



New Beginnings

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

United Ostomy
Association

Fredericton and District
Chapter

Winter Issue

December 2013

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Fredericton chapter officers:

- President-**Erin Oliver
- Vice pres.-**Don Savoie
- Treasurer-**Jan Buick
- Secretary-**Brian Cupples

- Past pres.-**Stacey Palmer
- Program-**Doris McKnight and Kathy Esliger, RNET
- Visit coordinator-**Judy Woods
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- Appliances-**Daphne Stafford and Lisa Elliot

Send it in!

Do you like to laugh? Tell stories? Inspire people? Tell jokes? Give tips? Well this is your time to shine! The newsletter is about to start some new segments and they are all about you the reader! Here's how. Now, you can send in:

- Your most embarrassing moments.
- Inspirational stories.
- Jokes
- Tips
- Questions

All will be totally anonymous and can be about your ostomy, or something else you feel we would like to read about. Send to eri-no90@gmail.com

Need ostomy advice or information?



Call the helpline any time at (506) 459-6781

News about our next meeting...

This past year was successful but winter has arrived and meetings are finished for the year, so be sure to stay warm and take this time to relax because we are scheduled to start back up with our first meeting of 2014 being on March 18th at 7:00pm in the Stan Cassidy Centre. Let's make this coming year one of new beginnings and continue to support each other the best we can! Happy holidays everyone!

In Entertainment News

If you haven't heard of him, Daniel Tosh is the host of a show called Tosh.0, where he does comical segments on different things happening in the world, online or with interesting people. One of his recent segments was, believe it or not, on ostomies. He interviewed a young lady, named Laura, who has been posting her own videos on YouTube regarding living with an ostomy. Now, this episode did not disappoint in the comedy department. Tosh cracked jokes left, right, and center about poop and pooping in a bag. You might think this would have been distasteful and shone a negative light on the ostomy, but it in fact did the opposite. Tosh remarks, "a portable toilet attached to my belly button would be great. I'd rather BM in a bag than a gas station any day." While making light of the situation, he and Laura did a great job explaining what the surgery consisted of and how you could still lead a normal life. He even touched her stoma! They then proceeded to do a parody of the popular children's show The Magic School Bus, where Tosh travels into the stomach and intestines to demonstrate how digestion works with an ostomy.

While it may seem a little graphic and a bit over the top, this is great awareness for ostomates and I believe will definitely help to decrease the stigma surrounding ostomies. The day after the episode aired I went into work and one of my coworkers informed me that they learned about an ostomy the night before, referring to Tosh.0. So, word is definitely getting out and people are starting to take notice that an ostomy isn't anything to be ashamed or afraid of. It is something to be happy about because it is giving people their lives back. If you want to check out the episode you can follow the link from our chapter's website or visit www.muchmusic.com/tv/tosh0/episodes/pid/141563/tosh0-ep-529 . Also, if you would like to check out the videos on YouTube that Laura uploads, you can find her channel at Ostomystory.

Letter from the President/ Editor

Hi there everyone. Finally getting a newsletter out to you all. I'm hoping this finds everyone happy and in good health. We had a great time at our last meeting with a few new faces, lots of good food, interesting information from our Coloplast representative, and a fun Yankee swap! Please note that meetings have concluded for 2013 and we will start up again in March of the new year. There are some interesting pieces of information in this issue, so I hope you all enjoy it.

Now, onto some important business. At the November meeting I gave everyone a heads up that I really wasn't able to find the time to run the meetings. Being president isn't difficult, it is just slightly time consuming in that I work some Tuesday nights, especially during the summer months, and am just not always able to attend the meetings. I didn't think it was fair to my mom last summer, getting her to run meetings, especially since she has done her time as president and treasurer and secretary! I said I would fill in after Stacey was unable to be president due to her health, but I had no intention of staying for a lengthy period of time, and still don't. It just isn't fair to everyone. So I am letting everyone know

that I am no longer going to be president and the chapter must begin looking for a new one. If anyone is interested or has someone they would like to suggest, please get in contact with me. I will hold onto the agendas from past meetings and when someone steps up, I will hand them over. We already have some great people in chapter positions, we just need to find that special someone who can commit their time and be reliable. There are many in our chapter who don't work, so this would be a great opportunity for someone who is looking for a little side project. I will continue with the newsletter for now, but the website will be up to the new president as they will have all the ins and outs on the chapter happenings.

I ask everyone to support me on this decision and please don't try to convince me otherwise, as I have made my decision and think it's in everyone's best interest. I wish everyone a merry Christmas, and a wonderful new year! Take care!



Tea Time!

There's nothing like a hot cup of tea to warm you up in the winter time, so sit back, relax, and sip away while exploring the many benefits to becoming a tea drinker.

- **Green tea**- this simple, yet very popular form of tea, contains tons of antioxidants that can help to prevent the growth of cancer in many of the main organs, including the stomach, bladder, colon, and lungs. It has also been said to reduce the risk of neurological disorders such as Alzheimer's and reduces the risk of stroke, while also improving cholesterol levels.
- **Black tea**- it is said to be good for lungs that have been exposed to cigarette smoke as well as reducing the risk of a stroke. This famous tea is also good for bad breath and may help in the prevention of diabetes.
- **White tea**- while delicious, this tea also contains the highest level of anti cancer properties. It fights signs of aging, like wrinkling and may protect against colon cancer.
- **Herbal tea**- while affects depend on the type of plant used, there are some popular and useful kinds of herbal tea to look for. Chamomile may limit complications of diabetes such as loss of vision and kidney damage. Hibiscus can help lower blood pressure.
- **Ginger tea**- keep an extra eye out for this tea because with its anti inflammatory properties, it reduces inflammation in about the same amount of time as an aspirin. So if you are suffering with something like a headache and want to skip the manufactured drugs, try ginger instead to cut out the pain from your day.



If you decide to become a tea drinker, or are already one, but are not sure of a good place to buy your tea, check out some of our area's favourite tea stores. Teavana in the Regent Mall is an amazing place to test out tea. They have a hundred different varieties and are very knowledgeable about what they are selling. Another great place is downtown on York Street at a store called Urban Almanac. They have tea already prepared for different uses...from the common cold to making your skin feel good...these teas are made specifically for what you need. Did you know that the Bulk Barn sells tea in bags and loose as well!? Well it does, and they have quite the variety to choose from! So check out these places and look around because there are many other places to find amazing tea for both pleasure and health.

*Nothing in this article is intended to be used for medical advice. Please consult your doctor for any medical questions you may have.

*Sources: webmd.com - Types of Teas and Their Benefits by Julie Edgar
doctoroz.com - Health Benefits of Tea

Remarks Made

During a Colonoscopy:

- "Hey, now I know how a muppet feels!"
- "Doctor, could you write a note for my wife saying that my head is not up there?"

Check out our website
for chapter updates and info at:
www.uoafredericton.weebly.com



You know you've got IBD when...

- You have a favourite Ensure flavour.
- People ask about your guts before they ask about your family.
- Have a favourite arm or hand for I.V.s and can find a good vein before the nurse.
- You give directions via toilets instead of restaurants.
- The thing that excites you most when looking at a new house is the size of the bathroom and strength of the flush on the toilet.

Interesting News Update

The numbers are in for the Stoma Stroll and Online Auction: **Stoma Stroll** raised at least \$26,853.45 and apparently the donations are still coming in!

Online Auction had 478 bids on 54 items for a total amount raised of \$1,776.50.

That's awesome and thank you to everyone who participated!

For more information on the national part of the association check out:

ostomycanada.ca

and for conference info go to:

ostomycanada.ca/events/biennial_conference_of_uoac

Here a blockage, there a blockage, everywhere a blockage!

So, you want to know about a blockage? It is something most ostomates deal with at some point in their lives, and is quite the popular subject to discuss. At our last couple of meetings, blockages have come up as a point of discussion. What causes them, how to prevent them, what is a partial versus full on blockage. Well here are some useful tips for those of you out there who are still not quite sure what the world of blockages may hold.

What causes a blockage:

- Undigested food blocking the flow of contents through your intestine. Eating foods that are hard to digest such as raw vegetables, corn, nuts and foods with casings, can all contribute to a partial or full blockage.

Here are the symptoms you should be looking for if you think you may have a blockage:

- Thin, clear, liquid output that may have a bad odour. Cramping abdominal pain near the stoma, decrease in amount or darkening of urine. Abdominal or swelling of the stoma. Nausea and vomiting.

What to do if a blockage occurs:

- First thing's first, don't take a laxative and don't take pain medication. You need to be fully aware of what is happening down there, not masking the problem.
- If it hasn't gotten too serious, begin by cutting the opening bigger on your waffer incase your stoma swells.
- If you are still having some output and are not nauseated, drink liquids! Water, tea, coffee, sports drinks, or even pop (sugar content can help things move through).
- Try different body positions, for example knees to chest. Even get up and try to walk. This can help move things through.
- Take a warm bath to relax muscles and the body.
- Massage the area around the abdomen and stoma. This can help to release pressure that might be built up behind the stoma.
- If blockage has not released and things seem to be worsening, for example you are vomiting and nothing has come out for several hours, it may be time to get to the emergency room or call a doctor.

How to prevent this all from happening:

- Chew, chew, chew!!! If you decide to take on a risky food, it is your responsibility to chew like a mad man or woman! Break it down well before it even hits your bowel...because we all know how it feels to look in the toilet and see your dinner come out exactly as it went in...that means you could have gotten in trouble with a blockage but just escaped it by a thread!

- If you want to eat vegetables and have realized that they give you a blockage, try boiling or steaming them so they are soft. Avoid veggies that are stringy, like peapods in stir fry mixes or celery. Eat nuts and seeds in small quantities at first to assure that your body can handle it. Mainly, try not to eat these sorts of things before bed. That seems to be the time that blockages like to appear.
- Lastly, drink lots!!! Stay hydrated and drink tons of liquid, especially if eating foods that are difficult to digest.

Thank you!

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WE'RE HERE TO SERVE YOUR OSTOMY & HEALTH NEEDS; we also maintain a free mini-library to answer all your ostomy related questions.

Membership Application - United Ostomy Assoc of Canada & Fredericton & District Chapter

Membership includes annual subscription to chapter newsletter and the official UOAC publication, "Ostomy Canada". The following information is kept strictly CONFIDENTIAL. Membership is open to ostomates and non-ostomates.

New Member Renewal Change of Address

Name _____

Address _____ Apt. No. _____

City _____ Province _____ Postal Code _____

Phone (s) _____

Birth (day/mo/yr) / / Occupation _____

Please check all that apply:

Colostomy Ileostomy Urinary Diversion

Continent Ileostomy Continent Urostomy Ileoanal

Other (Specify) _____

Spouse/Family Member _____ M.D., E.T., Supplier, Etc.

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 cheque payable to *UOAC Fredericton Chapter* and mail to:

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