



New Beginnings

Ostomy Canada
Society

Reaching beyond what once seemed impossible.
Moving forward to embrace a brighter future.

Fredericton & District
Chapter Newsletter

Spring Issue

2021

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Fredericton Chapter Officers

- President:** Erin Feicht
- V.Pr./NSWOC:** Nancy Schuttenbeld
- Treasurer:** Jan Buick
- Secretary:** Brian Cupples
- Visit Coordinator and Helpline:** Judy Woods

Contact us!

Do you need to talk to someone about your ostomy? Do you need advice or just someone to listen? There are multiple ways to get in touch!

Call our **helpline** at: (506) 452-7634

Send an **email** to:
ostomy.fredericton@gmail.com

Send a message through **Facebook** at: Ostomy Fredericton

Happy New Year Everyone!!!

“Take the first step in faith. You don’t have to see the whole staircase, just take the first step.” – Martin Luther King Jr.



OUR NEXT MEETING

WHEN: Tuesday, Jan. 19th, 2021 at 7pm.

WHERE: Microsoft Teams (A link will be provided through email, on our website, and on our Facebook page).

WHAT? Let’s catch up! It is a new year, and it would be nice to hear how everyone has been.

- Do you have any tips or tricks to share?
- Do you have a question you’ve been dying to ask?
- Do you have a product you love and think the rest of the group would love it too?

Bring these to the meeting so we can share and learn from each other!

- We will also have a guest speaker!

Send It In!

Do you like to laugh? Tell stories? Inspire people? Tell jokes? Give tips? Well, this is your time to shine! If you have something you think would be great in the newsletter, send it in! For example:

- Product reviews
- Inspirational stories (can be about you!)
- A funny joke
- Tips or personal experiences
- Questions



Quick tip:

*To avoid anything splashing or sticking as you empty your bag into the toilet, place a few pieces of toilet paper in the bowl first.

*Don’t have anything to cover bad smells? Flush at the same time you empty the contents, then quickly put the cover down. This limits the number of particles in the air that may cause a smell.

Vitamin D: What's that sunshine vitamin all about?

What is Vitamin D? This is a vitamin that is most commonly produced from cholesterol when your skin is exposed to the sun. Getting enough of this vitamin is difficult though, especially for people who live in more northern climates, so a deficiency can be present in many people.

What are some signs of a Vitamin D deficiency?

- Fatigue
- Weakness (muscle, joint, bone pain)
- Depression
- Digestive issues
- Asthma
- Suppressed immune system

How can I get Vitamin D?

1. Exposure to the sun – It is best to expose as much of the body to the sun as possible. If only exposing your face and hands, your body will produce much less of the vitamin. Also, staying behind glass and using sunscreen can limit exposure. Luckily, Vitamin D can be stored in your body for weeks and months at a time, so even if you are exposed occasionally, you may still get an adequate amount...especially in the summer.
2. Certain foods contain this vitamin, such as cod liver oil, salmon, tuna, beef liver, egg yolk, and sardines. Fish liver oil is the best dietary source, but in order to get a good amount of Vitamin D from fish itself, you would have to eat it every day. Dairy products can also be a good source because they are often fortified with the vitamin.
3. Of course, you can always take a supplement which you can find at any pharmacy or grocery store.

What about Vitamin D and autoimmune disease?

Studies have shown that more than 90 percent of people with autoimmune diseases have a genetic defect that promotes Vitamin D deficiency. These low levels are commonly associated with conditions such as inflammatory bowel diseases (IBD), type 1 Diabetes, Rheumatoid Arthritis, and Parkinson's Disease.

In one study, people with IBD were examined in relation to Vitamin D's anti-inflammatory properties. Participants in the study received Vitamin D along with medication for reducing inflammation promoting proteins. They were found to have significantly lower levels of that protein compared to those who received their medication without Vitamin D. So, Vitamin D has been shown to enhance the effects of certain IBD drugs.

Are there any other benefits to this vitamin?

Further benefits include:

- Strengthening of bone density
- Mood regulation
- Brain health
- Reduced risk of cancer
- Better sleep quality
- Immune regulation

Healthline: Vitamin D 101-A Detailed Beginner's Guide

<https://www.healthline.com/nutrition/vitamin-d-101#intro>

Carolina Total Wellness: Vitamin D Vital in Managing Autoimmune Disease

<https://tinyurl.com/ybgrdesn>

Everyday Health: How Vitamin D Can Help You Manage Your Crohn's Disease

<https://tinyurl.com/yd5shdpv>

Information in this newsletter is in no way intended to be professional medical advice. Please consult your doctor or NSWOC nurse to seek the right treatments for you.



"Laughter is an instant vacation!"

-Milton Berle



LAUGHING INTO THE NEW YEAR...



- They say NYC has the best new year's celebration, but I say it's overrated. Every year they drop the ball!
- Not to brag, but I already have a date for New Year's Eve. It's December 31st.
- Where do you go to do your math homework? Times Square.



FROM THE PRESIDENT

2020 has finally come to an end and I think most people are quite happy about that! It has definitely been an interesting year and I hope all of you have made it through as happy and healthy as can be. I know it can be discouraging looking back on the year and all that it entailed, but I think it is important to remember what we have and be grateful that we are offered an opportunity to wake up with a fresh start every morning. Let's make a new year's resolution together; to approach each day with gratitude and the motivation to help others.

With the new year comes a bit of change within our chapter. As I have been teaching from home all year, my schedule has become less hectic and I no longer teach a Tuesday night course. Therefore, I have agreed to step back in as president. I want to thank Marylou for working so hard to keep the chapter going and I truly hope the new year brings her the best of health and some much-needed rest and relaxation! I know meetings this past year have not been an easy task to accomplish. We will start out 2021 with virtual meetings, and hopefully as time goes on, we will be able to meet in person again! I know joining an online video chat can be a bit daunting for some people, but I really encourage everyone to try it at least once. I am here for tech support if you need me, so please, if you aren't sure how virtual meetings work, or would like to practice

having one before the official meeting, don't hesitate to reach out to me and we can set something up!



I want to wish everyone a very happy new year and I look forward to seeing you all at our next virtual meeting!

Erin

Reader Question

I struggle with bad acid reflux. It keeps me up at night, I have a constant burning sensation in my throat, and it even gives me heart palpitations. Is there anything I can do to get rid of this?

Foods to Avoid!



- Caffeine and alcohol
- Greasy food (like fast food)
- Carbonated beverages
- Acidic food (like tomatoes and citrus)
- Dairy
- Spicy food
- Chocolate
- Peppermint

Foods to Enjoy!



- Ginger and fennel
- Leafy greens
- Berries, melons, and bananas
- Avocado and apples
- Apple cider vinegar
- Other fermented food (like kefir and sauerkraut)

Other ways to reduce acid reflux:

- When it's time for bed:
 - Don't sleep on a full stomach.
 - Elevate your body a bit.
 - Lay on your left side.
- Exercise regularly and don't stress.
- No smoking!



A man went to the doctor to complain of his annual heartburn. "Doctor, I don't understand. Every year on my birthday I get the worst heartburn," the patient complained. The doctor rolled his eyes and said, "next time take the candles off the cake before you eat it."



AND NOW, A MESSAGE TO OUR CHAPTER MEMBERS FROM OUR ATLANTIC REGIONAL ADMINISTRATOR!

"I wanted to wish you a very Merry Christmas and all the best in the New Year. We look forward to 2021 and hope you all stay healthy and safe wherever you may be!"

Take care,
Joan Peddle



Hydration & Electrolytes

Are you dehydrated? Do you have:

- fatigue and weakness
- light-headed or headache
- dry mouth
- stomach cramps
- rapid weight loss
- decreased urine output

A dehydration and electrolyte replenishing recipe that works!

What you'll need:

- Hot water
- Coconut water
- Freshly squeezed orange
- Pink Himalayan salt



*Mix equal parts hot and coconut water. Add all the juice of a whole orange and sprinkle a few shakes of salt. Mix and drink.

With an ostomy, it can be hard to maintain good hydration and electrolyte balance. Sometimes our bodies don't absorb fluids as well as those without an ostomy, but there are some things we can do to remedy this.

The fluids that are most easily absorbed are the ones that "match the concentration, or osmolality, of your body fluids." Gastrolyte is probably one of the best things you can drink if you are dehydrated. While it may seem like a good idea to drink juices or sports drinks, these are actually not absorbed as well due to the high sugar content. "When a fluid has a high sugar concentration, drinking it causes fluid to shift into the intestine from the tissues, instead of out of the intestine into the tissues and the bloodstream." This leads to waterier stool. If you must drink something with sugar, try diluting it and taking small sips.

So, how can you get more electrolytes? Sodium and potassium are great sources. If you are dehydrated, try including some of the following in your meals:

High source of sodium – Canned fish and soup, snack foods like pretzels and crackers, as well as deli meat.

High source of potassium – Asparagus, avocados, bananas, chocolate, vegetable juice, oranges, potatoes, and nut butters.

**Information from Mount Sinai Hospital's Crohn's & Colitis Diet Guide by Dr. A. Hillary Steinhart and Julie Cepo.*

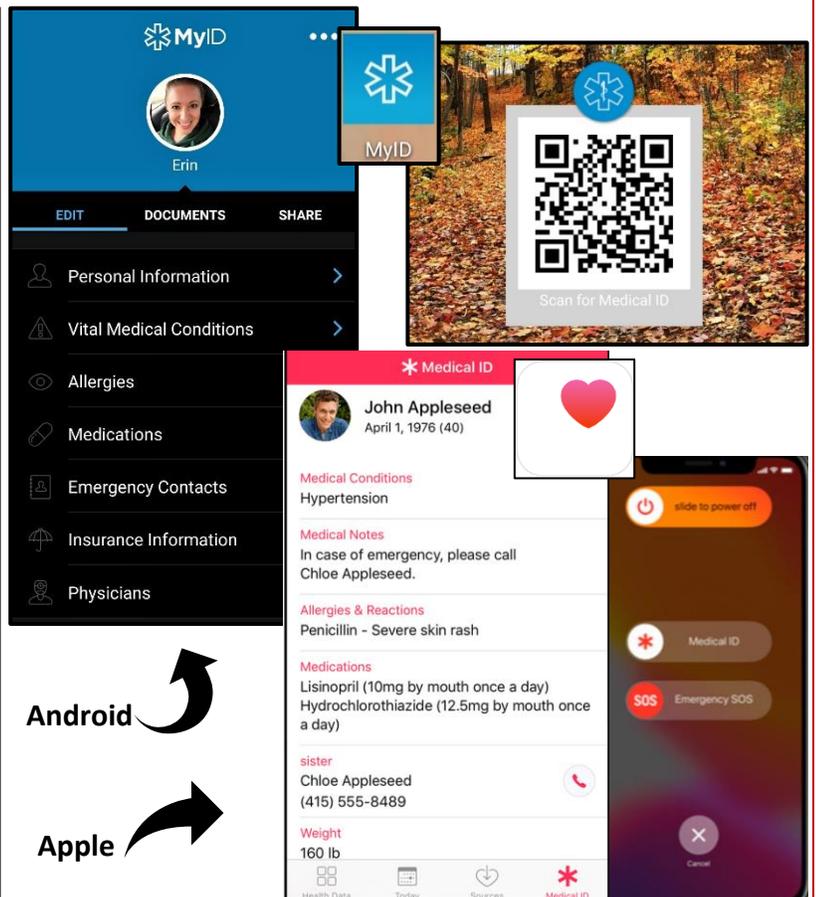
Did you know?

If you have a medical condition, severe allergies, or are on special medications, you might wear a medical alert bracelet. Did you know if you have a smart phone, you can create a Medical ID so that in an emergency your family, paramedics, or ER doctors have access to your important medical information.

If you have an Android device, go to the app store (Google Play Store) and download MyID. If you have an Apple device, the Health app should already be downloaded.

Once you open the app, you can enter all of your medical information! You can even set it so that your lock screen has a direct link to the ID. If you keep your screen locked, this will still provide access to the people trying to help you.

Check it out!



Android

Apple

Exercise with an Ostomy

With everything that has happened in the past year, a lot of people find themselves not leaving home. Whether you are spending your day on the computer, watching tv, or even working from home, it can be challenging to find a reason to get moving.

So, how can you be active in your home and what are some good ways to get started exercising with an ostomy?

Many people who have had their ostomy for quite some time exercise like most other people. You can go to the gym, run, play sports, go rock climbing, hike, bike, and anything else you can think of! If you find yourself staying home because you can't get outside though, there are still some things you can do.

1. Follow a video on YouTube. From easy stretches, to intense workouts, yoga, and dance classes, there is something for everyone! Taking 30 minutes out of your day to do a video will help keep you healthy and you can do it in the comfort and privacy of your own home. An added bonus is that **you can type in "ostomy exercise" and a lot of great videos will come up that can help you find just the right exercises for you!**
2. To go along with the dance class videos, you can also just turn on some music and bust out a move! You can even bounce to the beat while you are cooking or cleaning.
3. Sit instead of stand. Watching tv? Stand. Folding the laundry? Stand. Reading a book? Stand. The less you sit, the better. Try to incorporate some squats or heel raises while you are standing there.
4. Clean! I know...this isn't the most exciting activity, but it can get you moving! Sweeping or vacuuming the floor is a great way to get started. Scrubbing the tub or oven can also provide a great stretch and lots of movement.
5. Play with your pet! It is important for your cat or dog to get exercise too. This is an activity that is sure to please both you and your furry companion.

A few tips:

- Because the abdominal muscles that support the stoma are not as strong as they were before surgery, ostomates are at greater risk for hernias. Be careful when performing exercises that strain your abdominal muscles or when lifting anything heavy. Consult with your doctor if you have recently had ostomy surgery or if you have a hernia.
- Use an ostomy belt or wear high waisted pants to hold everything in place.
- If it is uncomfortable for you to get on the floor to do exercises, you can modify the stretches and do them while sitting in a chair, or even while laying in bed! The main goal is to get moving!

Below are a few examples of stretches that you can do with or without a chair.



Twists are a great way to stretch and strengthen your abdomen. Stretching your arms up tall is also great for your circulation!

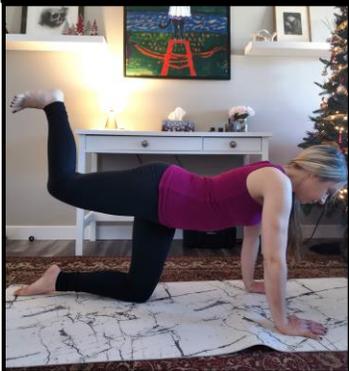
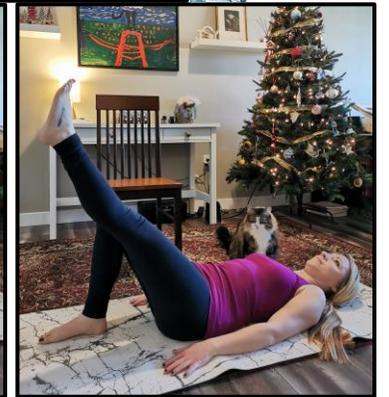




Get your back moving. Start in a straight back position. Really push down and lift up to create some resistance. Then slowly begin to arch your back and slowly bring it back so that it is rounded. This is great for both your back and neck!



Remember to stay hydrated!

Move those legs! Bring each leg up half-way, then straighten it out even further. Up and out, up and out. You can do it with both legs at the same time as well.



Try this bridge type position. It doesn't have to be anything extreme. Just a little lift for your body to get circulation flowing and give a nice stretch!



Important: if you begin any exercise and your body is telling you that it doesn't feel right, stop, and consult with your doctor before going any further.

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion." – Dalai Lama

The Search for Happiness

A professor gave a balloon to every student, who had to inflate it, write their name on it, and throw it in the hallway. The professor then mixed all the balloons. The students were given 5 minutes to find their own balloon. Despite a hectic search, no one found their balloon. At that point the professor told the students to take the first balloon that they found and hand it to the person whose name was written on it. Within 5 minutes everyone had their own balloon. The professor said to the students:

"These balloons are like happiness. We will never find it if everyone is looking for their own. But if we care about other people's happiness... we'll find ours too."

<https://tinyurl.com/ya9bkhbm>

What is it?

This product is a powder that absorbs moisture from raw and broken skin that surrounds the stoma. As we all know, when skin is moist, our ostomy appliance has a difficult time sticking, so the powder absorbs this moisture to help with adhesion.

How do I use it?

1. Wash the skin around your stoma and pat it dry. Make sure to remove old adhesive remnants.
2. Apply the powder to the irritated skin.
3. Brush the excess powder off.

It is that easy! If you require further assistance, your NSWOC nurse can always help!

Stoma Powder



If irritation continues, be sure to consult with your NSWOC nurse. Another cause of irritation could be a yeast infection which could require a different treatment.

Happiness is...going to bed with a freshly changed appliance, clean pyjamas, and new sheets on the bed!



Why is my skin irritated?

Skin can be raw or inflamed for a number of reasons. It could be that you don't have a proper fit with your appliance. If the skin around your stoma is exposed, output can cause burning, redness, and inflammation.

The particular brand of appliance you are using might not agree with your skin as well. It is a good idea to try different products to be sure you are using the one that is right for you.

Changing the appliance too often can also cause irritation.

If the area is itchy, try not to scratch it because this will only cause further damage to the skin.

Clean, sooth, heal...naturally!

Are you looking for something that will help sooth and heal your skin without chemicals? Tea tree oil is a natural antiseptic and antimicrobial. This can be a nice treatment for your skin that will help to eliminate itch, ensure there is no bacteria or left-over adhesive on the skin, and reduce inflammation to help the healing process.

1. In a little container, mix equal parts **water** and alcohol-free **witch hazel**. (Witch hazel is cleansing, soothing, and antibacterial)
 2. Put a few drops of **tea tree oil** into the mixture.
- *You want enough liquid to moisten a cotton ball.
3. Soak a cotton ball in the mixture and rub it on the skin that will be covered by your appliance.
 4. You can pat it dry or let it air dry.



Please note:

- * **Test on a small patch of skin** before using to ensure you do not have an allergic reaction.
- * It is best to **dilute tea tree oil** as it is an essential oil.
- * **Do not** put the solution directly on the stoma or on broken skin.
- * This not intended to be medical advice and is **to be used at your own discretion**.





<http://clipart-library.com/clipart/8cAbkXk6i.htm>

Short Gut (Bowel) Syndrome

Short Gut Syndrome occurs when patients have large portions of their intestines removed. This results in a condition where there isn't enough functional bowel to properly absorb fluid and nutrients.

Some symptoms may include:

- Diarrhea
- Greasy, bad smelling stool
- Fatigue
- Weight loss
- Malnutrition
- Swelling in lower extremities

Your diet can play a significant role in your symptoms and even help you to absorb the nutrients needed to survive.

1. **Eat "real" food.** Choose whole foods instead of things that are processed. Focus on buying groceries around the edge of the store instead of going down the aisles and make meals at home.
2. **Avoid sweets.** Things with a high simple sugar content "pull water into the GI tract and lead to fluid and nutrient loss".
3. **Eat the right kind of carbs.** Complex carbs are more easily digested and absorbed. They are also high in vitamins. Examples of these are things such as brown rice, oatmeal, potatoes, and beans.
4. **Soluble fiber.** For people with Short Gut Syndrome, the amount of fiber you can tolerate depends on each individual. Soluble fiber absorbs water and gives it a gel-like consistency. This helps to hold

water in the body. This kind of fiber is better tolerated because it slows digestion, as compared to insoluble fiber which also adds bulk to stool and absorbs water, but it can be a bit more difficult to digest. "Soluble fiber is also fermented by gut bacteria to produce beneficial short-chain fatty acids, which can nourish the gut barrier and help prevent inflammation."

5. **Reduce or eliminate dairy and wheat intake.** These are poorly absorbed in the small intestine and can increase intestinal water content and gas production, as well as cause stomach pain and bloating.
6. **Stay hydrated.** Make sure your rehydrating drink has the correct balance of sugar and salt. Juice, pop, tea, and coffee will not rehydrate you. Even water is sometimes not enough. There are many recipes for rehydrating drinks online or you can buy a pre-made mixture at the pharmacy.
7. **Eat small but frequent meals.** Chew food well and don't drink too much during your meal.

Center for Liver Disease and Transplantation. *Short Bowel Syndrome: What to Eat and Drink* by Shilpa Ravella, MD.

<https://tinyurl.com/ybx63gs4>

Why Should I Be a Member?

It is that time of year again when membership dues are to be sent in. Maybe you are undecided and wondering what the benefit of being a member would be. Here are some of the things your \$30 goes towards:

- ▶ A subscription to the Ostomy Canada magazine.
- ▶ Access to the Ostomy Canada Connects Newsletter.
- ▶ Helps fund your local chapter.
- ▶ Helps build public awareness locally and nationally.
- ▶ Sponsors youth to go to ostomy camp.
- ▶ Funds award programs for nurses studying to work with ostomies and ostomates pursuing a post-secondary degree.
- ▶ Supports funding put into events such as World Ostomy Day and the Stoma Stroll.
- ▶ Advocating opportunities to increase ostomy supply funding.
- ▶ And more!



Membership Application - Fredericton & District Association of Ostomy Canada Society

The following information is kept strictly CONFIDENTIAL. Membership is open to ostomates and non-ostomates.

New Member Renewal Change of Address

Name _____

Address _____ Apt. No. _____

City _____ Province _____ Postal Code _____

Phone (s) _____

Birth (day/mo/yr) / / / Occupation _____

Please check all that apply:

Colostomy Ileostomy Urinary Diversion

Continent Ileostomy Continent Urostomy Ileoanal

Other (Specify) _____

Spouse/Family Member _____ M.D., E.T., Supplier, Etc.

Enclosed are my annual membership dues of \$30.00

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 Fredericton & District Association of Ostomy Canada Society and mail to:

**Mrs. Jan Buick, Chapter Treasurer
UOAC Fredericton & District Chapter Inc.
Unit 404, 700 Cliffe Street
Fredericton, NB
E3A 5V2**