

# Fredericton & District ostomy Association



Newsletter  
Spring Issue - May 2017



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

### Upcoming Events

- June 8, 2017 - Visitor Training Session.
  - In order to be a certified hospital visitor, it is important you stay up to date with current ostomy information. This is a chance to either update your certification or become a new visitor. This will allow you to give support to new ostomates just like you hopefully had the chance to receive.
  - 6-8pm in the Stan Cassidy Centre.
- June 21, 2017 - Woodstock Peer Support Group Meeting.
  - A chance for people in the Woodstock area who have an ostomy or support someone with an ostomy, to get together, learn something, share, and find or give support.
  - This will be a test run to see how much interest there is. There will be a Convatec representative to give a presentation as well. It is certain to be a great time! Please help spread the word.
  - 6-8pm at the Waterville Hospital. Just follow the Trans Canada highway a little bit past Woodstock and you can't miss it.
  - Hope to see you there!

### 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

### Our next meeting:

Date: May 16, 2017

Time: 7:00 pm

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

What to expect: Our guest speaker will be Kevin from Hollister and a review of the Ostomy Outreach Atlantic will be given.



The Six  
Best Doctors



 Sunshine

 Water

 Rest

 Air

 Exercise

 Diet

## **The Key to a Healthy Gut:**

There are two very important things to consider when it comes to your gut's health. Probiotics and Prebiotics. Your digestive system is full of good and bad bacteria, but do you really have enough good bacteria in your gut for it to function optimally, and are you doing everything you can to get the needed amount? If not, here are some tips:

**Probiotics:** Live bacteria that promote a healthy digestive tract and boost immunity. If you are lacking in this good bacteria you may experience ulcers, depression, anxiety, Crohn's, Diabetes, colon cancer, rheumatoid arthritis, ulcerative colitis, and IBS just to name a few. So you're wondering how to get this good bacteria? You could take a probiotic supplement, or turn to your diet for help. Sauerkraut, kimchi, miso soup, kefir, and kombucha are great and easily available foods to start with. The fermentation process is key. Also, if you love pop, kombucha is an amazing replacement as it is naturally carbonated and sweetened, while having many yummy flavours.



**Prebiotics:** These promote the growth of the healthy bacteria (probiotics), almost like a gut fertilizer. Prebiotics are important for proper digestion, a stronger immune system, better nutritional absorption, and many other benefits such as natural detox and stress support. Foods that contain prebiotics include berries, citrus fruit, oatmeal, garlic, onions, sweet potatoes, apples, and bananas.

\*Not intended to be medical advice.

## **Snack time never tasted so good...**

### **RiceWorks gourmet rice snacks**

Made from whole grain rice, these 'chips' are a snack you can feel good about. They are gluten free, cholesterol free, have zero trans fat, and no preservatives. The flavour is amazing and they have a great crunch to them. I recommend the Sweet Chili flavour.



Two kids are in hospital beds next to each other. The first kid leans over and asks, 'What are you in here for?'

The second kid says, 'I'm in here to get my tonsils out and I'm a little nervous.'

The first kid says, 'You've got nothing to worry about. I had that done when I was four. They put you to sleep, and when you wake up they give you lots of jello and ice-cream. It's a breeze.'

'Cool,' says the second kid. 'What are you in here for?'

'A circumcision.'

'Whoa!' exclaims the second kid. 'Good luck! I had that done just after I was born and I couldn't walk for a year.'



**From the President:**

Hi everyone. I hope Spring is treating you well! I know the trees are becoming green and flowers are blooming. So exciting! I just got back from a weekend trip to St. Andrews and it felt so good not to be wearing heavy jackets and a hat with mittens. I want to encourage all of you to take a road trip this Summer if you have no other travel plans. It is so rejuvenating to get out of town if even for just an overnight stay. If you can't afford to go too far, we have some great places to visit in our own little province of NB.

My mom and I had a great time attending the Ostomy Outreach Atlantic conference a couple of weekends ago and I look forward to sharing what went on there in more detail at our next meeting. Also, if anyone has any ideas for meeting topics or activities, please let me know! The meetings are for you guys, so it is so important to have your input. It's great to see attendance up and I look forward to seeing more of you this year!



I am back teaching at UNB this Summer (I had been working at Sport Chek from February until now) so I will definitely try to keep up with things and make sure the group is getting the attention it needs. Things can get busy! But with your support I am certain our Chapter will continue to succeed.

Take care for now,

Erin

**Have you heard?**

The TIES® System is a new and innovative way to wear an ostomy appliance. Maybe you've read about it before or perhaps you know nothing, but it is sure to bring up a lot of debate.

OstomyCure AS, a Norwegian medical technology company, has come up with a device for ileostomy patients. (Further testing is being done for other ostomy types). The device is meant to improve life as well as lessen costs of ostomy supplies.

So how does it work? "The TIES® system consists of a small titanium tube implanted into the abdomen where the intestinal tissue is meant to grow into it. It is then sealed with a lid that the patient can open to drain waste whenever necessary."



Fig. 1: TIES lid and implant

The above picture gives you an idea of how it works. You wouldn't need to wear an ostomy bag but should you feel the need to, bags are fully compatible with the system.



You can get this device if you are getting an ostomy or already have one. For more information on this product, you can visit their website at [www.ostomycure.com](http://www.ostomycure.com).

**Recipe** Best Ever Banana Bread

**Source** Pinterest and Erin's home adjustments.

**Yields** 1 loaf

**Time** Aprx. 1 hour

**Temp** 350 C

**Ingredients**

- 3-4 bananas
- 1/3 cup melted butter
- 1 egg
- 1/2 cup organic cane sugar
- 1 tsp vanilla
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp salt
- 7/8 cup buckwheat flour
- Walnuts

**Directions**

- Preheat oven to 350 degrees C.
- Put the bananas in a bowl and mash them.
- Mix everything except the flour and nuts.
- Add the flour and stir.
- Stir in the nuts.
- Bake for approximately one hour or until a toothpick comes out clean.

✨ For an extra treat, sprinkle a mixture of 1/3 cup brown sugar, 3 tbsp flour, cinnamon, and 1 1/2 tbs butter to bread before baking.

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Looking for Spring allergy relief? Look no further! Nettle tea has amazing benefits. It is a natural antihistamine and anti inflammatory. It alleviates things such as asthma and helps clear the respiratory tract. Nettle is also great for your stomach, skin, and endocrine system!



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**

**You know you're an ostomate when...**

- The colour, consistency, and detail of your poop is more interesting than most other topics of conversation.
- You poop around company, during meetings, and at parties.
- You don't have any time to read on the toilet.
- Store employees think you're shoplifting something under your clothes but your bag is just full.
- You ask your friends to look at you and let you know if it's time to go to the bathroom.
- When everything you once thought was healthy now gives you a blockage.

# KIDNEY STONES

*reduce your risks*

**1/10** of people in the U.S. will have at least one kidney stone

More than **500,000** people visit emergency departments each year because of kidney stones.

**13% of men, 7% of women** will have at least one kidney stone.



## REDUCE RISK

Avoid foods high in oxalate, like

- spinach
- rhubarb
- nuts
- wheat

Limit **red meat**.



Reduce your **salt** & **sugar** intake.



Exercise regularly.



Control your **weight**.



Increase **fluid** intake.



## WARNING SIGNS

**Urinating**

- problems going
- painful
- smells bad
- cloudy
- blood



**Lower back pain.** Severe side & back pain, below ribs.



**Fever**  
**Chills**  
**Nausea**  
**Vomiting**

## TREATMENT

**Most kidney stones will pass without issue**, although the pain can be extreme.

Your doctor may prescribe **pain medicine**.



For larger stones, doctors may use **shock waves** to break them into smaller pieces. Occasionally, **surgery** is needed to remove a stone.

Once you know what type of stone you have, you can change your diet, or in some cases take medicine, to reduce your chance of having more stones.

 **Marshfield Clinic**  
Don't just live. **Shine.**  
[shine@marshfieldclinic.org](http://shine@marshfieldclinic.org)

People with urostomies and ileostomies are especially at risk for kidney stones! This is because we have a hard time retaining water and hydration is key to preventing kidney stones from forming. While heredity and age can be factors, summer is also peak time for getting stones. Why? Because being active on a hot day can equal a higher chance of becoming dehydrated.

While they seem refreshing, things such as juice and pop, are not adequate for rehydrating your body. Water is your best choice and your diet can play an important role as well. Foods such as apples, grapes, canteloupe, watermelon, bananas, kale, bell peppers, apple cider vinegar, and the B6 supplement can all aid in kidney stone prevention.

The key message: drink drink drink and eat healthy, juicy fruits and veggies!! Limit things such as red meat and foods high in oxalate such as spinach and wheat. Exercise is also of utmost importance!

Some of us have been there, and the pain of a kidney stone is not one you want to experience! Start early prevention.

\*Not intended to be medical advice.



## North Central Oklahoma *Ostomy Outlook* February 2014:

# Can Ostomates Donate Blood? (Updated again)

by Bob Baumel, North Central OK Ostomy Association

*Note: This is my third iteration of this article. Previous versions were published in our [August 2006](#) and [February 2009](#) newsletters.*

Ostomy newsletters sometimes publish warnings that ostomates, especially ileostomates, shouldn't donate blood. One such article cites a horror story (which may or may not be real) about an ileostomate who developed a kidney stone, allegedly due to the temporary dehydration caused by a blood donation.

I am one ileostomate who has always ignored those warnings. As of Feb 2014, I've donated the equivalent of over 110 units of blood, at least 80 of them since my permanent ileostomy surgery in 1992. And I've never suffered any ill effects from giving blood.

The question in the title of this article involves two issues: Is giving blood safe for the ostomate? And will the ostomate's blood be accepted by the blood bank? On the first question, it should be understood that ostomates are different, and may have other health issues besides the ostomy, so it isn't possible to make a blanket statement for all ostomates. Therefore, check with your doctor if you have any doubts about your ability to give blood.

It's true that giving blood (at least, donating *whole blood*) can cause temporary mild dehydration (although not as severe as can occur from an ileostomy blockage or acute gastroenteritis episode). If you have a strong tendency to develop kidney stones, you may wish to avoid donating blood for this reason. However, in most cases, this mild dehydration is easily dealt with by being careful to drink a good amount of fluid before and after the blood donation.

You can also give blood and avoid dehydration totally by using one of the newer "apheresis" methods. These are procedures in which components of your blood are separated by specialized equipment while you donate, and some components are returned to your body. In addition, they pump enough saline into you to replace the blood volume removed, so you aren't dehydrated at all afterward. I've donated a number of times using one of these methods (double red cell donation). However, there is no longer a collection center in my area that can take such donations, so I'm back to donating whole blood now.

Turning to the second question (whether the ostomate's blood will be accepted), having an ostomy does not, by itself, disqualify you from giving blood, at least in the United States, although you may need to wait until a year after surgery. Rules vary in different countries, so readers outside the U.S. should check rules in their country. In the U.S., the rules are set by the Food and Drug Administration; for a good summary, see [www.redcrossblood.org](http://www.redcrossblood.org).

While having an ostomy doesn't disqualify you from giving blood, you may be rejected due to low hemoglobin, or if you take certain medications or have certain other health issues. To probe some of those issues, you'll need to answer a list of questions before donating (at many collection centers, you can answer those questions directly on a computer, although you can always have a person ask you the questions if you prefer).

If you've had recent surgery, especially if you received blood transfusions, you'll probably need to wait a year before donating.

If you've had cancer, as long as it wasn't a blood-related cancer, you can donate if it was treated successfully and the cancer hasn't recurred for at least a year.

Chronic conditions like ulcerative colitis and Crohn's Disease also don't disqualify you. The Red Cross site says: "Most chronic illnesses are acceptable as long as you feel well, the condition is under control, and you meet all other eligibility requirements."

### DID YOU KNOW?

- Donating blood can decrease your risk of cancer.
- Reduces risk of heart attack and stroke. People who donate blood regularly have 88%

- lower risk of heart attack and 33% lower risk of events such as strokes.
- Replenishes your blood supply and aids in the production of new red blood cells that are better carriers of oxygen throughout the body. Replenishment within 48 hours after donating.

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

# 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