

SASKATOON OSTOMY ASSOCIATION BULLETIN

May 2017

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, June 5, 2017 - 7:00 p.m.
Location: Preston Park 1 - 114 Armistice Way
Program: Ice Cream Social and review of executive.

When: Monday, September 11, 2017 - 7:00 p.m.
Location: Preston Park 1 - 114 Armistice Way
Program: TBA

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

It's easy to be **GREEN!** With the costs 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

Welcome to Spring! It has been a couple of exciting months. The April 22nd Educational Seminar "LIVING WITH AN OSTOMY" was a success. We had 105 attendees including ostomates from Tisdale, Yorkton, Regina, Prince Albert. The presenters did an excellent job, giving us information about caring for our ostomies and dealing with them. There were 10 display tables with information on new products from our suppliers as well as Youth Camp, Bladder Cancer, Ostomy Canada Society and our Saskatoon chapter. Thank you to everyone for all your help in putting this event together.

The WESTJET Raffle brought us just over \$10,000. For the amount of time we had to sell the tickets, I think that was an awesome achievement. We had a surprising visitor; John Alderson from WESTJET made the draw for the winning ticket. The lucky winner was Susan McJanny from Davidson, Saskatchewan. Thank you to all for helping to sell the raffle tickets.

The Steak Night went well. There was 100 of us who enjoyed the food and had a great time at the Greenbryre Golf and Country Club. There were some excellent prizes to bid on and our intake was profitable. Thank you for your support.

We will wind up with our Ice Cream Social on June 5th, and review our Executive, who will be leading us for the next term of office. We will commence our socials on September 11, 2017 at 7:00 pm at Preston Park 1 and the first monday of the month except January.

Thank you all again and enjoy the Summer!

Gerard Dakinewich
Chapter President



Items of Interest



Kathy Guina, ET



JoElla Klassen, ET



James Carnegie, ET
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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. Help Line: 306-655-4346, after hours 306-655-4409.

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/im- prove 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 check in the amount of \$30.00, along with the membership form from the newsletter to: Saskatoon Ostomy Associatio, #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!

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 mail.

Did You Know?

Ostomates may choose where to purchase products. There are 2 ostomy supply stores in Saskatoon:

1. Carnegie Medical Supplies
2. Norton Medical

You may also choose to have your supplies brought in to your pharmacy of choice.

A second Carnegie Medical Supplies will be opening soon in Saskatoon to make accessibility for our beloved clients a little easier. See you soon!!!



Neobladder

Neobladder reconstruction is a surgical procedure to construct a new bladder.

After bladder removal surgery (cystectomy) for bladder cancer or another condition, your surgeon must create new way for urine to exit your body (urinary diversion). Neobladder reconstruction, also called orthotopic neobladder reconstruction, is one option for urinary diversion. During the procedure, your surgeon uses a piece of intestine to create a new bladder that allows you to urinate voluntarily and maintain continence.

You'll need neobladder reconstruction if you have your bladder surgically removed, or if it no longer functions properly. Some reasons that people have their bladders removed include:

1. Bladder cancer
2. Nonfunctional bladder caused by radiation therapy, neurologic conditions or chronic inflammatory disease
3. Urinary incontinence that hasn't responded to other treatment
4. Birth defects that cannot be repaired
5. Trauma to the bladder

What you can expect:

Before the procedure

Your doctor orders tests to check your kidney function and to make sure that you don't have a urinary tract infection. You may also have an imaging test, such as a CT scan, of your urinary tract to check the ureters — tubes that carry urine from the kidneys to the bladder — to see that they are in good condition.

During the procedure

To create a neobladder, your surgeon first removes your cancerous bladder (cystectomy) through either a traditional abdominal incision or with a robot-assisted laparoscopic approach (robotic surgery). Your surgeon then reshapes a section of your small intestine, colon or a combination of the two into a sphere, which becomes the neobladder.

Your surgeon places the neobladder in the same location inside your body as your original bladder. The neobladder is attached to your ureters so that urine can drain from your kidneys into the neobladder. The other end of the neobladder is attached to your urethra. This allows you to maintain urinary control with a functional bladder capable of storing urine without the need for external bags or appliances.

After the procedure:

The hospital stay after neobladder reconstruction is usually about three to five days.

As with any bladder substitute, it may take some time until the neobladder functions best. Immediately after surgery, many people may have difficulties with urinary incontinence until the neobladder stretches to a normal size and the muscles that support it get stronger.

Daytime continence usually improves over the first three to six months after surgery, though it may continue improving for up to 12 months. Nighttime continence may take slightly longer, and can keep improving into the second year.

Lifelong follow-up is necessary after a neobladder reconstruction. Ask your doctor how often you should plan to return for follow-up visits.

MEDICAL MARIJUANA

Medical marijuana and cannabinoids:

Marijuana comes from the cannabis plant. The main psychoactive ingredient in marijuana is THC (delta-9-tetrahydrocannabinol). THC is a type of cannabinoid. There are many other types of cannabinoids in marijuana. Cannabinoids are chemicals that act on certain receptors on cells in our body, especially cells in the central nervous system

central nervous system

The brain and spinal cord, which work together to control all the functions of the body..

Some people believe that marijuana can help control or relieve some of the symptoms of cancer or the side effects of cancer treatments. But research studies done so far do not give a clear answer about the effectiveness of smoking marijuana. Research does show that some cannabinoids can help with some symptoms and side effects, and drugs containing cannabinoids have been developed to treat pain, nausea and vomiting.

Medical marijuana:

Marijuana is an illegal substance in Canada. The Canadian government allows seriously ill people access to marijuana for medical reasons. This is called medical marijuana.

People who want to use medical marijuana must get a medical document (like a prescription) from a doctor or nurse practitioner. With this document, they can purchase medical marijuana through licensed producers in Canada. It comes in many forms including dried marijuana, marijuana oil, or fresh marijuana buds or leaves that can be smoked, vaporized, eaten in food or drunk in a tea.

Health Canada's Marijuana for Medical Purposes Regulations (MMPR) give people with cancer the option to use medical marijuana to help manage their symptoms and side effects. Talk to your healthcare team about the benefits and risks of using medical marijuana. They can help you decide if it is right for you.

Relieving symptoms and side effects:

Using medical marijuana, drugs containing cannabinoids or both may help you relax and give you a sense of well-being. But studies on the effectiveness of marijuana have had different results. Some people with cancer may find using medical marijuana or drugs that contain cannabinoids helps them cope with these symptoms and side effects.

Nausea and vomiting:

Several studies have shown that some cannabinoids can relieve nausea, vomiting or both. These are side effects of some cancer treatments, including chemotherapy and radiation therapy.

Nabilone is a pill that has synthetic cannabinoids. It is approved in Canada to treat nausea and vomiting caused by chemotherapy. It's sometimes given to people with cancer if standard anti-nausea drugs do not help relieve these symptoms.

Loss of appetite:

Loss of appetite is a common problem for people with cancer. Loss of appetite and weight loss (which is called cachexia when it is severe) often occur together.

Some people find that medical marijuana can increase their appetite. Several clinical trials looked at marijuana's effects on appetite or weight loss in people with cancer. To date, these studies haven't shown for certain that marijuana can effectively improve appetite. Research into whether or not cannabinoids can help people with cancer deal with loss of appetite hasn't had clear results.

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Peristomal Skin Tips

1. Soaps with lotion in them may cause your flange to lift off skin causing skin damage.
2. Red areas that are moist may benefit from use of stoma powder. Stoma powder turns in to a gel when in presence of moisture. Powder improves the wound healing environment.
3. Itchy red skin in the shape of your flange indicates an allergic reaction to the flange adhesive.
4. Lotions used on peristomal skin will most likely cause the flange to loose it's seal.
5. Shaving hair around stoma with an electric razor will make the next flange change easier and less painful, plus using an electric vs. a straight razor will decrease the incidence of folliculitis (infected hair follicle).



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What is a Fistula?

A fistula is an abnormal connection or passageway that connects two organs or vessels that do not usually connect. They can develop anywhere between an intestine and the skin, between the vagina and the rectum, and other places.

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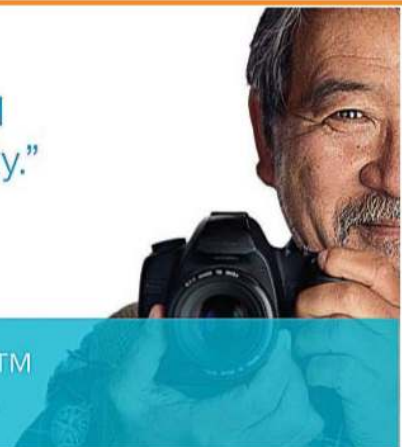
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Medical Marijuana continued

Pain:

Some people claim that medical marijuana can help relieve long-term (chronic) or severe pain. Research studies done so far do not give a clear answer about the effectiveness of smoking marijuana to relieve pain.

Some clinical trials showed that cannabinoids help reduce pain in some people.

Sativex is a combination of delta-9-THC (Tetranabinex) and cannabidiol (Nabidiolex). It has been approved for use in Canada as a spray that can be applied to the cheek inside the mouth. Savitex may be used to relieve pain from advanced cancer that can't be relieved with the strongest dose of opioids.

Side effects and risks of medical marijuana and cannabinoids:

The benefits and risks of medical marijuana have not been thoroughly reviewed by Health Canada, and individual products have not gone through an approval process. When approving a drug, Health Canada reviews the evidence to make sure that the benefits of the drug outweigh the risks and negative side effects. Talk to your healthcare team if you are thinking about using medical marijuana or drugs that contain cannabinoids. There is not enough information to know how using medical marijuana will interact with drugs and cancer treatments, such as chemotherapy.

Some studies show that smoking marijuana over a long period of time may increase the risk of lung and other cancers. Other studies did not have the same results. Using marijuana may also cause these and other side effects:

1. problems with memory and concentration
2. sensory changes, including a lack of balance and slower reaction times
3. dry mouth
4. rapid heart beat
5. a rise in blood pressure

Ongoing research into marijuana and cannabinoids:

Currently, researchers are studying marijuana and drugs that contain cannabinoids to find out more about how they might effectively relieve symptoms of cancer or side effects of cancer treatments. More research is needed to find out the dose and type of marijuana that helps the most with the fewest side effects, the risks and benefits of using medical marijuana for a long time and how medical marijuana might interact with other drugs used to treat cancer.

Researchers are also still trying to find out if marijuana or cannabinoids should be used as medicine to treat certain diseases, including cancer. Research into the effects of cannabinoids on cancer cells in vitro in vitro

Occurring in an artificial environment (such as a lab) outside of the body. In vitro is Latin for in glass (as in a test tube). and on experimental animals has shown some promise. But this research is still in the very early stages. Much more study is needed before marijuana or cannabinoids can be used as a cancer treatment.

SASKATOON OSTOMY ASSOCIATION 2017-2018

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Deadlines:

Please submit items for the bulletin by the following dates:

August, 2017
IMPORTANT NOTICE

Articles and information printed in this newsletter are not necessarily endorsed by the Saskatoon Ostomy Association or the Ostomy Canada Society and may not be applicable to everyone.

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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