

## HAPPY EASTER

*April 2007*



### REACH OUT A HELPING HAND TO OSTOMATES AND THEIR FAMILIES

**We will have an open forum at our meeting on Thursday April 12th.  
With our ETs. Bring your questions and concerns.**

#### \*\*\*An Ostomates Prayer

O, Lord as we have been reborn,  
Let us share Your blessings  
With those Ostomates who do not know  
How good the life is You have given us

Let us vow in the years ahead  
To renew the work of our group,  
As you have renewed our lives,  
We thank you for those lives;  
For mutual support of each other;  
And for the charge You have given us  
To support each other

Amen

(From Metro Halifax News)

**Our next meetings will be  
April 12th.  
May 10th.**

Those seeking assistance, a ride, information or those offering suggestions are requested to phone a member listed on the right. Ostomates or their caregivers requiring hospital or home visits should not hesitate to call any member of your Chapter executive listed on the right.

Before following any information, suggestions and other matters pertaining to your health in general, in this journal, it is important to consult your doctor, ET, pharmacist or others qualified to pass on medical advice.

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Gerry Putman 476-6557

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By Committee

##### **Editor**

Bawn Putman 476-6557

Regular monthly Meetings are held on the second Thursday of every month, 7:30p.m. Room P24 at the Loyalist College Business and Development Centre, Belleville.

\*July & August excepted.

**Please come out and gain from the experience of others**

Open and full discussions with other Ostomates are great sources and resources for information.

Every opportunity is a learning experience for yourself and for those with whom you share.

#### MEDICAL CONSULTANT

**Ursula Monaghan, R.N., E.T.** Available through the Belleville General Hospital by referral of your Doctor through the Nursing Office (Patient Services) or, for private consultation, call 966-6696.

**Olga Goncalves, R.N., BScN, E.T.** Available through VON, HNPE, by referral. 392-4181 or 966-3530 ACCESS CENTRE FOR HASTINGS AND PRINCE EDWARD COUNTIES

**Leanna Gillan, R.N., BScN, E.T.** Available through VON, HNPE, by referral. 392-4181 or 966-3530 ACCESS CENTRE FOR HASTINGS AND PRINCE EDWARD COUNTIES

**NOTE:** E.T. stands for "Enterostomal Therapist" To qualify for this designation, each candidate must attend a specifically designed program, and successfully complete it through very specialized exams.

## **\*\*A Message from The President\*\***

As the snow disappears a whole range of aromas abound in the backyard. Wet earth, wet leaves (left from last fall) but the strongest seems to come from the great piles of rotting birdseed under every feeder. You would think that with the winter and all, they would eat everything but the little rascals threw at least fifty percent out.. It is nice to see them when all the colours are under a blanket of white, I guess, but .....

Thanks to Gwen for contacting our EMT guest for our last meeting. It was really interesting to get the inside story. The professionalism of his presentation indicates it is a popular one to educate the public. Thanks also to those members who came out. As the nicer weather is upon us, perhaps more will make the effort.

I hope all members are aware that any ideas he/she may have as to Chapter activities, newsletter articles or format and guest speakers are more, I repeat, are more than welcome as we are all different and have different spheres of interest.

Unfortunately the kind offer from Medichair of an area where ostomates and ETs might confer is considered a no –no by Community Services so it will not happen. Enough said! All the more reason for us to take advantage of our own meeting venue as one or more of our ETs make themselves available to us and our queries. We are very lucky!

I now have the paper work from the Government that must be submitted to apply for a charitable association number. It will give us access to Malls, etc. for educational purposes such as World Ostomy Day and ability to issue charitable receipts. I hate forms but will do my best although I will have it checked by someone more able than I. Grace, are you listening?

You will find in your newsletter a request from Bawn for personal stories as many of them could be very inspirational to new ostomates, I will also pass a sheet around at the next meeting asking for e-mail addresses from those that have one. Members that are not present, please send your e-mail address to Bawn as it could possibly result in fewer envelopes, stamps etc. If indeed you would rather get a printed version even if you have an e-mail, just tell us. The e-mail address would also be beneficial when important information of any kind needs to be made known to members. It could save hours of phone calls.

Also I would like, with your permission, to indicate on our membership list, folks who are ostomates and what kind of ostomy they have. We are an Ostomy Chapter and when, as often happens, a call comes from an ostomate seeking a bit of information it would be nice to be able to tell them that I would get back to them with a possible number to call. This is not a request for a visit!

I hope you are all well and I hope to see you out at the next meeting on Thursday, April 12th.

Regards  
Gerry Putman

## **Ostomy Hints and Tips**

\* Always have a change of clothes and an extra set of supplies at work.

\* Set out your supplies on the counter when it is time to change your appliance before you remove the old one.

\* When travelling, always take 3 times as many supplies as you think you will need.

\* Keep a list of all important phone numbers, product codes of your supplies and sizes), name of your ET, if you have one, and a step by step note of how to change your appliance in case you are unable to.

\*On an airplane, always carry your supplies with you. Lost luggage is an all too common occurrence.

\* When travelling in a vehicle, never store your supplies in the trunk or glove compartment. Excessive heat and cold can greatly affect your wear time. Keep them in a soft sided cooler in the car, use an icepack if the interior of the car gets too hot (making sure that the icepack is in a plastic baggie as not to get your supplies wet).

\* Skipping meals will cause your pouch to fill up with gas.

\*Drink 8 glasses of water a day. Ostomates get dehydrated very quickly.

\*Medications that are time released or long lasting are not effective in ostomates. Ask your pharmacist or doctor for liquid or chewable form.

\*Make sure a family member or friend knows where you store your supplies at home, in case they need to get them for you in an emergency.

\*Always take your own supplies to the hospital with you.

\*When swimming for longer periods of time, use a skin barrier wipe on the paper tape of your flange to make it waterproof.

\* Itching under the flange is one of the first signs of a leak. If you detect a bit of odor along with the itching, then you can almost be sure that the seal is starting to break down.

\*Don't wait until you run out of supplies before you order more. Your supplier might be out of stock and then you are really in trouble.

\*When using a public restroom, attach the pouch clip to your watchband or beltloop. There is nothing more frustrating than having to fish it out of the bowl. It is also a good idea to carry an extra clip in your purse or pocket for that very reason.

\*A small amount of mouthwash in your pouch after emptying will keep it odor free for the next time when you have to empty it.

\*Eating a few large marshmallows may slow down output, which is helpful when it is time to change the appliance.

\*The first sign of blockage is either no output or very liquid output. Severe abdominal pain and vomiting will almost always accompany a blockage. Go directly to the Emergency Room if you have all these symptoms.

# PAINS YOU SHOULD NEVER IGNORE

By Dr. Mallika Marshall

Pain is your body's way of telling you something is wrong, and failure to address it could lead to serious problems.

## **\*Chest/Shoulder Pain.**

It could mean that you're having heart problems. Sometimes it's a pain in the chest, sometimes in the left arm, shoulder, neck, or jaw. However, many people who've had heart problems say it's not really a pain, but a pressure or discomfort. Now there are other things that can cause pain in the chest such as acid reflux, inflammation of the chest wall muscles, or inflammation of the lining of the lungs. But the thing we really worry about and want to rule out is a heart attack. So if you develop these symptoms, especially if you have risk factors for heart disease or are over 40, you need to contact your doctor right away or call 911.

## **\*Pain in the mid-back.**

If you experience pain in your back or between your shoulder blades, it's most likely caused by arthritis. But pain in this area, especially if it's severe or sudden can indicate an aortic dissection in which blood actually gets trapped in a tear of the main artery in the body, the aorta. This can be life-threatening. It more commonly occurs in people with high blood pressure or people with a history of heart disease, so if you're concerned, call your doctor right away.

## **\*Abdominal pain.**

We all get the occasional bad stomach ache but what we are talking about here is sharp pain that that hurts so much that it takes your breath away. This kind of pain could signal appendicitis or a ruptured appendix which is a very serious condition that needs to be treated right away. Severe abdominal pain could also signal problems with your gallbladder, pancreas, or even an ulcer.

## **\*Calf pain.**

Whenever we hear someone complain of calf pain, we worry about a blood clot or deep venous thrombosis in the leg. These clots affect about 2 million Americans every year and can be life-threatening...if the clot breaks off and travels to the lungs. People most at risk are those with cancer, pregnant women, people who have had recent leg surgery, bed-ridden patients, and people who have been on long plane flights. So if you have pain in your calf, especially if there's redness and swelling and no recent injury or muscle strain, you need to call your doctor right away.

## **\*Feet or leg pain.**

Burning in the feet or legs could be a sign that you have peripheral neuropathy or nerve damage. One of the most common causes is diabetes which we all know is a very serious condition. And the sad fact about diabetes is that many people who have it don't even know they do. So a burning sensation in the feet could be the first indication. Other causes of nerve damage could be injury, inflammatory conditions such as Lupus, or vitamin deficiencies. So talk to your doctor.

Via: Evansville, Indiana "REROUTE" on line



## **Our Purpose**

The purpose of this group, is a volunteer-based organization dedicated to assisting all persons facing a life with gastrointestinal or urinary diversions by providing emotional support, instructional and information services through the membership, the family associated care givers and the general public.

Our trained volunteer ostomates collectively possess a wealth of knowledge and experience in coping with their ostomies and are always willing upon request, to visit new ostomy patients as well as and including their family members by non-ostomates (SASO) from our group.

## YOUR RECOMMENDED DAILY DOZEN

from Jesse D. Godsk, Field Services, UOA,  
What makes a person vital, interesting, and just plain nice to be around? It is, of course, a combination of things; but perhaps the single most important factor is the values that person has chosen to live by. Unfortunately, most of us never take the time to sit down and really think through these moral precepts that consciously or unconsciously guide our lives. The following "daily dozen" constituted the personal creed of Robert Louis Stevenson. You will find them as applicable and important today as they were when he was guided by them.

1. Make up your mind to be happy. Learn to find pleasure in simple things.
2. Make the best of your circumstances. No one has everything, and everyone has something of sorrow intermingled with the gladness of life. The trick is to make the laughter outweigh the tears.
3. Don't take yourself too seriously. Don't think that somehow you should be protected from misfortunes that befall others.
4. You can't please everybody. Don't let criticism worry you.
5. Don't let your neighbor set your standards. Be yourself
6. Do the things you enjoy doing, but stay out of debt.
7. Don't borrow trouble. Imaginary things are harder to bear than the actual ones.
8. Since hate poisons the soul, do not cherish enmities, grudges. Avoid people who make you unhappy.
9. Have many interests. If you can't travel, read about new places.
10. Don't hold postmortems. Don't spend your life brooding over sorrows and mistakes. Don't be one who never gets over things.
11. Do what you can for those less fortunate than yourself
12. Keep busy at something. A very busy person never has time to be unhappy.

via Regina Ostomy News Nov/Dec 02

Excerpts from the Book "Disorder in the Courts" and are things people actually said in the court.

Attorney: Can you describe the individual?

Witness: He was about medium height and had a beard.

Attorney: Was this a male or female?

Attorney: Do you recall the time that you examined the body?

Witness: The autopsy started around 8:30 p.m.

Attorney: And Mr. Denton was dead at the time?

Witness: No, he was sitting on the table wondering why I was doing an autopsy on him.

\*\* This is an article I found from the Vancouver Ostomy Chapter. I checked out the web site and I thought this maybe suitable for us.

### Disability Tax Credit Form

Income tax is coming up soon for many of us. If you have a colostomy, ileostomy or urostomy you may be eligible for a tax credit. The form required is not widely advertised and does not come with your standard income tax form, you must request form #T2201 and it will be sent to you. Individuals with an ostomy are deemed to have a significant impairment in the bodily function of elimination (bowel or bladder) and are therefore eligible the same as, for example, someone with a severe visual impairment.

The form is not difficult to complete and once done, you need to take it to your doctor for verification of your condition. You are eligible for the disability amount if a qualified practitioner certifies on the form, that you have a prolonged impairment and certifies its effects, and if the income tax people approve your form.

You can send Form T2201 at any time of the year, but it's recommended that you submit it before you file your income tax return. If you send it at the same time it will be processed but this may take longer for your submission to be assessed. If you are deemed ineligible, it will not affect the outcome of your usual tax return. If you have your ostomy for some time, a successful assessment will be pro-rated back to either the date of your surgery or the date when form T2201 was first instituted. How much you get back will vary depending on your income and when your surgery was first performed.

To obtain a copy of the Disability Tax Credit Form you can call **1-800-959-2221** and request Form #T2201. Or you can go online at **[www.cra.gc.ca/forms](http://www.cra.gc.ca/forms)**. You can request more than one copy of this form, which will be mailed to you.

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**WHAT TO DO IN CASE OF A FOOD BLOCKAGE**  
Via: Sharon Williams, RNET, Metro MD., & S.NV's

It may happen around midnight, that severe cramping sensation coupled with cessation of ostomy flow or watery projectile flow. When the cramps strike, that memory of having consumed some problem food follows soon afterward. What is the appropriate course of action for the ostomate Food blockage is an experience that many ostomates will have at one time or another. The enzymes of the digestive tract cannot digest cellulose or foods with high fiber content. Nuts, corn, popcorn, coconut, celery, Chinese vegetables, fruit pits, and tough cuts of meat are a few foods that may cause blockage problems. Ileostomates who chew their food poorly, eat rapidly, do not drink sufficient liquids or have dental problems will be more prone to have food blockage. When food blockage occurs, a post-op pouch should be applied. The size of the opening should be a little larger than normal because the stoma may swell and with a clear post-op pouch, the action of the stoma may be observed. The next step, if no nausea or vomiting is present is to start forcing liquids ... coke, tea, or whatever liquid produces a rapid peristaltic movement is best. A few crackers may be eaten as a pusher. Sometimes a change in body position, such as assuming a knee chest position, may encourage movement of the bolus of food. Massaging of the abdomen may also produce the same effect. Diarrhea may follow the blockage and it is necessary to replace fluids. Gatorade may be used for replacement of both fluids and essential electrolytes. Cheese, bananas and peanut butter help slow the diarrhea. It is normal to have a sore spot in the abdomen following an episode of blockage. A low residue diet should be followed for one or two days to allow the intestine to rest. If nausea and/or vomiting occurs with the food blockage, it is necessary to go to the emergency room immediately.

A truly happy person is one who can enjoy the scenery on a detour

**SOMETHING FOR THE NEW OSTOMATE Via:**  
Iowa City & Madison Newsletter

Don't forget! Rome was not built in a day. If changing your appliance seems to take forever, with practice it soon will become a small part of your normal day. "Waste disposal" for you once again will become a private matter. DO LEARN to care for yourself from the start. You may not always have someone around to assist you. DO COME TO OSTOMY Meetings where you can talk to others about your problems. You'll be surprised at the ease with which you can discuss problems once you're there. Bring your family members with you. It is also important to have them understand ostomy problems and their solutions.

**HINTS & TIPS**

Rounding off the square edges of a firm wafer, or skin barrier, will decrease the chance of the belt catching on the corners. Male ostomates who suffer painful collisions between the pouch tail clip and key organs, should try angling the pouch toward a pants leg instead of pointing it straight down. Wear briefs and pass the pouch through a leg opening in the brief to hold it in place. To slow stoma activity, before changing appliances, eat a tablespoon of creamy peanut butter beforehand or eat four or five marshmallows, fifteen minutes before changing. Spearmint is one of the gentler mints. A bit of spearmint vinegar in a glass of water calms the stomach and digestive system. It also relieves gas and adds a tangy zest to iced tea. Check your rubbing alcohol if you are cleaning skin with it. If it contains glycerin this will prevent securing a good seal of the appliance. Alcohol should only be used occasionally to degrease the skin. Stretch away tensions. When a headache begins, STRETCH. It helps ease tense necks, headaches, and lower back pain. Stretching brings needed blood to tight muscles and a feeling of well being. Stretch slowly, hold, do not bounce or strain.

Health Letter Via: Spacecoast Shuttle Blest

If the only soy in your diet comes from the soy sauce you sprinkle on chow mien, you may be missing out on more than just a tasty and versatile food. Soy is an inexpensive way to add protein to your diet, and may also help reduce fat when substituted for meat in traditional dishes. But its benefits may go beyond even that. In cultures where soy is the main source of protein, rates of cardiovascular disease and some cancers are relatively low. Researchers are looking into whether soy plays a role, some studies suggest there may be a link. What is soy? Soy products come from the soybean, a legume native to northern China. The United States now produces much of the world's soybeans. The beans look like small brownish yellow peas. The protein in soy is a "complete protein - the most complete you can get from vegetable sources and just as good nutritionally as animal protein. Soybeans are usually processed into other products. For example, soy oil is used to make ink for newspapers. Soybean products are also added to a variety of foods during processing. Many foods though, are made almost entirely from soy.



**An Excerpt from Master Gardener Don McClure's Gardening Column:**

Today with more gardeners showing marked concern for the natural environment there is a growing reluctance to spray pesticides in the garden. Pesticides not only kill the harmful bugs but they also slay your allies the beneficial insects as well.

What can we do to protect our roses if we trend away from chemicals? Here are some ideas to help you in the planting of new roses.

Always select healthy rose bushes with strong roots—particularly roses recommended our particular climate conditions. And remember some roses are less susceptible to diseases than others. Find out from your local experts what roses grow best under your conditions. Direct your purchases in that direction.

Always prepare your planting site well—digging down as deep as three feet and replacing the soil with lots of rich humus or well-rotted manure — particularly if you are dropping the rose in an area recently vacated by another rose. It will get your roots chasing the nutrients and anchoring the plant in solid soil.


Spread several inches of bark chips or shredded leaves around the newly planted rose to help preserve moisture.

Water roses at least once a week, usually in the morning (more often for newer plantings) letting the water soak in around the roots. Try and avoid getting , moisture on the leaves.

How are we going to control the problem of black spot that attacks many roses each summer and takes away the vigour, beauty and luster of your rose bed? Some experts are suggesting a sprinkling of yellow cornmeal around the rose bush helps to control fungal diseases. As far as I am concerned the jury is still out on this one but I am going to try it.

If we have a lot of wet or humid weather and your roses begin to show evidence of black spot, you can also prune the centre of your plant to open up passageways for air circulation. Remove infected leaves and dispose of them ( not in the compost.

Some gardeners advise a spray mixture of 1 tbsp baking soda and a few drops of ivory liquid soap to a gallon of water. Mix and pour into spray bottle and use on roses at least once a week—both sides of the leaves. Or use a mixture of chamomile, chive, elder, casuarinas and/or horseradish leaves.



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## UOAC Conference 2007

The theme "Changing Times" chosen for the Calgary Conference reflects the tenth anniversary of the United Ostomy Association of Canada Inc.(UOAC). In French "Second Regard" incorporates the past, present and future. The logo echoes the chinook in the arching of the words, the old in the Rockies, the present in the Calgary Tower and the future in the modern architecture. The red chosen for the words and date is the maroon used in the UOAC logo.

Plans subject to modification include:

Keynote Address "Changing Times – surgery techniques past, present and future" presented by Dr. Donald Buie, Colorectal Surgeon and the Calgary Chapter's Medical Adviser.

Inflammatory Bowel Disease workshop, with Joan Heatherington, Acute Care Nurse-Practitioner Urological / Pelvic Floor Changes with Aging, workshop with Tom Mainprize, Quality Improvement Physician Women's Health, University of Calgary Psychological Effects of Ostomy Surgery on You and Your Family, workshop with Heather Orsted, ET

Exercising with an Ostomy (workshop for 20/40s only), James FitzGerald, Optimum Performance Trainer

Alberta Aids to Daily Living, Luran Chittim, workshop outlining the Alberta system for members from other provinces  
Chapter Forum Web Site Development, workshop with Wayne Spivak who designed the UOAC and COS web sites

UOAC District Support Services, providing a workshop on Chapter Development  
"Changing Canada: The Famous 5", Frances Wright of Calgary, Founder of the Famous 5 Foundation presents the Bertha Susan Okun Lectureship  
Manufacturers and Vendors Exhibit Hall

Networking – Meeting Other Ostomates – Emotional Support

"Meet & Greet" opening evening, hosted by COS, with Calgary guitarist Iouri Kourilov  
Individual Support Groups for Colostomy, Ileostomy, Urostomy, Pelvic Pouch, 20/40 and SASO  
Stoma clinics for ostomates who may live in rural areas without access to ET nurses  
National Council Meeting

Fundraiser for local chapters and national office

The Auction and Raffle held during lunch in the Exhibit Hall is a major fund-raiser; proceeds are split between UOAC and the host chapter, and everyone has a chance of winning a gift donated from another chapter somewhere else in Canada  
Our own chapter sales gifts and raffle allow all our guests to take home a little bit of Alberta!

Relaxation and Fun

20/40 and SASO Groups have their own events on Saturday morning

Free time for sightseeing or shopping has been built into Saturday afternoon

The surprise element is the banquets sponsored by our major manufacturers, Coloplast, ConvaTec and Hollister

For the first time we are offering optional tours on the Sunday:

Camp Horizon at Bragg Creek where the annual Ostomy Youth Camp brings new experiences to young ostomates from throughout Canada

"A Sculpture Experience" Studio West Bronze Foundry and Art Gallery in Cochrane  
Possibly (to be confirmed) a visit to some facilities at the New Alberta Children's Hospital

Together we will enjoy celebrating the tenth anniversary of the United Ostomy Association of Canada and demonstrate Calgary hospitality to our guests.

Educational? Yes

Networking & Support? Yes

Raising funds? Yes

Fun: Yahoo!

Calgary has a great team, an exciting theme and is planning a varied programme of presentations and entertainment to suit all age groups of ostomates and significant others, not to mention the excellent facilities and food of the Westin Hotel located downtown. More information and conference registration forms and hotel reservation forms will be posted early in 2007.

We look forward to hosting members to attend from throughout Canada, bringing your families to enjoy an Alberta holiday before or after the actual conference. There are so many places to visit nearby - Icefields Highway - Royal Tyrell Museum, Drumheller - Head Smashed in Buffalo Jump - Bar U Ranch & Turner Valley early oil industry site - Banff Hot Springs. Travel Alberta gives many ideas for visits: see [TravelAlberta.com](http://TravelAlberta.com) or call 1.800.ALBERTA.

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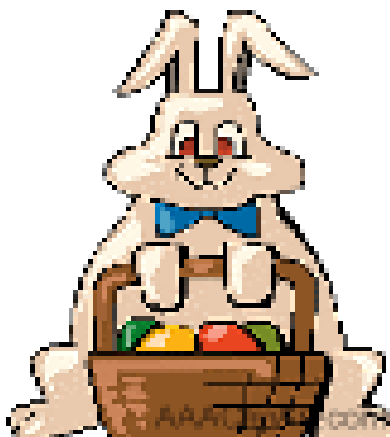
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**From The Staff at Kelly's  
 Belleville and Trenton Stores**

**Remember at Kelly's you can save 20% off Ostomy  
 Products on the last Thursday of every month, and  
 save 15% off Ostomy Products every day  
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 Health Centres**

The Journals are now archived for viewing at Kelly's  
 Web Site: [www.kellysdrugstore.com](http://www.kellysdrugstore.com)  
 In addition Kelly's pay the mailing costs to send out the Chapters monthly Journals  
**Kellys welcomes the opportunity to continue serving you**



**Have a Happy Easter**

## Membership Application

Belleville, Quinte West & Area Chapter

Membership includes annual subscription to Chapter Journal and the UOAC publication "Ostomy Canada"

Membership in the UOA of Canada is open to all persons interested in ostomy rehabilitation and welfare.

The following information is kept strictly confidential.

Please complete the following form:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

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### FOR YOUR CONVIENCE

#### WEBSITES OF INTEREST

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

FOW (Friends of Ostomates Worldwide):  
[www.fowcanada.ca](http://www.fowcanada.ca)

Revenue Canada: [www.cra.gc.ca](http://www.cra.gc.ca)

Informative site for those interested in managing irritable bowel syndrome. Strategies, tips & diets  
[www.helpforribs.com](http://www.helpforribs.com)

A request from the editor:

It would be appreciated if you could write your story of how you got here in order to publish in the newsletter. I would like to see stories from ostomates and SASO members.

If you have a suggestion of what you would like to see in the newsletter please contact me at [bgputman@sympatico.ca](mailto:bgputman@sympatico.ca) or call 613-476-6557. You could also write your suggestions and give them to me at the monthly meeting.

If you have pictures you would like to put in the newsletter, let me know. Also if there are upcoming events you like published please send me the information.  
Bawn Putman