



# MERRY CHRISTMAS

December, 2008

REACH OUT A HELPING HAND TO OSTOMATES AND THEIR FAMILIES

**Our next meeting will be Sunday  
December 7, 2008 at Northway  
Restaurant at 2 p.m. See inside for  
details**

Our next meetings  
**December 7, 2008**  
**January 8, 2009**  
**February 13, 2009**

**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.

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:**

**EDITOR:**

Bawn Putman 476-6557

**DSS REP**

Gerry Putman 476-6557

Regular monthly meetings are held on the second Thursday of each month, 7:30 p.m. Rm P24 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**

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 R.N. BScN, E.T.

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

Laura Rogers R.N. BScN, E.T.

Available at Belleville General Hospital, 613-969-7400 Ext. 2991

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

Seasons Greetings to one and all. Here's hoping for a joy filled holiday season shared with family and friends.

Thank you to the 21 people who came to the November meeting to hear about the new and improved appliances that Belle came to tell us about. There was quite a lot of discussion and several helpful hints were mentioned. Belle is an accomplished speaker and projects her own personality into her sales related speech. We also learned that Belle is being married on a sun soaked island on December 17th. Congratulations Belle.

The bit of snow we received November 18th may put me in the mood to start some shopping. I have had all the "stuff" to make my Christmas cakes sitting on the counter but just can not seem to get to making them. It will happen sooner or later as I intend to make them for gifts.

I will cut this short as I know that Bawn is waiting to receive this message so she can put the news letter to press early. Thanks Bawn for all you do, the research, cute jokes and information that you send out to us each month. You do a great job.

Hope to see each and every one at the December Christmas meeting on Sunday the 7th at 2pm. The Northway Restaurant is on North Front Street next door to Dollarama. See you there.

Maddy

IT IS THAT TIME OF YEAR. DUES SHOULD BE PAID BY THE END OF DECEMBER AS VERN HAS TO SEND IN THE MONEY TO THE UOAC IN JANUARY

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.

## One piece or two Piece?

Regardless of which type of appliance patients often wonder what sort to buy when it comes time to purchase their own supplies. Should you choose a one or two piece system and what are the differences?

It's a highly individual choice and depends on your life-style, how much you can afford to spend on appliances, your stoma management needs and your own hand/eye coordination.

### **Advantages of One-Piece Appliances**

- .. fewer components to purchase, maintain, and match easier to apply if the patient has poor eyesight, shaky hands, or is too frustrated to deal with assembling more than one part
- .. less rigid parts involved (makes participating in sports and exercise more comfortable)
- .. if gentle adhesive models are used, a one-piece can be changed every day, which means you can shower without wearing the appliance
- .. one piece systems usually have a lower profile under clothing or swimsuits.

### **Disadvantages**

- .. if you want to change the size of pouch you wear (ie smaller for intimate moments, or larger for night time or traveling) you must change the entire appliance and keep a larger inventory on hand for such purposes.
- .. if using closed-end pouches, you must take the whole thing off and discard once it is one-third full.
- .. if cost is an issue, you cannot clean and re-use the one-piece
- .. gas filters can fail, making it necessary to either empty the pouch entirely to get rid of ballooning.

### **Advantages of Two-Piece Appliances**

- .. if the stoma is irregular in shape, or if the peristomal area requires more preparation, doing this with the flange separate can be easier
- .. easier to centre the stoma in the opening
- .. if desired, the pouch can be changed more often to a clean one
- .. if cost is an issue, pouches can be cleaned and re-used
- .. it can be opened at the top to let gas escape
- .. different size pouches can be used at any time
- .. less work involved with flange preparation once a two piece is on, no need to repeat the process for each pouch change

### **Disadvantages**

- .. most models are bulkier and less flexible than one piece
- .. costly to remove flanges for showering or bathing
- .. new patients dislike dealing with this much product on their bodies

### **Re-Using Pouches**

Pouches and flanges are expensive – those with low income and minimal health coverage may sometimes find it hard to keep adequate supplies on hand, especially if their ostomy must be changed more often due to leaking or irritation.

To save on costs, some patients clean and re-use their two-piece pouches. To properly clean your pouch for re-use, first empty and then rinse it into the toilet, using a squirt bottle of soapy water. Any mild dish detergent will do. Hot water is not advised as it will break down the pouch's odour control properties faster than cold or lukewarm water. When clean of waste, give it another rinse with a mild Vinegar solution to kill bacteria; do a last rinse under the bathtub faucet. Use the bathtub rather than the sink – the drain is much larger. You can hang the cleaned pouch to dry or lay it on a towel. Some people stuff the appliance with tissue to speed drying. Pouches can be washed and reused a number of times but sooner or later they will begin to retain odour. They should be thrown out when this occurs. Source: *Vancouver BC newsletter*; *Metro Halifax News*, Sept 2006

I found these on the alt.support.ostomy newsgroup:

Q. What do you call an ostomate with excessive gas?  
A. A Pouch Puffer

Q. What statement do ostomates include on their resume?  
A. Have bag. Will travel.

Q. What is an ostomates favorite punctuation mark?  
A. A semi-colon.

Q. Why wouldn't the urostomates pouch stay on?  
A. It was pissed off.

Q. Why did the UC patient buy a dishwasher and refrigerator before surgery?  
A. Because the doctor told him he'd need to get some appliances.

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## **Ostomy Fashion Tips**

By Amber J. Tresca, About.com

Many people think that an ostomy appliance is going to be noticeable under their clothes or rustle when they walk. When I underwent temporary ileostomy surgery, I was worried that my wardrobe would have to change drastically. The truth is that I didn't change a thing! Today there are many newer, more body-conscious appliances available to assure ostomates of a good fit as well as privacy.

An important step in ensuring that an ostomy will not interfere with fashion or function is to talk with your surgeon and ET nurse about the placement of the stoma before the surgery. The stoma should be placed where it is the most comfortable for your lifestyle. For instance, the waistline is an inconvenient place for a stoma, as belts and pants will rub against it.

If ostomy surgery is done in an emergency situation, it may not be possible to consult with your medical team about stoma placement. In these cases, work closely with your ET nurse to find the most appropriate appliances and learn tips about getting a good seal. Even with newer appliances and optimal ostomy placement, there are times when some fashion advice comes in handy - such as formal events or a beach vacation. Use the suggestions below to keep looking great after ostomy surgery.

**Get fitted properly:** Ostomy appliances are not one size fits all! Get expert advice from an ET nurse or a hospital supply store about which appliance might be right for you. Take advantage of free samples that many companies offer to try new ostomy appliance products.

**Closed or Mini-Pouches:** Several companies make closed ostomy pouches that are rinsed out for re-use or thrown away when they're full. Also available from many ostomy care suppliers are drainable mini-pouches. These pouches are smaller than normal appliances and are handy for a variety of activities including travel, swimming, formal occasions or intimate moments.

**Pantyhose:** As long as you find it comfortable, you can wear pantyhose. In fact, pantyhose holds the appliance in place close to the body, which can be helpful at times.

**Pantyhose:** As long as you find it comfortable, you can wear pantyhose. In fact, pantyhose holds the appliance in place close to the body, which can be helpful at times. However, if the waistband cuts into your stoma or your appliance, you may want to consider thigh-highs, which have rubber grips in the top to hold them up.

**Suspenders:** For men who find a belt uncomfortable, suspenders are an option to keep those trousers held up.

**Pleats:** Pants and skirts with pleats in front can help to disguise the location of the appliance. They also have some "give" for those times when the bag starts to fill up.

**Choosing Fabrics:** Generally, thin fabrics such as silk and fine knits may have problems with show through. Wearing a loose slip underneath these thinner fabrics or covering the pouch with a fabric cover may help.

**Swimwear:** For men, boxer-style swimming trunks with a lining will work well. If you sew, or know someone who does, consider adding a pocket inside the trunks to hold the appliance in place. For women, a lined swimsuit with "boy shorts" bottoms, a ruffle or skirt around the waist, or a bright pattern will prevent show through.

<http://ibdcrohns.about.com/od/ostomyinformation/a/ostomydressing.htm>

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It was fun being a baby boomer... until now. Some of the artists of the '60's are revising their hits with new lyrics to accommodate aging baby boomers:

They include:

Herman's Hermits -- Mrs. Brown, You've Got a Lovely Walker.

Ringo Starr --- I Get By With a Little Help From Depends.

The Bee Gees --- How Can You Mend a Broken Hip?

Bobby Darin --- Splish, Splash, I Was Havin' a Flash.

Roberta Flack --- The First Time Ever I Forgot Your Face.

Johnny Nash --- I Can't See Clearly Now!

Paul Simon --- Fifty Ways to Lose Your Liver

The Commodores --- Once, Twice, Three Times to the Bathroom.

Marvin Gaye --- Heard It Through the Grape Nuts.

Procol Harum --- A Whiter Shade of Hair.

Leo Sayer--- You Make Me Feel Like Napping.

The Temptations --- Papa's Got a Kidney Stone.

Abba --- Denture Queen!

Tony Orlando --- Knock 3 Times On The Ceiling If You hear Me Fall.

Helen Reddy --- I Am Woman, Hear Me Snore!

Leslie Gore --- It's My Procedure, and I'll Cry If I Want To!

And my favorite:

Willie Nelson --- On the Commode Again!!

Have a good day Boomers!!

## They're Back! Church Bulletins:

Thank God for church ladies with typewriters -- misspellings, bad sentence construction or choice of words all make for fun reading. These sentences actually appeared in church bulletins or were announced in church services:

The Fasting & Prayer Conference includes meals.

The sermon this morning: "Jesus Walks on the Water."  
The sermon tonight: "Searching for Jesus."

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

The peacemaking meeting scheduled for today has been cancelled due to a conflict.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

The Rector will preach his farewell message after which the choir will sing: "Break Forth Into Joy."

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be "What Is Hell?"  
Come early and listen to our choir practice.

The church will host an evening of fine dining, super entertainment and gracious hospitality.

Potluck supper Sunday at 5:00 PM - prayer and medication to follow..

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Ladies Bible Study will be held Thursday morning at 10 AM. All ladies are invited to lunch in the Fellowship Hall after the B. S. is done.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.

## Tips & Tricks

**Watch your weight -- a gain or loss of 10 - 15 pounds can affect the way your appliance fits.**

**Posture matters! When you return from hospital you will be feeling sore and uncomfortable.**

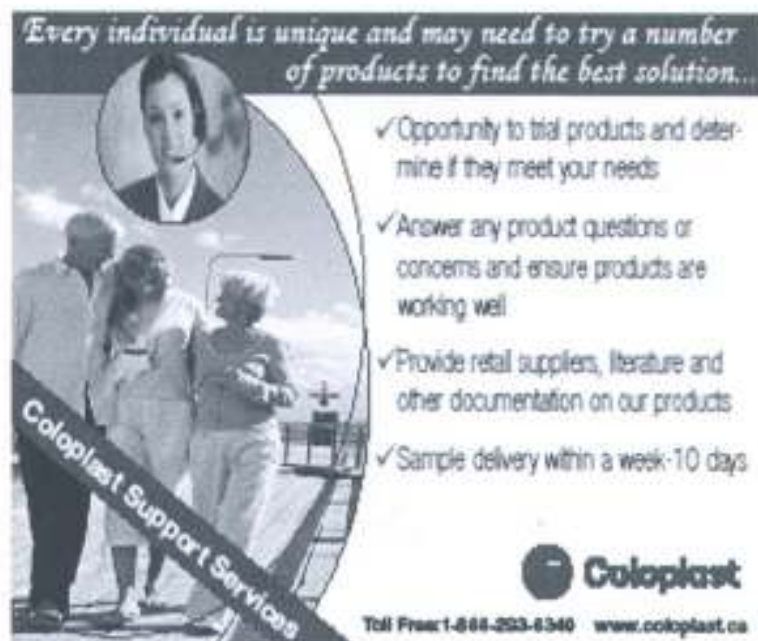
**You may be anxious about the front of your body getting bumped, or self-conscious about the stoma which can lead to a habit of hunching over to 'guard' that area. Try to focus on keeping your head up and your back straight.**

**Walking Works! Don't lie or sit about all day. Walking helps restore lost muscle tone, gets your circulation going and just generally perks you up. Get up and walk several times a day, even if it's just down to the corner and back.**

=====

I was shopping at Walmart with my 3 year old niece one day and needed to go pee. Well I couldn't just leave her waiting outside of the bathroom stall at that young age, she would have to go into the stall with me. I was really nervous about letting her see my pouch because I happen to have on a transparent pouch that day. Well I tried very hard to keep my shirt covering it, but as we know kids notice everything. As I was standing up she noticed it and asked me "Hey! Why are you saving your poop for later? We can get you some diapers while we're here. I wear them too." (As she pulls her pants down and shows me her diaper explaining to me they would be much more comfortable then my appliance and they hold alot more poop and also come in Barbie designs). I found this so hilarious. It is true the saying "Out of the mouth of babes".

Abbe



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## Instructions For Life

Take into account that great love and great achievements involve great risk.

When you lose, don't lose the lesson.

Follow the three R's . . . Respect for self, Respect for others and Responsibility for all your actions.

Not getting what you want is sometimes a wonderful stroke of luck.

Learn the rules so you know how to break them properly.

Don't let a little dispute injure a great relationship.

When you realize you've made a mistake, take immediate steps to correct it.

Spend some time alone every day.

Open your arms to change, but don't let go of your values.

Remember that silence is sometimes the best answer.

Live a good and honorable life. Then when you become older and think back, you'll be able to enjoy it a second time.

Share your knowledge. It is a way to achieve immortality.

Be gentle with the earth.

The best relationship is one in which your love for each other exceeds you need for each other.

Judge your success by what you had to give up in order to achieve it.

One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life.

Faith is taking the first step even when you don't see the whole staircase.

Why choose to assume a negative outcome in an unknown situation?

FAMILY AND SPOUSE NEEDS - Ottawa Ostomy News, October 2008/ Donna Hoffman, PLN, ET  
Blue Water, NM

Much has been said and written about the ostomate who has to undergo ostomy surgery, his/her recovery from the surgery and what is so important, recovery emotionally. But what about the spouse and children? They must suffer in their own way. In the hospital, doctors and nurses hurry around seeing to the ostomate's physical needs, the ostomy visitor sees to the emotional needs. Who is there for the family? Spouses also suffer. They are the ones who have to put up with outbursts of anger, despair and depression. They work with us giving love and support and have to go home to an empty house and wonder — "What next?"

There is usually no one to help them through their anxious days of worry and uncertainty. "How will my loved one accept me? After all, I'm not the one to have an ostomy. Will he or she change or be the same? After the ostomate comes home from hospital, the family and spouse have to put up with inconveniences such as pieces of skin barrier stuck to the bathroom floor, cement spilled on a favourite brush or comb, irrigating tubing hanging in the bathroom, learning to leave the bathroom free at that certain time of day, making extra pit stops when travelling. And on the spouses' end, "What about our sexual life? Will it be the same? Will it be worse, better or maybe none at all?" Spouses and families need the same support during the hospitalization phase and recovery at home as the ostomate. They need to be included in the teaching of ostomy care, and to feel they are still wanted and needed. Children should have the surgery explained to them so mom and dad will seem the same and love them all the more. They will not think anything of it if explained in a simple, understanding way. Make it clear that an ostomate is little different from someone who has to take insulin or wear a prostheses. Spouses should also have the opportunity to speak with other spouses in the same circumstances. Ostomy meetings and ostomy spouse visitors can help greatly.

**SOURCE: The New Outlook on-line, UOA Chicago, September 2008, via Inside Out On-line Oct/08.**

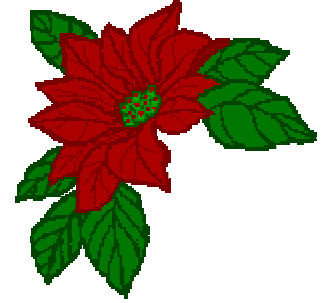
### REMINDER:

If you can donate your Canadian Tire money it can help purchase many items! ie; plastic spoons, diixie cups, etc. for coffee time.

EDITOR'S NOTE: If you would like to speak with another spouse regarding how best to support your spouse/partner and how to cope, please contact the Visitor Program at 613-476-6557. We would be happy to put you in touch with someone who understands your concerns.



# CHRISTMAS PARTY



DECEMBER 7, 2008

2 P.M.

Northway Restaurant  
( Next to the Dollar Store on  
North Front)



Free Parking at the Rear



Choice: Roast Beef

Chicken Stuffed with Broccoli

Breaded Filet of Sole

Cost: \$15 approximately

Please call Maddy at 613-399-3010, Gerry at 613-476-6557 or  
Gwen at 613-966-6473 to reserve your spot and place your order

## Ostomy Travel Tips

1. In these days where extra precautions for security are being taken worldwide, it would be wise for traveling ostomates to do advance planning in order to avoid possible problems. Some suggestions are:

1. Pre-cut all pouches at home, as you may wish to avoid having scissors in your carry-on luggage (see ).
1. Pack ostomy supplies in at least 2 places – carry-on and checked luggage.
1. Take extra supplies in case you are stranded where supplies may not be available.
1. A statement from your physician stating your need for ostomy supplies might be helpful. Also a statement advocating a private area be used in case of an extended search.
1. If traveling to a foreign country it is a good idea to have critical ostomy information written in their language. One of the 70 member associations of the (IOA) may be of help with this translation as well as with locating supplies while visiting their country.
1. A copy of the book "" has many helpful hints and advice for traveling and also has a dictionary of ostomy terms translated to several different languages. There is important contact information for resources worldwide as well as a wallet-sized statement written in 11 languages that asks for privacy if a search is to be conducted.

1. One ostomate reported a very positive result from carrying photocopies of the catalog pages displaying and explaining his equipment. When a searcher asked about the items found on a hand search, he was able to explain their function without a long conversation that would hold up others in line. Our experience has been that over time the TSA agents are much more knowledgeable and sensitive to these personal care products.

**About carrying scissors on board aircraft:** In the aftermath of Sept 11, 2001, pointed metal scissors were banned from carry-on baggage (they are still always allowed in checked luggage). Since then, the U.S. (TSA) has relaxed the prohibition of scissors in carry-on luggage. In August 2005, TSA allowed a In December 2005, they to allow any metal scissors with a cutting edge no greater than four inches. It must be understood, however, that this applies only to flights departing U.S. airports. Scissors are still prohibited on , including flights to the U.S.

All screening at airports must be conducted in a way that . You may request that any personal screening be conducted in a private area. See TSA's info on .

**Restrictions on liquids, gels, aerosols:** On Aug 10, 2006, TSA banned all liquids, gels and aerosols from carry-on baggage, with only a few exceptions for required medications, baby formula, diabetic glucose treatments, etc. On Sept 25, 2006, they so each passenger may carry travel-size toiletries (3 ounces or less) that fit comfortably in a single, one-quart-size, zip-top, clear plastic bag—which you must remove from your carry-on bag and place in a bin or on the conveyor belt to be X-rayed separately (see ). Also, beverages and other liquids purchased in the secure area beyond the passenger screening checkpoint can be carried onto the plane. Based on these rules, you should have no difficulty carrying a 2-ounce tube of stoma paste or a few remover wipes, barrier wipes, etc. Remember that the restrictions apply only to carry-on luggage; you can pack as much as you want in your checked luggage. If you need to carry larger quantities of liquid medications, baby formula, etc. on-board the plane, they must be declared separately at the security checkpoint; TSA provides a .



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For more information on this product and others, call our Customer Relations Center (Registered Nurses on staff) at 1 800 445-6302, Monday through Friday, 8:00 AM to 7:00 PM (EST), or visit our Web Site at [www.convatec.ca](http://www.convatec.ca)



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# 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.

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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.

\*\*\*Medichair is the home of the Ostomy Library materials. If you are need of any materials be sure to drop in and browse through the books, pamphlets, etc. If there is something that you need just sign it out and go through it at your leisure.\*\*\*