



# Fredericton & District ostomy Association

Newsletter  
Summer Issue - August 2017



Oostomy Canada Society | Société Canadienne des Personnes Stomisées

### 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](mailto:ostomy.fredericton@gmail.com)



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:

### **Oostomy Fredericton - OCS Fredericton and District Chapter**

You can also get information about our Chapter through our website:

**[www.ostomyfredericton.weebly.com](http://www.ostomyfredericton.weebly.com)**

### Upcoming Events

- Oostomy Awareness Day
  - October 7, 2017
  - This will be the 5th annual ostomy day celebrated in Canada. An opportunity to raise awareness and show support to those with an ostomy.

### Our next meeting:

Date: Tues, Sept. 19, 2017

Time: 7:00 pm

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

What to expect: Our guest speaker will be a psychologist who will discuss positive living with an ostomy.



### **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!



"We don't heal in isolation, but in community." - S. Kelley Harrel



## Reader Question

*After my ostomy surgery, I noticed I still had the urge to go to the bathroom. When I sat on the toilet something came out but it wasn't stool. Is this normal? What is happening with my body?*

Good news, you're not alone! Just because you got ostomy surgery, doesn't necessarily mean your days of spending time on the toilet are over. If your surgery didn't involve the removal of your rectum, you might experience rectal discharge. This discharge is mucus which is usually used as a lubricant to help stool leave the bowel. In an ostomate's case, the rectum isn't attached to the bowel, but it continues to keep producing the lubrication. This doesn't occur in everyone but is very common. It can be quite random, happening a couple times a week, once a month, or several times a day depending on the person.

Mucus can range in colour from clear, beige, to light brown, and can range in consistency from clear egg white to thick sticky glue. If you feel the urge to go to the bathroom, do not hold it in. Sometimes it can be uncomfortable but it is very important not to strain or else irritation or hemorrhoids may occur. Hey! At least you can feel a little bit normal sitting there on the toilet! If the mucus doesn't seem to be coming out on its own, you can use a glycerine suppository to help lubricate things and make the mucus more runny and easy to discharge.

If irritation or hemorrhoids occur, you may need to apply a cream to help protect the skin. If the mucus is pink or there is a lot of blood, it is best to see your doctor. They will need to check to make sure there isn't any inflammation, infection, or disease occurring. They might take a sample or do a scope depending on the symptoms.

Just remember that rectal discharge is normal and if you are having difficulty coping with this, talk with your doctor to see what solutions they think will work best for you.

For more information, go to [www.colostomyassociation.org.uk](http://www.colostomyassociation.org.uk) and read their pamphlet entitled 'Rectal Discharge Following Stoma Surgery'.

\* [http://www.colostomyassociation.org.uk/\\_assets/File/pdf/Booklets%202013%20New%20Address/ca021\\_04v0r00\\_rectal\\_discharge.pdf](http://www.colostomyassociation.org.uk/_assets/File/pdf/Booklets%202013%20New%20Address/ca021_04v0r00_rectal_discharge.pdf)

**From the President:**

Hi everyone! Happy Summer! I want to share with you something that I enjoy doing, and since I just got back from my last trip camping, I thought I would share a few tips if you are interested in enjoying the wonders of nature just like I am! This is Grand Lake by the Maine border where my husband grew up. We canoe to this island, put up a tent, and spend the night under the stars.

Tip #1: Pack extra ostomy supplies in case of emergencies.

Tip #2: Pack toilet paper. (What's nice is you can empty anywhere)

Tip #3: Bring comfy clothes with extra pant room so your bag can expand and you don't have to leave the tent in the mosquitos too many times in the night. Bring a flashlight though just in case.

Tip #4: Don't eat or drink anything that makes your bowels move extra.

Ex. pop, beer (yes I was drinking that anyway...come on, it's camping!), sugary or spicy foods... but marshmallows are great for roasting and keep you from using the bathroom a lot! Be careful not to eat foods that will give a blockage and drink water!

Tip #5: Don't worry. Just have fun! And don't stress about bears like I did! Haha.

-Erin



### Sleeping with an Ostomy

- Empty the pouch before you go to bed.
- If you have a urostomy, hook up to an overnight drainage bag.
- Try to eat your main meal before 7pm.
- Try to avoid things like carbonated drinks and very fiborous foods before bed time.
- Trust your 'sixth sense'. For many, it becomes second nature to sense the bag is full while sleeping. Some people will dream of emptying the bag and then get up because they know they need to empty.
- Use a pillow or two to stabilize your body from moving around too much if you worry about rolling over onto the bag.
- Wear clothes that hold the bag nicely against the body so it doesn't flop around or pull off when getting full.

\*www.eakin.eu

### New Disability Tax Credit Brochure for Ostomates!

"The Disability Tax Credit Committee consists of members from Ostomy Canada Society and the Canadian Association for Enterostomal Therapy. They have been meeting monthly to discuss and plan implementation of a strategy to inform the medical community, pharmacies, patients, and the general public about how people living with an ostomy can qualify for the Canadian Disability Tax Credit.

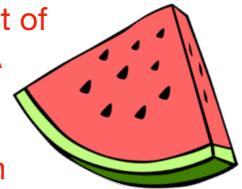
Their efforts have resulted in a tri-fold brochure that will be printed and available through both organizations, as well as on their websites. The brochure is available for download below in English, and in French."

- Ostomy Canada Society

You can also view and print the pamphlet from the Fredericton Ostomy website too. Enjoy!

### *Benefits of watermelon...*

1. Due to high supply of vitamin C, it boosts immunity, shortens duration of sickness, and fights against heart disease and cancer.
2. Potassium intake from fruits helps to reduce blood pressure, lowering risk of stroke and heart attack.
3. Relieves sore muscles and speeds up wound and scar tissue healing.
4. Helps prevent kidney stones. As a natural diuretic, it removes waste and toxins through increased urine production.
5. Detoxifies and hydrates the body. Watermelon is made of 91% water!
6. Due to its high amount of antioxidant vitamins A and C, it helps fight free radical damage and prevent DNA from mutating into the formation of cancerous tumours.
7. Due to those same antioxidants, watermelon is great for keeping skin healthy and protecting against signs of aging.
8. Boosts eye health with beta carotene, the form of vitamin A found in plants, preventing macular degeneration.
9. Relieves acid reflux by soothing the GI tract and regulating pH levels.



\*<https://draxe.com/benefits-of-watermelon/>

# How to Get Rid of Nausea Naturally



1

**Ginger**  
Drink ginger tea throughout the day. To make your own ginger tea, cut ginger root into slices and place them into a pot of boiling water for 10 minutes. Then strain the ginger and you're ready to drink.

2



**Vitamin B6**  
Take 25 mg of vitamin B6 3 times daily until the symptoms disappear.



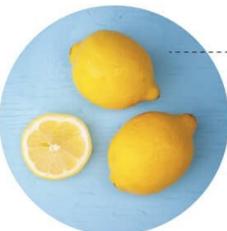
3

**Peppermint Essential Oil**  
Try rubbing 1-2 drops into the back of your neck and bottoms of the feet. You can also add 5-10 drops of peppermint oil to a cool or warm water bath, or add 2-3 drops to a cool compress and place it over your head.

4



**Chamomile Tea**  
Drink chamomile tea throughout the day to soothe your gut and support digestion.



5

**Lemon**  
Simply cut open a fresh lemon and inhale every time you feel nauseous. You can also bite on a lemon or drink lemon water when nausea symptoms arise.

6



**Cannabis Oil**  
Ingest it with an oral syringe or by adding it to a liquid that masks its potency. Most patients start with a very small amount and increase treatment doses over a long period of time, which may be necessary for those suffering from chronic nausea.

How do you empty?  
Tip: place a few pieces of toilet paper in the bowl so if it hits the water it won't splash and if it hits the bowl it won't stick or stain.

Sitting on the side of the toilet.



Straddle from the back.

Straddle from the front.



Kneel on the floor .

Squat or stand beside or in front.





## Recipes and Book Recommendation

**Travelling?**  
 Avocados make a great and easy snack. Just slice and twist open the fruit, sprinkle on some salt and pepper and scoop it out with a spoon. The skin acts as its own personal bowl.

Avocados are known as the mother fruit. It is said that they are the strongest link in the food chain, the landmark, the soul of all other foods. Even though the skin is not edible, it is packed with hundreds of phytochemical compounds, many which are infused into the flesh as it grows. This fruit helps to restore stomach and intestinal lining. Avocados are easy to digest and their flesh is the ultimate gut soother for people with food sensitivities, Crohn’s disease, Colitis, and IBS. They have anti-inflammatory compounds and reduces narrowing and swelling of the digestive tract.

Not only this, avocados are amazing for the brain with a healthy source of Omega-6 fatty acids, they can help restore the central nervous system and alleviate Alzheimer’s and dementia. They are also great for the skin.

### **Recipe #1: Salsa Avocado Boats**

- Ingredients
- 2 avocados
  - 1 1/2 cup diced tomato
  - 1 cup diced cucumber
  - 1/4 cup diced onion
  - 1/4 cup minced cilantro
  - 1 garlic clove minced
  - 1 lemon or lime juiced
  - 1/8 cup minced jalapeño
  - Pinch of salt
  - Pinch of cayenne (optional)

- Instructions
- Halve the avocados and remove pits.
  - Combine all other ingredients in a small bowl.
  - Scoop the salsa into the centre of each avocado half and serve.
  - Top with any ingredients you may want.
  - Enjoy!
  - \* makes 2-4 servings.

### **Recipe #2: Baked Avocado Egg**

- Ingredients
- 1 avocado
  - 2 eggs
  - Salt
  - Pepper
  - 4 chopped chives
  - 1 strip of bacon
  - 2 tbsp grated cheese
  - 2 tbsp finely chopped tomatoes (optional)

- Instructions
- Halve the avocado and remove the pit.
  - You may need to remove a little bit of the flesh inside to make room for the egg. Just spoon it out and set aside. You can eat it later.
  - Crack an egg into each half.
  - Place all toppings on top.
  - Put in small baking dish and bake until desired egg consistency.
  - Let cool. No need to remove from peel. Enjoy!
  - \* makes 1-2 servings.

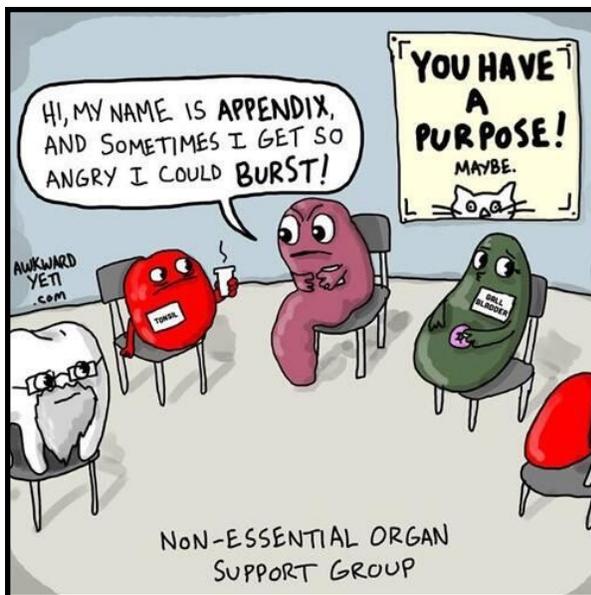
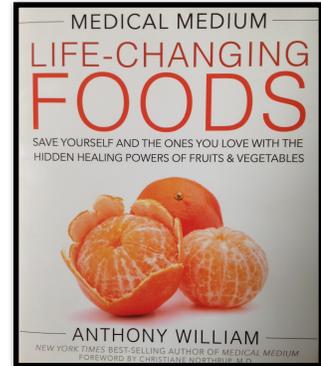
### Book recommendation:

All recipe information (except baked avocado egg) came from the amazing book ‘Medical Medium-Life Changing Foods’ by New York Times best selling author Anthony William. Taking a look into the ‘hidden healing powers of fruits and vegetables’ among other foods, William gives an in depth look on the specific qualities

Book recommendation cont.

of each food and how they can be used to improve your quality of life. He dedicates a few pages to each food, explaining the properties, conditions and symptoms it improves, emotional and spiritual support given, tips on how to get the most out of the food, and a healthy recipe to go along with it.

If diet is something you struggle with or just have an interest in, this book can be really helpful. It really helps to give you a deeper meaning to how and what you eat. What's great is how specific he gets when talking about each food. He also touches on harmful health trends and how to improve the quality of your life in general. You can buy this book online or at your local bookstore.



Pickup line used on a doctor by an 82 year old woman:  
 "I told her I was going to listen to her lung sounds, and she said, 'sir you're not going to hear a thing...you take my breath away.'"



*Keeping your urostomy happy and healthy...*

Can be tricky, but here are some tips to help.

- Drink around 8-10 glasses of water a day. Hydration is of utmost importance!
- Eat foods that are high in vitamin C - this keeps urine acidic, helping to prevent infection.
- Drink cranberry juice to help avoid urinary tract infections and reduce the amount of mucus that your stomach produces.
- Limit intake of onions, cruciferous veggies, asparagus, alcohol, and fish to avoid smelly urine, but eat yogurt, parsley, and buttermilk to improve odour.

\* <http://www.securicaremedical.co.uk/Menu/Lifestyle-Tips/Food-And-Drink/Urostomy-Food-And-Drink-Hints-And-Tips.aspx>

**Hydration!**

Did you know? 75% of people in North America are chronically dehydrated.

Eating fruits and veggies with high water content can hydrate you. (Ex. watermelon, cucumbers, strawberries, celery)

Dehydration affects coordination, concentration, and body function.

If you experience dry/sticky mouth, dizziness, fatigue, dark urine, or fever, you could be dehydrated.

Put lemon or other fruit in your water to make it extra tasty.

\*<https://www.fitnessrepublic.com.cdn.ampproject.org/c/s/www.fitnessrepublic.com/inspiration/lifestyle/stay-hydrated-to-stay-healthy.html/amp>

# 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