



BELLEVILLE QUINTE WEST AND AREA CHAPTER
Journal
 UNITED OSTOMY ASSOCIATION OF CANADA

Happy Mother's Day! Enjoy the Day!

May 2007



REACH OUT A HELPING HAND TO OSTOMATES AND THEIR FAMILIES

Guest unknown at this time. Bring your thoughts for the June meeting or ideas for change.

*****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
 May 10th.
 Pot luck in June**

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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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.

PRESIDENT'S MESSAGE

If you, like me, start having bad thoughts and saying loudly what crummy weather we are having, it only takes one weather report from other areas around the globe to make you thankful that you live in Southern Ontario. The Governments of the world had better shape up and fast!

What a fine meeting we had on April 12th. There was a sizable group of members and the forum concept with Ursula, Leanna and Olga was just great! So many of us have similar concerns that for all of us to benefit from what have been a one on one answer was very beneficial and time saving both for us and our Ets.

A reminder that Bawn would really appreciate any personal anecdotes or bios as everyone has a different history.

Next month is our wrap up meeting before the summer and is traditionally a pot luck, semi-social effort; venues should be considered. Gwyn and Ray Scott have been our gracious hosts at their beautiful home the last 2 years but we do not want to press our luck. Numbers for the June meeting were down last year so if you, as members, prefer a whole different approach to that last meeting, please, please, let your executive know.

I appreciate the efforts by Maddy and Grace to round up a guest speaker for May but as yet the guest is an unknown entity. If indeed, we do not have a guest any and all ideas about any changes you would like to see in the next year would be welcome.

We hope Roy is back and is in good health and that he enjoyed his trip overseas and we also hope Audrey is feeling better.

Keep up the good work and we hope to see all of you on May 10th.

Thanks, Bawn ! The newsletters are great!

Regards
Gerry Putman

Police were called to a daycare where a three year old was resisting a rest.

"You wouldn't believe what happened this evening. In all my years on the force I've never seen anything like it. I came across two guys downtown, one was drinking battery acid and the other was eating fireworks.
"Drinking battery acid and eating fireworks! What did you do with them?"
"oh, that was easy. I charged the one and let the other off.

This article is from the UOAA

If you are an adult of average weight here is what you accomplished in 24 hours:

- * Your hear beats 103,689 times
- * your blood travels 168,000,000 miles
- * You breathe 23,040 times
- * You inhale 438 cubic feet of air
- * You eat 3/4 pounds of food
- * you drink 2.9 quarts of liquids
- * you speak 4,800 words, including some unnecessary ones
- * you move 750 muscles
- * Your nails grow .000046 inch
- * Your hair grows .01714 inch
- * You exercise 7,000,000 brain cells

What to do if your ostomy output becomes thin, watery or greatly increases in volume:

- * Never limit your fluid intake in order to thicken the drainage, since this can lead to dehydration.
- * Avoid food that you know from experience makes drainage too loose and too frequent.
- * Begin a low-residue diet, avoiding especially green beans, broccoli, spinach, highly spiced foods, raw fruits, and beer.
- * Add strained bananas, applesauce, boiled rice tapioca, boiled milk and peanut butter to your diet.
- * Pretzels help in thickening and add bulk to the drainage. The salt also helps stimulate thirst.
- * Many people lack an enzyme which is responsible for the metabolism of milk sugar (lactose). This condition can cause diarrhea, gas, bloating, nausea and cramping. The elimination of milk products may cause a dramatic improvement in the symptoms.

What to do if your ostomy output becomes thick, or if you develop constipation:

- * Increase your fluid consumption, especially fruit juices.
- * Increase the amount of cooked fruits and vegetables you are consuming.
- * Very few foods need to be omitted from your diet because of fear of food blockage. Perhaps more important than the food in avoiding blockages is **chewing well**. You can reduce your intake of foods that are very high in fiber and foods with seeds that are hard to digest if they appear to be a problem. Examples are Chinese vegetables, raw onions, nuts, pineapples, corn-on-the-cob, raw carrots, raisins, celery, mushrooms, popcorn, coconut macaroons and coleslaw.

BEST LAWYER STORY OF THE YEAR, DECADE AND PROBABLY THE CENTURY.

Charlotte, North Carolina:

A lawyer purchased a box of very rare and expensive cigars, then insured them against, among other things, fire. Within a month, having smoked his entire stockpile of these great cigars and without yet having made even his first premium payment on the policy, the lawyer filed a claim against the insurance company. In his claim, the lawyer stated the cigars were lost "in a series of small fires."

The insurance company refused to pay, citing the obvious reason, that the man had consumed the cigars in the normal fashion.

The lawyer sued...and WON!

(Stay with me.)

Delivering the ruling, the judge agreed with the insurance company that the claim was frivolous. The judge stated, nevertheless, that the lawyer held a policy from the company which it had warranted that the cigars were insurable and also guaranteed that it would insure them against fire, without defining what is considered to be "unacceptable fire," and was obligated to pay the claim.

Rather than endure lengthy and costly appeal process, the insurance company accepted the ruling and paid \$15,000 to the lawyer for his loss of the cigars lost in the "fires".

NOW FOR THE BEST PART.....

After the lawyer cashed the check, the insurance company had him arrested on 24 counts of ARSON!!! With his own insurance claim and testimony from the previous case being used against him, the lawyer was convicted of intentionally burning his insured property and was sentenced to 24 months in jail and a \$24,000 fine.

This is a true story and was the First Place winner in the recent Criminal Lawyers Award Contest.

BOAST YOUR ENERGY WITHOUT SUGAR

Many people are easily pulled toward those oh-so-available treats that promise an energy boost and stir their memory buckets of happy, carefree times. Contrary to much popular literature, sugar is not "white death". Its darkest crime is the vandalizing effect on your energy. And it has partners in crime: Sugar-laden treats are usually loaded with saturated fats and calories as well.

If sugar is affecting your well-being, make it your goal to cut back on your daily use of sugar or sweets. Sugar is not worth robbing yourself of your precious energy and stamina. For help in kicking the sugar habit, try these tips:

- **Recognize your enemy.** Sugar is called by many names—honey, brown sugar, corn syrup, fructose and so on— but it is all sugar. Much of the problem with sugar lies in the fact that it is hidden in nearly every packaged product on the shelf. Beware if sugar or a name for sugar - like any word ending in "ose" - is in the top three ingredients in the packaged product.
- **Know when you are vulnerable.** Identify and avoid resolve-breakers like fatigue, anger, or loneliness. If your response to these has been to eat, choose to journal or take a nap instead.
- **Resist the "I have already blown it" syndrome".** Even when you succumb to temptation and consume foods you know interfere with your health, be assured that a lapse in healthy eating does not ruin all the health you have attained over the weeks of wellness. Avoid letting a lapse become a relapse, another relapse and finally a collapse.

(From the pages of the UOAA)



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.

Five Things Your Cell Phone Can Do

There are a few things that can be done in times of grave emergencies. Your mobile phone can actually be a life saver or an emergency tool for survival. Check out the things that you can do with it:

FIRST

The Emergency Number worldwide for Mobile is 112. If you find yourself out of the coverage area of your mobile; network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly this number 112 can be dialed even if the keypad is locked. Try it out.

SECOND

Have you locked your keys in the car?

Does your car have remote keyless entry? This may come in handy someday. Good reason to own a cell phone: If you lock your keys in the car and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. Saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other "remote" for your car, you can unlock the doors (or the trunk). Editor's Note: It works fine! We tried it out and it unlocked our car over a cell phone!"

THIRD

Hidden Battery Power

Imagine your cell battery is very low. To activate, press the keys *3370# Your cell will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you charge your cell next time.

FOURTH

How to disable a STOLEN mobile phone?

Check your Mobile phone's serial number, key in the following digits on your phone: * # 0 6 # A 15 digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. If your phone gets stolen, you

can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everybody does this, there would be no point in people stealing mobile phones. And Finally....

FIFTH

Free Directory Service for Cells

Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when they don't have to. Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem.

When you need to use the 411 information option, simply dial: (800) FREE 411, or (800) 373-3411 without incurring any charge at all. Program this into your cell phone now.

This is the kind of information people don't mind receiving, so pass it on to your family and friends.

Two boll weevils grew up in South Carolina. One took off to Hollywood and became a rich star. The other stayed in Carolina and never amounted to much, and became naturally known as the lesser of two weevils.



Every individual is unique and may need to try a number of products to find the best solution...

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A LITTLE OSTOMY TEST

Via: Hemet- San Jacinto & Cleveland Ostomy Association

1. **Your appliance has been on for 2 days and you experience a burning, uncomfortable sensation around the stoma. You:**

- a) Ignore it. It seems to come and go away.
- b) Wait until the designated day to change your appliance.
- c) Take a cool bath
- d) Change your appliance immediately

The answer is d. Ideally, your appliance may stay on for 5 to 7 days. However, if you experience burning or itchiness, discomfort or pain around the stoma or discoloration of the adhesive, change your appliance regardless of the day. These signs usually indicate leakage. Stool or urine on the skin is very irritating. In addition, itching or irritation under the pouch can be due to dehydration. If you are pretty sure the appliance is not leaking and there is nothing externally wrong with it, try drinking a few glasses of water instead of removing the appliance. When it bothers you, change.

2. **When you remove your appliance, you notice the skin around the stoma is reddened. To treat it, you:**

- a) Apply cool compresses for a short period of time before reapplying your appliance.
- b) Apply a protective powder such as Stomahesive or Karaya to reddened skin areas, remove any excess and continue with reapplying your appliance.
- c) Apply a soothing cream or ointment to the reddened skin areas.
- d) Use an alcohol wipe on your peristomal skin.

The answer is b. It is important to observe the skin around the stoma. Use a mirror to help observe the skin and stoma. If the skin appears reddened, irritated or weepy, you may require a protective powder. You may change your appliance every two or three days until the skin heals. While creams and ointments may be a reasonable solution for the skin irritation in other areas of your body, they may not be useful around your stoma because your appliance will not adhere to moist or oily skin. Cool compresses may be soothing but cannot heal the skin. Alcohol will dry the skin which may cause it to itch.

3. **Your neighbours invite you to a pool party, you:**

- a) Decline the invitation since you cannot swim with an ostomy.
- b) Limit your fluid intake for 12 hours prior to the party so your stoma is not active
- c) Accept the invitation

The answer is c. If you enjoyed swimming before the operation, continue to swim after. For extra security while swimming, you may want to picture-frame the adhesive part of your appliance with paper or waterproof tape or apply a skin sealant. Skipping meals or limiting fluid intake leads to dehydration and/or electrolyte imbalance.

WHAT YOU SHOULD KNOW ABOUT GENERIC DRUGS

By Sharon Williams, RNET, Via: The Triangle, Abilene TX & GB News Release

In recent years, generic drugs have become increasingly popular within the \$30 billion prescription drug market. In fact, generic drugs now account for approximately one-third of prescriptions. So why are generic drugs becoming so popular? For one reason, in 1984 federal legislation made generic drugs approval easier. Plus, patients for many reasons of the most frequently prescribed drugs have expired, allowing for generic competition. Perhaps the biggest reason for the generic boom is economic. According to the FDA, generic drugs generally cost 30 to 40 percent less, and often as much as 80 percent less, than their name-brand counterparts. Usually, generics are exactly the same as their name-brand equivalents. However, some name brand manufacturers may correctly claim their products are better absorbed with in the body than their generic competition, leading to quicker relief. This is particularly true with antibiotics, antihistamines and analgesics. If you are thinking about changing from a brand-name to a generic product, do not do it on your own. Some substitutions can be inappropriate. Consult your doctor for a generic equivalent. Or, tell your pharmacist you want the generic version, and ask him/her to call your doctor for approval

20/40-- Young Adults Interest Group

1. The 20/40, or Young Adults Interest Group is designed to offer a forum to those persons with ostomies who would like to meet with others in a similar age group to share ideas, develop friendships and learn more about living with an ostomy. It is open to all young adults, regardless of type of ostomy or alternate procedure, sexual orientation or marital status.

Internationally, the 20/40 Focus group has had two conferences full of information sessions, discussion groups and has created a warm environment for young adult ostomates around the world. There will be a 20/40 meeting in conjunction with the International Ostomy Association Congress in Porto, Portugal August 28-31, 2004.

UOAC is currently working on creating a national group to do the same. We offer discussion groups and events at our annual conferences where young adults get together and swap stories, trade ostomy secrets and learn more about being a young adult with an ostomy.

If you are interested in participating in a national 20/40 group, please contact the UOAC head office

Why Come? By Renard Narcaroti

Why should you come to an ostomy association meeting? Here are some thoughts given to us by our members.

If no one came, there would not be an organization. We would not have any way of communicating what new options were available and being developed to improve the care and maintenance of ostomies. We would not be aware of the new ostomy systems being introduced by manufacturers, product developments and improvements, or better ways to use them. Most people with ostomies are happy with their current ostomy system. Nevertheless, you still want to know the state-of-the-art in ostomy products and services, n'es pas?

We are reminded by one member of how he wore a three-piece, re-useable, black-rubber ostomy system before coming to a meeting, which had worked just fine for him for years. Then he discovered that the industry had developed high-quality one- and two-piece disposable systems that are very secure, reliable, odor proof, easy to use and have a low profile. He said that he now has a better quality-of-life since he started coming to ostomy association meetings. You will virtually never see an ostomy advertisement on TV. You need to be part of the local ostomy association to keep informed and educated.

Now, consider the person who has just had ostomy surgery - you were once one too - who timidly comes to his/her first meeting. Think about what it felt like to know that you were not the only one in town with a red rose on your tummy. A new person with an ostomy comes to a meeting and sees other people with ostomies - I mean you - looking stylish; living active, normal, happy and productive lives. It gives them hope. You have an obligation to be a good example for these new people. They need to know that life with an ostomy can be better than ever before.

Bear in mind the executives from manufacturers who give of their free time by attending our association meetings just because they want to help us. In addition, they sincerely ask for our input on products and services. We are the experts on living with an ostomy and for them to improve ostomy products, they need us to tell them what we want and expect from them. This cannot happen if we are not at a meeting. Our voices will never be heard. We must be there to provide our thoughts and be advocates for our positions.

A wound, ostomy and continence nurse (WOC) is a consummate professional who has dedicated his/her life to helping people like us. The WOC nurses at our meeting completely volunteer their time for our good. Not only do we learn from their presentations, they are also available for consultation afterwards. Coming to meetings better enhances our knowledge of how WOC nurses can be of service to us.

We gain the most information, wisdom and support from each other. What may be "old hat" to you could be a most important discovery to a person with a new ostomy or even to someone who has had an ostomy for several years. People with ostomies find strength in one another. It is important for you to attend our ostomy association meetings. We need you.

SOURCE: The New Outlook on-line, United Ostomy Association of Chicago, August 2006, via Inside Out On-line Sep/Oct 2006.

WORDS TO LIVE BY:

Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.


By the time you can make the ends meet, they move the ends.

Thou shall not weigh more than thy refrigerator.

Someone who thinks logically provides a nice contrast to the real world.

HELPFUL HINTS:

Emotional pressures and over-fatigue can cause bowel upsets, especially when traveling. Do not allow yourself to become over tired. For hard-to-deal-with itchy, irritated skin due to tape burns, scar healing, pouch friction on the skin etc., doctors often recommend a cortisone cream or ointment. There are some products available without a prescription.



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This is a copy of the message from Doug Graham, the President of the National UOAC

Fall Appeal and National Unity

I would like to give a heartfelt thank you to our many members that responded to our fall appeal for funds. It has been a success and it is very encouraging to see the loyal and generous support that these funds symbolize. In addition to the individual members donating, several chapters made donations. Special thanks to the Edmonton and Halifax chapters. These funds are needed to continue the work on the national scene. I could quote our Bylaws and reference the support component in Article 2; however I would like to simplify why, in my opinion, we need a national entity. It is to unite our members through their chapters. It is our rallying point, the standard to which each of us can identify with and proudly state, "I'm a member of a caring chapter that is part of a National Association that's a member of an International Ostomy Association, dedicated to helping others". So, in my opinion, the main thing we do is unite our members and provide support.

Spring Appeal

On August 18, 2001 at our National Annual General Meeting, our fiscal year changed from January 1st - December 31st. to April 1st - March 31st. (Bylaw, Article 32). My message of January 2007 indicated this would be a year with several changes. The strategic planning meeting, held in mid- February for the fiscal year April 1, 2007 to March 31, 2008, was completed. We heard concerns from several chapters and individuals regarding the timing of the fall appeal. At your Board of Director's meeting October 2006, the decision to change the National Funds Appeal to spring rather than fall was made. Therefore, we will make an appeal in April, 2007 and we will not appeal for funds again until April, 2008. This should eliminate any confusion with chapter membership billing and fundraising that takes place each fall by the chapters. It will also place our appeal within the fiscal year of the budget. I request that, when you receive our funds appeal, you respond as you would if it was the fall appeal. **We will not appeal again until April of 2008 and your support is needed.**

Who Are Our Members?

They are young. They are old. They are retired. They are working. They are mothers. They are fathers. They are sons and daughters. In other words, they are from every walk of life. Most important they are survivors that care about others and volunteer to help others. When I consider our association of ostomates, the families and friends that have come together from across our land to share in the common goal of helping others find a good quality of life, I marvel at the successes we share. What are the odds that a group of otherwise strangers would unite in a common cause?

The probabilities of success are incalculable for me but the fact is that we are a unique group. We are volunteers and we will celebrate our unity this August in Calgary, Alberta. I hope to see many of you there.

Travel, Education, Lunch and Fun

Thirty-three members (33) of the United Ostomy Support Group of Ottawa, family members and friends travelled by bus to Montreal March 23, 2007 to visit the ConvaTec facility. Canada Care Medical provided a nutritional start to the day with coffee, tea, juice and muffins. We joined up with eight from the Montreal Youth Chapter at the ConvaTec facility. We were shown their latest product, escorted through the facility, enjoyed an excellent lunch, were each provided with samples of the new product, said our goodbyes and arrived back in Ottawa at approximately 5:00 p.m. The consensus of the group was, "What an enjoyable day. When can we do it again? Can we try other outings like this?" As I wrote in the last edition of the UOAC Connection, if your chapter has found some interesting activities to encourage learning and participation, please share them with other chapters by informing our editor. They may inspire others to develop even more unique activities to share with us.

I hope your Easter period was spent with loved ones and that you are taking good care of yourself.

Doug Graham - Your President

LET YOUR CANDLE SHINE

The question is often raised as to how new ostomates find out about our Chapter support group—it is up to all of us to get the word out. When you visit your doctors, be sure to mention that you are a member of a support group that is available for all ostomates and drop off some of the business cards for reference. Another way to get the word out, is to be very open in the discussion with anyone who asks about our group or ostomies in general. We should all be very proud we have gone through the life saving surgery and we are still here to let everyone know that an ostomy is not the end but just the beginning of a new and better life. As an old Sunday school song goes—"Let your candle shine; hide it under a basket—no! Let it shine, let it shine!"

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**From The Staff at Kelly's
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The Journals are now archived for viewing at Kelly's
 Web Site: 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

HAPPY MOTHER'S DAY TO ALL THE WONDERFUL MOTHERS!!!!

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 _____

Email (if applicable) _____

Type of surgery _____

Dues Amount \$23.00/year

Please make cheques payable to:

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c/o Vernon Kemp
RR #1, Frankford, On
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FOR YOUR CONVIENCE

WEBSITES OF INTEREST

UOAC: www.ostomycanada.ca

FOW (Friends of Ostomates Worldwide):
www.fowcanada.ca

Revenue Canada: www.cra.gc.ca

Informative site for those interested in managing irritable bowel syndrome. Strategies, tips & diets
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 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