



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

**HAVE A HAPPY MOTHER'S DAY**

*May, 2010*

REACH OUT A HELPING HAND TO OSTOMATES AND THEIR FAMILIES

**Our next meeting will be Thursday  
 May 13, 2010 at 7:30 p.m. in P24  
 Pioneer Building. We will have a police  
 office speaking on General Safety.**

**Our next meetings  
 May 13, 2010**

**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.

**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.

**OFFICERS:**

**PRESIDENT:**

Maddy Swindon 399-3010

**VICE PRESIDENT**

Don Harrison

**SECRETARY:**

Grace McKeown

**FINANCE & MEMBERSHIP:**

Vernon Kemp 398-6937

**PAST-PRESIDENT**

Gerry Putman 476-6557

**SASO REPRESENTATIVE:**

Bawn Putman 476-6557

**CO-ORDINATORS:**

**VISITATION CHAIRPERSON**

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.

## PRESIDENT'S MESSAGE

Another very productive meeting. We welcomed a new ostomate and his family to our group. We shared lots of information and resources with them.

We are so fortunate to have Laura come to our meetings and share her vast knowledge with all of us. I know that the new folks were pleased to have her there too.

Well it sure looks like the spring has come on in a hurry, taking some of us by surprise. Are you one of the many who find that the gardens need tending, the lawnmower needs tuning, have to buy a new rake, trim a tree? It seems like a lot to handle but aren't we lucky to be able to do those things?

Our Past President Gerry has very kindly offered to sit in for me on May 13th. There will be a very interesting guest speaker from the Belleville Police Department giving a General Safety Presentation. Wish we could be there to hear it but we will be across the pond in lovely Devon and Cornwall. We will have a Cream Tea and Cornish Pasty for you.

Will see you at the Summer end of season party. Please plan to attend. It is a lovely pot luck meal and a wonderful end to the spring. We always enjoy the hospitality that is extended. For those of you who may not be able to make it there for the pot luck party, we will see you in September. Have a safe, happy healthy summer.

Thanks again Bawn and Gerry for all that you do for the Belleville Quinte West and Area Chapter, and beyond it's boundaries. Thanks for giving the Visitor Training.

Also thank you to everyone who brings something to the meetings by way of suggestions, information, e mail or web page ordering tips. It is all useful and greatly appreciated.

Maddy

### **Note From the Editor**

I would like to extend a warm welcome to our new members Marion McDougall from Brockville and Ron Young from Roslin.

Congratulations to Trevor Pewtner, Vern & Cathy Kemp, Neil Holding and Maddy Swindon! These people took the visitors session on Sunday, April 18th. and they are now certified visitors. Thanks to Laura for attending and assisting on the sections that only ETs can answer.

In June we will be having our annual pot luck somewhere. This will be decided at the next meeting. For a fund raiser we would like to hold a silent auction at the luncheon. We are hoping that you are agreeable to bringing something for the auction. Old or new! If it is new do not spend more than \$20. The final decision for this will also be decided at the next meeting.

Hope to see all of you at the May meeting.

Bawn

## **ILEOSTOMIES AND THE IMMUNE SYSTEM**

By: David E. Beck, M.D. Ochsmer  
Clinic, New Orleans, LA.,

In response to a query about the possible effects of ileostomy surgery on the immune system Dr. Beck notes the surgery, by itself should have no long term effect on the immune system.

Although there is some transient reduction in a patient's immune response right after major surgery, this usually returns to normal in a couple of days. However, the diseases that cause patients to need a stoma (such as inflammatory bowel disease) and the medications used to treat the diseases (such as steroids) or malnutrition associated with the disease may all affect the immune system. If you are concerned, there are several tests that a doctor can perform to test your immune system. One of these involves placing chemicals or allergens into the skin to see how the body responds.

Others involve blood tests. We are continually learning more about the human immune system from our experience with HIV infections. Most efforts are directed towards identifying and then treating the cause of the immune dysfunction.

Although good nutrition and some supplements (such as vitamins) are necessary for the immune system to work, little has been proven to improve immune function.

*Via: Loraine Co.*

*& Evansville Ostomy News, March 2010*

\*\*\*\*\*

Three men were hiking through a forest... When they came upon a large raging, violent river. Needing to get to the other side, the first man prayed: ' God, please give me the strength to cross the river.

Pooof!!!

God gave him big arms and strong legs... and he was able to swim across in about 2 hours, having almost drowned twice.

After witnessing that, the second man prayed:

'God, please give me strength and the tools to cross the river'

Pooof!!!

God gave him a rowboat and strong arms and strong legs...

and he was able to row across in about an hour after almost capsizing once Seeing what happened to the first two men,

the third man prayed:

'God, please give me the strength, the tools and the intelligence to cross the river'

Pooof!!!

**HE WAS TURNED INTO A WOMAN!!!**

She checked the map, hiked one hundred yards up-stream...

and walked across the bridge

**If at first you don't succeed, do it the way your wife told you!**

## Ode To Our ET Nurses

.. Your ET nurse is your best friend,  
She treats you right from end to end.  
Always the teacher, forever the nurse,  
She helps you get better, never worse.  
If bowel or bladder, her care's the same,  
Your stoma's welfare is her aim,  
To have it flow when it should flow,  
And keep it's healthy rosebud glow.  
She gets you right back on your feet,  
She goads, cajoles you, always sweet,  
While all the while she teaches you  
That life's worthwhile to start anew.  
"The stoma means a new beginning."  
She tells you, "Now's the time for winning,  
And rush to join the joyous throng,  
That celebrate life's happy song."  
"Visit," she says, "Go tell your story."  
Please keep it simple and save the glory,  
To help the patients gather hope,  
And find new ways to help them cope.  
But, goes your stoma on the blink,  
The nurse is there, quick as a wink,  
To poke it, soak it, daub it with goo,  
And when she's done your stoma's like new.  
To sum it all up, a friend indeed,  
A shining light in time of need,  
The ET nurse takes care of you,  
As only your very own mother would do.

Via Worcester OA (5/99), Cape Cod OA and Janice Petrocchi, Orange County Chapter.



**HAPPY BIRTHDAY**

Joan MacTaggart

Gerry Putman

If you know of a new ostomate or one of our members who is 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.

## Welch LLP

Chartered Accountants

*Established in 1918.  
From the professionals who are not only your accountants  
but also your advisors.*

**BELLEVILLE**  
525 Dundas St. E.  
613-966-2844

**NAPANEE**  
36 Bridge St. E  
613-354-2169

**TRENTON**  
290 Dundas St. W  
613-392-1287

**TWEED**  
63 Victoria St. E  
613-478-5051

**CAMPBELLFORD**  
57 Bridge St. E.  
705-653-3194

**PICTON**  
290 Main St.  
613-476-3283

[www.welchllp.com](http://www.welchllp.com)

## Common Ostomy Problems and Possible Solutions

Excerpted from an article in the Huntsville, Alabama  
"Re-Route"

- Food blockages. Symptoms may include no output from the stoma for more than 4 hours, cramping in the abdomen, nausea or vomiting and high watery output. Solution: Drink hot tea and increase your fluid input. Take a warm bath or shower and massage your abdomen. Have a glass of wine. This will help relax your abdominal muscles. Get down on all fours with your backside in the air. An undignified position, but it does help some people move a blockage. If the blockage persists for more than a few hours, seek medical advice from your nearest hospital.
- Mucous and bleeding from the rectum. Solution: This is completely normal if your rectum is still intact, although annoying, since the mucosal lining of the rectum is still working. Try wearing a sanitary napkin to save soiling your underwear. If the bleeding is profuse, see your doctor.
- Odor. Solution: Simple solutions that work for some ostomates are to place mint tic tacs or mint mouthwash into your bag. Deodorants, either taken orally or placed in your bag, are available from your ostomy supplier. DO NOT place aspirin in your bag in an attempt to eliminate odor - doing so can cause damage to your stoma.
- Bleeding. Solution: First, determine if the bleeding is coming from the surface of the stoma or from internally. If it is internally, then it's wise to seek medical advice. If the bleeding is from the surface of the stoma, it should stop quite quickly. Stomas are made from the same type of skin as the inside of your cheeks and you know how easily they bleed. Even the slightest little nick can cause it to bleed. If bleeding is profuse or doesn't stop quickly, seek medical help. Cuts to the stoma can also be caused by the wafer riding off center. Try "picture framing" the wafer with some tape to stop it from moving.
- Phantom rectal pain, ie., you get the urge to go to the toilet in the "old way", even though you know you can't. Solution: This pain is because your body needs time to adjust to it's new plumbing and still thinks it needs to go to the toilet in the old way. Try going and sitting on the toilet anyway, even though you know it's pointless. A lot of people find this alleviates the pain. The good news is that over time, phantom rectal pains become less frequent and eventually disappear altogether.
- Stoma is placed on or above the beltline. Solution: This is more common in men than women for some reason. DO NOT let them site your stoma on or above the beltline if at all possible. Belts will stop the stool from flowing into the pouch so try wearing trousers a size bigger than you would normally wear and wear braces or suspenders to keep them up rather than a belt.
- Seatbelt of cars ride right over the stoma site and are uncomfortable. Solution: Try using a clothes peg at the top of the seatbelt where it slides into the door. This will enable you to wear the seatbelt looser than normal but still protect you in case of an accident. Use a small cushion or pillow between you and the seatbelt. Remember, a broken stoma is much easier to put back together than a whole person!
- Stoma shows through a tight dress. Solution: Try wearing bike pants or similar lycra pants under your outfit that will smooth out the line of the bag. Empty frequently!

**SOURCE: The Re-Route on-line, Evansville IN, March 2010, via Inside Out On-line March/April 2010**

### What Love means to a 4-8 year old . .

A group of professional people posed this question to a group of 4 to 8 year-olds, 'What does love mean?'

When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.'

Rebecca- age 8

'When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.'

Billy - age 4

'Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.'

Karl - age 5

'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.'

Chrissy - age 6

'Love is what makes you smile when you're tired.'

Terri - age 4

'Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.'

Danny - age 7

'Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mommy and Daddy are like that.

They look gross when they kiss'

Emily - age 8

'Love is what's in the room with you at Christmas if you stop opening presents and listen.'

Bobby - age 7 (Wow!)

'Love is like a little old woman and a little old man who are still friends even after they know each other so well.'

Tommy - age 6

'During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling.

He was the only one doing that. I wasn't scared anymore.'

Cindy - age 8

'Love is when your puppy licks your face even after you left him alone all day.'

Mary Ann - age 4

The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife.

Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.

When his Mother asked what he had said to the neighbor, the little boy said,

'Nothing, I just helped him cry'

## SKIN ATTENTION

Via: Golden Spread Ostomy Association, Amarillo, TX

Some ostomates can use anything on the skin and "get away with it." Others have to search for just the right combination of products for satisfactory use. New ostomates benefit from the follow-up visits to the ET because careful consideration is given to the various products used around the stoma area. If you are experimenting on your own, consider the following information for using different products. Patch testing is recommended before proceeding to use the new product. The skin on the inner surface of the arm or leg or the opposite side of the abdominal area from the stoma are good areas to use for a simple test. For example, cut a piece of the washer, tape, disc, etc., and affix it to the chosen area. Secure with a strip of micro-pore tape and leave on the area for 48 to 72 hours. (Editor's note: Be careful of the tape too; it could be a problem also. Any burning sensation or itching during the testing time could signify sensitivity to the material being used and therefore, should be removed immediately, washed and dried well. After 48 to 72 hours, remove the patch and if there is no redness or irritation, it is safe to assume that the product can be used. With some persons, a "delayed reaction" may not occur until a few days later. For more extensive testing than this—contact a dermatologist.

## TAKING CARE OF YOUR SKIN

Via: Metro MD & Hemet -San Jacinto, CA

Many people with ostomies experience some degree of skin irritation from time to time. The most common causes are leakage of effluent (active digestive enzymes or urine) onto the skin, allergic reactions to the adhesive material in a skin barrier, or improper hygiene. A few simple, preventive measures will help to keep your skin free from irritation. Cleanse, rinse, and pat your skin dry between pouch changes. Avoid using an oily soap, which can leave a film that interferes with proper adhesion of the skin barrier. Choose a skin barrier that is unlikely to cause skin irritation or cause an allergic reaction. Make sure that your skin barrier is correctly applied to prevent leakage. If your skin is uneven due to scarring, etc. such depressions may be filled with a paste. Despite your best efforts, however, skin irritation may occur. If there is redness around the stoma—if your skin is not blistered, broken or bleeding, the redness is usually due to pressure from the skin barrier. No treatment is needed. If there is a redness, blistering or weepy skin—this is usually caused by leakage. Leakage may also cause burning, itching, or discomfort around the stoma. Remove the skin barrier, wash the area well, and put on a clean pouch, paying particular attention to the seal between skin and skin barrier. Stomahesive Paste or Powder may be used to fill the crevices around the stoma to give added protection. If there is reddened skin with a pinpointed rash—This usually indicates Monilia, or yeast infection, similar to "diaper rash". Contact your physician for the proper medication. Following these tips will help; Do not "air the skin." Discharge from the stoma may further damage the skin, so keep your pouch on. Avoid skin creams and ointments—They can interfere with proper adhesion of the skin barrier. Do not use a heat lamp to "dry" a rash—This may burn the stoma. If your pouch is not comfortable, free from leakage, skin-friendly, odor-free, secure, longwearing, and inconspicuous—keep looking and consult your ET nurse.

SHOPPERS  
HomeHealthCare™

Shoppers Home health Care takes great pride in our professional, knowledgeable staff. They have earned us our position as Canada's leading Home Health Care

retailer, and they ensure that you will get great advice and most importantly the right solution for your health care needs.

For more information stop in at 264 Dundas St. E in Belleville or call us at 613-967-4333 and talk to one of our knowledgeable customer service representatives.

## Sydney, Nova Scotia Conference

Mark these dates on your calendar: **Thursday August 19, Friday August 20, and Saturday August 21, 2010. Note: Sydney Delta Hotel must be booked by May 15, 2010 to guarantee room rate of \$149.00.**



*All the pleasures of Cape Breton Island  
are right outside our front door.*

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

✓ Opportunity to trial products and determine if they meet your needs

✓ Answer any product questions or concerns and ensure products are working well

✓ Provide retail supplies, literature and other documentation on our products

✓ Sample delivery within a week-10 days

Coloplast Support Services

**Coloplast**

Toll Free 1-888-253-4340 www.coloplast.ca

## **If an Ileostomy Fails to Function**

It is normal for an ileostomy to cease functioning for short periods. However, if such cessation is lasting four to six hours and is accompanied by severe cramps and nausea, the small intestine could be obstructed and a doctor should be called or a visit to the hospital emergency room is needed. Even if the blockage is only partial, allowing some liquid to pass through, it still may be prudent to call a doctor in the event the material in the intestine does not pass on its own. There are home remedies we sometimes try. At the first sign of an obstruction, remove the pouching system and put on one with a larger opening so the stoma will not be constricted if it swells. It is a good idea to even go without a pouching system altogether for a while. This will provide the stoma an opportunity to expand and perhaps expel the blockage. Stretching the body out and then tucking the body in may help loosen the blockage or put added pressure on the abdomen to help push it out of the intestine. Taking a warm bath without the prosthetic may relax the abdomen enough to expel the offending material. The blockage is usually right at the skin level.

A member of our local ostomy association was advised by his doctor to try the following more aggressive tactic: Lubricate the little finger well, make sure the nail is cut and dulled, place the little finger gently into the stoma, pushing the obstruction backwards, and then remove the finger. This will probably help break it up. The offending material has a good chance of passing. This procedure is also called dilating the stoma. Never stick an object into the stoma. It could perforate the intestine without you even feeling it, causing a life-threatening situation.

A blockage is usually caused by high-residue foods. This means foods that do not break down into small pieces or clump when chewed like Chinese vegetables, pineapple, coconut, whole seeds, olive pits, vegetable skins, popcorn, un-chewed nuts, mushrooms, fruit skins, fruit pulp, kernel corn, whole peas, shrimp, lobster or gristly meats. It may also result from internal changes beyond our control, like volvulus - a twisted intestine.

A partial blockage may have the following characteristics: odorous discharge, cramps, watery squirts, noises and pain from around the stoma. When consulting a doctor because of a partial blockage, advise him/her if you are taking antibiotics, penicillin or other medication. A change of medicine may be needed. Although, the experience of our members show that most partial blockages pass on their own if we drink plenty of water, move around to give our body a chance to loosen it on its own and do not compound the problem with volumes of high fiber or any other foods.

Diarrhea may also signal trouble. In this case, intestinal contents pass through the small intestine too quickly for the absorption of fluid, salts and minerals. In fact, illness may cause the tissues to pour out needed fluid, salts and minerals. Electrolytes must be replaced quickly to avoid illness from dehydration and mineral deficiency. Loose stool may result not only from a virus or disease but also from eating certain foods. Such diarrhea is usually temporary. Raw fruits and vegetables, milk, fruit juice, prune juice or strange drinking water may be the culprits. Another possible cause is emotional stress. For some people with ileostomies, a watery discharge is simply normal for them.

Diarrhea has three characteristics:

- The intestine discharges great quantities of watery stool.
- It may come on suddenly and be accompanied by cramps.
- It may be caused by intestinal flu or gastroenteritis.

What does one do about diarrhea? Take alternately, every hour the following drinks:

- One cup of sweetened tea, or
- One glass of orange juice, or
- One cup salty broth, e.g., a bullion cube in a cup of hot water

Continue as long as the diarrhea persists. Glucose drinks are also available to help replace electrolyte losses. Most importantly, call your physician and take whatever medications he/she may prescribe. Diarrhea will probably affect all people with ileostomies from time to time. It usually passes in a few hours. Take the above drinks. Monitor your progress. You should be back to yourself after taking a few glasses of these drinks.

If you stop urinating after taking these drinks, it means your body is not accepting fluids orally. Your pouch would be full of the liquids you have been drinking. This is a critical situation. If it persists for many hours with no relief in sight, you may want to go directly to a hospital emergency room while you are still conscious. Tell them your circumstances. They should put you on a saline intravenous feeding tube. The saline IV will re-hydrate your body and you should be able to urinate again. The diarrhea may then be treated. Most of the time, our bodies can fight this temporary illness after receiving fluids and electrolytes. This means the hospital will send you home after a few hours, and you should probably be fine. If you can urinate, you have some time remaining to see if your body accepts the above home treatment.

**Source: The New Outlook on-line, UOAGC, March 2010, via Inside Out On-line Mar/Apr 10.**

## Urostomates and Fluids

By Juliana Eldridge, RNET

People with urinary diversions no longer have a storage area, a bladder, for urine. Therefore urine should flow from the stoma as fast as the kidneys can make it. In fact, if your urinary stoma has no drainage for even an hour, it is time for serious concern. The distance from the stoma to the kidney is markedly reduced after urinary diversion surgery. Any external bacteria have a short route to the kidneys. Since kidney infection can occur rapidly and be devastating, prevention is essential. Wearing clean appliances and frequent emptying are vital. Equally important is adequate fluid intake, particularly fluids which acidify the urine and decrease problems of odor. In warm weather, with increased activity, or with a fever, fluids should be increased to make up for body losses due to perspiration and increased metabolism. It is important that you be aware of the symptoms of a kidney infection:

- Elevated temperature
- Chills
- Low back pain
- Cloudy, bloody urine
- Decreased urine output

All ileal conduits normally produce mucus threads in the urine which give it a cloudy appearance. Bloody urine is a danger signal. Thirst is a great index of fluid needs. If you are thirsty, drink up. Also develop the habit of sampling every time you pass a drinking fountain. Important...if urine is collected for urinalysis, called C&S, sterile specimen, checking urine for infection; etc., be sure your doctor and nurse know a sterile specimen must be taken directly from your stoma and not from the pouch. Bacteria builds up in the pouch immediately. It will give false test results. If they are not sure how to do this, do the following:

- Remove your pouch
- Clean the stoma
- Bend over
- Catch the urine in a sterile cup

If there is a slow flow of urine being expelled, drink a glass or two of water...the kidneys will work. Urostomates who do not use a night drain are running a big risk of puddling and the backing up of urine into the conduit up to the kidneys. This may cause not only irritation but serious infection.

Source: The Green Bay Ostomy News Review: The Re-Route on-line, Evansville, IN March 2010, via Inside Out On-line Mar/Apr 10.

\*\*\*\*\*

### CAN TAKING VITAMINS BE DANGEROUS?

By Joy Bauer. Today Show Nutritionist

A new study raises questions about taking antioxidant supplements. How can people make sense of this disturbing new information? First — it's not actually new information; this was a meta-analysis, so it combined the results of several already-published studies (68 studies were included in this review). The objective of this study was to assess the effect of beta-carotene, selenium, and vitamins A, C, and E on mortality, i.e., whether these antioxidants help you live longer. And in terms of the outcome,... to quote the conclusions from the actual study.... it says:

"Treatment with beta carotene, vitamin A,

and vitamin E may increase mortality. The potential roles of vitamin C and selenium on mortality need further study." These results certainly sound disturbing, but keep in mind many health experts have criticized this study for the following reasons. One big issue concerns the diverse nature of the pooled studies. Critics say that the ones included were too different in terms of dosage, duration, populations studied, and nutrients tested to be able to draw a meaningful conclusion. They also question why two large studies from China and Italy which showed a lowered risk of mortality among antioxidant supplement users were excluded. Another criticism is that the studies only looked at how these nutrients worked in unhealthy people, not in how they might prevent illness in the first place. Finally, there's the issue of amounts. Many of the people included in the studies were taking very high doses of antioxidants — much higher than the RDA, and much, MUCH higher than the levels found in a typical serving of fruit or vegetables.

What are we supposed to do? Who do we believe? Remember that the study examined supplements, not food. No one is disputing the health benefits of fruits and vegetables, which are super-rich in antioxidants, as well as other nutrients you just can't find in a pill. Furthermore, these naturally-occurring nutrients interact in ways we haven't figured out yet. That being said, I say people should stop taking MEGA-doses of antioxidants unless there's a real reason for taking them.... and that's something to work out with your personal doctor. On the other hand, I do think most people will benefit from a basic multivitamin to fill in any potential nutrient gaps in their diets (most importantly you'll get 100% daily value for Vitamin D —an important vitamin that most people do not get enough of). Think of it as an "insurance policy." I'm also a fan of calcium supplements (with additional Vitamin D3) for women who don't get enough from food. Make sure it's D-3 (cholecalciferol), which is more bioavailable than D-2. Finally —I really like omega-3 fish oil supplements because they're so good for overall heart health. If you don't eat enough omega-3-rich fish — like salmon and sardines — you may want to consider a supplement. Always speak with your physician first. That's about it for the general population. People with health problems may need to take extra supplements, of course, but they should get expert advice before they hit the vitamin store. If you do decide to take supplements, make sure they are SAFE. Your best bets are to buy products that display the "USP verified" logo on the label; it means the supplement has been tested and verified for the following:

- 1: What's on the label is in the bottle -- no more, no less.
- 2: It doesn't contain harmful levels of contaminants.
- 3: It will break down properly in your body.
- 4: It has been made under good manufacturing processes.

You can also subscribe to "Consumerlab.com". This company reviews a broad range of dietary supplements, and then tests popular brands for identity, potency, purity, bioavailability, and consistency — much like USP verified products. I really like Consumerlab.com because it gives you so many brands to choose from, and their reviews are very educational.

## 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 your stoma. You:

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

The answer is d. Ideally, your appliance may stay on for five to seven days. However, if you experience burning or itchiness around the stoma, 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. Don't be a hero. When it bothers you, change.

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

- Apply cool compresses for a short period of time before reapplying your appliance.
- Apply a protective powder such as Stomahesive or

Karaya to reddened skin areas, remove any excess,

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 need to change your appliance every two or three days until the skin heals. While creams and ointments may be a reasonable solution for 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 neighbors invite you to a pool party. You:

- Decline the invitation since you cannot swim with an ostomy.
- Limit your fluid and food intake for 12 hours prior to the party so your stoma is not active.
- 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, for example—Sween prep, directly over the adhesive. Printed rather than solid colored bathing suits help to camouflage the outline of the appliance. Some women prefer bathing suits with skirts and some men prefer boxer-style trunks, but snug fitting suits may be worn to hold the appliance firmly in place. If you have an ileostomy, limiting food and drink will not stop your ostomy from functioning. When the stomach is empty, the discharge is liquid, highly acidic and gassy. Skipping meals or limiting fluid intake leads to dehydration and/or electrolyte imbalance.





**Because you shouldn't have to worry about embarrassing leaks...**



**ConvaTec Moldable Technology™ Delivers a Secure, Personalized Fit!**

ConvaTec Moldable Technology™ is the only skin barrier with an active moldable adhesive that creates a custom fit without the hassle of scissors, paste and seals. This smart adhesive moves with the stoma by expanding and contracting throughout the day and night, controlling leaks and protecting skin.

ConvaTec Moldable Technology™ is available on the ConvaTec 2-piece Natura™ system.

  
Fits virtually any stoma shape

For more information, contact the ConvaTec Customer Relations Center at **1 800 465-6302**

®/TM indicates trademarks of ConvaTec Inc. ©2010 ConvaTec Inc. News2010



# 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:

Are you on Facebook? If so, join the group called "United Ostomy Association of Canada". Feel free to view or post photos from your chapter World Ostomy Day activities. The group now has 83 members! The address is <http://www.facebook.com/group.php?gid=39109880405> Want to join an email discussion list? Visit <http://health.groups.yahoo.com/group/uoac1/> to join, or send a blank email to [uoac1subscribe@yahoogroups.com](mailto:uoac1subscribe@yahoogroups.com). We currently have 18 members. Please join us!