

SASKATOON OSTOMY ASSOCIATION BULLETIN

May 2015

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.

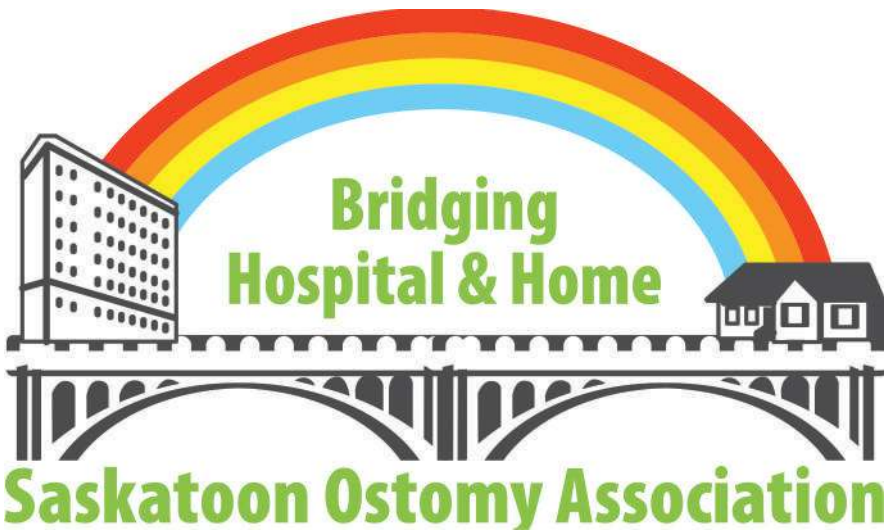
- To promote up-to-date information concerning ostomy care and equipment to ostomates, and those involved in their care.

- 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:

SOA STEAK NIGHT

When: Monday May 4, 2015

Doors open: 6:00 PM

Dinner: 6:30 PM

Location: Greenbryre Golf & Country Club

Steak, Chicken or Vegetarian for adults -\$25 each and hamburgers for kids - \$10 each

Silent Auction and 50/50

Tickets available from Carnegie Medical, NorDon Medical or Gerard.

ANNUAL GENERAL MEETING

When: Monday June 1, 2015 at **7:30 PM**

Location: Mayfair United Church, 902 33rd Street West

Program: Ice Cream Social and AGM

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 Peter at pgfehr@sasktel.net to be added to our email list.





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President's Message

Happy Easter everyone!

It is Easter Sunday when I am writing this, contemplating! This may be my last year as your president. Time has gone fast. In September 2011 I took over the reigns from Pat. I had some mighty big shoes to fill. I had only had my ostomy for 4 years and felt like I really knew nothing. I believe I have learned a lot and grew to a certain extent.

I have been sitting in on the "governance meetings" as of late (one every month since February). The National body understands there are issues with the Chapters and are looking for ways to remedy the situations going into the future. We will be putting forward recommendations to the National Body for future consideration.

If you do not know, I have also started working a couple of days of the week at Carnegie Medical, the "other" supply store. We now have one on the east side, NorDon and west, Carnegie. I am truly enjoying working again and I have met a number of ostomates that do not know about Saskatoon Ostomy Assoc.

We are getting geared up for our Annual Steak Night and Modified Silent Auction. It will be May 4th at Greenbryre again. We will have tickets available at either supply store as well as any Executive member. Tell all your family and friends. Proceeds go to send Ostomy Kids to camp! Or if you know of any Ostomy Kids tell them to get hold of one of the Executive for information. If you have any items for the Silent Auction, also let any of the Executive know please. Camp fees have gone up again this year as well as transportation. So every little bit helps. If you would like to help out at all please let us know. We have been tossing around the idea of having a garage sale, so all those "gently used items" we use to donate for the modified silent auction at the Ice cream social at the end of the season could go there instead. Let me know what your thoughts are please. We thought it would be another way to get The Saskatoon Ostomy Association out in the media so more people know about us.

Trying to be the best I can be

Wanda



Common Ostomy Problems and Possible Solutions

Food Blockages

Symptoms may include no output from the stoma for more than 4 hours, cramping in the abdomen, nausea or vomiting and high watery output.

Solution: Drink hot tea and increase your fluid input. Take a warm bath or shower and massage your abdomen. Have a glass of wine. This will help relax your abdominal muscles. Get down on all fours with your backside in the air. An undignified position, but it does help some people move a blockage. If the blockage persists for more than a few hours, seek medical advice from your nearest hospital.

Mucous and bleeding from the rectum

Solution: This is completely normal if your rectum is still intact, although annoying, since the mucosal lining of the rectum is still working. Try wearing a sanitary napkin to save soiling your underwear. If the bleeding is profuse, see your doctor.

Odor

Solution: Simple solutions that work for some ostomates are to place mint tic tacs or mint mouthwash into your pouch. Deodorants, either taken orally or placed in your pouch, are available from your ostomy supplier. DO NOT place aspirin in your pouch in an attempt to eliminate odor –doing so can cause damage to your stoma.

Bleeding:

Solution: First, determine if the bleeding is coming from the surface of the stoma or from internally. If it is internally, then it's wise to seek medical advice. If the bleeding is from the surface of the stoma, it should stop quite quickly. Stomas are made from the same type of skin as the inside of your cheeks and you know how easily they bleed. Even the slightest little nick can cause it to bleed. If bleeding is profuse and doesn't stop quickly, seek medical help. Cuts to the stoma can also be caused by the wafer riding off center. Try picture framing the wafer with some tape to stop it from moving.

Phantom rectal pain

If you get the urge to go to the bathroom in the old way even though you know you can't...

Solution: This pain is because your body needs time to adjust to its new plumbing and still thinks it needs to go to the bathroom in the old way. Try going and sitting on the toilet anyway, even though you know it's pointless. A lot of people find this alleviates the pain. The good news is that over time, phantom rectal pains become less frequent and eventually disappear altogether.

Source: Metro Halifax News, April 2011

**A TRUE
RELATIONSHIP**

**is someone who
accepts your past,
supports your present,
Loves you & encourages
your future.**

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



Teri Schroeder

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

• **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, 1610 Isabella St, Saskatoon, SK S7J 0C1. If you are having financial problems talk to the executive and we may be able to cover the cost.

• **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, 1610 Isabella St., Saskatoon, SK. S7J 0C1.

• **SOA Steak Night at Greenbryre Golf & Country Club:** Monday, May 4th, 2015 at 6 p.m. Silent Auction and 50/50. Tickets Adults \$25.00, children \$10.00. Everyone welcome and donations for the modified Silent Auction greatly appreciated. For tickets, contact Gerard (306)280-8387, Nordon (306) 374-1589 or Carnegie (306)668-3998.

New Date for AGM

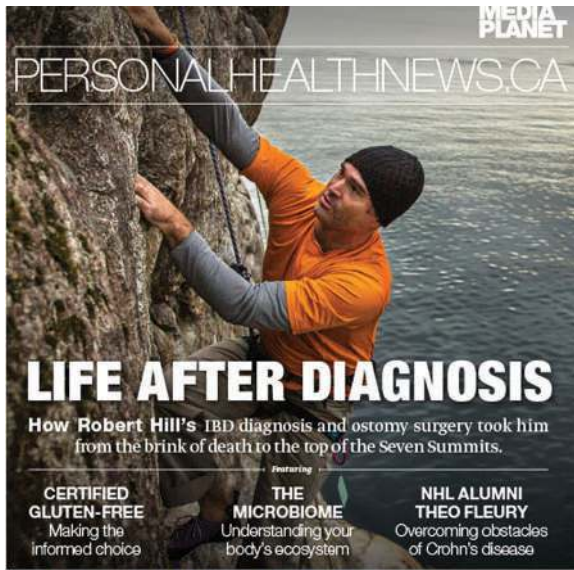
The Annual General Meeting and Ice Cream Social will be held on **Monday, June 1st, 2015**. We will be conducting a vote again for the following positions:

- Secretary
- Vice-president
- Membership Coordinator.

The position of secretary will need to be filled to form a valid executive. We will also need a vote of 15 members to ensure legal election results. Please support your local chapter and attend this important meeting.



Digestive Wellness Campaign



We recently participated in Mediaplanet's Digestive Wellness campaign in which industry leaders and advocates came together to raise awareness of the millions of Canadians suffering from various digestive disorders including Celiac Disease, which can lead to major gastrointestinal problems and can be directly responsible for an array of illnesses including auto-immune diseases like Ulcerative Colitis and Crohn's Disease.

The campaign provides valuable information on current treatments and nutritional diets for those living with digestive disorders. It was distributed through the National Post on March 31st, 2015 and is published online: <http://bit.ly/1xSUGTy>

Ostomy Travel Tips

Your stoma should NOT prevent you from traveling, but pay attention to these points to avoid problems:

Your travel kit - before you pack

- Make note of the size, name, order number and manufacturer of your supplier and the supplier's phone number. Do research in advance and have contacts of places where your supplies will be available in other cities/countries. It may become necessary to make a purchase while you are away.
- Colostomates: you may like to order some drainable bags which can make coping with diarrhea a little easier
- Two piece users - check that the bag and flange are the same size and fit together properly
- When you book your flight ask for an aisle seat near the washroom
- To counter dehydration (and jet lag) drink a glass or water or fruit juice every hour

Packing

- Warm temperatures and sport's activities reduce the wearing time of your appliance. **Take enough supplies with you!** Pack twice as much as you would normally use Spread it out into two pieces of luggage with the most required material in your carry on
- For easier packing you can take your supplies out of the box - as long as they are not convexity products
- Take disposal bags for used appliances
- Pack wipes, tissues, scissors, tape, pouch deodorant, any medicines you need - properly labeled, and, if it would make you feel more confident when staying away from home take a plastic sheet to protect the mattress
- A small travel kit is also useful for short trips in the car or to the shops
- Be careful with unusual food, trying small pieces first and chewing well.

via Inside Out On-line Summer 2008

George was out shopping at the mall when he met his friend Kevin outside the jewellers. Kevin noticed that George had a small gift-wrapped box in his hand.

"So what have you just picked up, George?" Kevin asks.

"Well, now that you've been asking," replies George, "it's me and the missus' anniversary tomorrow. And when I asked her this morning what she wanted for our special day she said,

"Oh, I don't know, dear, just give me something with a lot of diamonds."

"So what'd you get her?" Kevin asks.

George replied, smiling, "I bought her a deck of cards."



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SASKATOON OSTOMY ASSOCIATION 2014- 2015

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APPLICATION FOR MEMBERSHIP

Yearly Membership Includes voting privileges, Issues of the Saskatoon Bulletin, and the OCS publication "OSTOMY CANADA". The following information is kept strictly confidential.

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