



Saskatoon Ostomy Association Bulletin



Internet web page -> <http://members.shaw.ca/saskatoonostomy>
Mailing Address -> 1610 Isabella Street, Saskatoon, SK, S7J 0C1 Sept. 2005

SASKATOON MEETING INFORMATION

Location: **NorDon Drugs, Medical Centre -**
Louise Avenue & Isabella Street

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

Monday September 12, 2005, 7:30 p.m.

- introduction of key members/ committees
- follow-up to Kid's camp
- follow-up to Conference
- personal stories by selected members

Monday, October 3, 2005, 7:30 p.m.

- personal accounts by selected members
- Rap sessions

NORTHEAST SATELLITE

The North East Satellite of the Saskatoon Ostomy Association meets for lunch the second Thursday every other month at 1:00 p.m. at Mr. Ribs in Tisdale.

Upcoming meeting dates are: September 8 and November 10, 2005. For information on upcoming meetings contact: Wally Derkach at 862-5381 or Shirley Klatik at 873-2156.

PRINCE ALBERT SATELLITE

The Saskatoon Ostomy Association has a branch in Prince Albert which meets for lunch every 2nd Friday of every 2nd month at 11:45 a.m. at the Travelodge.

Upcoming meeting dates are: September 9, October 14 and December 9, 2005. For more information on upcoming meetings please contact: Marian Davis 763-3957 jdavis@sasktel.net

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SASKATOON OSTOMY ASSOCIATION

(A Chapter of the United Ostomy Association of Canada)

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.

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 pre-operative or post-operative, 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 1610, A Wing, Royal University Hospital
Saskatoon, Saskatchewan S7N 0X0 655-2138

THERAPISTS:			
	Phyllis Stephens, R.N., E.T. Prince Albert SK		Teri (Smith) Schroeder, R.P.N.,R.N., B.Sc.N., E.T., IIWCC. Saskatoon SK
	Kathy Guina, B.Sc.N., E.T. Saskatoon SK		Sandy Roberts, R.P.N.,R.N., B.Sc.N., E.T. Saskatoon SK
MEDICAL ADVISORY BOARD			
	Dr. Provash C. Ganguli, Gastroenterologist Saskatoon SK		Dr. Lawrence Taranger, Urologist Saskatoon SK
	Dr. Brian Colquhoun, Surgeon 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 MESSAGE



Hello everyone! Greetings to all members and supporters of the SOA.

It's hard to believe the summer is winding down and we're back to the fall program. This summer went fast by most people's accounts, but hopefully you've enjoyed the nicer parts of it and were able to relax, at times, from work and other obligations.

During recent months, our association was well represented at both the Kid's camp and the National Conference. We sent 3 kids to camp and look forward to their report to us in the September meeting. I was thrilled also to see our chapter represented in Winnipeg at the conference. In total we had 12 delegates present which was fantastic! It was good to see our delegation in attendance availing of the programming, camaraderie, support and friendships that such a conference has to offer.

The fall has lots to offer to our members. We look forward to your presence and enthusiastic involvement at the fall meetings and beyond.

New members are always welcome. Interested individuals can contact anyone listed within the newsletter for answers to your questions.

Best regards and wishes towards the upcoming months.

James Maloney
SOA President

MEETING MINUTES



By Betty Tydeman

SASKATOON OSTOMY ASSOCIATION

MEETING - MONDAY MAY 1, 2005

1. The meeting was called to order by President, James Maloney, at 7:30 pm, the meeting taking place at The Refinery Hall. There was an introduction and welcome for any new members and a Happy Birthday for Leland's 12th birthday.
2. Minutes of the April 4th meeting were read by Wayne Duncan. MOTION: Peter Folk/Bev Fry that the minutes of April 4/05 be accepted as read. CARRIED.
3. It was advised that those joining after the newsletter had gone out would be pro-rated for membership fee.

4. Unanimous vote of thanks to CONVATEC for the dinner wind-up.
5. The RENAISSANCE STORY TO RECOVERY. It was noted that what was wanted was for people to write down the story of their journey. Journalling could be up to 500 words. Three judges are needed. Trish offered to be a judge.
6. BINGO planning meeting will be in June, Trish reported.
7. CAMP application forms are under way but they will need the cheque. Leland will go by plane rather than by bus.
8. THANKS were expressed for the officers and executive: Wayne Duncan, Betty Tydeman, Trish McCormick, Peter Folk, Pat Crilly, Vi Haight, Don Adams, Marlyn Wight and Laurie, Rita Hazelhurst; and also to Nordon Drugs and the E.T.'s. The Association members thanked James for his leadership.
9. ELECTION OF OFFICERS was conducted by Trish, presenting the following:
President - James Maloney
Vice-president - Bob McKenzie
Treasurer - Wayne Duncan
Secretary - Betty Tydeman
The meeting gave unanimous approval of the slate of officers as presented.
10. CONFERENCE. James reported that he has a list of 7 people to go. If there is "kid thing" Marlyne and Laurie might be prepared to attend. They would go as regular delegates. James asked that everyone who expected to go to contact him very soon. They are expected to be in Winnipeg by the 'Wednesday night.
11. THE MEETING wished to acknowledge Bev Fry's contribution to the organization at the national level.
12. It was reported that member, Alf Keating, was at University Hospital to the end of May. The suggestion of providing some support for Alf will be referred to an executive meeting. A motion for some monetary support was put forward but the motion was defeated pending further consideration from the executive.
13. E.T.'S. Terri Schroeder reported a shortage of personnel to deliver the care for patients. James volunteered to head up a task force, along with some other members, to define the needs and this organization's appropriate response.
14. The 50/50 draw was won by June Knorr.
15. There was no report on Friendship as Helen Pries is on holiday.
16. PROGRAM. Jan Lloyd Vossen, representing Convatec, gave a presentation outlining the criteria for their Renaissance Awards Program and the group attending thanked her for the information.
17. The meeting was adjourned by the Chairman.

EDITOR'S MESSAGE AND WEBSITE UPDATE



Hi all,

Wow! What a conference! The United Ostomy Association of Canada held their 8th Annual Conference in Winnipeg, Manitoba from August 17th to 21st, 2005.

We had a nice 12 passenger van for the 8 of us who were going together. We stopped for breakfast in Wynyard and then lunch in Yorkton. The van was great, except for some problems with the windshield wipers. Here is a photo of us at one of our rest stops:



Marg, Pat, Zach, Iris, Peter, Bob and James. Photo by Donna Folk

On Sunday, we drove back to Saskatoon. We stopped for breakfast in Gladstone and lunch in Yorkton. Four drivers helped to share the driving.

Peter Folk peter.folk@shaw.ca

VISITATION REPORT



The visitations coordinators are Don Adams and Zach Hauser. You can phone Don at 374-4965 or Zach at 343-8598.

	May	June	July	Aug
Ileostomy	5	3	4	
Colostomy	1	5		2
Urostomy				
Pelvic Pouch				

We are in need of more visitors. We are looking for women Ileostomates, men colostomates, men urostomates, women colostomates and men and women with pelvic pouches. If you would like to volunteer, please call Don Adams or Zach Hauser. Training session is required. If there is enough interest, a training session will be held this year.

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Prince Albert Satellite Chapter of Saskatoon Ostomy Association Meeting Minutes
June 10th, 2005

President Ed Frey opened the meeting with 13 members and guests. He announced his retirement and subsequent move to Penticton, B.C.

Lunch. Marian Davis asked the grace.

Gertie Green thanked Ed Frey for his work as president and wished him well. Gertie shared a cake she had baked.

Paul Klatik won the 50-50 draw. Returned.

Minutes of the April 8th, 2005 meeting were read with no omissions or errors. Moved by Gertie Green and seconded by Maria Johnson that the minutes be accepted.

Treasurer's report. Balance: \$476.23, with \$114.00 designated for camp scholarship. Moved by Mary Buechert and seconded by Gertie Green that the report be accepted.

New Business:

Gertie Green moved that a camp scholarship of \$200.00 be given to Christina Jabusch. Seconded by Maria Johnson. Unanimously carried.

The cheque was presented to Tammy Smith, Christina's mom. She expressed her appreciation and spoke of the positive experience that camp was for Christina last year. She reported that Christina now has a more positive outlook on life and continues to keep in contact with her new camp friends.

Marian Davis has agreed to co-chair the meetings. A volunteer is needed to help with leadership responsibilities.

Next Tisdale meeting: September 8th, 2005

Next Prince Albert meeting: September 9th, 2005

Shirly Klatik moved that the meeting be adjourned.

Recorded by Marian Davis.

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REGIONAL STOMA AND WOUND CLINICS



Throughout the year, the ET nurses hold stoma and wound clinics in Lloydminster, North Battleford, Melfort and Nipawin. Upcoming dates and places were not available at time of printing.

SHARE DONATIONS

Please help ostomates in third world countries, who often have very few or no supplies, by donating supplies you cannot use or do not need. These can be brought to our meetings or dropped off at NorDon's Drugs for shipment overseas by FOW Canada. FOW (Friends of Ostomates Worldwide) has a web site now. www.fowcanada.org

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



Welcome to our new members. Hope to see you at the meetings soon!

Peter Fehr Saskatoon
Emily Brezinski Buchanan

DECEASED MEMBERS

We extend our sympathies to the families of the following members:

Peggy Dorton . . . Prince Albert
Paul Anderson . . . Saskatoon

ANDERSON - Paul of Saskatoon passed away peacefully on July 17, 2005 at the age of 72 years. He is survived by his wife Mabelann, and children Rick (Nan) of Porterville, Ca., Dave (Jennifer) of Vista, Ca., Mike (Michelle) of Roseville, Ca., and daughter Cheryl of Saskatoon. He also leaves behind

grandchildren, Adrienne, Chelsey, Taylor, Sydney, Max, Sam, Matt and Michael. Paul leaves behind a brother Wayne (Joan) of Victoria BC. Paul is predeceased by his parents Sydney and Lottie Anderson, and his sister Orchid. Paul was born in Vancouver, BC, on October 31, 1932. He attended elementary school in Winnipeg, MN, and high school at City Park Collegiate in Saskatoon. He played with the Hilltop Football Club, coached the Regina Rams, and played for the Saskatchewan Roughriders from 1953-58. Paul is lovingly remembered as a wonderful father and grandfather, who graciously left us with a wonderful sense of humor and a passion for life. He truly loved his family and always put their interests first. A Service of Remembrance was held on Friday, July 22nd, 2005 at 2:00 p.m. at HILLCREST FUNERAL HOME, Saskatoon. Interment in Hillcrest Memorial Gardens. In lieu of flowers, memorial donations may be made to the Saskatoon Ostomy Association (1610 Isabella Street, Saskatoon, SK S7J 0C1), or a charity of choice. Arrangements are in care of Hillcrest Funeral Home, Lynn Constantinoff (477-4400).

HOW TO TREAT ILEOSTOMY BLOCKAGE

From United Ostomy Association, Inc blockage card

Symptoms: Thin, clear liquid output with foul odor; cramping abdominal pain near the stoma; decrease in amount of or dark-colored urine, abdominal and stomal swelling.

Step One: At Home

1. Cut the opening of your pouch a little larger than normal because the stoma may swell.
2. If there is stomal output and you are not nauseated or vomiting, only consume liquids such as Coke, sports drinks, or tea.
3. Take a warm bath to relax the abdominal muscles.
4. Try several different body positions, such as a knee-chest position, as it might help move the blockage forward.
5. Massage the abdomen and the area around the stoma as this might increase the pressure behind the blockage and help it to "pop out." Most food blockages occur just below the stoma.

Step Two: If you are still blocked, vomiting, or have no stomal output for several hours:

1. Call your doctor or WOC/ET Nurse and report what is happening and what you tried at home to alleviate the problem. Your doctor or WOC/ET Nurse will give you instructions (ex., meet at the emergency room, come to the office). If you are told to go to the emergency room, the doctor or WOC/ET Nurse can call in orders for your care there.
2. If you cannot reach your WOC/ET Nurse or surgeon and there is no output from the stoma, go to the emergency room immediately.
3. IMPORTANT: TAKE ALL OF YOUR POUCH SUPPLIES (e.g., pouch, wafer, tail closure, skin barrier spray, irrigation sleeve, etc.)

EMERGENCY ROOM STAFF: ILEOSTOMY OBSTRUCTION

From United Ostomy Association, Inc blockage card

Symptoms: No stomal output; cramping abdominal pain; nausea and vomiting; abdominal distention, stomal edema, absent or faint bowel sounds.

1. Contact the patient's surgeon or WOC/ET Nurse to obtain history and request orders.
2. Pain medication should be initiated as indicated.
3. Start IV fluids (Lactated Ringer's Solution/Normal Saline) without delay.
4. Obtain flat abdominal x-ray or CT scan to rule out volvulus and determine the site/cause of the obstruction. Check for local blockage (peristomal hernia or stomal stenosis) via digital manipulation of the stoma lumen.
5. Evaluate fluid and electrolyte balance via appropriate laboratory studies.
6. If an ileostomy lavage is ordered, it should be performed by a surgeon or ostomy nurse using the following guidelines:
 - Gently insert a lubricated, gloved finger into the lumen of the stoma. If a blockage is palpated, attempt to gently break it up with your finger.
 - Attach a colostomy irrigation sleeve to the patient's two-piece pouching system. Many brands of pouching systems have Tupperware®-like flanges onto which the same size diameter irrigation sleeve can be attached. If the patient is not wearing a two-piece system, remove the one-piece system and attach a colostomy irrigation sleeve to an elastic belt and place it over the stoma.
 - Working through the top of the colostomy irrigation sleeve, insert a lubricated catheter (#14–16 FR) into the lumen of the stoma until the blockage is reached. Do not force the catheter.
 - Note: If it is possible to insert the catheter up to six inches, the blockage is likely caused by adhesions rather than a food bolus.
 - Slowly instill 30–50 cc NS into the catheter using a bulb syringe. Remove the catheter and allow for returns into the irrigation sleeve. Repeat this procedure instilling 30–50 ccs at a time until the blockage is resolved. This can take 1–2 hours.
7. Once the blockage has been resolved, a clean, drainable pouch system should be applied. Because the stoma may be edematous, the opening in the pouch should be slightly larger than the stoma.

SUPPORT GROUPS

OUR 20/40 GROUP COULD BE FOR YOU



New members in this age group always welcome. Programming to occur targeted for this group outside of regular meetings. Fresh faces and new ideas always welcome. Planning also happening on the national level with several contacts across the country. Call James Maloney 933-4234

OSTOMY SUPPORT GROUP FOR KIDS AND THEIR PARENTS

Three excited youth have returned from another great week at the Ostomy Youth Camp in Bragg Creek Alberta. Christina Jabusch, Leland Beaulieu and Evan Wight are very grateful to the Saskatoon Ostomy Association and the Youth Grants for Youth for having sponsored them to this camp. This was Evan's 5th and final year as he has reached the age limit. Let's hope he will return in the future as a volunteer or camp counsellor.

We will be having a wiener roast get together in September and will plan other activities. If there are other parents and children wishing to join our support group please contact Marlyne (249-5731) or Laurie (258-2016).

OSTOMY YOUTH CAMP 2005



Hi my name is Leland Beaulieu. I'm going to tell you what camp means to me and what it's like at camp. What camp means to me is that you can tell people, friends about your life and life problems, living with your condition and they will understand. At camp there are people showing off there bags and comparing there scars.

Thank you for sponsoring me to go to camp.

P.S. I hope I will go next year.

Leland 12 yrs. old

Dear Ostomy Group,

Thank you so much for sending my son to camp, it is a true highlight in his summer. This camp gives him so much confidence and pride that it bubbles over for the rest of the year. What a gift Canadian Ostomy camp has been for our family.

Parents of Leland

FUND RAISING

If you aren't IN it's just B-GO!!

The Saskatoon Ostomy Association
2nd Annual Bingo and Supper

Saturday October 22, 2005
Nutana Legion
3021 Louise Street

Cocktails 5 - 6pm
Supper 6 pm
Bingo to follow

Supper Sponsor: Nordon Drugs and Medical Supplies

Major Prize Sponsors

The Delta Bessborough: Overnight stay and breakfast
The Radisson Hotel: Overnight stay and breakfast
Coloplast: \$100.00 Sears gift certificate
Convatec: \$100.00 gift certificate for The Keg
Hollister: \$100.00 gas certificate

Tickets: \$25.00 (\$20.00 tax receipt)
Tickets available at the Sept. 12 and Oct. 3 SOA
General Meetings
Nordon Medical
Trish at 374-6807

Deadline to purchase tickets: Saturday October 15

All proceeds used to sponsor members wishing to
attend the UOAC national conference or Ostomy Youth
Camp

SOME MEDICAL SCISSORS ALLOWED ON PLANES

Tuesday, August 30, 2005

(08-30) 13:41 PDT WASHINGTON (AP) --

A type of medical scissors will be allowed on planes, the government announced Tuesday as it continues reviewing whether to roll back security initiatives put in place after the Sept. 11 attacks.

Ostomy scissors are being removed from the list of items prohibited from being carried onto planes, provided they are less than 4 inches and are part of a medical supply kit, the Transportation Security Administration said.

The kits are carried by some of the roughly 750,000 U.S. residents who have undergone ostomy surgery, such as a colostomy. Some have told the agency that they avoided air travel partly because they can't bring their medical scissors.

TSA spokeswoman Amy von Walter said the agency is reviewing a number of post-Sept. 11 security initiatives.

TIPS FOR TRAVELLING

From the Ostomy Network of Windsor
<http://www.windsorostomy.info/hints.html>

Take 3 times more supplies, as you would normally need. You never know when you will run out and it never hurts to have extra with you.

If travelling on a plane, train, or bus always keep your supplies with you. You can put them in a carry-on bag. Lost and misplaced luggage is a common thing and they could possibly get damaged in the shuffle if the bags have gone astray. However it might be a good idea to pack some in each suitcase just in case.

If travelling in a car make sure they are NOT placed in the trunk or glove compartment or anywhere in extreme heat or cold. This can damage the supplies and affect the wear time. Keeping them with you in normal temperatures is the best thing. Try putting them in a cooler with a small icepack. Remember to put the pack in a plastic baggy so the appliances do not get wet.

Take your own supplies to the hospital with you. If you need minor or major surgery you may not like the type of supplies the hospital has. So bring yours.

If using a public rest room and you use clips for your pouches, tuck the clip under your watchband or over your belt buckle so it does not get dropped in or get flushed down the toilet. It's a good idea to carry an extra one in your purse or pocket.

You may want to invest in a medical alert bracelet or necklace to take with you. God forbid you are injured or in an accident while travelling but having that information on your person can help the EMS workers know your condition as well as the hospital.

If you need to change your flange and bag in a public rest room due to an unexpected leak then bringing wet wipes with you is a great idea especially if the stall does not have a sink or running water in it. Just wet some wipes and put them individually (together in the bag but not attached to each other) in a zip-lock baggie so they are ready to use when you need them. Also some dry ones will come in handy too.

Per-cut all flanges at home before you go. Scissors are not necessary in your luggage and with the extra security measures taken lately they may not be allowed.

You may wish to visit the UOA website located at: http://www.uoa.org/ostomy_travel.htm They have a lot of handy information concerning travel tips and written material in foreign countries languages you can take with you on your trip.

If you are having issues with your ostomy and need someone to talk to, check to see if there is any support groups in your area. Also search online for support message boards and chats. Here is the link for information to a chat called "Ostomyland" that I frequent and there are great people on it that are there to help if you need a friend. Even if you just want to chat with someone then come by and meet us.
www.windsorostomy.info/chat.html



"I'm sorry, Ma. I won't be able to do your taxes this year."

HUMOUR

All the organs of the body were having a meeting, trying to decide who was the one in charge.

"I should be in charge," said the brain , "because I run all the body's systems, so without me nothing would happen".

"I should be in charge," said the blood , "because I circulate oxygen all over so without me you'd all waste away."

"I should be in charge," said the stomach," because I process food and give all of you energy."

"I should be in charge," said the legs , "because I carry the body wherever it needs to go."

"I should be in charge," said the eyes, "because I allow the body to see where it goes."

"I should be in charge," said the rectum , "Because I'm responsible for waste removal."

All the other body parts laughed at the rectum and insulted him, so in a huff, he shut down tight.

Within a few days, the brain had a terrible headache, the stomach was bloated, the legs got wobbly, the eyes got watery, and the blood was toxic. They all decided that the rectum should be the boss.

The Moral of the story?

The asshole is usually in charge !!

SASKATOON OSTOMY ASSOCIATION

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<http://www.ostomycanada.ca>

Saskatoon 2005 - 2006 Meetings

September 12, 2005
October 3, 2005
November 7, 2005

December 5, 2005
February 6, 2006
March 6, 2006

April 3, 2006
May 1, 2006

VISIT YOUR STOMA CLINIC regularly!

Room 1610, 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.

Fisher's

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- Jobst Custom Garments
- Braces
- Prosthesis
- Australian Medical Sheepskin

**1610 ISABELLA ST
At Corner of Louise Ave
SASKATOON, SASK
S7J 0C1**

<http://www.stn-biz.com/nordondrugs/>

MEDICAL PHARMACY

14th Street & Central Avenue

Prince Albert, SK, S6V 4W1

Phone: 763-2637 ** Fax: 763-5981

- Breast Prosthesis and Bras
- Hernia Supports
- Back Belts
- Surgical Support Stockings
- Support Pantyhose
- Incontinent Supplies
- Ostomy Supplies
- Prescription Blister Packaging

GLOBE PRINTERS

217 Jessop Avenue

Saskatoon, SK

S7N 1Y3

Phone: 306-955-3373 FAX: 306-955-5739

<http://www.globeprinters.com>

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

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:
and mail to:*

The Saskatoon Ostomy Association
1610 Isabella Street
Saskatoon SK S7J 0C1

For information contact:
Nordon Drugs....374-1585 or
The Stoma Clinic....655-2138