

Dec 99

UOCA Changing Times

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FROM THE ASHES OF DIS

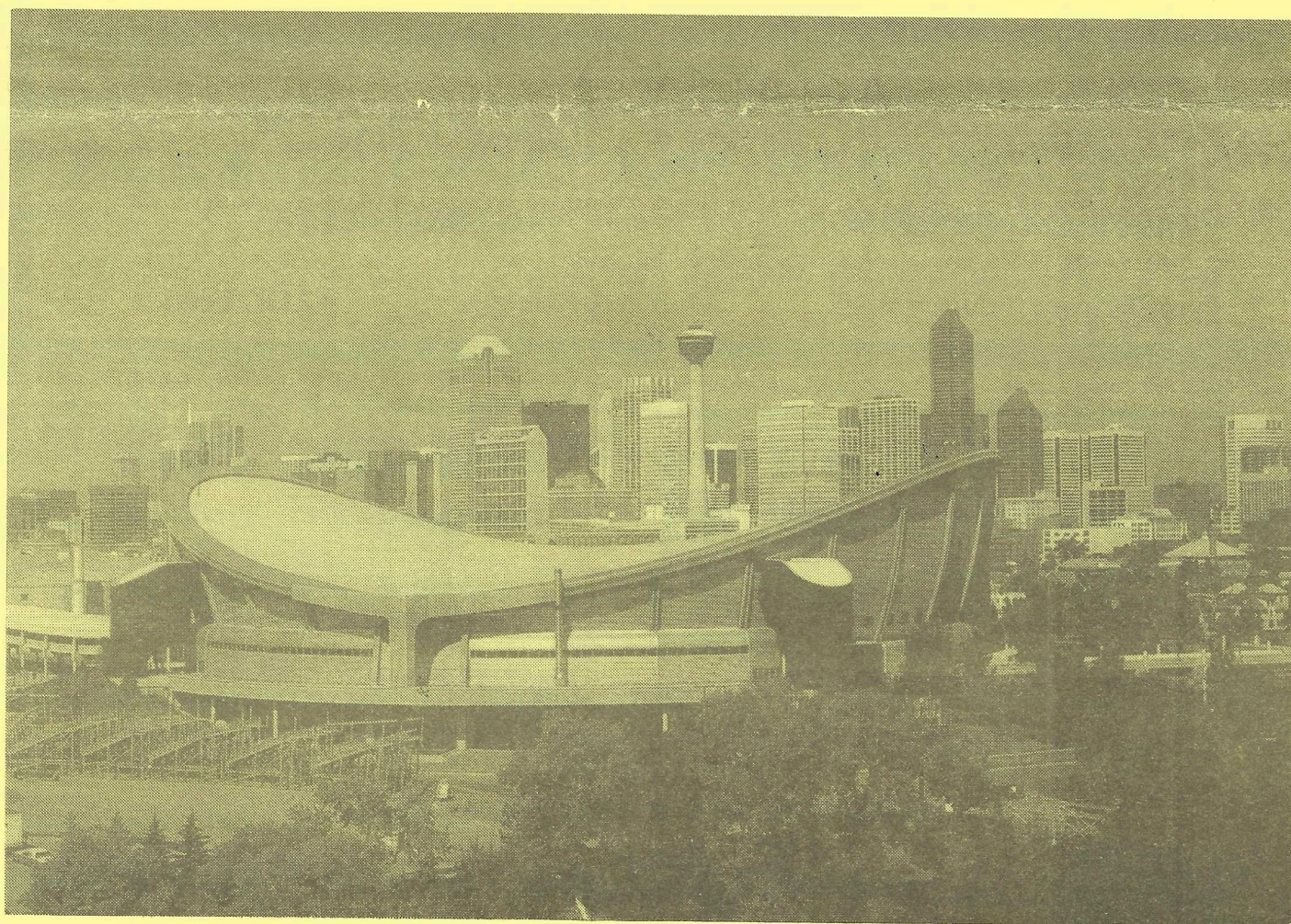
The Calgary Ostomy Society

#263 - 7620 Elbow Drive S.W. Calgary, Alberta T2V 1K2

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December 1999

Next Meeting: Tuesday, December 14, 1999 at 7:30 p.m.

Program:

- Silent Auction
- Elections

Place: **Calgary Health Services Building**
320 17 Avenue SW
Lower Level, Room Concourse A

Parking is available at Leyden's Funeral Home

Remember the 50/50 draws. Half the proceeds for the chapter and half for the winner—that could be you! Come to the meeting and try your luck.

From the President's Desk

Season's Greetings!

It's hard to believe this is my last message of the year, let alone the millennium! I hope you all have had an enjoyable autumn.

Our next meeting on Dec. 14, 1999 will host our Annual Christmas Social and Auction. All donations are welcome. If you plan to attend the auction, please bring an item of your choice, wrapped and marked with a dollar value. The members participating will have time to view the wrapped packages and decide whether they would like to bid on these. This is always an evening filled with fun and laughter. Please plan to attend. For a change this year, we thought we'd ask you to bring your favourite appetizer, snack food or goodies. That way we get a variety of different munchies with something for everyone. If you can help out, please contact myself at 273-8946. Coffee, tea and punch will be provided.

The December meeting is our election night as well. Help! We are in need of a new newsletter editor. After many years of dedicated service, Bob Boa would like to take a break. He has provided this chapter and the rest of the country with a quality and praise-worthy newsletter. I would hate to see this essential part of our chapter fall to ruin. If you think you would be interested in taking on this project, please call myself or Bob Boa (245-3891) for details. It doesn't take that much time as we only produce four newsletters in a year. This service is essential to the survival of our chapter as well as those members who can't get to our meetings or live in rural areas. It provides a life-line to those people who would otherwise have no contact with the ostomy community. It helps tell new patients what we are all about and what we have to offer.

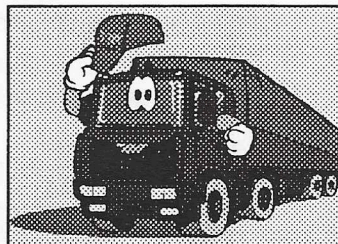
We are also in need of a new vice-president. Heather Orsted has decided to move on to other ventures and we thank her for her time and continuing dedication to this chapter. Please consider these opportunities.

At the September meeting I reported that all of the Canadian chapters would be going on the once-a-year dues billing process. That is still the plan, but the national office didn't have enough time to implement this procedure according to board of directors' instructions, so the start date of this process will be October 1, 2000. If you haven't yet sent in your membership dues for the coming year to Elizabeth King, please do so.

You should have received the Fall issue of Ostomy Canada by now. The editors welcome any comments, good or bad, you wish to make. Congratulations to Vel Clark on a very well done and touching article. I know that there are many other people out there that have a story to tell. If you would like to share your story, please contact me.

Get well wishes go out to Berthe Huntley who had surgery in October. I hope that this holiday season, the last of the century, will bring you and your family peace, joy and contentment!

Best Wishes!
Pat Cimneck, President



Moving?

Don't forget to give us your new address! We want you to get your newsletter every month!

Please send your change of address to:
Elizabeth King 3007 Beil Ave. N.W. Calgary, AB T2L 1K6

For All Ostomates

Ileo Info Bulletin Feb./March, 1998, Montreal, Que.

If you wear a two-piece, snap-on appliance, make sure your pouch is snapped to flange securely. Give a little tug on the pouch to test its lock.

Do you take better care of your car than of your stoma? Once a year have your stoma and your management program checked by an ET nurse.

Do not use antibiotics for colds or flu unless the doctor orders it. Antibiotics have no effect on a virus, but do kill bacteria (friendly and unfriendly). This can change the proper balance

of bacteria in the intestines and cause diarrhea.

Fiber from fruits and vegetables do not have the same scouring results as fiber from grain and cereals.

Don't shove that parsley aside. It's one of nature's best deodorants! Use parsley in cooking fish to reduce odors for colostomates and ileostomates.

Store appliances away from warm, humid places. "Melt out" can render equipment ineffective.

Pouches can leak for a variety of reasons. Find out why you have a leak and correct the cause.

Make a note of the day you change your appliance so that you know when it's time to change again.

Don't keep a lifetime supply on hand. Shelf life may be limited. Let the stores stock up on your appliances.

Fats of all kinds should be kept to a minimum by most ostomates. Fats induce an increased flow of bile into the intestines and make the body wastes more liquid and harder to control. They also tend to produce gas.

Do not apply a double coating of adhesive. A second coat rewets the original coat and results in an inconsistent adhesive layer with unpredictable results.

A bag of frozen vegetables can substitute for an ice bag in emergencies.

A hug is a very strong pain reliever and you don't need a prescription.

When you fill a new prescription, ask the doctor or pharmacist to give you only a one or two day supply. If any adverse reactions occur and you have to stop taking the medicine, you won't have to stop taking the medicine, you won't have wasted a lot of medicine or money.

After bathing with faceplate off, hold a cold compress over the peristomal area for a few seconds to close the pores before putting on a new appliance.

remember after surgery when you were advised, "chew, chew, chew and drink, drink, drink?" It still applies. So chew food carefully

and never pass a water fountain without drinking.

Don't try to set a record for the longest time between changes and/or emptying; therein lies the way to some of the most spectacular messes you have ever seen.

Don't be so rigid about your stoma management program that the absence of one item throws you.

Don't worry about accidents and problems that may never happen.

Don't keep the scissors you use to cut faceplate openings next to your supply of pouches.

Don't concern yourself with people in rest rooms who are waiting for your stall—take the time you need.

Don't put limitations on yourself just because you have a stoma.

Two or three tablespoons of plain baking soda in water when washing around the stoma will not only heal the skin, but relieve itching.

Use an old water-filled shampoo bottle with a closure spout to rinse your pouch after emptying.

Skin problems are usually caused by improperly fitting pouches, leaking of stool onto skin, hair follicle irritation, perspiration, or misuse of skin barriers.

Excessively oily skin can affect adhesion. Wiping the skin around the stoma with alcohol is helpful but be careful alcohol does not contain glycerin, as this kind of alcohol will hinder adhesion.

Time-release pills will dissolve all at once if taken with, or shortly after, alcohol and will give a heavy dosage of the medication at once.

Try strong-brewed tea before purchase of a diuretic. Hot tea twice a day will wake up sluggish kidneys.

Happy Holidays

Centering Your Pouch

via Metro Maryland

A well-fitting pouch does not allow for much margin of error. Consider this: the correct opening size is determined by measuring your stoma's diameter with a measuring card and adding one eighth of an inch. This means your pouch must be centered exactly and carefully each time. How do you do this? Good lighting is important, preferably from both above and the side. Stand sideways to the light source for better visibility. A wall mirror is a great help to see the appliance hangs straight. A crooked bag exerts uneven pressure on the skin and stoma and can only lead to trouble.

Don't rush! Take time to check placement carefully before allowing your skin barrier to make contact. No time is saved if you have to do the whole thing over again because the pouch is crooked or uncomfortable.

Remember, if your pouch feels out of place or uncomfortable, take it off. Don't wait for an injury to occur. It is better to change unnecessarily than to risk damaging the precious stoma. You have to live with it for a long, long, time.

Basics of Good Skin Care

via Highland Tidings - Source Barb Barrickman, RN, CETN, via Chippewa Valley (WI) Rosebud Review & S. Brevard (FL) Ostomy Newsletter

Caring for the skin around your stoma is an important part of basic ostomy care. Good skin care around the stoma (the peristomal area) is not very different from caring for the rest of your skin. Let's review the functions and the basics of caring for the largest organ of your body, the skin.

Healthy skin has the following functions: It protects us from the environment around us, produces vitamin D, provides a tough, flexible foundation to hold the rest of your body, regulates the body temperature, insulates the body from cold and trauma, and provides an avenue for sensation and grip.

Normally the skin is acidic in pH, approximately 5.5. This natural acidity discourages bacterial growth, helps to absorb moisture, and keeps the cells closer together to prevent cracks in our protective layer.

As we age, the skin does change. It becomes thinner, making it more susceptible to injury and changing the way our body reacts to temperature, pain, pressure, and chemicals. It becomes less flexible and often sags. It heals half as quickly as before and becomes drier with visible cracks which harbour bacterial growth.

Good skin care can delay many of these natural aging processes and aid in keeping the skin healthy. The basics of good skin care include:

1) Clean the skin with a good cleanser with a pH between 4.5 and 8.0. Most soaps available today have pH levels much more alkaline. Some examples are Dove body wash, 5.7, Dove bar soap, 7.4, Lever 2000, 9.4, Dial, 10.0, Ivory, 10.5. Soaps are producing more alkaline because they clean better.

2) Frequent washing irritates skin. Soap and a face cloth are the worst enemies of

fragile and/or damaged skin. Washing with plain water and a gentle friction is all that is needed.

3) Air drying is beneficial if time permits.

4) Apply moisturizer to the skin, except under pouching adhesives. Keeping the skin moist and supple is the first defense against bacteria. Apply the moisturizer right after bathing to take advantage of open pores.

5) Check the ingredients in your skin care products and know what they are for. Use the products that best fit your skin's needs. Active ingredients should be listed in descending order of percentages contained in the product. Inactive ingredients may not be listed.

The peristomal skin may need special protection from the adhesives and/or output from the stoma. Barrier products are designed to protect the skin from contact with moisture and prevent friction.

Insomnia Relief

via the Internet
Learn Meditation

As you lie in bed before drifting off to sleep, do these things:

1. Relax all muscle groups. Start with your scalp, facial muscles, neck, shoulders, arms, chest, abdomen, legs, feet and down to your toes. Concentrate intensely on this relaxation process.
2. Take three slow deep breaths. Inhale fully, hold for a moment, exhale slowly.
3. Visualize the blackboard you had at your school in the third grade.
4. In your imagination, see the number 3 being formed on that blackboard in very large strokes.
5. Notice the details of the number 3. Is it crooked, straight or slanting?
6. See the number 2 replacing it. Watch it happen. Visualize it in detail.
7. See the number 1 replacing the number 2.
8. Visualize a sofa in the living room of a

comfortable house. Perhaps a place where you lived as a child.

9. See someone you select take a seat on the sofa. It can be a friend, confidante. It can be someone you do not know, Albert Einstein, Alexander Graham Bell, Noah, King Arthur, or a trusted friend.

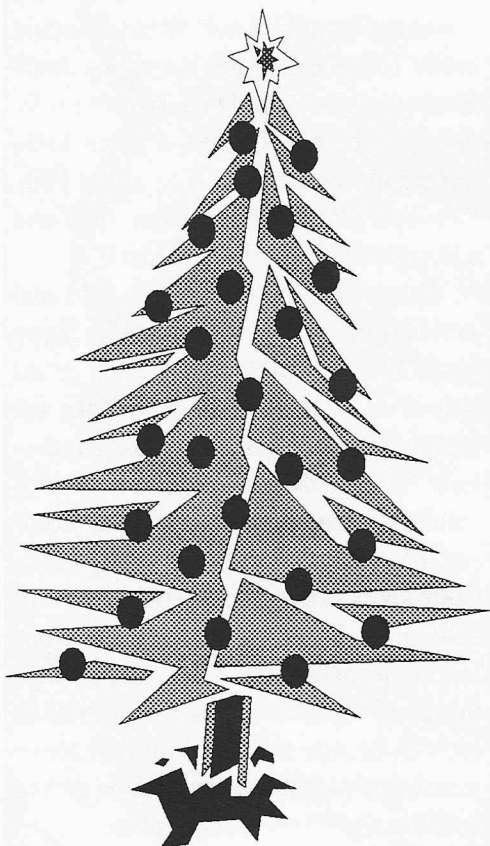
10. See another person take a seat on the couch. Perhaps a parent, an old friend, a movie star, a national leader.

11. Fill the couch with as many people as you desire. One person I know always had his parents, an old girlfriend and the Oracle at Delphi as his "advisors". Visualize them intensely.

12. Talk to them. Tell them the items on your list of accomplishments for tomorrow. Ask advice. Listen to them.

13. You will drift into a sleep filled with exciting dreams which you will remember.

14. Practice this. Practice makes perfect. It is a perfect way to go to sleep.



Love Your Liver

via Vancouver Ostomy Highlife and Spacecoast and The Bagpiper—Gettysburg

"Why would anyone want to?" you may ask. Well, the answer is simple. The liver is where iron reserves are stored as well as many vitamins and minerals. The liver makes the bile that you use in digesting the food you eat. Your liver detoxifies all of the poisons which you put in your body including alcohol, many over-the-counter drugs and even illegal drugs.

Your liver is where carbohydrates, glucose, and fats are stored until you need them. Your liver manufactures blood that circulates throughout your body, and it makes proteins which enable your body to grow. Your liver removes air pollutants that are not removed by the respiratory system. The liver is responsible for the clotting mechanism which keeps you from bleeding to death when you cut a finger

or nick your face when shaving. It helps the body to defend itself against germs which otherwise cause serious illness. In all, the American Liver Foundation has a good case for suggesting that you love your liver, with this advice:

1. Don't drown your liver in alcohol. Be on the safe side by consuming no more than one or two drinks a day.

2. Watch those drugs that you consume. Drugs are chemicals, and while medicine is sometimes needed, unnecessary pill popping is a bad habit.

3. Be careful with aerosol sprays. Since the liver detoxifies what you breathe in, be aware that it must work overtime when fumes from sprays and other chemicals get into your lungs.

4. Watch what gets on your skin.; The insecticides you spray on your lawn and veg-

etables can get into your liver via the skin. wearing protective clothing to minimize contact with the skin is very important.

5. Danger of intimate contact. Hepatitis viruses live in the body fluids (seminal fluid, blood, saliva, etc.) and can be transmitted by intimate contact. Your liver can deal with most viruses, but hepatitis viruses can be troublesome.

6. Don't eat too many fatty foods. Since the liver makes cholesterol from saturated fat, eating too much will increase your cholesterol level.

Remember you owe your life to your liver, so be a good liver lover.

Urolithiasis

from Dallas Ostomatic News; via Osto-Info, Hamilton & District

Urostomates, ileostomates, and transverse colostomates have one thing in common: continuous output with a loss of fluids. If the liquid intake does not exceed the output (i.e. stool, urine), these ostomates may be dehydrating their bodies, making themselves prone to a condition called "urolithiasis."

Urolithiasis refers to the presence of stones in the urinary system. these stones may be found anywhere from the kidneys to the bladder. They vary in size from mere granular deposits, called sand or gravel, to bladder stones the size of an orange. The majority of stones are composed of calcium, with uric acid and cystine accounting for the rest.

Predisposing conditions for stone formations include:

- 1) Infection
- 2) Periods of immobility
- 3) Concentrated urine
- 4) Abnormally high concentrations of cal-

cium in the blood

- 5) Heredity
- 6) Dehydration

If you develop urolithiasis, you may experience the following symptoms:

- 1) Low back pain and/or severe, sharp pain in the lower back, radiating to the groin
- 2) Chills, fever
- 3) Difficulty or burning with urination
- 4) Nausea, vomiting, and diarrhea

See your physician as soon as possible if these symptoms appear. Measures to prevent stone formation include:

- 1) Drink two or three quarts of fluid daily, preferably water and juices. Include acidic juice, such as cranberry juice to maintain acid urine. This helps to prevent infection.
- 2) Urinate during the night if necessary
- 3) Exercise daily
- 4) Use caution with foods containing calcium. A certain level of calcium is required for good health, so restrict diet only on the advice of a physician.

Tips for Better Sleep

Avoid heavy exercise or effort before going to bed but continue to exercise regularly during the day or early evening. Avoid all forms of caffeine (coffee, cola, chocolate, tea) within six hours from bedtime. Avoid smoking before bed. Nicotine is a stimulant. Avoid heavy meals before bedtime. Try to relax for one hour before bedtime. A warm bath, warm milk or some reading might help. Your bedroom should be calm, dark and cool; your bed should be comfortable.

Always wake up at the same time and avoid taking naps during the day. If you can't fall asleep, get out of bed and return only when you feel sleepy. If you take any medication on a regular basis, ask your doctor if this might be the cause of your sleeping problem. Some medications, such as decongestants or asthma drugs can disrupt sleep. Getting back to a regular schedule is the ultimate goal—be it through modifying behaviour or, perhaps in the short-term, through the use of hypnotics. If insomnia persists or returns, be sure to talk to your doctor or pharmacist so that you can work on getting back to a regular sleep/wake pattern.

About Your Calgary Ostomy Society

The Calgary Ostomy Society is...

It is an organization dedicated to helping persons with an ileostomy, colostomy, or urostomy. It is a mutual-aid, non-profit group with medical advisors and is affiliated with the UOA of Canada Inc.

What an Ostomy is...

The word "ostomy" signifies a surgical procedure required when a person has lost the normal functioning of the bowel or bladder due to birth defect, disease, or trauma.

So, you have just had ostomy surgery, or are about to...

This surgery can be a life-saving procedure and can improve your quality of life. However, as a new ostomate (one who has undergone this procedure) you may, at first, feel self-conscious, isolated, or overwhelmed. These are normal and acceptable responses. This will change as you learn to live comfortably and confidently with your ostomy.

Our members, who are young and old, single and married, varied in occupation and financial status, can offer hope, reassurance and moral support.

The Calgary Ostomy Society provides:

- a rehabilitation and support program for ostomates and their families.
- volunteer ostomates to visit the ostomy patient pre-operatively and/or post-operatively at the request of the physician or enterostomal therapist.
- members with an opportunity to help others and so help themselves. They are encouraged to resume their former activities in the home and community and to enter into the activities of the Society.

Educational Information

- All members receive *Ostomy Canada* magazine which contains the latest information on ostomy care.
- Members also receive a monthly newsletter outlining the time and place of meetings and information helpful to ostomates, their families and friends.
- Regional and international conferences are held each year for the more than one million ostomates in Canada and the United States.

How the Ostomy Society can help...

You, as an ostomate, can benefit from the free exchange of information, ideas and tips generated by members at the regular group meetings.

At the meetings, you may...

- Learn first hand about the latest advances in ostomy care from members of the health care team.
- Exchange experiences and practical information with other ostomates.
- See and learn about the newest developments in ostomy appliances and management techniques.
- Obtain literature on ostomy care.
- Make new friends.

For your information...

Enterostomal Therapists (ETs) who offer pre-surgical counselling and post-operative assistance in ostomy care, are available in Calgary. Attention is given all ostomates on referral by a physician.

Membership Application

Membership in the Calgary Ostomy Society includes a subscription to UOA of Canada's *Ostomy Canada* and the Society's newsletter. Membership is open to all persons interested in ostomy rehabilitation. Annual membership dues are \$30.00

Please remit to:

Calgary Ostomy Society
c/o Liz King
3007 Bell Avenue N.W.
Calgary, Alberta T2L 1K6

Please do not send cash through the mail.

Make your cheque or money order payable to the Calgary Ostomy society.

membership information

I have: ☐ an Ileostomy ☐ a Colostomy
☐ a Urinary Ostomy ☐ an Ileoanal Pouch
☐ supporter

My age group is:

☐ under 18 ☐ 30—39 ☐ 50—59
☐ 19—29 ☐ 40—49 ☐ 60 plus

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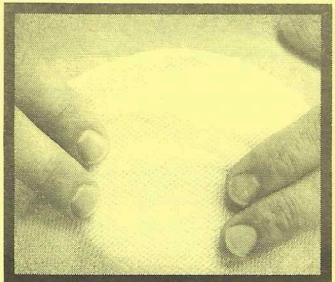
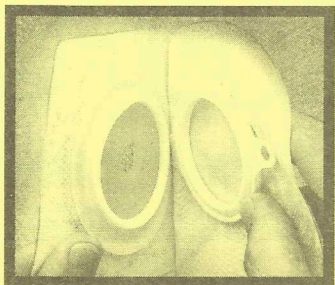
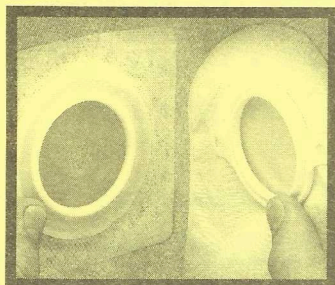
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