

Ostomy Canada
Society

Fredericton & District
Chapter Newsletter

Spring Issue

2022

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Fredericton Chapter Officers

- President:** Erin Feicht
- V.Pr./NSWOC:** Nancy Schuttenbeld
- Treasurer:** Vacant
- Secretary:** Karen Mason
- 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

Why did the jaguar eat the tightrope walker? He wanted a well-balanced meal!

Join us in Celebration!

Ostomy Canada Society is celebrating its 60th anniversary this year, and did you know that the Fredericton Chapter recently celebrated its 40th anniversary? Because of Covid we were unable to celebrate, but we think it is time to get back together in person and have a great time catching up! We would love for you to join us! Here is everything you need to know:

When – Saturday, June 25th, 2022 from 2-4pm.

Where – Odell Park, Waggoner's Lane, Fredericton

*We will be set up somewhere that is visible from the parking lot and have red balloons to make the location easy to spot!

What – This will be a time to catch up, have some laughs, and celebrate life with an ostomy. There will be food and drinks provided!

*We cannot guarantee seating availability, so please bring a lawn chair just in case.



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



Ostomy Travel Kit:

Now that summer is almost here and many people are travelling, (let's not think about the gas prices...) people frequently wonder what they should pack for ostomy supplies. It is very much recommended to carry an ostomy travel kit wherever you go. Here are some items to include:

- Moist wipes
- Adhesive remover wipes
- Ziplock bags/doggie bags
- Wafers (pre-cut if applicable)
- Pouches (filter sticker on if applicable and clipped or closed at the end)
- Scissors
- Compact mirror
- Stoma measurement guide/pen
- Barrier tape/rings
- Accessories like powder or paste
- Extras like gel packets, deodorizing spray or drops
- Extra underwear
- Electrolyte powder/Imodium
- Handwipes/sanitizer

It is important not to store your supplies in a location that is not hot (ex: the trunk on a 30 degree day). You don't want your supplies to melt! If you're travelling on a plane, pack your travel-on bag with at least three days' worth of supplies. Use the following card for travelling:

RESTROOM ACCESS REQUIRED

The cardholder uses an **OSTOMY DEVICE** for elimination of body waste and/or carries pouches and related supplies. He/She needs access to the restroom **NOW** in order to empty the pouch – this is a critical situation for the wellbeing of the cardholder as well as for public sanitation.



Traveller's Communication Card

Provided by The Ostomy Canada Society, a non-profit volunteer organization dedicated to all people with an ostomy, and their families, helping them to live life to the fullest through support, education, collaboration and advocacy.

For a copy of this card and even more travelling tips, visit:

www.ostomycanada.ca/travel-tips/

PRIVATE SCREENING REQUIRED

Please carry out personal and luggage examinations discreetly and in a private space. The cardholder wears an **OSTOMY DEVICE** for elimination of body waste and/or carries pouches and related supplies and/or catheter to manage personal hygiene.

Name: _____

Address: _____

Surgery Type: _____

Physician: _____

Physician Phone: _____

Physician Location: _____

Please see Reverse for more Information

Ostomy Camp is Back!

Another exciting ostomy tradition making a comeback after Covid is Ostomy Canada's Youth Camp! On July 4th, kids ages

9-18 from all across Canada will join each other for a weeklong adventure as they connect with other ostomates and build relationships that will last a lifetime. This camp takes place in the beautiful mountains of Alberta and is the perfect place for exploration and self-discovery. Activities include things such as rock climbing, swimming, rafting, arts and crafts, dances, and so much more! This is one of the many things giving to Ostomy Canada Society supports! If you want to know more about camp, let me (Erin) know and I'd be happy to share my camp experiences with you!



FROM THE PRESIDENT

Hello everyone,

I hope you are all having a wonderful 2022 so far! Spring is here and the flowers are blooming. It is such a beautiful time of year! Next month is our last meeting until Fall, so this will give people a chance to take the summer and spend a little time on themselves. It will be a lot of fun to meet in person again and I can't wait to hear what you have all been up to. Life can get so busy and things can be a bit overwhelming sometimes, but I think it is so important to live in the present and practice gratitude for all the good things we have in our lives no matter how big or small.

We had some wonderful virtual meetings from January to May and amazing attendance as well! Our membership has been climbing with almost 40 members and our outreach through email and social media is over a hundred! I love that we have formed this community of ostomates! Don't forget, we are all here to help each other and if anyone ever needs any advice or support, don't hesitate to reach out or join one of our meetings. There is always someone here to help.

I hope to see you all soon and look forward to our meeting in person, at Odell Park in June!

Take care, Erin



Tips for Avoiding Ostomy Leakage:

1. Put high priority on ostomy skin health. – Placing your ostomy appliance on damaged skin can prevent it from sticking and cause even further irritation. It is so important to keep an eye on your skin to ensure it looks healthy. If you find you are having a lot of irritation, try changing the brand you use, try some duoderm under your appliance, or try a skin barrier. If it doesn't resolve on its own, contact your ostomy nurse.
2. Make sure your skin barrier fits properly. – The skin barrier (wafer/flange) should fit well around your stoma. The goal is to have the drainage from your stoma flow freely into the pouch without leaking under the barrier. Measure your stoma before cutting your barrier, make sure there is no skin showing between the barrier and your stoma, try a moldable technology that doesn't require cutting if you are struggling to get the proper fit.
3. Change your pouching system on a regular basis. – An overfilled or heavy pouch can cause unnecessary strain on your skin barrier and could lead to failed adhesion leading to leakage.
4. Make sure your ostomy appliance is secure during exercise and physical activity. – If you are participating in sports, exercising at the gym, or perhaps going on a hike, try wearing clothing that will hold things in place and wick away moisture. You can use high waisted pants, a support garment, ostomy belts and so on to get more security. Also, empty your pouch before being active.
5. Find the right product mix for you. – There are so many products and accessories out there. Everyone's body, including their stoma, is unique. Working with an ostomy nurse or calling one of the companies that make ostomy products, can help you figure out what will work best for you. All of the companies (Hollister, Convatec, Coloplast) will send you samples and work with you to determine what to sample. Other products that can help are things such as skin barrier rings, powder, paste, and strips.



Ostomy Canada Society | Société Canadienne des Personnes Stomisées



Ostomy Canada 60th Anniversary Prepared by Ed Tummers

Ostomy Canada traces its roots to a meeting of representatives of 24 informal self-help peer support groups in Canada and the United States in 1962. Canada sent delegates from London, Ontario and Montreal, Quebec. At that convention, they approved a motion to establish a United Ostomy Association (UOA) to serve as a multi-national network for bowel and urinary diversion support groups. Their first project was to publish an information booklet to circulate and membership dues were set at 50 cents to cover the costs.

The organization spread across North America and other countries and in 1974, UOA became a charter member of the newly formed International Ostomy Association (IOA). At its peak in 1986, UOA volunteers had affiliated over 500 local support groups throughout the United States, Puerto Rico, Bermuda and Canada. UOA represented over 50,000 dues-paying members with an annual budget of almost \$ 1 million.

At a meeting in Calgary in 1997, the decision was made to found a purely Canadian association and voted to establish the United Ostomy Association of Canada (UOAC). The following years were spent developing support programs such as the Visiting Program, a national office, publications, a youth camp, conferences and volunteer recognition awards.

In 2014, the name was officially changed to become the Ostomy Canada Society.

From very humble beginnings in 1949, when a small group of four World War 2 veterans met at the Veterans' Hospital in Pennsylvania to exchange information about stoma management based on their life experiences, Ostomy Canada is now the voice of hundreds of thousands of Canadians representing people who had undergone bowel or urinary diversion surgery, those living with an ostomy or continent diversion, their caregivers, family and friends, members of the medical community, ostomy product manufacturers and distributors.

Despite all the medical advances and supports that have been developed over the years, there is still a vital need for Ostomy Canada in helping to increase awareness, eliminating stigma and providing a national network of support groups. Thanks to the tireless efforts of our volunteers, Ostomy Canada continues to fulfill its mission.

Ostomy Canada Society is a non-profit volunteer organization dedicated to all people living with an ostomy, and their circles of support, helping them to live life to the fullest through advocacy, awareness, collaboration and support.

WHO WE ARE



Ostomy
Canada
Society

Société
Canadienne des
Personnes Stomisées



Advocacy.
Awareness.
Collaboration.
Support.

We are a non-profit volunteer organization dedicated to helping people with an ostomy, & their circle of support to live life to the fullest.

Support Groups • Find An NSWOC
Ostomy Canada Magazine • Publications
Volunteer • Donate • Ostomy Youth Camp
Information For Those Living With An Ostomy
Disability Tax Credit • Ostomy Visitor Program

CONNECT WITH US

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Suite 210, 5800 Ambler Drive
Mississauga, Ontario L4W 4J4

1.888.969.9698
www.ostomycanada.ca
info1@ostomycanada.ca



NEW WEBSITE!

Ostomy Canada has launched a new website this month. If you haven't seen it yet, you can see all the new features and information by visiting www.ostomycanada.ca.

There are a lot of great resources on the Ostomy Canada website, including features such as:

- Where to find local support
- Financial resources
- Ostomy care
- Ostomy lifestyle
- Information based on demographic
- Many ways you can get involved
- Events
- News ...and more!

Ostomy Canada has also been running a new series of webinars. If you haven't had a chance to attend any webinars so far, you can find them here: www.ostomycanada.ca/webinars/

Topics have included Living with an Ostomy, Nutrition for Ostomy Care, and Hernias. Stay tuned for more!

Do you have IBD (ex. Crohn's or Colitis)? Do you also suffer with joint pain? There may be a connection!

Joint pain can occur alongside flareups such as those in the intestine. "According to the Crohn's and Colitis Foundation, Arthritis is the most common complication of IBD that occurs outside of the intestine. They state it may affect up to 30% of people with IBD." While joint pain with swelling is quite common, joint pain without swelling, referred to as Arthralgia, can affect 40-50% of people with IBD and can occur at any age.

If you have IBD and are experiencing severe, persistent, or reoccurring joint pain, you should visit your doctor. The tricky part is that some IBD medications can actually cause joint pain, so it is important to cross examine your symptoms with your medications. Doctors may run a series of tests to see if your joint pain is related to IBD. If they discover it is in fact related, they may start you on treatment such as steroids, biologic drugs, seeing a physio therapist, or suggest remedies used at home such as heating pads, stretches, or elevating certain joints.

Certain lifestyle changes can help to prevent or reduce joint pain. Eating a healthy diet, lowering stress levels, losing weight, maintaining good posture, wearing supportive footwear, keeping warm, and resting sore joints can all be helpful. Your doctor might also recommend supplements.

Don't suffer in silence. If you are struggling with joint pain, contact your doctor immediately.

Ostomy News: "New device could revolutionize lives of those living with stoma bags"

Leaking ostomy bags, as we all know, can be quite common. Unfortunately, this can lead to embarrassment, loss of confidence, reluctance to leave the house, not to mention it is time consuming to clean and can cause irritated skin around the stoma. When it comes to leaking bags in the hospital, "changing a soiled bed is a 38-step process that can happen multiple times a day," some patients not being sent home until the leaking issue is solved, taking up nurse's time and blocking beds that could be used by someone else.

Anne Inch from Scotland, has created an invention that contains bag leaks, drawing it away from the skin and allowing people to change their bag without embarrassment! Anne and her husband, Lain, both have ostomies. When Lain was in the hospital his bag was leaking nine times in a single day! This was taking up a lot of hospital resources and was very discouraging for Lain. Anne said that this motivated her to go home right away and design ConfiPlus using a disposable bedsheets.

ConfiPlus "allows people to work wearing a white shirt, play at school, or go out to dinner happy in the knowledge that they won't have an embarrassing moment." This invention "is so absorbent, the user has time to go and change even if their bag does leak" because the waste doesn't leak through the material. Anne took her design to the hospital the day after she created it and once they saw how effective it was, everyone on the ward wanted one.

In 2019, with the help of her friend, Anne created Confidence Plus Ltd, the company that has brought ConfiPlus to market. "Current accessories try to stop leaks happening in the first place," but "this means people don't know they've leaked until it is too late." ConfiPlus works differently though. It is a donut shaped device that fits around the ostomy (suitable for all ostomy types). If a leak happens, the output is drawn into the medical grade foam material. It is 2mm thick, soft, and unobtrusive. It contains smell and can absorb up to half a pint of liquid. This "allows the user time to get changed before anything reaches their clothes."

Anne has support from the manager of the Medical Device Manufacturing Centre at Heriot-Watt University and is already selling her products to many ostomates!

Currently these products are only available in the UK, but I sent a message to her and she said she is hoping to be shipping to the US and Canada soon. You can visit <https://confiplus.com/> or visit her Facebook page @confiplusforyou for more information and video demonstrations.

<https://www.med-technews.com/news/latest-medtech-news/new-device-could-revolutionise-lives-of-those-living-with-st/>

READER QUESTION: IS IT TRUE THAT PEOPLE WITH OSTOMIES ARE MORE LIKELY TO GET KIDNEY STONES, BE DEHYDRATED, AND GET UTI'S?

Answer: Unfortunately, yes. Those who have an ileostomy or urostomy especially, should take extra care to stay well hydrated! There are a few things you can do to prevent these things from happening though.

1. Drink often. Don't wait until you are thirsty. Stick to water, as sugar, caffeine, and alcohol can be diuretics.
2. Urine should be a light yellow colour. Not dark and not completely clear.
3. Drinking cranberry juice or taking cranberry supplements can be healthy for kidneys.
4. If you have diarrhea, drink an electrolyte drink. You can make this at home with freshly squeezed orange juice, salt, water, and a little sugar.



Thank you!!!

We want to say a really big thank you to all who attended the 14th Annual Wound Skintastic Conference this year! The conference was held on May 6, 2022 and many healthcare professionals were there to both present and take in the live virtual sessions. There were even sessions dedicated to teaching nurses more about ostomies and how to troubleshoot related challenges.

Proceeds from this event were donated to our local Fredericton Ostomy Chapter! They raised approximately \$4000 and we hope to be able to help some ostomates in our area who are struggling to pay for their supplies.

We are so thankful to all of those who were involved with the conference this year, and to Nancy Schuttenbeld for representing our chapter and sharing with the other healthcare professionals how much we would benefit from this wonderful donation!



What's a Normal Stoma?

It can be common for people to wonder if their stoma is “normal”. Everyone’s stoma is unique of course, but there are some things to keep in mind when thinking about how your stoma should be.

- The colour should be a healthy red. It is the same colour as your intestine. If it is dark, that could mean the wafer/flange is too tight.
- A little bleeding is normal. Be gentle when cleaning around the area, but don’t be alarmed if there is some blood where you’ve touched it.
- Stomas can vary in shape and size depending on the kind of ostomy and your body. If you find the stoma is sticking out or sinking in more so than usual, it is a good idea to talk to your ostomy nurse.
- An ileostomy has more of a liquid output and can constantly drain while a colostomy is more formed and controlled.
- If you have a urostomy, urine should be yellow with some mucous.
- Usually, stomas don’t have much feeling in them. There are still some nerve endings in the stoma though and you should try to avoid having anything hit or irritate the area.

If you notice any differences in the health of your stoma, it is best to consult a healthcare professional!

*Some information from
<https://www.ostomyok.org/newsletter/news0706a.shtml>*

Why Doesn't My Appliance Stay Stuck?

This question is often asked because non-sticking tape can lead to some rather embarrassing situations. Usually, it is not the fault of the tape itself. Here are some reasons your tape might not be sticking.

1. Moisture on the skin – make sure your skin is completely dry by using a towel or hair dryer.
2. Insufficient application pressure – apply pressure, especially around the edges, once the appliance has been placed on the skin.
3. Touching the adhesive before application.
4. Loose solid particles on the skin – such as powder, lint, or flaky skin.
5. Subjecting the adhesive bond to stress or stretching the skin under the adhesive area immediately after being applied.
6. Skin damage or irritation
7. Chemical changes in the body
8. Body shape
9. Activity level and type
10. Sometimes your body just wants a different brand or type of appliance. If something isn’t working, try something new!

Some information from
<https://www.ostomyok.org/newsletter/news0604a.shtml>

Have a good laugh...



Nurse: “We need a stool and urine sample.”

Man to wife: “What did she say?”

Wife to husband: “They want your underwear!”

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!



Looking for healthy food options this summer?

Try these food alternatives:

Breakfast

- | | |
|-----------------------|--|
| 1. Packaged cereal | 4. Oatmeal with fruit |
| 2. Bacon and eggs | 5. Eggs with veggies and cheese |
| 3. Bagels or pastries | 6. Whole grain toast with avocado and tomato |

Lunch

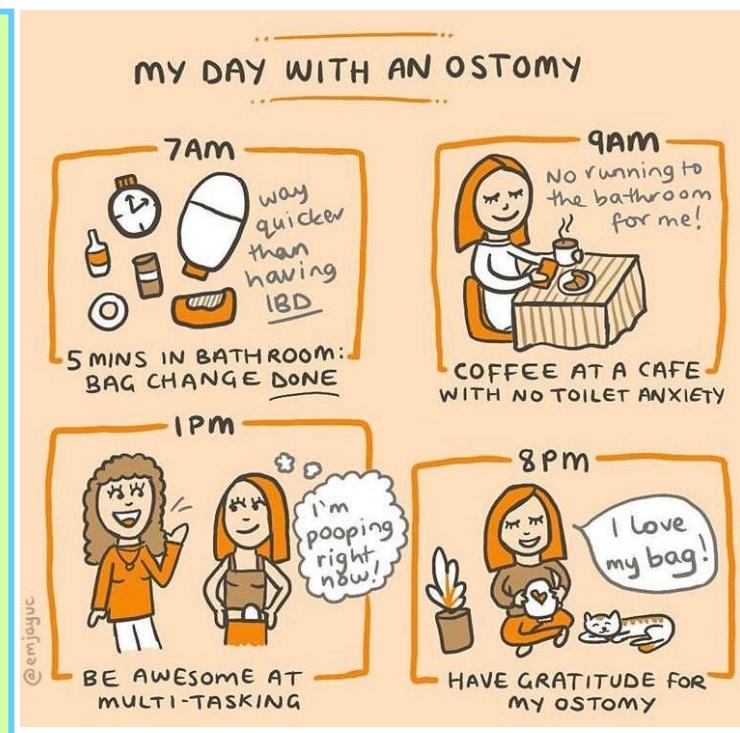
- | | |
|-----------------------|----------------------------|
| 1. Deli meat sandwich | 1. Chicken veggie wrap |
| 2. Pizza | 2. Soup and salad |
| 3. French Fries | 3. Baked potato with salsa |

Supper

- | | |
|--|---|
| 1. Fried chicken | 1. Baked fish |
| 2. Pasta with tomato sauce and hamburger | 2. Gluten free pasta with pesto and turkey burger |
| 3. Fast food | 3. Rice with lentils and curry sauce |

Snacks and Treats

- | | |
|-----------------|------------------------------|
| 1. Potato chips | 1. Banana chips |
| 2. Cookies | 2. Grapes and cheese |
| 3. Ice Cream | 3. Fruit and yogurt smoothie |



Did you know Ostomy Canada has a quarterly newsletter called Ostomy Canada Connects? It comes out January, April, July, and October!

If you would like to view the newsletters or be added to the mailing list to receive one, you can go to:

<https://www.ostomycanada.ca/ostomy-canada-connects/>

Membership Application - Fredericton & District Chapter of Ostomy Canada Society

The following information is kept strictly CONFIDENTIAL. Membership is open to ostomates and non-ostomates and is paid in December for the following year.

- New Member Renewal Change of Address

Name _____

Address _____ Apt. No. _____

City _____ Province _____ Postal Code _____

Phone _____ Email _____

Birth (dd/mm/yyyy) / / /

Please check all that apply:

- Colostomy Ileostomy Urostomy J-pouch Jejunostomy

Other (Specify) _____

If you are not an ostomate, please indicate your connection:

- Spouse/Family Member _____
 Healthcare professional _____
 Supplier _____
 Other _____

- 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 cheques payable to Fredericton & District Chapter of Ostomy Canada Society and mail to:

**Mrs. Erin Feicht, President
Fredericton & District Chapter, Ostomy Canada Society
49 Abbott Court, Apt. 402
Fredericton, NB
E3B 5V8**

E-transfer money to:
**Erin Feicht
ostomy.fredericton@gmail.com**

*You can email your application information to the above email address.