To reduce diarrhea, omit fiber and bulk from your meals and eat foods that thicken your stools, such as white rice, applesauce, bananas, creamy peanut butter, yogurt, pasta, and bread. Continued diarrhea can cause dehydration, so increase the amount of fluids and

salts in your diet, which will help replenish the electrolytes in your system.

## GAS

Intestinal gas can be caused by swallowing air, chewing gum, talking while eating, smoking, and sipping through a straw. You may want to avoid gas-producing foods and liquids.

### FOODS AND BEVERAGES THAT CAN PRODUCE GAS

- beer
- carbonated beverages
- dairy products
- onions
- cucumbers
- \* mushrooms
- beans
- cabbage-family vegetables: broccoli
- brussels sprouts
- cabbage
- cauliflower

### FOODS AND BEVERAGES THAT CAN PRODUCE ODOR

- eggs
- cheese
- some spices
- fish
- asparagus
- onions
- cabbage-family vegetables: broccoli
- brussels sprouts
- cabbage
- cauliflower

## DEHYDRATION

After an ileostomy, you no longer have a working colon. This may cause you to lose water and electrolytes. It is necessary for you to drink at least six to eight glasses (or 64 ounces) of water or fruit juice each day to prevent dehydration, unless instructed otherwise by your physician.

### SIGNS AND SYMPTOMS OF DEHYDRATION

- dark-colored urine
- decreased urine output
- dry mouth & mucous membranes
- muscle cramps (abdominal or leg)
- nausea and vomiting

## MEDICATIONS

After ostomy surgery, digestion and absorption of medications, either alone or in combination, may be affected. It is very important to review your medications, both over-the-counter and prescription drugs, with your ET nurse or healthcare provider and your pharmacist.

Also, be aware that some medications can change the color

of your stool. You may wish to wear an opaque pouch in order to reduce visibility through clothing.

### OVER-THE-COUNTER TREATMENTS CAN INCLUDE:

- antacids
- antidiarrheals
- aspirin
- laxatives
- salt substitutes
- vitamins
- anti-inflammatory agents
- sugar substitutes

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<http://www.convatec.ca/convatec/jsp/CVTCACStaticContent.do?lang=en&country=CA&audience=Consumer&channelId=-13292>

## A SLIGHTLY CONFUSING SITUATION

An 80 year old couple were having problems remembering things, so they decided to go to their doctor to get checked out to make sure nothing was wrong with them. When they arrived at the doctors, they explained to the doctor about the problems they were having with their memory.

After checking the couple out, the doctor told them that they were physically okay but might want to start writing things down and make notes to help them remember things. The couple thanked the doctor and left.

Later that night while watching TV, the man got up from his chair and his wife asked, "Where are you going?"

He replied, "To the kitchen."

She asked, "Will you get me a bowl of ice cream?"

He replied, "Sure."

She then asked him, "Don't you think you should write it down so you can remember it?"

He said, "No, I can remember that."

She then said, "Well I would also like some strawberries on top. You had better write that down because I know you'll forget that."

He said, "I can remember that, you want a bowl of ice cream with strawberries."

She replied, "Well I also would like whipped cream on top. I know you will forget that so you better write it down."

With irritation in his voice, he said, "I don't need to write that down! I can remember that." He then fumes into the kitchen. After about 20 minutes he returned from the kitchen and handed her a plate of bacon and eggs.

She stared at the plate for a moment and said angrily: "I TOLD you to write it down!"

You forgot my toast!"



## Canadian Ostomy Youth Camp Mission Statement

\* To provide an opportunity for young people aged 9-18 with consideration to emotional growth and maturity, who have ostomies or other special related needs (intermittent catheterization; urinary or bowel incontinence; internal pouch; Crohn's disease or ulcerative colitis), to attend camp and participate in camp activities under professional supervision

\* Provide formal/informal education on:

- o anatomy and physiology
- o self esteem and coping
- o sexuality

\* Encourage independence and self confidence with personal care and camp activities

\* Provide individual ET and UOAC counselling on physical and psychosocial needs

Activities:

- \* formal/informal education sessions
- \* swimming
- \* camp out
- \* outdoor recreation
- \* rafting
- \* arts and crafts
- \* dance
  - o rap sessions



WHEN: June 30 - July 5, 2008

WHERE: Camp Horizon, Bragg Creek Alberta (southwest of Calgary)

WHO: Children between the ages 9 - 18 who have had or who will have bowel or bladder diversionary surgery 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.)

COST: Registration fee is \$500.00/child plus airfare

CONTACT: UOAC office or Camp Coordinator, Pat Cimmeck at [pvc@shaw.ca](mailto:pvc@shaw.ca)

APPLICATION FORMS: Available upon request from Coordinator

DEADLINE FOR APPLICATION: **March 31, 2007**

**The Saskatoon Ostomy Association can sponsor up to 3 children for camp this year. They can also help with some of the costs for travel. Please contact if you want your child to attend camp.**

**Ostomy support group for kids and their parents**



Canadian Ostomy Camp is a place where your child can meet others from all over Canada. The children love the freedom that comes with hanging out with others who can understand. If you have a child that has an ostomy of any kind or a continent alternative surgery for bowel or bladder emptying this is the camp for them. Interested in attending camp please call Marlyne at 249-5731 or Laurie at 258-2016. We may be able to help with costs for your child.



Hamilton . . . Steel City . . . The Hammer . . . The Ambitious City . . . Each of these historical misnomers is reflected in the theme for the 2008 UOAC Annual Conference - "Forging Forward." Upon arriving newcomers will soon realize that there is much more to this city of more than 500,000 in the industrial heartland of Canada.

A forty-five minute drive to the north is the sprawling megalopolis of Toronto with all the attractions that a world class city has to offer - big league sports, high end culture and haute cuisine. Fifty kilometers to the east is Niagara Falls, a geographical world wonder and the Honeymoon Capital of Planet Earth. Also within a 90 minute radius is the fertile Niagara wine region, the pastoral landscape of South-western Ontario's Mennonite communities such as St. Jacobs and Mount Forest, and the site of one of the world's largest Shakespearean festivals in Stratford.

As you discover the spectacular sights and sounds of our corner of the globe, the goings-on at the Conference will allow you to develop an appreciation for the focus of this year's session. "Forging Forward" also refers to the direction that the UOAC is heading and to its unwavering commitment to addressing the needs of Canadian ostomates and their families. Our Conference Planning Team has diligently laboured for months to formulate a stimulating program and assemble a series of workshops and seminars that are certain to enlighten and broaden the insights of attendees on a variety of subjects, ostomy-related and otherwise.

The UOAC Annual Conference is a cherished occasion when our nation's ostomy community members strengthen ties, renew old friendships and bask in the camaraderie of this multi-day celebration. We are extremely excited about playing host to this gathering and to playing a role in helping the UOAC to chart its future. It is with tremendous pride and pleasure that we welcome you to our fair city, and before you leave we ask that you remember this timeless battle cry:

Oski Wi Wi,  
Oski Wa Wa,  
Holy Mackinaw,  
Tigers, Eat'em Raw!

Janet Paquet, Conference Chair

We wish to acknowledge and thank the following donors to the Saskatoon Ostomy Association for the year 2007.

Clarence Huffman  
Kathie Guina  
Violet Haight  
Isabelle Cole  
Allene Douglas  
Glen McDonald  
Elizabeth Tydeman  
Cliffor & Leila Nickel  
Yvonne Lindberg  
Pat Crilly  
Wayne & Gwen Wylie  
Maurice & Anne Johnson

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Wendy Roy





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[rayramage@sasktel.net](mailto:rayramage@sasktel.net)

**Saskatoon meetings for 2007 - 2008**

September 10, 2007  
(2nd Monday because Labour Day is September 3)  
October 1, 2007  
November 5, 2007  
December 3, 2007

(No meeting in January)  
February 4, 2008  
March 3, 2008  
April 7, 2008  
May 5, 2008  
(No meetings in June, July or August)

**VISIT YOUR STOMA CLINIC regularly!**

Room 5706 , A Wing, Royal University Hospital. The help and expertise of our Enterostomal Therapists is available to you on an ongoing basis. It pays to keep in touch and keep updated, so see us soon.

FOR APPOINTMENT PHONE: **655-2138**  
Service is free to all North Saskatchewan ostomates.

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**APPLICATION FOR MEMBERSHIP**

I would like to become a member of the Saskatoon Ostomy Association. Enclosed is my cheque for \$25.00, for one year's membership. I understand that membership includes voting privileges, issues of the Saskatoon Bulletin, and U.O.A. Canada's magazine Ostomy Canada.

I am:               New Member            Renewing Member            Age:  1-19  20-40  41-65  66 and older  
 I have a:       Colostomy                     Ileostomy                    Urostomy            Continent Ostomy   
 I am a:        Spouse                     Medical Professional        Other        Date: \_\_\_\_\_

Name:(Please Print) \_\_\_\_\_

Address: \_\_\_\_\_ City/town: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone(s): \_\_\_\_\_

*Please make cheque payable to:*                   The Saskatoon Ostomy Association           For information contact:  
 and mail to:   1610 Isabella Street                           Nordon Drugs....374-1585 or  
    Saskatoon SK S7J 0C1                         The Stoma Clinic....655-2138