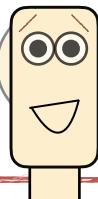


Fredericton & District Stomy Association



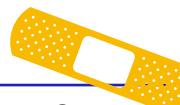
Send It In!

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



Attention all ostomates! There will be an Ostomy Clinic April 14th at Shoppers Drug Mart on Regent St. If you need help with your ostomy, appointments can be made by calling Home Health Care.

- 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



Newsletter
Spring Issue - April 2018



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

Our next meeting:

Date: Tuesday, April 17, 2018



Time: 7:00 pm

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

What to expect: We are hoping to have a company representative visit our group to show us new products. We have not confirmed a specific company yet but will get the details out as soon as it has been decided.

Who can come: Remember, anyone can come to our meetings! Bring your friends, family, or anyone who supports you!



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!

Visitor Training Session Coming Up...Stay Tuned for Details!

There will be a Visitor Training Session for all those chapter members who would either like to become visitors or who need to renew their training. That means if you have been previously certified as a visitor and did not attend the training in December, you must come to this session to ensure you are still qualified to visit ostomy patients in the future. Or if you have never taken the training before but feel like you are ready to give back to the community by volunteering your time to visit an ostomy patient in the hospital, now is the time to attend the training session.



What does the session provide?

How to handle situations that may arise during a visit, what should and should not be said during a visit, what kind of advice is appropriate to give, tips and tricks on having a productive and successful visit, etc.

What if you have already done the training?

There are always improvements and additions being made to the visitor protocol. It is a chance to refresh your memory and also learn new things to take to your visits. It is also a chance to share your experiences with new people who are training to be a visitor. We are all here to help and support each other.

If you would like to sign up, please send an email to let us know you are coming.

Once we know how many people will be attending and when is best for everyone, we will decide on a specific date for the spring. We will also be discussing the details at the next meeting in April!



Strengthen your immune system...

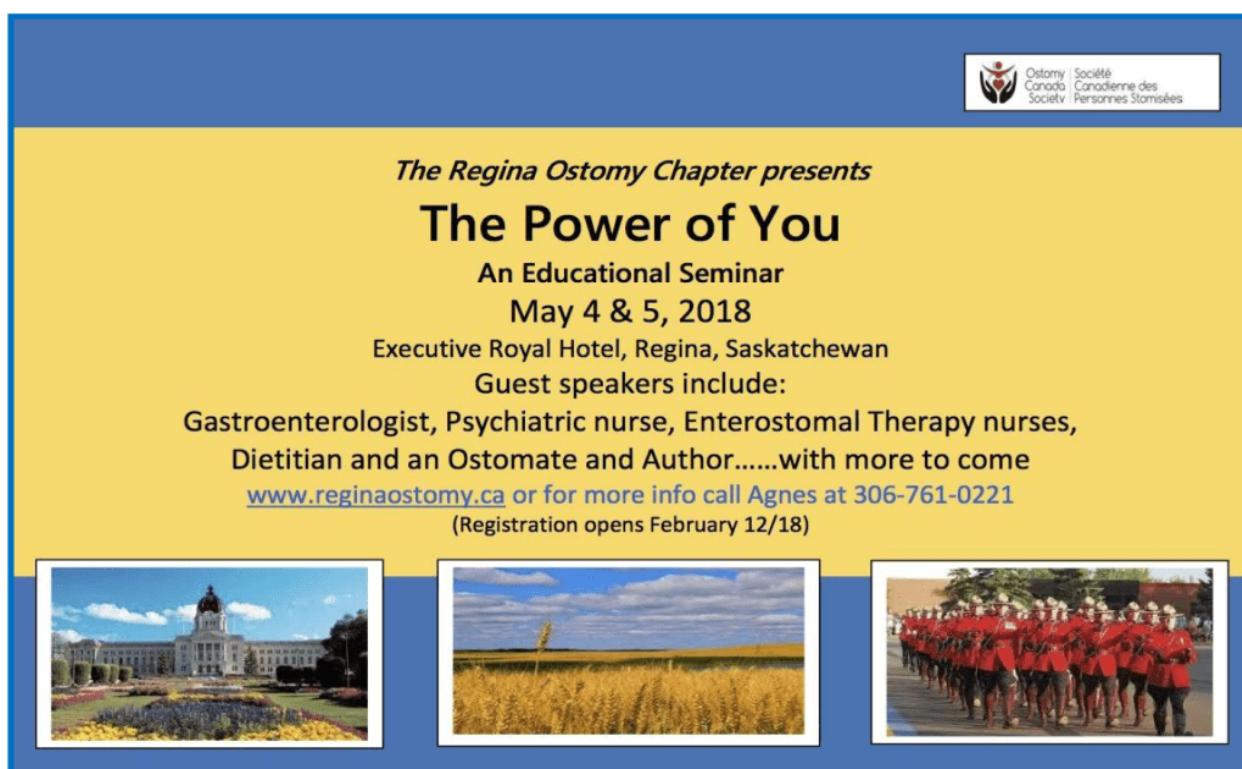
As ostomates, it is often a struggle to keep our immune system strong and healthy. The majority of the immune system is located in the gut, and if you are missing part of that, then you may be more susceptible to whatever cold and flu may be circulating. Here are a few ways to strengthen the immune system:

- Eat probiotic foods - Fermented food and drinks such as sauerkraut, kefir, kimchi, kombucha, and yogurt are amazing for ensuring your gut flora is healthy.
- Get enough calories (energy to form antibodies) from clean, healthy food. - Eat fruits and vegetables with dark colours such as berries and leafy greens. Healthy fats from avocado and salmon are important too.
- Get enough sleep - Each person is different, but between 6-10 hours is about average.
- Get lots of Vitamin D - You get a lot of vitamin D naturally if you expose your arms and face to the sun for at least 20 minutes a day, but many people need more than this. Cod liver oil, egg yolks, beef, and salmon are good sources of this vitamin.

- Thieves oil - A blend of clove, cinnamon, lemon, rosemary, and eucalyptus, this oil is very effective against airborne bacteria. You can spray it on countertops, diffuse it into the air, or mix it in with a carrier oil and rub on your chest or bottoms of the feet.
- Drink plenty of water - Add a lemon, cinnamon, turmeric, and honey for an extra boost, but be careful with an ostomy as this can have a slight diuretic affect.
- Cut back on refined sugar - White refined sugar dramatically decreases immune function. You should also avoid artificial sweeteners such as Splenda or Equal. Try using honey, stevia, or cane sugar instead.
- Exercise - Being active is so important. Even going for a half hour walk twice a day is a good start. Things such as yoga, dancing, biking, or swimming are also awesome ways to give your body the boost it needs.
- Don't stress - Stress can be extremely hard on your body. Things such as mindful meditation, exercise, keeping a gratitude journal, and talking to a therapist can be helpful in avoiding stress.

*Most information in this article was found from *Small Footprint Family* - Dawn Gifford - "10 Ways to Strengthen Your Immune System."

This information is in no way intended to be medical advice. A healthcare professional should always be consulted before taking any medications or supplements.



The Regina Ostomy Chapter presents
The Power of You
An Educational Seminar
May 4 & 5, 2018
Executive Royal Hotel, Regina, Saskatchewan
Guest speakers include:
Gastroenterologist, Psychiatric nurse, Enterostomal Therapy nurses,
Dietitian and an Ostomate and Author.....with more to come
www.reginaostomy.ca or for more info call Agnes at 306-761-0221
(Registration opens February 12/18)



Joke of the Day: Lain speaks frantically into the phone, “my wife is pregnant and her contractions are only minutes apart!” “Is this her first child?” the doctor asks. “No you idiot!”
Lain shouts. “This is her husband!”



This year, it has been decided that the Fredericton & District Chapter will take part in the annual Stoma Stroll. At our last meeting we discussed some of the places we could hold this event as well as various activities that could be offered during the stroll. Everyone seemed very enthusiastic about the ideas and we will be further discussing the plans at our next few meetings. This will be a great opportunity for us to take part in a national event that raises money for things such as advocacy, the visitor program, the youth camp, and ostomy Canada magazine. Our priorities are support, education, collaboration, and national advocacy!

Going back to work after getting an ostomy:

Once you have your ostomy surgery, you should be able to go back to work as soon as you have recovered. When you return depends on your recovery time, ease of pouch management, how physical your job is, or other variables. You will have to think about what you will say to your co-workers (will you tell them about your surgery), will you be given breaks to empty your pouch, what are your rights in the work place and so on.

Here are a few tips from the UOAA community:

1. Be prepared: Have extra supplies and even a change of clothes if you have the space. Try to pack things compactly so you can store them in a desk or locker.
2. Know your rights: Make sure you are aware of how your workplace handles discrimination and don't be afraid to voice your concerns regarding working conditions or the way others may be treating you after the surgery.
3. Know where the bathroom is: Also, consider techniques on how you will keep the smell to a minimum after emptying. There are many ways to conceal the smell with sprays, drops, and deodorants for the bag.
4. Be comfortable: Wear clothing that is not going to restrict the flow in your bag or that will not cut into you if you are sitting for long periods of time.
5. Stomas make noise: This may happen in a quiet room or during a meeting. Put a bit of pressure on the stoma to muffle the noise, cough or shuffle papers when you know it is going to happen, blame it on your stomach...and so on. Don't stress about it though. Everyone's stomach makes noises.



6. Stay hydrated: You don't want to forget to drink and then get exhausted or sick.
7. Don't be afraid to ask for help or look for support: Hopefully your boss and coworkers are really supportive, but if not, turn to the people in your local chapter or talk to your ET nurse. Consult with your family or even discuss your challenges with a therapist. There is no wrong way to look for support and it is most important for you to be able to feel ready and confident going back to work after surgery!

*United Ostomy Association of America - Ostomy Basics, Ostomy Tips - Back to Work With an Ostomy

From the President:

Hi everyone! I hope the new year is finding you feeling well and happy. I am very enthusiastic about our upcoming meetings and what will take place for our chapter this year. Luckily, group members have shown an interest in a Stoma Stroll, fundraising for things such as sending Felix to camp, and getting more involved with visitor training.

We have such a wide range of experience, age, and background, and I think this will work to our advantage in all that we do this year. Winter has felt so long, and it seems time for spring to make its appearance and give us some motivation to get out and about.

I know in previous years, the warm months have been a bit more difficult for me to really give the chapter my full attention because it was always my busiest time at work. This year though, I'm working at an Early Childhood Education Centre, so this 9-5 job will give me a chance to focus more on what can be done with our Chapter! Let's just say, I feel like this is going to be a great year for all of us! See you in April!

Erin



Ostomy Canada Survey

It would be greatly appreciated by Ostomy Canada Society if you could take a moment out of your busy schedule to complete their questionnaire by April 4th. The easiest way to do this is by clicking on the link on www.ostomycanada.ca. For more information visit the Announcement section of our Chapter website.

An apple a day keeps the doctor away?

Lies - now
I have a bowel obstruction.



someecards
user card

Let us pare a pair of pears...

Pears are a very well known but under appreciated fruit. When we think of a pear, we don't often think about the health benefits that it may offer, but the truth is, this delicious fruit has a lot to offer.

Benefits of the pear:

Pears are great for digestion. They help soothe the lining of the stomach and intestinal tract, feed beneficial bacteria while starving and killing bad bacteria, parasites, and fungus, help prevent intestinal and stomach cancers, while also reducing the bad acids produced by certain mucus and pathogens. They also restore the linings in the gut that have become damaged from bacteria.

The trace minerals and amino acids in the pear's flesh lock onto poisons in the body, expelling them from your system. Pear juice is high in electrolytes and helps to stabilize blood sugar.

If you have any of the following symptoms, the pear may help:

- Acid reflux
- Gas
- Bloating
- Constipation
- Gastritis
- Gastric distress
- Food allergies
- Upset stomach
- Intestinal inflammation, scar tissue, adhesions, or spasms
- High cholesterol
- Liver or pancreas problems

Did you know...

Each phase of the pear's ripening process has value. When it is hard and crunchy, that means the fibre content is high, which lowers bad cholesterol and takes away mucus, pathogens, and other debris from the intestinal tract.

When the pear is soft and juicy, its glucose levels are higher making it very easy to digest.



Cinnamon-baked Pears with Toasted Walnuts

Makes 2-4 servings

This warm, comforting dish will leave everyone feeling cozy, full and very satisfied!

Ingredients:

- 4 pears
- 2 tablespoons maple syrup
- 1/4 cup chopped walnuts
- 1/2 teaspoon cinnamon

*This information is not meant to be medical advice. Please see your physician for any diagnosis or treatment.

*All information and the recipe is from the book "Medical Medium - Life Changing Foods" by Anthony William. Info and recipe found on page 114-116.

Directions:

- Preheat oven to 350 degrees.
- Slice the pears in half lengthwise and remove the seeds.
- Arrange the halves on a baking tray face up.
- Drizzle each pear with maple syrup, brushing over the face of the pear and leaving some inside the centre.
- Divide the walnuts evenly into the centres of pears and sprinkle cinnamon over the top.
- Bake for 20 to 30 minutes until the pears are tender and cooked through.
- Serve warm from the oven.
- For even more flavour, serve with a small scoop of vanilla ice cream.

Reader Question:

Am I still able to drink alcohol after getting an ostomy?

The answer is yes, but there are still some things to take into consideration. Here are some tips on drinking with an ostomy:

1. The main thing to remember is to stay hydrated! Alcohol is a diuretic, and dehydration can be a special concern for ostomates. The general rule is that you should have one glass of water for every alcoholic drink you consume.
2. This is a common rule for anyone who is drinking, but make sure to eat before and even while drinking. Things that will absorb the alcohol like bread, pretzels, and pasta are good options.
3. Along with this, you want to be careful of your vitamin intake. Alcohol can create electrolyte disturbances that include low potassium,

- magnesium, and calcium. If you had a few drinks yesterday, you might want to stock up on foods that will provide these nutrients especially.
4. Be careful of drinks that can cause extra gas or bloating. Drinks like beer are known to do this as well as cause extra odour. Also, sugary drinks can act even more as a diuretic, so it is important to try and avoid too much of drinks such as coolers.
5. Be prepared. If you are going out where you plan to drink, take extra supplies, scope out where the bathrooms are located, and pack some extra deodorizer in your bag.

Remember, everything is individual for each person who has an ostomy. Drink in moderation and try small amounts until you are sure it won't bother you! Most importantly, have fun!

*Inner Good - Ostomy and Alcohol - What to Know Before You Go Bottoms Up.
January 22, 2017

YouTube anyone?

Do you ever get tired of reading and wish you could get some real visuals to get ideas and learn about your ostomy, or just see how other people are dealing with theirs? Look no further! Here are some great people who love sharing their stories, tips and tricks, product reviews, and everything else you could think of!

Vegan Ostomy
Emily Parris
LetstalkIBD
Outpatient
The Front Butt Youtuber

Just put their channel name in the YouTube search bar and be amazed at how many great videos there are.



Looking for a yummy snack that you can eat and not feel guilty? Look no further! Veggie chips and straws by Sensible Portions are going to satisfy your cravings! Made from veggies and tasty seasonings, these are gluten free, non-GMO, and no artificial flavours. Find them at places like Costco and the Super Store.

"Everything is created from moment to moment, always new. Like fireworks, this universe is a celebration and you are the spectator contemplating the eternal fourth of July of your absolute splendour." - Francis Lucille

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.

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