

# SASKATOON OSTOMY ASSOCIATION BULLETIN

January 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.

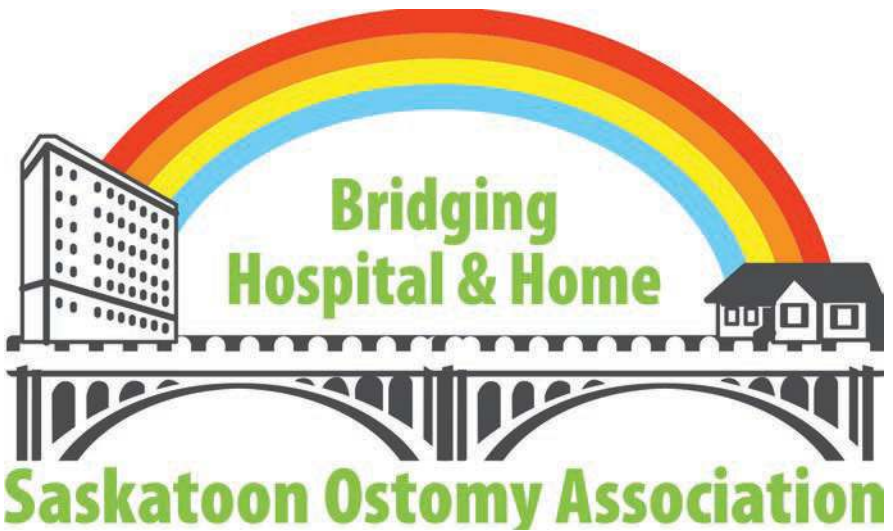
- To promote up-to-date information concerning ostomy care and equipment to ostomates, and those involved in their care.

- 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](mailto:saskatoonostomy@gmail.com) | [www.saskatoonostomy.ca](http://www.saskatoonostomy.ca)

## UPCOMING CHAPTER MEETINGS:

**When: Monday February 1st, 2016 - 6:30 p.m.**

**Location:** Mayfair United Church, 902 33rd Street West

**Program:** Pot Luck with meeting to follow; Supply company reps from Hollister, Coloplast and Convatec will be in attendance

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**When: Monday, March 1st, 2016 - 7:30 p.m.**

**Location:** Mayfair United Church, 902 33rd Street West

**Program: Physiotherapist**

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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](mailto:saskatoonostomy@gmail.com) to be added to our email list.





### Ostomy Accessories to Provide Innovative Solutions for Skin Health

Hollister understands that no two people or stomas are alike and accessories play a critical role in ensuring the best outcomes with a focus on security, skin health, discretion and convenience. **The options you need.**

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**The expertise you want.**



## President's Message

Happy New Year! Hope everyone had a healthy happy holiday surrounded by family and/or friends. Mine definitely was, and I am so grateful to have them all in my life.

I understand a few people are questioning the new due date on your membership cards. Our "season/year" runs from September 1st to June 30th. Everyone is still going to get their newsletters for the whole year but we do start collecting memberships in September of each year. The Chapter list has to be sent in to Ostomy Canada in December.

There is no meeting in January but the rest of the year is full, again! February is our Pot Luck supper at 6:30pm with the Reps from Hollister, Coloplast and Convatec in attendance for the night. March we are hoping to get a Physio Therapist to come again. April is kind of open, so if you would like to have a special guest let us know and we can try to arrange it. May is our Steak Night with a Modified Silent Auction a "Special Draw" and a Large 50/50!! June will be our Annual General Meeting and Ice Cream Social with or without the Modified Silent Auction of gently used items! Please consider letting your name stand for nomination so that our Associations can continue.

**"We all have our battles, I hope each and everyone of you make the most of your second chance at life."**

A few people are interested in the Visitation program, If you are interested please let us know. Whether it is in Prince Albert, Melfort, North Battleford wherever. If there are enough we will travel to your community and put on the training.

Peter Folk and myself have been sitting in on the Governance Advisory Working Group (GAWG), helping to possibly carve out a new direction for Ostomy Canada, which may help with struggling Chapters like ours.

Eight years ago I was given a second chance at life and in October my daughter was hit by a SUV while crossing at a walk light in New York city and is surviving as well, all be it a slow recovery. We all have our battles, I hope each and everyone of you make the most of your second chance at life.

Trying to be the best I can be

Wanda



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

**Celebrate**  
**the**  
*Journey*  **Past**  
**Present**  
**Future**

Ostomy Canada Society Conference  
Winnipeg Manitoba, August 18 – 20, 2016

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](http://www.ostomycanada.ca)

## 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](mailto: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.



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## Hot, Cold and Stoma - How Weather Affects An Ostomy

via *The Mail Pouch*, Edmonton Ostomy Association, June 2015. Posted on Nov 19, 2010 in *Ostomy Guide*, [www.ostomyguide.com](http://www.ostomyguide.com),  
via *The Torch (LDOA)Newsletter*, Spring 2014

The temperature and climate of the region you live in can have a game-changing affect on how you wear your ostomy appliances. Hot weather tips will be useful for those of us travelling to a warmer climate this winter.

### Hot Weather

Here are some considerations for managing a stoma in hot climates:

1. Perspiration caused by heat gets between the skin and the barrier, which can cause adhesives to break down. If this is a problem with your adhesive, talk with your nurse and seek out something stronger and more reliable. You can also try an antiperspirant or powder around the ostomy location to keep from perspiration from building up.
2. If you have trouble with ostomy appliance leaks because of moisture, you can also try stoma paste or Eakin seals to create a stronger, more reliable seal.
3. Avoid using any Karaya rubber-based ostomy wafers in high heat conditions. This rubber material is soft and conformable, but in hot conditions it can break down and even melt. It's best to use a synthetic wafer which tends to have a higher heat threshold.
4. The skin is more susceptible to breakdown when it is hot and moist. This includes the area where the ostomy appliance sits, which can form rashes because of the friction of the pouch against the skin combined with heat. An ostomy pouch cover can work to soften this, and is also recommended for a more comfortable wear. You can typically find ostomy pouch covers in medical supply stores.
5. Due to sweating, it is especially important for ostomates to drink more fluids to avoid dehydration.
6. Ostomates who exercise and are more active in the summer months will likely want to keep a variety of pouches, including ostomy mini-pouches and stronger, waterproof adhesives that won't break down if you're running or swimming. You may also prefer to use a waterproof tape or elastic ostomy belt with a two-piece system to increase wear time and confidence.

### Winter and Cold Weather

There is indeed more concern over heat and its effects on ostomy appliances than cold. Colder climates are actually far more ideal than excessively hot temperatures when it comes to ostomy appliances, but dry air can sometimes be an issue to cause or affect the skin, causing dryness and irritation. A dry skin surface is actually the best condition for applying adhesives and ostomy appliances, but excessive dryness on any part of the skin (especially parts covered with adhesives and appliances) makes it more susceptible to irritation. A solution for dry air may be to try a low-cost humidifier indoors to increase the moisture in the air. Use moderation in how much humidity you increase indoors, however, as excess moisture can cause adhesives to loosen, and can also cause issues with mold in the home.

How much humidity is good? Sticking within a range of 30-50% relative humidity (measured with a hygrometer) is a good range to keep skin from getting too dry without overwhelming you or your home.

## Words of Wisdom

" Success is not final, failure is not fatal;  
it is the courage to continue that counts."  
~ Winston Churchill



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Fax: 373-0438

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Medical Ph: 374-1589  
Fax: 374-1447

Hours: Mon-Fri 9am-6pm  
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# Wish emptying your pouch could be less messy?

It can be with new Flushable Ostomy Pouch Liners from *OstomyEssentials*. Simply remove the liner, place in the toilet and flush away. No mess, no fuss.

Our liners also extend pouch life and are *much more affordable* than other liners on the market - helping you save money.



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The new SenSura<sup>®</sup> Mio has an elastic adhesive that fits your individual body shape and follows your contours when you bend and stretch. The new SenSura Mio is also very discreet. It has a smooth all-textile material that gives the pouch the feel of a clothing item or accessory. Its specially chosen neutral grey colour is designed to stay unnoticed under all clothing colours – even under white.

### Try it yourself

Order your free samples at [www.sensuramio.coloplast.ca](http://www.sensuramio.coloplast.ca) or by telephone at 1-866-293-6349.



## 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)*

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## How do Ostomates lose weight safely?

*via many Ostomy groups*

NO, NOT BY MAGIC, but no one should be overweight, especially an ostomate. Besides the usual medical, surgical, psychological, social, and economic problems, obesity presents prosthesis management problems for the ostomate. Whether a diet is unsafe depends upon each person's specific medical condition or body need. There is no guarantee of safety with individualized trial and error and evaluation, and then it is only 99% safe, and even this can change with time.

- 1.** The safest course to follow is to consult with your physician for metabolic study. Discover if your overweight problem is medical, psychological, or incorrect eating habits, et cetera.
- 2.** Educate yourself regarding vitamins, minerals, proteins, carbohydrates, calories, nutrition, absorption, allergies, side effects, etc. This data can be obtained from books, at health food stores, and from dietitians, or nutritionists.
- 3.** Eat balanced meals. Seek quality, not quantity. Stay away from junk foods. Diet through natural means by forming healthy nutritional habits and not using medication as a crutch.
- 4.** Exercise actively. If you had to deal with a chronic illness like Ulcerative Colitis or Crohn's Disease before your ostomy surgery, you probably had a hard time gaining or keeping weight on. Now that you have had your ostomy for awhile you very well could be confronted with excess weight gain. It seems that weight control can be a BIG challenge for some ostomates.

# SASKATOON OSTOMY ASSOCIATION 2014- 2015

## EXECUTIVE OFFICERS

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## **DEADLINES:**

Please submit items for the bulletin by the following dates:

January 10th, 2016

March 14th, 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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