



New Beginnings

Ostomy Canada
Society

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

Fredericton & District
Chapter Newsletter

Summer 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

What does a nosey pepper do?
 Gets jalapeno business!



IBD Medical Myths

1. **IBD is the same as IBS** – Both affect the digestive system but IBS is a disorder of the interaction between the gut and brain whereas IBD is a disease of a dysregulated immune system.
2. **Stress causes IBD** – IBD is driven by the immune system, so stress is not the direct cause, however stress can trigger IBD flares and exacerbate symptoms in some people.
3. **Some people have both Crohn's and Colitis** – These are actually two distinct conditions and you cannot have both although sometimes it is hard to determine which one a patient has.
4. **No treatments can relieve IBD** – There are many treatments that are effective for IBD depending on the severity. Biologics have become one of the leading treatments.
5. **Everyone with IBD needs surgery** – This is not true. Especially considering the ever-evolving treatments offered these days and whether or not treatment has been offered at an early stage.
6. **If your symptoms go away, you can stop medication** – This can be tempting but is not recommended. Ending treatment can have serious consequences for example symptoms may come back and if a patient restarts the same medication, it may not work any longer. There is no cure for IBD at this time.
7. **A gluten-free diet cures IBD** – While gluten may cause irritation for people who have allergies to it, eliminating it does not normally benefit those with IBD.
8. **IBD only affects the gut** – IBD can manifest anywhere in and on the body, including skin, eyes, and joints to name a few.

<https://www.medicalnewstoday.com/articles/medical-myths-all-about-ibd#12.-People-with-IBD-cannot-lead-a-normal-life>

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 Canada Youth Camp 2022

Camp was a success this summer as many children joined their ostomy peers in adventure and fun! From giant swings and high rope courses to dancing, water fights, and rock climbing, it was a busy time for everyone.

“Ostomy Canada Society and all of the campers are deeply appreciative of all the donors, sponsors, chapters and fund-raising efforts from everyone involved. Fund-raising and donations are the only way that Ostomy Canada can continue to ensure that every child living with a bowel or bladder condition receives this life-changing experience. Many campers will return to camp year after year until they graduate at age 18. Let’s continue to make sure funds are always available for any child needing financial assistance. Donations are always welcome <https://www.ostomycanada.ca/general-donation/> use the drop down menu and choose – Youth Camp - Argue Family Fund (unrestricted funds).” – Lisa Gausman, Camp Administrator and Janet Paquet, Camp Coordinator

Please enjoy some pictures below from this past summer. Visit <https://www.ostomycanada.ca/camp/photos-gallery-2022/> for more!



OSTOMY CAMP 2022

Thank You for Supporting the Ostomy Canada Youth Camp.
Your generosity made sure these kids had a summer to remember!

Sally Currie

FROM THE PRESIDENT

Hello everyone,

While summer is coming to a close, I am hoping that you all had a relaxing and rejuvenating season filled with sunshine and adventure. Now that September has arrived, we are starting up our monthly meetings again. We have decided to keep them mostly virtual with one in-person meeting per season. This is for a variety of reasons such as it being difficult to find a meeting space that doesn't cost an arm and a leg and to make the meetings more accessible to those who have difficulty attending in person. That means for this upcoming round of meetings, our Christmas party will be in person. We will discuss that more at our upcoming meetings.

If you haven't yet attended virtually, I really encourage you to give it a try! You don't even need a webcam or microphone to join. Feel free to just listen or you can type anything you wish to say in the chat. To join, all you have to do is click the link for the meeting and it will open in your web browser. No Microsoft account or software installation needed.

This is my favourite time of the year where we get to wear cozy clothing, drink hot drinks, appreciate the beautiful fall leaves and celebrate many holidays with family and friends. I hope you enjoy it as much as I do and I hope to see you all soon!

Take care, Erin



[We had an awesome time at Odell Park for our summer picnic. Thanks to everyone who came!](#)



All About Electrolytes

We've all heard our doctors talking about electrolytes. People with IBD and conditions that compromise the immune system, are well known to commonly be low in electrolytes. Those with an ostomy can quickly lose electrolytes due to dehydration. So what exactly are electrolytes and why are they so important?

What are electrolytes?

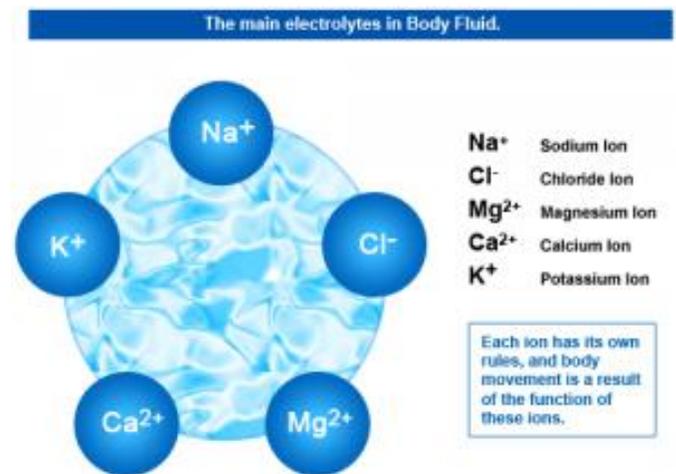
Electrolytes are chemicals that conduct electricity when dissolved in water. They are electrically charged minerals such as Potassium, Magnesium, Sodium, Chloride, and Calcium. These power the nervous system, muscles, and cells, regulating nerve and muscle function, hydrating the body, balancing blood acidity and pressure, and helping rebuild damaged tissue. They also control fluid balance within and outside the cells.

What causes a deficiency?

Things such as an unbalanced diet, fasting, certain diets such as the Keto diet and high carb diets, sweating, vomiting, and diarrhea can cause a deficiency. Also, older adults are particularly at risk of an electrolyte imbalance.

What are the warning signs of an electrolyte deficiency?

- Arrhythmias or heart palpitations
- Fatigue or weakness
- Dizziness or dehydration
- High pulse rate
- Muscle twitching, spasming, cramping
- Numbness
- Constipation
- Headaches
- Nausea
- Decreased blood clotting



What are the best sources of electrolytes?

You can be deficient in just one or many electrolytes. If you think you are deficient in just one, you can focus on the different groups below, or focus on all of them to create a well-balanced diet of electrolytes.

- Potassium – leafy greens, avocados, salmon, nuts and seeds, bananas
- Magnesium – dark chocolate, avocados, nuts, seeds, legumes, whole grains like wheat and oats, fatty fish like salmon, bananas, leafy greens
- Calcium – cheese, yogurt, sardines/canned salmon, beans and lentils, almonds, leafy greens, rhubarb, edamame, tofu, figs
- Sodium – dill pickles, olives, tomato juice, sauces and soups, salt.

Drinking things like Gatorade or Powerade are not recommended due to the high sugar content and added chemicals for flavour and colour. If you are going to drink something you can make a drink at home by mixing a squeezed orange, salt, sugar, and water. You can also buy an electrolyte drink like these ones from Costco called Bio Steel. They have zero sugar with only natural ingredients.

Disclaimer: This is in no way intended for self-diagnoses or to replace a medical examination, diagnosis, or treatment. You should consult your doctor before making changes to your health regime or diet and always seek the advice of a physician or health care practitioner with any questions you have regarding a medical condition.

<https://www.medicalnewstoday.com/articles/153188>

https://www.healthline.com/nutrition/10-foods-high-in-magnesium#TOC_TITLE_HDR_12

https://youtu.be/TI39SNPie_M



STEP UP
FOR OSTOMY
Oct. 1, 2022
walk.run.chill.whatever.

Every year, Canadians across the country celebrate “living life to the fullest” by participating in a national awareness and fund-raising event called Step Up for Ostomy (www.stepupforostomy.ca). Typically held on the first Saturday of October people living with an ostomy invite their friends and family to walk, run, roll, slide, hop, dance, sashay, prance, bike, jump, strut, twirl, skip, chill, play cards, or whatever to raise funds and awareness for Ostomy Canada. In 2020 and 2021 the Step up event was primarily held “virtually” to abide by public health guidelines. Our hope is that in 2022 we will broaden our outdoor activities and yet we will always respect our public health rules and the safety of our stakeholders.

This amazing cross Canada event will raise much-needed funds to help us improve the quality of life for people living with an ostomy in every province and territory. In 2021 \$82,000 was raised, surpassing the \$50,000 goal. Let’s work together to hit our \$100,000 goal this year!

What will your donation go to support?

- Ostomy Visitors Program
- Influencing Public Policy
- Community Outreach
- Ostomy Canada Youth Camp
- Education Awards
- Ostomy Canada Magazine
- Promote Collaboration

See inspiring stories at:

<https://www.ostomycanada.ca/step-up-for-ostomy/>

And visit below for more info and to donate:

<https://www.stepupforostomy.ca/>

WHO WE ARE

Advocacy.

Awareness.

Collaboration.

Support.



Ostomy Canada Society / Société Canadienne des Personnes Stomisées



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

Ostomy Canada Society | 1.888.969.9698
Suite 210, 5800 Ambler Drive | www.ostomycanada.ca
Mississauga, Ontario L4W 4J4 | info1@ostomycanada.ca



not sure if flare

**or just the flu
or just bad tacos
or just new allergy
or just actual injury
or just weather change
or just too much coffee
or just not enough coffee
or just angry and bloated
or just side effects of meds
or just <insert symptom here>**

Chronic illness in a nutshell!

How many of us can relate?

Best of luck with whatever mystery symptom you are dealing with today!

Ostomy News – Global Stoma/Ostomy Care Market Report 2022 (Market to reach 4.1 billion by 2026):

2022 information on the Global Market Trajectory and Analytics has been released and here are some of the findings. The global market for ostomy care products was an estimated 3 billion USD in 2020 and is being revised to the size of 4.1 billion by 2026. This increase is happening all over the world, even in third world countries. Growth in the global market is fueled by the following:

- Proliferation of bladder related medical conditions
- Increase in cases of colorectal and bladder cancer, as well as inflammatory bowel disease
- Technological product advances
- Availability of desirable reimbursement and accessibility of supplies
- Increasing survival rates from colorectal and bladder cancer
- The aging phenomenon of our global population
- Increase in obesity cases

There was also an increase in ostomy care accessories specifically. Why?

- Increase of cancers, IBD etc.
- Increase in obesity rates
- Technological advancements
- Increased preference for ostomy surgery
- Increased awareness about peristomal skincare
- Availability of supplies through e-commerce platforms
- Increase in vendor efforts to create awareness about their products
- Reimbursement availability

The US currently accounts for 28.11% of the global market (\$886.9 million), then China along with Japan and Canada are not far behind. In Europe, Germany has the fastest growth rate, but in general, Europe dominates the market growth due to the high prevalence of IBD, a higher patient pool, and a more favourable reimbursement structure.

What do you think about the rise of ostomates and the ostomy market in the world? If you ever think you are alone in having an ostomy, this is proof that you aren't! Let's work together to support each other the best we can.

<https://www.globenewswire.com/en/news-release/2022/05/20/2447648/28124/en/Global-Stoma-Ostomy-Care-Market-Report-2022-Market-to-Reach-4-1-Billion-by-2026-Increasing-Obesity-Levels-Propels-Market-Growth.html>

Reader Question – How do I tell people about my ostomy surgery?

That is a great question! It is important to remember that you are not obligated to tell anyone about your ostomy. The ostomy shouldn't affect your daily life, so there is no real need to tell people about it unless you are comfortable with the idea. You might feel the need to explain your ostomy because you think people can see or smell it, but it is almost guaranteed that no one will notice you have a bag. If you do feel the need to let someone know, you can just keep it straight to the point. Let them know you had to have lifesaving surgery that involved creating a stoma for elimination of bodily waste. Tell them it doesn't change anything about you except the fact that you are stronger and healthier because of it. If they are genuinely curious and want to know more, it never hurts to educate them and raise awareness about ostomies! How open you are about it is your choice, and if they have a problem with it, that has nothing to do with you.

Reviewing Rectal Discharge

Any individual who has a fecal ostomy with an intact rectum/anus will experience rectal discharge. Unfortunately, a lot of these individuals aren't told about this when they are discharged from the hospital and can become quite distressed the first time this occurs.

This discharge is due to the remaining bowel attached to the rectum. One of the main jobs of the bowel is to secrete mucous to lubricate the stool on its journey through the intestines. While the bowel is very good at its job, it isn't very smart. So it doesn't realize that there is no poop coming through, and as such, it keeps secreting mucous like it always has. Normally, when passing feces, we wouldn't really see the mucous because it would be coating the stool. But in the absence of feces, this mucous has to go somewhere, and it follows the natural progression down to the anus to be evacuated.

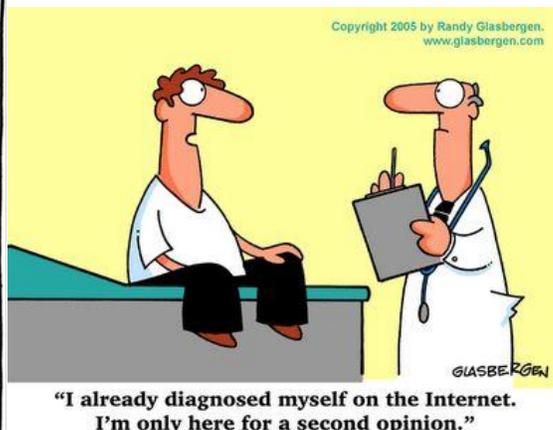
Once at the anal sphincters, the mucous can cause the sensation of needing to have a bowel movement, or it can leak out the rectum if the sphincter tone is poor. For some individuals who lack sensation or muscle tone, it can also dry up into a ball and cause pain.

If you experience the sensation of needing to have a bowel movement, it is best to sit on the toilet and try to bear down. For some, this is enough to expel the mucous, which varies in consistency from clear and thin (like egg whites) to a thicker, stickier creamy colour. Due to the bacteria that lives in the bowel, the mucous does have an unpleasant odour. If the mucous won't come out naturally, a glycerine suppository or enema may be required to help pass it.

How often these products are used is very individual: it may be a few times a week or as little as once a month. If the mucous leaks out due to poor sphincter tone, it can be very irritating to the anus and surrounding skin. Using a barrier cream or spray (such as Critic-Aid or Cavilon) can help to protect the skin from excess moisture and prevent breakdown. In addition, applying a few squares of gauze between the buttocks, or using a panty liner in your undergarments can absorb the mucous as it exits the body.

Some individuals may be able to strengthen their sphincter tone through pelvic floor exercises, which may help to control the passage of the mucous. These may not help everyone depending on possible nerve damage, but a consultation with a Pelvic Floor Physiotherapist or your surgeon can help determine if these exercises would help you.

Source: *Ostomy Winnipeg Summer 2022 - Cathy Downs RN ET, NSWOC reprint Ottawa Ostomy News April 2015 & 2022.*



doctors' strike



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!



Do you want to eliminate bad smells without spraying artificial chemicals every time? Here are some Natural Alternative Air Freshener ideas!

1. Take a container or bowl of baking soda and place it inside the room to absorb the smell.
2. Plants also absorb smell and neutralize air pollution. Aloe vera, Chrysanthemum, English Ivy, and Spider Plants are especially helpful.
3. Grow herbs indoors. Basil, Thyme, Oregano, Sage, Rosemary, and Mint all help to clean the air and leave a great smell. Hang these around your house when dried.
4. Get an air purifier with a HEPA filter.
5. Make an at-home spray by combining 1 tsp baking soda, 1 tbsp lemon juice, 2 cups hot water, and 7 drops essential oil such as lemon or tea tree (if you have pets, it is best to skip the essential oil).
6. Strike a match or blow out a lit candle. The smoke helps to eliminate odours.
7. Put essential oils on a few cotton balls in a bowl and place in whichever room you like. Lavender or sweet orange can be lovely aromas. You can also do this with felt balls.
8. Place coffee grinds in a bowl and sit in the room of your choice.
9. Get a diffuser for your home. Add essential oils such as peppermint or eucalyptus. Again, do not use if you have pets.
10. Boil some citrus fruits and cinnamon on the stove.

Idea from Vancouver Ostomy Highlife – May/June 2022 Issue

Crohn's and Your Eyes

Do you struggle with your eyes? You are not alone!

People with Crohn's and other auto-immune diseases in general, tend to have a harder time with their eyes, whether that be a worsening prescription or a struggle with infections. Here are some other symptoms you may be dealing with: watery eyes, redness, burning, blurry vision, headaches, light sensitivity, pain and irritation, and dryness.

Scientists don't exactly know why so many eye-related symptoms correspond with Crohn's, however it is an inflammatory disease and the inflammation that typically affects the digestive tract can commonly occur in other areas of the body. Does irritated skin sound familiar?

In addition to inflammatory causes, additional eye conditions may occur due to certain medications, for example the use of corticosteroids over a long period of time. These can even cause glaucoma or cataracts.

If you notice anything off about your eyes, it is recommended to get regular eye examinations and talk to both your doctor as well as optometrist. Treatments can involve cold compression, topical steroids, eye drops, and anti-inflammatory medication.

To reduce risk of eye issues, avoid tobacco and caffeine, drink plenty of water, reduce stress, and try to keep inflammation as low as possible whether that is through diet, exercise, or medication.

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.