



# Merry Christmas

December, 2007

REACH OUT A HELPING HAND TO OSTOMATES AND THEIR FAMILIES

**Our Christmas Dinner will be Thursday December 6th. (see inside)**

Our next meetings  
 January 10th  
 February 14th  
 March 13th

**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  
 To mutual support of each other  
 And the charge You have given us  
 to support each other.

Amen

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 our Chapter Executive listed on the right.

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

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Bawn Putman 476-6557

**COMMUNICATIONS:**

Dorothy Rilley 962-2054

**EDITOR:**

Bawn Putman 476-6557

Regular monthly meetings are held on the second Thursday of each month, 7:30 p.m. Rm P21 at the Loyalist College Business and Development Centre, Belleville. \*\*July & August excepted. Please come 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.  
 Wound, Ostomy & Skin Care

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 & Prince Edward Counties.

Leanna Gillian . BScN, E.T.

Available through VON, HNPE by referral 392-4181 or 966-3530 Access Centre for Hastings Prince Edward Counties.

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

## **PRESIDENT'S MESSAGE:**

Happy December All! Thank you for such a fine turnout at the last meeting to greet Belle Lumoni and hear the latest.

### **THE CHRISTMAS SOCIAL EVENT IS THURSDAY, DECEMBER 6, 2007.**

It was great to see Gwen back and doing well. We missed her as we did Audrey Palmer who was also present.

It would seem that as a Chapter promoter, the caps are preferred so we will proceed in that direction. Membership dues are coming in fairly regularly and that is good because when that first inch of snow falls Vern gets itchy feet to chew it up with his snowmobile.

Suggestions for guest speakers are always solicited, remembering that the subject need not be necessarily medical. Variety is good! February is taken care of but January is still open so put your thinking caps on!

### **CALL GERRY IMMEDIATELY AT 613-476-6557 TO RESERVE A SEAT AT OUR CHRISTMAS DINNER!**

I have been in contact with Lorna Singh, our DSS representative with regard to information that Leanna had for us about a new, dynamic ET in the Coburg area who would like to start a chapter. Her name is Karen Bruton and she would like very much to attend one of our meetings. Dependent upon numbers the possibility exists that perhaps a Coburg group could be a satellite to our Chapter which would be great for everyone.

### **DO SUPPORT OUR CHRISTMAS GET TOGETHER!**

You will be receiving by post a brochure of information from one of our suppliers. Please! Rest assured that no personal information was given ie: addresses of Chapter members, for example. It is a courtesy mailing. The information was forwarded to us, pre-paid, in the hopes that we would then forward it on to you with no obligations whatsoever on your part. As I said, it was a courtesy on our part.

Stay well and remember to.....

### **\*\*CALL 613-476-6557 IMMEDIATELY SO THAT WE CAN DETERMINE NUMBERS FOR OUR CHRISTMAS GET TOGETHER!**

P.S. Thanks very much to those who have already indicated they will be present at the Christmas Dinner.

Regards  
Gerry Putman



## **Belleville Quinte West & Area Chapter Christmas Dinner**

Once again we will be hosting our annual Christmas Dinner to be held:

Thursday, December 6th., 2007  
at St. Matthew's United Church  
25 Holloway Street, Belleville

6:00-6:30 p.m. Happy Hour  
6:30 p.m. Turkey Dinner

Cost \$15.00 per person

Please let Gerry Putman ( 613-476-6557) know if you will be attending the Christmas Dinner immediately.

## **IMPORTANT:**

Our dues are now due. Please give Verne the payment hopefully next meeting or at the very latest the December dinner.



### **WHAT TO DO IF YOU GET THE FLU!**

**Re-Route, Evansville, IN Niagara Chapter newsletter, Sept 06;  
Halton-Peel Newsletter Feb 07.**

The flu brings with it headaches and pains. The advice to drink plenty of fluids and rest are still good advice for your general attack of the virus. But if your case of the flu includes diarrhea, the following may be helpful. For those with a colostomy, it is usually wise not to irrigate during this time. Your intestine is really washing itself out. After diarrhea, you have a sluggish colon for a few days, so leave it alone. Start irrigation again after a few days when the colon has had a chance to return to normal. In patients, drugs or certain foods can cause constipation, prevented during a cold by drinking plenty of liquids.

For those with an ileostomy, diarrhea is a greater hazard. Along with the excess water discharge, there is a loss of electrolytes and vitamins that are necessary in maintaining good health. This loss is usually referred to as a loss of fluid, which in turn, brings a state of dehydration. Therefore, you must restore electrolyte balance. First, eliminate all solid food. Second, obtain potassium safely and effectively from tea, bouillon and ginger ale. Third, obtain sodium from saltine crackers or salted pretzels. Fourth, drink a lot of fluids, including water. Cranberry juice and orange juice also contain potassium, while bouillon and tomato juice are good sources of sodium. Increased water intake in the ileostomy patient results in increased urine output rather than increased water discharge through the appliance. Vomiting also brings the threat of dehydration. If it is severe and continuing, your doctor should be notified. You should know also that diarrhea may be symptomatic of partial obstruction or acute gastroenteritis. Since the treatment of these two entities is entirely different, a proper diagnosis should be sought immediately. It is very important to determine whether the diarrhea is caused by obstruction or gastroenteritis. If you do not know, check with your doctor. Do not guess—always call your doctor!

**Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak, and wrong.....because sometime in your life you will be all of these.**

### **HELPFUL HINTS AND BORROWED BITS**

It is important that you be aware of the symptoms of kidney infection: elevated temperature; chills; low back pain; cloudy urine (ileal conduits normally produce mucous threads in the urine, which give a cloudy appearance, but bloody urine is a danger sign); and decreased urine output. It is a good idea to avoid alcohol when taking any drug, but be particularly cautious with: pain medications, tranquilizers, antidepressants, antihistamines, and muscle relaxers. Rice Krispies can help slow the amount of stool; a great breakfast choice with skim milk or eaten dry.

Evansville Ostomy Association

If you know of a new ostomate or one of our members who are ill, hospitalized or would just like to hear from us, please let us know. Contact Bawn Putman at 613-476-6557 or e-mail: [bgputman@sympatico.ca](mailto:bgputman@sympatico.ca)



#### **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.

## HINTS FOR NEW UROSTOMY PATIENTS

Via: Ostomy Association of Long Island

Train yourself to shut the pouch valve as soon as you have emptied the pouch! If you forget, the resulting disaster within the next 10 minutes could ruin your day. Be sure to take the plastic washbasin and clean measuring container home from the hospital. They are very helpful as you establish a daily routine of washing your nighttime equipment. Gallon bottles of white vinegar and cheap liquid detergent make the daily washing-up an inexpensive chore. If you change the pouch first thing in the morning, there is less chance of the stoma misbehaving as you do the change. Irrigate the pouch daily with a solution of 4/5 water and 1/5 vinegar. The hospital plastic washbasin is an ideal container for supplies when traveling and can be used to hold the night drainage bag. In the morning, it is handy for washing-up wherever you are. It fits nicely into most carry-on bags and is not heavy. In most cases, urostomy patients enjoy a completely normal diet. Cranberry juice, yogurt, or buttermilk will help combat urinary odors. Asparagus should be avoided by urostomates as it produces a strong odor in urine.

## Improvising or Fixing a Leak in a Hurry

If you do spring a leak, especially when away from home, it can be a cause of panic. Being prepared can help you keep your cool. Wearing an appliance cover provides extra protection. One person noted that when they had a leak near the seal he was able to stuff several folded tissues between the pouch and cover. This absorbed the leakage and kept him going for 90 minutes until he was able to get back home and change.

A pouch cover has the advantage of soaking up perspiration on a hot day. Perspiration can quickly undermine the best adhesives. A good ostomy powder can help soak up moisture too. Lacking this, corn starch or baby powder is equally effective. Some people always carry Band Aids with them. She said she used the tape to mend a small tear in the pouch. It worked so well that she forgot about the makeshift repair until her regular time to change pouches! One ileostomate told about his pouch filling with gas while he was hurrying to catch a plane and he didn't have time to stop in the restroom. He used a pin to poke a hole in the top of his pouch. By pressing his arm against his body, he was able to avoid an emergency until he could safely use the restroom on the plane.

Another ileostomate told about Using a disposable diaper to wrap around her appliance. It kept her safe until she could get home and change. Individually packaged alcohol wipes or towelettes are easily carried and are great helpers in cleaning up an emergency. Best of all though, take precautions to try to avoid having an emergency.

**SOURCE: The Right Connection & Southern Nevada's Town Karaya: The Re-Route on-line Evansville Ostomy Assoc, Evansville, IL, September 2007**

## NOTES FOR NEW OSTOMATES

Via: Grand Rapids, MI & The Right Connection, San Diego Area Chapter

Do you ask "Why me?" You are very lucky to live in a time when doctors are able to perform ostomy surgeries. Did you know that rectal bleeding was one of the leading causes of death 100 years ago? If you and I lived back then, we would probably be dead. We have been given a great gift—a new life. It is natural though to grieve over loss of important organs. Stomas change in size and shape during the first few months. The initial stoma swelling will lessen and the diameter will decrease. It is prudent to check the size of the stoma each pouch change until the size stabilizes. Each person has a different ostomy just as our fingerprints are different. We have more similarities than differences.

Attending UOAC meetings gives us the opportunity to explore with others, seek support and information from someone with an ostomy to ease the transition time. UOAC has experienced visitors who are generous in helping people who had or are about to have surgery. They will assist with concerns about this new phase of life. It is your ostomy. Learn to manage it and do not let it manage you. It is normal for your new ostomy to be the center of your existence; however, with time and practice, your ostomy and its daily care will become just a normal part of your daily life. You are not alone. About 500 ostomies are performed daily in Canada. Some are permanent and some are temporary. Help others along the way.

Be happy you have been given a second chance.



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## LIVING WITH YOUR ILEOSTOMY

By: Lawrence R. Davis, M.D., Via: Spacecoast Shuttle Blast, & Metro Maryland

This article is from a talk about "The Surgeon's Responsibility to You and Your Responsibility to the Surgeon." My talk will be on what a physician expects of an ileostomy patient. Being an ileostomate myself, I have jotted down things I experienced and what I (as a physician) expect of you as you learn to cope.

1. Immediate post-op care, the most important thing the doctor expects is the patient's acceptance of the change in body image: One of the biggest hurdles with patients who will not even look at their stoma is to let him or her take care of it. This is the beginning of the road to recovery and complete recuperation. This patient should and must be independent by the time he or she leaves the hospital.

2. Get the patient to look at the positive effects of their operation. They are free of the disease, cancer, diarrhea, pain. Most Ileostomates say they are so happy to be rid of 20 trips to the bathroom and sometimes getting there too late. The new ostomate should be made aware that he has not been mutilated but changed for the better.

3. The next big obstacle is "bagging the stoma," or finding the right appliances for the patient. The patient needs to know that their stoma is going to change. With weight change, the need will change. It is very important to understand the problems a surgeon faces. Keep in mind that the individual's problems dictate the surgeon's techniques. Individual problems dictate different stomas and locations. You do not swap dentures for eyeglasses, so don't compare stomas. Go to your ostomy meetings and learn all you can about ostomy care. The caring and sharing will help more than anything else. Usually, the ileostomate has been on diets for years, and after surgery, does not want to talk about diets. However, there are foods that may cause problems, gas or odors. The patient should be aware of possibilities that the doctor waits until some of the problems occur. This way, the patient is not overwhelmed with so many "iffy" things to think about.

## GARLIC DOESN'T IMPROVE CHOLESTEROL

Do not depend on garlic supplements to lower cholesterol. In two independent and controlled studies, one using Kwai garlic powder, the other using Tegra garlic-oil preparation, there was no evidence that garlic made any difference in total cholesterol or HDL cholesterol.

The first study reported no significant differences between the garlic taking group and those taking placebo.

The second study found that garlic had no influence on "serum lipids, cholesterol absorption or cholesterol synthesis

Source: Archives of Internal Medicine; Aviation Medical Bulletin, April, 2007, Metro Halifax News, May 2007.

**The European Commission** has just announced an agreement whereby English will be the official language of the European Union rather than German, which was the other possibility.

As part of the negotiations, the British Government conceded that English spelling had some room for improvement and has accepted a 5- year phase-in plan that would become known as "Euro-English".

In the first year, "s" will replace the soft "c". Certainly, this will make the sivil servants jump with joy. The hard "c" will be dropped in favour of "k". This should klear up konfusion, and keyboards kan have one less letter There will be growing publik enthusiasm in the sekond year when the troublesome "ph" will be replaced with "f". This will make words like fotograf 20% shorter.

In the 3rd year, publik akseptanse of the new spelling kan be expekted to reach the stage where more komplikated changes are possible. Governments will enkourage the removal of double letters which have always ben a deterrent to akurate speling.

Also, al wil agre that the horibl mes of the silent "e" in the languag is disgrasful and it should go away. By the 4th yer people wil be reseptiv to steps such as replasing "th" with "z" and "w" with "v".

During ze fifz yer, ze unesesary "o" kan be dropd from vords kontaining "ou" and after ziz fifz yer, ve vil hav a reil sensi bl riten styl.

Zer vil be no mor trubl or difikultis and evrivun vil find it ezi tu understand ech oza. Ze drem of a united urop vil finali kum tru.

Und efter ze fifz yer, ve vil al be speking German like zey vunted in ze forst plas.

If zis mad you smil, pleas pas on to oza pep!



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## Tips for Handling Telemarketers Three Little Words That Work !!

(1) The three little words are: 'Hold On, Please...'  
Saying this, while putting down your phone and walking off (instead of hanging-up immediately) would make each telemarketing call so much more time-consuming that boiler room sales would grind to a halt. Then when you eventually hear the phone company's beep-beep-beep' tone, you know it's time to go back and hang up your handset, which has efficiently completed its task.  
These three little words will help eliminate telephone soliciting.

(2) Do you ever get those annoying phone calls with no one on the other end?

This is a telemarketing technique where a machine makes phone calls and records the time of day when a person answers the phone. This technique is used to determine the best time of day for a 'real' sales person to call back and get someone at home. What you can do after answering, if you notice there is no one there, is to immediately start hitting your # button on the phone, 6 or 7 times, as quickly as possible. This confuses the machine that dialed the call and it kicks your number out of their system. Gosh, what a shame not to have your name in their system any longer!!!

(3) Junk Mail Help:

When you get 'ads' enclosed with your phone or utility bill, return these 'ads' with your payment. Let the sending companies throw their own junk mail away. When you get those 'pre-approved' letters in the mail for everything from credit cards to 2nd mortgages and similar type junk, do not throw away the return envelope. Most of these come with postage-paid return envelopes, right? It costs them more than the regular 37 cents postage 'IF' and when they receive them back. It costs them nothing if you throw them away! The postage was around 50 cents before the last increase and it is according to the weight. In that case, why not get rid of some of your other junk mail and put it in these cool little, postage-paid return envelopes.  
blank application back!

One of Andy Rooney's (60 minutes) ideas.  
Send an ad for your local chimney cleaner to American Express.

Send a pizza coupon to Citibank. If you didn't get anything else that day, then just send them their blank application back!

If you want to remain anonymous, just make sure your name isn't on anything you send them. You can even send the envelope back empty if you want to just to keep them guessing! It still costs them 41 cents. The banks and credit card companies are currently getting a lot of their own junk back in the mail, but folks, we need to OVERWHELM them. Let's let them know what it's like to get lots of junk mail, and best of all they're paying for it.. Twice!

Let's help keep our postal service busy since they are saying that e-mail is cutting into their business profits, and that's why they need to increase postage costs again. You get the idea !

If enough people follow these tips, it will work - ---

I have been doing this for years, and I get very little junk mail anymore.

### POWDER YOUR STOMA?

By: Schwankweiler, RNET

Powder is normally not required during the routine servicing of a stoma. As a matter of fact, most modern disposable barriers are designed to adhere to the skin by themselves. Powder is used to treat irritated skin or a fungal infection. Yeast (fungal) infections are very common, especially during summer or when one perspires during regular exercise. Micro granulated anti-fungal powder is used only when there are signs of a yeast infection, i.e. an itchy rash and raised red bumps. Use the powder until the infection clears, then discontinue. Pectin-based powders, like Hollihesive, or Stomahesive, or Karaya type powders, are used to treat irritated skin. To apply any kind of powder, clean the peristomal skin well with plain water and then dry. The skin should be completely dry before applying the powder. Dust the skin with the powder, gently rub it around and then brush off the excess. The barrier can be applied directly over the powder. You may also seal in the powder by applying a skin sealant over the powder and allowing it to dry. Be careful: skin sealants retard the adhesion of the extended wear barriers and are not recommended! The barrier is applied over the sealant covering the powder.

# NOVEMBER'S MEETING



Belle Lumani , representative from Hollister presenting her product.



Discussions after the presentation



Belle during her presentation to our Chapter



## Flu shots: Important if you have heart disease

**Flu shots are recommended for anyone with heart disease. Find out why from a Mayo Clinic specialist who helped develop the flu shot recommendations.**

If you have heart disease, you should get an annual flu shot. That's the message put out by the American Heart Association and the American College of Cardiology.

Studies have shown that death from the flu (influenza) is more common among people with cardiovascular disease than among people with any other chronic condition. Doctors have long recommended that older adults and other high-risk groups get flu shots, but have recently placed more emphasis on the importance of flu shots for those with heart disease. The flu shot could prevent thousands of flu-related complications and deaths every year in people who have heart disease.

Larry M. Baddour, M.D., an infectious diseases specialist at Mayo Clinic, Rochester, Minn., and professor of medicine at Mayo Clinic College of Medicine, was on a joint American Heart Association and American College of Cardiology advisory panel that developed the flu shot recommendation for those with heart disease. He shares his insight about the group's recommendation.

### Why are flu shots important for those with heart disease?

According to the Centers for Disease Control and Prevention (CDC), the flu is estimated to cause more than 36,000 deaths annually in the United States. In addition, it sends 225,000 people to the hospital. The rate of flu-related complications is even higher for people with heart disease.

If you have heart disease, you are at increased risk of complications from the flu — including pneumonia, respiratory failure, heart attack and death. Having the flu can also cause dehydration and worsen heart failure, diabetes or asthma.

Most scientific evidence indicates that flu shots are associated with a reduced risk of cardiovascular events — such as heart attack — in people with known cardiovascular disease.

### Is it safe to get a flu shot if I have heart disease?

Flu shots are safe for most people who have heart disease. Get your flu vaccine injected by needle, usually in the arm. Some people develop mild arm soreness at the injection site. The flu vaccine that is given by nasal spray isn't recommended for people with heart disease because it's made with live virus that can trigger flu symptoms in people with heart disease.

### When should I get a flu shot?

If you have heart disease, get the flu shot each fall when it becomes available, usually late September through November. However, if flu shots are still available and you haven't yet received a vaccination, you'd still benefit from getting a flu shot in January or later. That's because the flu season doesn't typically peak until January, February or March.

## Do I have to get a flu shot from my cardiologist?

You don't have to get your flu shot from your cardiologist. However, the American Heart Association recommends that cardiologists have the flu shot available at their clinics. The flu shot is also available through primary care doctors, some specialists and cardiology clinics, public health departments and some pharmacies. It's best to call ahead to determine if vaccine is available and when. Some places may require an appointment.

### HELPFUL HINTS AND BORROWED BITS

It is important that you be aware of the symptoms of kidney infection: elevated temperature; chills; low back pain; cloudy urine (ileal conduits normally produce mucous threads in the urine, which give a cloudy appearance, but bloody urine is a danger sign); and decreased urine output. It is a good idea to avoid alcohol when taking any drug, but be particularly cautious with: pain medications, tranquilizers, antidepressants, antihistamines, and muscle relaxers. Rice Krispies can help slow the amount of stool; a great breakfast choice with skim milk or eaten dry.

### Some Acronyms

- **UOAC** - United Ostomy Association of Canada, Inc.
- **UOAA** - United Ostomy Associations of America
- **IOA** - International Ostomy Association, Inc.
- **ET** - Enterostomal Therapist
- **WOCN** - Wound, Ostomy, Continent Nurse
- **CAET** - Canadian Association of Enterostomal Therapy
- **WOD** - World Ostomy Day
- **FOWC** - Friends of Ostomates Worldwide Canada
- **CCS** - Canadian Cancer Society
- **CCFC** - Crohn's Colitis Foundation of Canada



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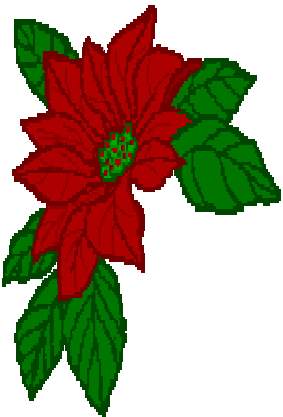
## From The Staff at Kelly's Belleville and Trenton Stores

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  
Seniors save 10% every day in Kelly's Pharmacy and Home 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 Chapter's monthly Journals  
Kelly's welcomes the opportunity to continue serving you.

# Season's Greetings



# Membership Application (for new members only)

Belleville, Quinte West & Area Chapter

Membership includes annual subscription to Chapter Journals 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 \_\_\_\_\_

E-mail (if applicable) \_\_\_\_\_

Type of surgery \_\_\_\_\_

Please make cheques of \$23.00 payable to:

UOAC Belleville, Quinte West & Area Chapter  
C/O Vernon Kemp  
RR#1, Frankford, On  
K0K 2C0

Websites of Interest

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

FOW: [www.fowcanada.org](http://www.fowcanada.org)

Crohn's & Colitis Foundation:  
<http://www.ccfcc.ca>

Ostomy.com - this has many different sites that you are able to access for ostomy supplies.

Editor's Note:

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 meetings. If you have any pictures you would like to see included please send them to me.

I would appreciate if you could write your story of how you got here in order to publish it. I would like stories from ostomates and SASO members.