

# Fredericton & District ostomy Association



Newsletter  
Fall Issue - November 2017



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

### Send It In!

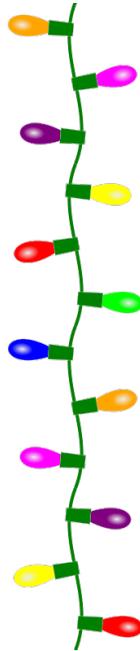
Do you like to laugh? Tell stories? Inspire people? Tell jokes? Give tips? Well this is your time to shine! Feel free to send in:

- Product reviews
- Inspirational stories (that's your story!)
- Jokes
- Tips
- Questions



Anonymous if you want and can be about your ostomy or something else you feel we would like to read about.

Send to  
[ostomy.fredericton@gmail.com](mailto:ostomy.fredericton@gmail.com)



### Our next meeting:

Date: Tues, Nov. 21, 2017

Time: 7:00 pm

Location: Stan Cassidy Centre (up one floor, left off the elevator).

What to expect: Our annual Christmas party!!



Join us for our Christmas party. It will be a lot of fun! We are having a Yankee swap (\$10 spending limit) and feel free to bring a snack, treat, or refreshment. There will also be prizes! Plus Q&A with our ET nurse! See you there!

*"Maybe Christmas doesn't come from a store, maybe Christmas means a little bit more!" - The Grinch*

Check out our Facebook group! It is a private group, so feel free to join to find out about upcoming meetings, ostomy information, and more. Search for it at:



### Ostomy Fredericton - OCS Fredericton and District Chapter

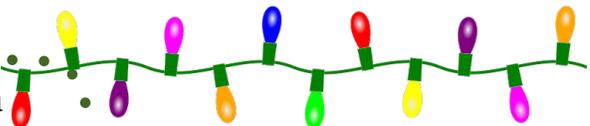
You can also get information about our Chapter through our website:

[www.ostomyfredericton.weebly.com](http://www.ostomyfredericton.weebly.com)

**Call our helpline!**  
**(506) 452-7634**



Do you need someone to talk to about your ostomy? Do you need advice or just someone to listen? Feel free to call our helpline and talk to Judy. She has decades of ostomy experience!



## **Product Review! By Erin**

**Hollister:** New Image Flat CeraPlus Skin Barrier flange and New Image Two-Piece Drainable Mini Ostomy Pouch – Clamp Closure

### Product description:

The wafer is skin coloured and very soft material. It feels like it's barely there and really moves with your skin. It is a measure and cut style but it only takes thirty seconds to cut a hole.

I used their mini pouch because I'm small and I don't like filters which it doesn't have in that size, but if you have a lot of output you might want to use a bigger bag, especially at night. The material covering the pouch is very soft and feels nice against the skin. The clip fits the end of the pouch nicely.

The pouch and wafer connect through the snap and lock system.



At first I was a little bit concerned because Hollister products sometimes make my skin itchy. I found that this happened the first night but after that there was no irritation.

I was really concerned about leaking because with my Convatec products I never have to worry. Well the first flange only lasted about three days but honestly it wasn't the fault of the appliance. I had two blockages in that time so there had been a lot of air and diarrhea etc. as a result and it ended up putting too much pressure on the adhesive.

I put a new wafer and pouch on after that and it has lasted a week. So I'm very happy with that!

I find the bag easy to clean and the snap that attaches the bag to the wafer is very secure. Just don't put too much pressure on the adhesive and it will stay on fine.

I would definitely recommend this product to anyone looking for a very comfortable appliance system.

Give it a try!

**Christmas drinks bring Christmas Cheer!**

**So Delicious Holiday Nog**  
 If you are looking for a healthy alternative to the original eggnog you buy at Christmas time, look no further. This dairy free version is the drink for you. It tastes just like eggnog only slightly less thick because it is made with a mixture of coconut water and cream. Looking for eggnog ideas? Try adding it to some of these:



- Coffee
- Chai or black tea
- Pancakes
- French toast
- Smoothies
- Fudge
- Cheesecake
- Icing for cake or cupcakes
- Oatmeal



You can also give this awesome recipe a try!

- 1 cup vanilla ice cream (So Delicious has a great dairy free ice cream).
- 1 cup eggnog
- 1 cup peppermint baking chips or candy cane bark
- 1 candy cane or cinnamon stick.
- 1 crushed candy cane or shaved chocolate
- (optional) vanilla, peppermint extract.

\*Combine ice cream, eggnog, and peppermint chips in a blender.

\*Sprinkle crushed candy cane or chocolate on top and stick a candy cane or cinnamon stick in glass to stir.

\*Add Bailey's or Kahlua for an extra kick.

Avoid:

- Dairy
- Wheat
- Processed sugar
- Red meat
- Corn and vegetable oil
- Coffee & Alcohol

Consume:

- Leafy greens
- Brown rice
- Cane sugar or stevia
- Fish and white meat
- Coconut oil
- Tea and water

**Bloated? Gassy? Acid reflux?  
 Indigestion?**  
**Try consulting this avoid and consume list!**

### The Wonderful World of Wafer Extenders

Wafer extenders are pieces of tape-like material that you can buy to cover the wafer or just its edges for the purpose of keeping it dry and extending its wear time. Here are a few on the market.

#### Sure Seal Rings

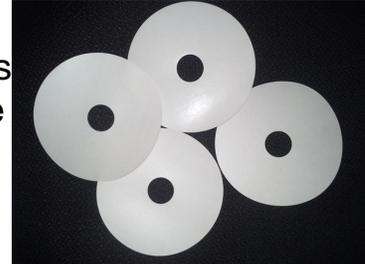
By Active Lifestyle Products Inc, these are completely waterproof, holding water out and any leaks in. It is a clear, hypoallergenic material.

You can purchase these in packs of 10 for around \$20 at Best Buy Medical Supplies in Moncton or on sites like [canmeddirect.ca](http://canmeddirect.ca). Find out more at [alpglobal.com](http://alpglobal.com).



#### Stoma Seal / Aqua Seal

By Costa Medical, there are two types of protective rings you will find. The first one is the Stoma Seal ring. This goes under the wafer around your Stoma right on top of the skin. It helps to create a smooth, dry surface so that you don't need paste or anything, and the wafer really adheres to it to create a secure seal. The Aqua Seal ring goes on top of the wafer to create a waterproof seal for bathing or swimming. It helps to keep the wafer dry and prevents edges from peeling. You can use both rings together or just one or the other. You can learn more and purchase these on [costamedical.org](http://costamedical.org). It is around \$15 American for a pack of ten but they have a Canadian bundle deal as well.



#### Brava Elastic Barrier Strips

By Coloplast, these are a tape that secures the position of your wafer's baseplate. It is designed to keep edges from peeling and to keep things secure. The elastic material follows your body shape making movement easy. Unlike the previous two, this is more for keeping the actual baseplate secure. It comes in different shapes and sizes and you can use as many at one time as you need to feel secure.

They even have ones specially designed for hernias. You can purchase these on [canmeddirect.ca](http://canmeddirect.ca) on sale for around \$25 for a box of 20 or check with any of your local home health care providers.



For more information on wafer extenders, check out some videos on YouTube. There are many reviews and tutorials on how to use the products. Of course you can find more companies that sell products like these, this is a very brief overview of some of the different variations available.

### **From the President:**

Hey everyone! Hope the cold weather is finding you well. I believe winter is finally starting to arrive. I'm ready for the snow and that Christmasy feeling! I hope that you will do something exciting this winter, whether it be going down south to stay warm, getting outside to go skating in one of our lovely outdoor rinks, or just keeping warm while sipping a coffee in one of the shops downtown. Either way, I hope you do something fun!

Did you know at Mactaquac Provincial Park you can borrow skis and snow shoes for free? They groom the trails all winter so adults and kids can explore the area without having to buy pricy equipment. There is also a skating rink there and a cozy restaurant with a fireplace. This is my husband's and my favourite place to spend time in the winter...aside from NYC which we are hoping to go back to this December!

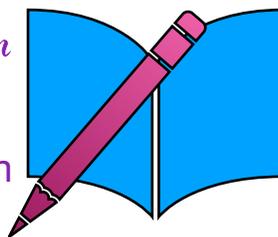


We have really had good turn outs to our Chapter meetings this year and I hope you were able to gain something useful from each one. If you want to celebrate with us at the last meeting of 2017, come join the Christmas meeting with our annual Yankee swap, prizes, food, and more! Hope to see you there!

Take care, Erin

## *Visitor Training Session*

Join us for a visitor training session on December 16th from 10am to 2pm. This will be a chance to gain ideas and methods to add to your hospital visits. Please RSVP through our Chapter email or at the next meeting!



Q. What do you call a bear with no teeth?

A. A gummy bear.



## Toilet Bombs!!!

For ostomates, sometimes the toilet bowl can get a little more dirty than average. Ever have someone show up unannounced and worry that you didn't have time to check the toilet bowl for splashes?! No worries. Run to your bathroom cabinet and grab a toilet bomb. Don't bother with those smelly chemicals that dye your bowl blue. This is the no muss no fuss method that will end up saving you time and money.

### What you need:

- 1 cup baking soda
- 1/4 cup citric acid
- 1 tsp white vinegar
- 20 drops essential oil of your choice (I like tea tree oil for extra germ killing power! Or thieves oil is good.)

### How to make:

- 1 Mix baking soda and citric acid together in a small bowl.
- 2 Add teaspoon of vinegar to a bottle.
- 3 Spray the vinegar over the baking soda and citric acid.
- 4 Stir the mixture and continue to spray until it's damp enough to form into balls.
- 5 Add 15-20 drops of essential oils to the mixture and mix very well.
- 6 Scoop your toilet bombs out using a teaspoon.
- 7 Carefully place each bomb on your cookie sheet. Don't worry if the mixture is a little crumbly. It'll harden up when it's dry. You can also put into an ice cube tray or plastic mold.
- 8 Use the remaining vinegar to spray the top of the toilet bombs. This step is important because it helps to harden the bombs so they don't crumble.
- 9 After you spray the top of the bombs you need to let them sit for 4-6 hours or overnight.
- 10 Once your toilet bombs are dry you can store them in a container.
- 11 That's it! Drop 1-2 toilet bombs in the bowl when it needs freshened up.



\*Bomb recipe adapted from The Coconut Mama ([thecoconutmama.com](http://thecoconutmama.com)).

I wonder 🤔 ...

Has there ever been a time where you wished you could dispose of your ostomy supplies discretely? Maybe you had a leak and had to change in a public washroom, or maybe you were on vacation, went swimming, and then changed your appliance but didn't want the cleaning staff to notice it in the garbage can. There could be a hundred different reasons, but the Attiva Ostomy Essentials Seal-n-Toss Ostomy Disposal System is here to help! This is a disposal bag designed to conceal any contents and odours that come with changing your appliance. The bag is made of thick, opaque plastic with a heavy duty zip closure. If you aren't near a trash can, you can store it in your purse mess

free! These come in a pack of 50 for \$20.

You can purchase these at [www.ostomyessentials.ca](http://www.ostomyessentials.ca).



When it comes to Winter, there are some tasks that can be harder for an ostomates, especially if you have just recently had your surgery. One thing to be careful of in snowy climates, is shovelling. You don't want to strain your ostomy site, so here are some tips to take into consideration.



- If you are unsure about whether or not you should attempt shovelling, consult your doctor first! Especially if you are a new ostomate.
- Get a support belt that will help keep things secure and hold everything in place.
- Dress in warm layers but not so much that it makes you sweat. You want your appliance to stay dry.
- Use a proper shovelling technique. Push and slide to the side instead of picking up the shovel and throwing the snow. Don't hold your breath when moving heavy snow. Take deep breaths before lifting and exhale as you dispose of the snow.
- Stay hydrated as this can be vigorous exercise!
- Take your time. Rest if you feel tired or sore.
- Be smart about it. If you are physically unable, ask the neighbour or grandkids to help!

\*Express Medical Supply Inc., Six More Weeks of Winter? Protect Your Stoma While Dealing With Snow, Feb. 9, 2012.

### Does Anyone Else Know How to Care for Your Ostomy?

Many of us have been looking after our ostomies for years and have the routine down pat. Even if your ostomy requires some extra effort (seals, patching, powder, skin prep and so on) after enough practise you'll perform even a complicated change without difficult. But what if you suddenly could not do this for yourself? There are myriad of injuries or conditions that could suddenly prevent us from performing our usual ostomy routines. What if you suddenly did not have the use of your arms or hands? What if you were unable to speak? In most cases, our families and friends have little or no idea what are doing in the bathroom. It would be a wise precaution to have a detailed list prepared in case of sudden emergencies. Some points to include:



- \* Brand name and product number of preferred barrier and pouch
- \* Specific instructions on how to remove and apply the barrier
- \* Whether one or two piece
- \* Step by step instructions how to prepare the skin

Secondary Source: Ostomy Winnipeg, Inside Out, Feb 2017

\*\*\*I take no responsibility for grammatical errors or typos in this article, as I did not write it.

- for application of the barrier
- \* Proper closure of a drainable bag
- \* How often should things be emptied
- \* How to hook up a night drainage system
- \* How to tell if the system is leaking
- \* Where are these supplies kept?
- \* Where do you order these supplies if they run out?
- \* What is your healthcare number and ID?
- \* Can you be placed on your abdomen if necessary for an extended period of time?
- \* Do you usually irrigate?
- \* What medications do you usually take?
- \* What is the name of your ET nurse and how can that person be reached?
- \* What specific issues need to be monitored?
- \* How do you clean any of the equipment used?
- \* Proper storage of equipment
- \* How long is the pouching system usually left on?
- \* Specific allergies to any other brands

It would also be wise to prepare a 'go kit' in case of sudden hospitalizations. Such a kit should include enough barriers, pouches and related products to last at least a week. (Having a 'go kit' is a good idea in general in case of fire or similar emergencies). Make sure your family or caregiver knows where this kit is kept. And include your how to care for my ostomy' list in this kit.

Source: Vancouver Ostomy HighLife Jan/Feb. 2017

Don't forget that it is nearing the end of the year and membership payments will be due. It is \$30 a year and goes towards keeping our Chapter going, supporting the national society and their initiatives, helping to send kids to camp, the Chapter newsletter, meeting supplies, and the national magazine. Thank you so much for your support!



Q. What do you call a pig that does karate?

A. A pork chop!

Q. What do you call a pancake with abs?

A. A waffle



# Membership Application - Fredericton & District Ostomy Association - Ostomy Canada Society

Membership includes annual subscription to chapter newsletter and the official Ostomy Canada magazine. The following information is kept strictly confidential . Membership is open to ostomates and non-ostomates.

New Member      Renewal      Change of address

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt. Number \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_

Birth date (day/month/year) \_\_\_\_\_ Occupation \_\_\_\_\_

Please put a check beside all that apply:

Colostomy     Ileostomy     Urinary diversion     Continent ileostomy

Continent Urostomy     Ileoanal     Other: \_\_\_\_\_

Spouse/family member/person of support: \_\_\_\_\_

Dr./ET/Supplier \_\_\_\_\_

Enclosed are my annual membership dues of \$30.

Donation (tax deductible) \$\_\_\_\_\_ (Registered tax # 077568-11)

I am unable to pay at this time but would like to be a member.

Make cheque payable to "COS: Fredericton Association" and mail to:

Mrs. Jan Buick, Treasurer  
Unit 404, 700 Cliffe Street  
Fredericton, NB  
E3A 5V2

To contact the Fredericton Chapter, please  
send an email to  
ostomy.fredericton@gmail.com  
To find out more about the national society  
visit  
www.ostomycanada.ca

Fredericton Chapter Officers  
President: Erin Feicht  
Vice President: Nancy Schuttenbeld  
Treasurer: Jan Buick  
Secretary: Brian Cupples  
Newsletter/Soc.Media: Erin Feicht