



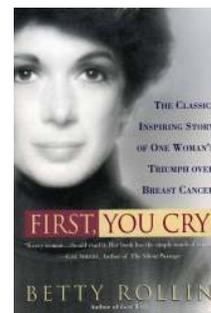
SEPTEMBER/OCTOBER  
2017

## Developing a Sense of Well-Being After Ostomy Surgery

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Some people see illness as being opportunity. It is hard to believe that such a negative experience as a severe illness could have positive aspects. Betty Rolling, author of *First You Cry*, is quoted as saying, "Although cancer was the worst thing that ever happened to me, it was also the best. Cancer enriched my life and made me wiser, happier. Although I would do everything possible to avoid getting cancer again, I am glad I had it." People in this position re-evaluate their priorities, and tend to take less for granted.



Rose Bird, Chief Justice of the California Supreme Court, has spoken on the positive effects of her breast cancer, quoted in a Los Angeles Times article in 1983: "In a peculiar way, death can teach you what life is all about. It is a painful lesson and a difficult journey, but I am personally grateful that I was made to travel this path at a relatively early age. For I have learned much about myself, much about what I want out of life, and much about how precious life and people are."

### MEETINGS

Meetings are held on the second Tuesday of the month at 7:30 p.m., starting in September, at the Community of Christ Church, 4710 8th Avenue (corner of Arthur and 8th). No meetings are held during the months of January, July and August)



When we go through a dramatic change like ostomy surgery, after the initial adjustment, we have to explore what parts of our old selves we still have, what parts we have gained, and what old dreams we can still hold on to. Somehow, life goes on,

no matter what happens to us. Any crisis requires that we develop a new form of self-discovery and a reorganizing of all the pieces of our lives. This changes our relationships with others. We now have to make new rules for ourselves - a very new and difficult thing to do! The old sense of security - the 'old walls' now have to be rebuilt.

### UPCOMING MEETINGS

- September 12 - Special Guests
- October 10 - TBA
- October 16 - Yorkton Ostomy Buddies (7 pm at Manos)
- November 14 - ET Night
- December 12 - Christmas Party



One might feel very much alone in this new situation. If you were able to cope well with life's setbacks before, you might be fortunate to experience a relatively good adjustment. A network of friends and concerned relatives is also very helpful to successful rehabilitation. But, if you feel all alone, it can be a

Continued on Page 4

**REGINA OSTOMY CHAPTER EXECUTIVE**

President	Agnes Parisloff	761-0221
Vice President	Murray Wolfe	584-2111
Secretary	Heather Bathgate	949-4664
Treasurer	Neal Holt	949-5538
Membership Chair	Susan Hunter	585-0410
Flowers & Cards	Edith Klein	266-2115
Phoning	Gord Kosloski	789-1592
	Gail Zipchian	522-8669
Host	June Crawford	543-2852
	Bill Collie	543-2647
Lunch	Brenda Frohlick	949-2352
	Gale Miller	789-5139
Mailing	Brenda Frohlick	949-2352
Newsletter & Website	Deb Carpentier	775-1869
	Louise Laverdiere	536-5442
Visiting	Enterostomal Therapy Services	766-2271
SASO	Bob Fearnside	924-5993

**MISSION STATEMENT**

The Regina Ostomy Chapter is a non-profit mutual support society for the benefit of people who have had, or are about to have intestinal or urinary diversion surgery.

**Our purpose is:**

- To help people with intestinal and/or urinary diversions to lead full and productive lives and to provide information and emotional support to their families and caregivers.
- To educate the public about intestinal and urinary diversion surgery.
- To provide trained visitors to those who have undergone intestinal and/or urinary diversions, including preoperative and postoperative visits or phone calls, at the request of the physician or enterostomal therapist.

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Sheryl Walker, RN, BScN, CETN

Monica Aikman, RN, BScN, CWON

Ruth Suderman, RN, BSN, ETN

Arleene Arnold, RN, CETN

Lana Klein, RN, BScN, ETN

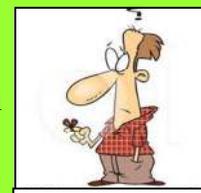
Patty Gianoli, Office Manager

Dana Anderson, Unit Assistant

**REMINDER  
MEMBERSHIP FEES ARE NOW DUE!!!**

PLEASE FORWARD YOUR PAYMENT  
OF \$30.00 TO THE OCS  
REGINA CHAPTER, BY **SEPTEMBER 1**

6123 Brunskill Place  
Regina, SK S4T 7W7

**OCS Disability Tax Credit Brochure**

The new Disability Tax Credit brochure was launched at the Ostomy Canada Society's AGM, held on August 19, 2017. The brochure was written to provide information to individuals living with an ostomy, who are eligible to apply for the disability tax credit. It is an exciting opportunity for all persons living with an ostomy, their families and associates to view the brochure on both Ostomy Canada and CAET websites.

[www.ostomycanada.ca/disability-tax-credit-brochure-now-available/](http://www.ostomycanada.ca/disability-tax-credit-brochure-now-available/)

## Editor's Message



Welcome back! Fall, what a great season, a time for new beginnings and start-ups.

October 7th is Ostomy Canada's 5<sup>th</sup> Annual Stoma. It's a great awareness and fund raising activity that supports ostomates. See you between 0930 and 1:00 pm at Community of Christ Church, 4710 – 8<sup>th</sup> Avenue. Our walk will be near Government House in the lovely Grassick and A.E. Wilson park areas. And there's lunch!! **If you can't make it that day but would like to donate please do, either on-line at [www.stomastroll.ca](http://www.stomastroll.ca) or mail in a cheque to Susan Hunter.**

Guess what?? It's membership renewal time! We need to get that finished off as soon as possible. Please get it in to Susan Hunter in September. Your \$30 goes toward supporting local ostomates here and those across Canada. In addition you'll receive these fabulous newsletters and the Ostomy Canada magazine twice a year. The Regina Chapter supports ostomy youth camp, ostomy supplies for less fortunate people in other parts of the world (Friends of Ostomates World Wide) and a bursary programs for ETs and post secondary students. A great investment!

So what's your story? Our newsletter is made up of information of all types that we identify and pass on. What we're missing is more stories, more stories about YOU! We all like to read personal stories, we relate to the struggles and successes, the joy, the pain and the frustration. You have a story. Maybe you could share ..... you can even be anonymous. Take a read and give some thought to your story. Although we often feel 'ordinary' we are actually 'extraordinary' and so are our stories.

**Is this you?** Your stoma surgery is over and you've made a successful recovery. How do you feel? Are you absolutely relieved? Are you immensely grateful? You want to hug friends, family and your medical teams? You have been saved.

**Is this you?** You have completed your surgery. You're now a new ostomate. You feel strange and you have a million questions. Mostly you worry about what is going to happen to you. How will you cope?

**Is this you?** You really resent having a stoma. It's horrible. What are you feeling right now? Are you frightened? Are you angry? Is this a nightmare?

**Is this you?** I look different now. Can people tell I have a bag? Do I smell? Can I wear the same clothes? Will it be hard to change in a dressing room? Can I have sleep overs with friends? What happens when I meet someone I want to have sex with?

**Is this you?** Just when I thought the sky was falling in and my world was crashing down, and then I met this person who told me about how the Regina Ostomy group helped people just like me. They pulled me through and now the sun shines bright and I am not a total wreck anymore. Thank you one and all.

If you have any pieces of material sitting in a cupboard or drawer, a bit of cotton or flannel it could be donated to the dear woman who makes appliance covers for people. Take a look and if you have some let one of us know!

We have a great year ahead. Stay tuned and know you're always welcome at a gathering!

The Colorectal Cancer Association of Canada is a support group for the estimated 22,000 Canadians annually diagnosed with colorectal cancer. Membership is free.

Information is available at their website:

[www.colorectal-cancer.ca](http://www.colorectal-cancer.ca)

with links to news reports, articles, and other cancer organizations in the field. Support cancer coaches are also available to talk with patients about concerns and about their cancer experience.

**Or Phone 1-877-50COLON**

Finished with your Ostomy Canada magazine?



The ET office would appreciate any magazines that you're finished reading. You can drop them at the office or at the next meeting.

*Continued from front page*

tremendously difficult uphill and bumpy battle. Grief can show up as anger and fear, and the healing process might be a slow, tedious journey. People do best when things go smoothly and big changes are few and far between. Much more adjustment is needed for large-scale changes.

Life is so often a series of challenges, some of which are capable of giving us renewed strength, and renewed personal growth. If we are able to overcome problems without being overwhelmed by them, we can move on and at times even become stronger. In the words of Leo Buscaglio: "Don't ever believe that you are going to be peaceful - life is not like that. When you are changing all the time, you've got to keep adjusting to the change. Once you are involved in the process of becoming, there is no stopping."

*by Sue Bergman, PhD, Owensboro (KY) OA; via Austin (TX) Austi-Mate, via Niagara Ostomy Assoc It's In the Bag, April 2014*



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

### **OSTOMY CANADA SOCIETY**

Suite 210  
5800 Ambler Drive  
Mississauga, ON L4W 4J4  
**e-mail: [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca)**  
**Toll-free telephone number:**  
1-888-969-9698  
**<http://www.ostomycanada.ca/>**

#### **Ostomy Canada Society Mission Statement**

Ostomy Canada Society is a non-profit volunteer organization dedicated to all people with an ostomy, and their families, helping them to live life to the fullest through support, education, collaboration and advocacy.

### **Three Ladies in a Sauna**

THREE WOMEN, TWO YOUNGER, AND ONE SENIOR CITIZEN, WERE SITTING NAKED IN A SAUNA.

SUDDENLY THERE WAS A BEEPING SOUND. THE YOUNG WOMAN PRESSED HER FOREARM AND THE BEEP STOPPED.

THE OTHERS LOOKED AT HER QUESTIONINGLY. "THAT WAS MY PAGER," SHE SAID. "I HAVE A MICROCHIP UNDER THE SKIN OF MY ARM."

A FEW MINUTES LATER, A PHONE RANG. THE SECOND YOUNG WOMAN LIFTED HER PALM TO HER EAR.

WHEN SHE FINISHED, SHE EXPLAINED, "THAT WAS MY MOBILE PHONE. I HAVE A MICROCHIP IN MY HAND."

THE OLDER WOMAN FELT VERY LOW-TECH. NOT TO BE OUT DONE, SHE DECIDED SHE HAD TO DO SOMETHING JUST AS IMPRESSIVE. SHE STEPPED OUT OF THE SAUNA AND WENT TO THE BATHROOM.

SHE RETURNED WITH A PIECE OF TOILET PAPER HANGING FROM HER REAR END.

THE OTHERS RAISED THEIR EYEBROWS AND STARED AT HER.

THE OLDER WOMAN FINALLY SAID....."WELL, WILL YOU LOOK AT THAT.....I'M GETTING A FAX!!"



## GAS AND YOUR OSTOMY



Avoid letting your appliance get too full, either of waste or gas. Although one of our members says he likes his pouch to "balloon up" because it makes him "lighter on his feet", it's not good practice. Normally, you should empty your appliance when it becomes 1/3 to 1/2 full, and before trapped gas makes it feel firm. As the pouch begins to fill, it places a greater strain on the snap fastener holding the pouch onto the flange for two-piece appliance wearers, and increases the tendency for the adhesive part of the appliance to pull away from the skin around the stoma with ALL appliances. If it is not convenient to empty a filling appliance, perhaps you can get somewhere you can discreetly "pop" the seal and at least release the gas pressure. This trick can buy you a little more time before emptying is necessary.



Also, for ileostomates, if you know that you are going to be travelling or in a situation where easy access to a rest room is not available, adjust what you eat to avoid high residue food. Instead of eating two bran muffins and a bowl of Raisin Bran for breakfast, consider pancakes, which have much less residue. Be aware of how fast your body responds to eating. If you know that you can expect lots of stoma activity about two hours after eating, time your eating so that you won't have to deal with a pouch approaching capacity at an inopportune time. Similarly, urostomates may want to consider temporarily adjusting their rate of fluid intake for a short time. The caution here is that urostomates should consume plenty of fluids during the day. This technique is not advisable for periods of more than a couple of hours.

Ostomates shouldn't skip meals before going out socially. In general, the less an ostomate eats, the more gas he or she will produce with its attendant problems. Actually, a quick elbow to the stoma will usually silence it if it becomes operatic at the wrong time.

*(Source: via the Beacon, Coos Bay, SMD, Rambling Rosebud and Ostomy Toronto, Sept 2000, via Inside Out On-Line May 2001; Niagra Ostomy Assoc January 2016)*

### Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

LAVEES

BEEESTRMP

SVRTAEH

TECTHUNS

AUMUTN

ATOLFLOB

Q: What do you get when you drop a pumpkin?

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Your Local Ostomy Chapter Is:

## Regina Stoma Stroll

Saturday, October 7, 2017  
Lunch to follow

### Location:

Community of Christ Church  
4710 – 8<sup>th</sup> Avenue, Regina  
<http://www.stomastroll.ca/>

Registration: 9:30 a.m.

Walk/Run: 10:00 – 11:30 a.m.  
or Agnes at 306-761-0221

For more information contact:

[reginaostomygroup@gmail.com](mailto:reginaostomygroup@gmail.com)

Mail donations to:

Regina Ostomy Chapter

Register/donate on line:  
6123 Brunskill Place, Regina S4T 7W7

## Improvising or Fixing a Leak in a Hurry

If you happen to spring a leak, especially when away from home, it can be a cause of panic. Being prepared can help you keep your cool. Wearing an appliance cover can provide extra protection. One person noted that when he had a leak near the seal, he was able to stuff several folded tissues between the pouch and the cover. This absorbed the leakage and kept him going for 90 minutes until he was able to get back home and change.



Also, a pouch cover has the advantage of soaking up perspiration on a hot day. Perspiration can quickly undermine the best adhesives. A good ostomy powder can help soak up moisture too. Lacking this, cornstarch or baby powder is equally effective.

Some people carry Band-Aids with them, which can be used to mend a small tear in the pouch. Some say that it works so well, they forget about the makeshift repair until their regular time to change pouches! You may want to keep individually packaged alcohol wipes or towelettes.

They are easily carried and are great helpers in cleaning up an emergency. Best of all though, take precautions to try to avoid having an emergency.

*via UOAA Update, September 2015*

## Enjoy Life More and Worry Less

**Seal-N-Toss** is a thick, heavy duty disposal bag that lets you discreetly dispose of your used ostomy pouch, worry-free.

Simply place your used pouch in the **Seal-N-Toss** bag, seal, and toss away.

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## Ruth Suderman, RN, BScN, ETN



I am relatively new to Enterostomal Therapy, joining the department in January 2017. Originally from Saskatoon, I graduated from the University of Saskatchewan with a BScN in 2007. That same year, I got married and my husband, Derek and I moved to Winnipeg so he could complete his residency in Radiation Oncology. I worked on a Cardiac Surgery ward there and thoroughly enjoyed it! While working, I met a couple of ET nurses and my interest in wounds and ostomies grew. So, in 2012 I took the CAET course.

In 2013, we moved back to Saskatchewan. We are blessed to be parents of three little ones - four year old Levi, three year old Micah and one year old Gracie. Because I want to enjoy this precious time with them at home, I only work 2 days a week. The rest of my days are filled with lots of play dates, Paw Patrol, reading books, playing outdoors, laughter and usually some tears (not mine). Life is full, busy and sweet!

I'm so grateful for the opportunity to work with a very lovely group of women in the ETS department and with the wonderful staff and patients (and their families) in the hospital. Each day, I learn something new! It's satisfying and humbling to be involved in caring for people during a very vulnerable point in their lives. I look forward to learning and growing in this role.

## Why is a Urostomy Always on The Right



A urostomy is NOT ALWAYS on the right side of the abdomen, but commonly it is, because the *terminal ileum* (the end of the small intestine where it connects to the colon) is used to construct the stoma. It just so happens that the terminal ileum is closest to the right lower quadrant of the

abdomen, and it is easiest to bring it out there, thus keeping the blood supply intact.

It is important to find the stoma site that is convenient for the patient and far enough away from the incision to allow a pouch to be put on soon after surgery. You would not want the stoma in a roll of the skin where leakage could occur more frequently. The ET nurse will typically evaluate the patient with his or her clothes on, to see where the belt line is, how the clothes fit and how things look with the patient lying, standing, and sitting. The ET will then place a mark with indelible ink on the skin at the preferred site. That is something that should be done before the patient is on the operating table.

*Reprint from Metro Halifax News, March 2003; Halifax Ostomy Gazette, October 2014*

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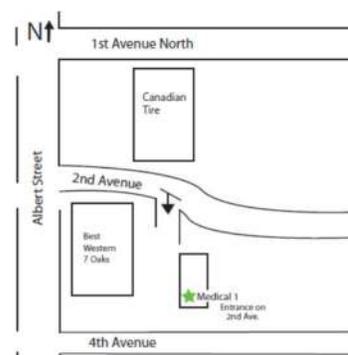
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### June Meeting - Ice cream social

Fun time had by all to kick off the summer!



*Below: Bob and Irene Fearnside*



*Above: Wanda Matheson*

*Below: L to R: Ken and Gerry Powers*



*Above L to R: Agnes Parisloff; Velma Rahn*



*Above: ET Nurse Sheryl Walker*



*Above: Muffy Truscott*



*Above: Gail Zipchian*



*Above: John and Shirley Fagan*



## Fashion Suggestions for Ostomates

Use the following suggestions to keep looking great after ostomy surgery:

**Get fitted properly:** Ostomy appliances are not one size fits all! Get expert advice from an ET nurse or a hospital supply store about which appliance might be right for you. Take advantage of free samples that many companies offer to try new ostomy appliance products.

**Closed or Mini-Pouches:** Several companies make closed ostomy pouches that can be rinsed out for reuse or thrown away once they're full. Also available from many ostomy care suppliers are drainable mini-pouches. These pouches are smaller than normal appliances and are handy for a variety of activities including travel, swimming, formal occasions or intimate moments.

**Pantyhose:** As long as you find it comfortable, you can wear pantyhose. In fact, pantyhose holds the appliance in place close to the body, which can be helpful at times. However, if the waistband cuts into your stoma or your appliance, you may want to consider thigh-highs, which have rubber grips in the top to hold them up.

**Suspenders:** For men who find a belt uncomfortable, suspenders are an option to keep those trousers held up.

**Pleats:** Pants and skirts with pleats in front can help to disguise the location of the appliance. They also have some "give" for those times when the bag starts to fill up.

**Choosing Fabrics:** Generally, thin fabrics such as silk and fine knits may have problems with show-through. Wearing a loose slip underneath these thinner fabrics or covering the pouch with a fabric cover (you could even make it yourself) may help.

**Swimwear:** For men, boxer-style swimming trunks with a lining will work well. If you sew or know someone who does, consider adding a pocket inside the trunks to hold the appliance in place. For women, a lined swimsuit with "boy shorts" bottoms, a ruffle or skirt around the waist, or a bright pattern will prevent show-through.

Source: *Central Vancouver Island News, Jan/14*

## Fall Word Scramble

SOLUTION

ULQIT

Q U I L T

LAVEES

L E A V E S

BEEESTRMP

S E P T E M B E R

SVRTAEH

H A R V E S T

TECTHUNS

C H E S T N U T

AUMUTN

A U T U M N

ATOLFLOB

F O O T B A L L

Q. What do you get when you drop a pumpkin?

S Q U A S H

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## Regina Ostomy Chapter Membership Application

You can join the Regina Chapter and enjoy the benefits of being part of a group of people in Saskatchewan and across the country through meetings, websites and social media. Our membership fee is \$30 annually, and supports many local and national initiatives. We publish a newsletter five times a year and the national Ostomy Canada magazine is published twice a year.

### Please Print

\*Name: \_\_\_\_\_

\*Address: \_\_\_\_\_

\*City/Prov/Postal Code: \_\_\_\_\_

\*Phone Number: \_\_\_\_\_

\*E-Mail (preferred, to save on mailing costs)  
\_\_\_\_\_

### Membership Information

Colostomy     Ileostomy     Urostomy

Other

Supporter

Age:     Under 18     18—40     41—59     60 +

New Member     Membership Renewal

Address Change   

A charitable tax receipt will be issued for all additional contributions of \$20.00 or more

\*Please write on the back if needed\*

Please make cheques payable to:

Regina Ostomy Chapter and mail with this form to: OCS Regina Chapter 6123 Brunskill Place Regina, SK S4T 7W7

## Bequests & Donations

We are a non-profit association and welcome bequests, donations and gifts. Acknowledgement cards are sent to next-of-kine when memorial donations are received. Donations should be made payable to OCS Regina Chapter at address listed on this page and tax receipts will be forwarded.

### VISITING SERVICES

We provide lay visiting service, at the request of the physician, patient or enterostomal therapist, either pre-operative or post-operative or both. The visitor is chosen according to the patient's age, gender, and type of surgery. A visit may be arranged by calling the Visiting Program at the Enterostomal Therapy Services department at [306-766-2271](tel:306-766-2271).

**PRODUCTS MENTIONED IN THIS NEWSLETTER ARE NOT NECESSARILY ENDORSED BY THE REGINA OSTOMY CHAPTER. SEE YOUR DOCTOR FIRST BEFORE TAKING ANY OF THEM!**

**Charitable Registration No.  
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### Moving? Questions? Need Information?

Regina Ostomy Chapter

6123 Brunskill Place

Regina, Sk S4T 7W7

[\(306\) 761-0221](tel:3067610221) or [reginaostomygroup@gmail.com](mailto:reginaostomygroup@gmail.com)

### HOSPITAL VISITS

*May - 5 Colostomy, 3 Urostomy*

*June - 3 Colostomy, 2 Ileostomy*

*July - 4 Ileostomy*