Ostomy Canada Society | Société Canadienne des Personnes Stomisées

Our Mission: Ostomy Canada is a non-profit volunteer organization dedicated to all people living with an ostomy, and their circles of support, helping them live life to the fullest through advocacy, awareness, collaboration, and support.

Our Vision: Canada's voice and agent of change for people living with an ostomy.

OSTOMY SUPPORT HALTON-PEEL JUNE 2024

Ostomy Support Halton-Peel is a Peer Support Group of Ostomy Canada Society

EXECUTIVE COMMITTEE:

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Dianne Garde, ET Jan Brimer, NSWOC

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Support Group

Tues JUNE 25

POTLUCK DINNER

6pm

Please let us know if plan to come out so we have numbers

Wellspring Birmingham Gilgan House 2545 Sixth Line Oakville

PRESIDENTS MESSAGE June 2024

It's starting to feel like summer as I write this!

We had a good meeting last month thanks to speaker Kym Pinington of Westech who talked us through the Salts line of Ostomy Products.

I was able to attend the Nurses Specialised in Wound, Ostomy and Continence NSWOC Ontario Summit which was attended by nurses, suppliers and even the Minister for Long Term Care for the Ontario Government. A very good presentation from Cindy Paskey a Niagara Ostomy Association member relating her frustrating efforts to get quality NSWOC care after hospital discharge, resonated with many attendees.

Ostomy Canada Society was there and able to report that the Petition relating to ADP funding of Ostomy Supplies has received the requisite number of signatures and will be read to the Legislature by the NDP Health Critic.

I was once again reminded how helpful being an Ostomy visitor is when I visited a man about my age facing ostomy surgery who was very grateful to meet someone who's been on the journey.

We're travelling out to Calgary in July and I have managed to arrange to be on the same plane as the Ostomy Youth Camp kids at least on the way out.

Ostomy Canada Society's Step up for Ostomy Fund Raising Event is Scheduled for October see Kevin's report about how we will align our Golf fundraiser with that date and the help we are looking for.

Still have a couple of doctors after me but nothing too serious except that they interfere with golf!

Now to enjoy the summer!

See you at Wellsping

Good Health.

Richard

Phone 905 825 3443 Email richard.olley@yahoo.ca

Mobile: 298-795-7533

Coffee shop talk

By Kevin Taziar

Do you rinse out your pouch, use a liner or do nothing?

Hope everyone is doing well, last month we had a good attendance and great guest speaker in Kym Pinington from Salts. There were lots of good Interaction and questions, thank you to Kym and all that attended.

Now let's talk about our year end BBQ (potluck) , just a reminder that we need a good assortment of main dishes, salads and desserts. I am doing a main dish chicken tater tot casserole, please let Nancy know what you intend to bring so we don't end up with all the same salad or dessert. Also a reminder all food has to be pre cooked prior to coming and we will start at 6 PM. I am looking forward to some good conversation and meal with everyone.

No as for my topic do you rinse your pouch, use a liner or do nothing? Is there a right or wrong way to do things after emptying your pouch out.in my opinion I don't think so it is whatever you are most comfortable in doing. I personally just wipe the end of my pouch with some toilet paper then close it back up. Some people like to use disposable liners, these only work if you use a 2 piece click pouching system. Then there are those that squirt some water in and rinse out their pouch, they feel cleaner by doing this. All of these are effective methods for cleaning your pouch after you empty it out. If you use disposable or flushable liners this is the best way to keep your pouch the cleanest, as there is no output going directly into your pouch. However if you have an ileostomy this can get very expensive going through 10 or more liners in a day. For those with a colostomy this may be more cost effective for you, as you would empty probably 2 or 3 times a day at the most. Of course this all depends on how much of your colon you still have left.

Just a gentle reminder this will be our last meeting until we start back up again on September 24, I will start in July seeking guest speakers for net year, so please if you have any suggestions other then suppliers and a mental health speaker send them to me and I will see what I can do to accommodate it for you. I am hoping for a safe summer to every one and a reminder to potation for hole sponsors and raffle prizes for our golf tournament on October 5. As well as get foursomes for our tournament, we are hoping to get up to 60 golfers this year.

Once again have a safe summer to everyone and see you again on September 24.

I m to topics for coffee shop talk, next month I was thinking of **summer fun what did you do over the sumer?** You can email me topics at kevin.taziar@outlook.com or I free to call me at (905)691-7290 look me up on Facebook and send me a message

Many Thanks to Kym from WESTECH HealthCare Ltd

Thank you for taking the time to show our group the Salts Ostomy products. Many of us had never heard of these products and some had some unique features.

Many thanks for coming out!

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VISITING PROGRAM

This program is offered to support individuals and families who are new to the concept of living life with an ostomy. The program is intended to offer support, practical advice and to provide an opportunity to talk about personal fears and concerns with someone who has "been there, done that". Wherever possible, Visitors are matched to the needs of the patient and their family, and we will be able to provide answers to non-medical questions.

To arrange a visit
Contact our Visiting Coordinator, Kevin Taziar
Email: kevin.taziar@outlook.com or Telephone: 905. 691. 7290

"Social Distancing"
We can still help answer questions and offer support.

From your front step or on the telephone. Please do not hesitate to call.

Stomas and Pain Response

by Mike D'Orazio, ET (retired)

While Victor's statements regarding stoma pain are, at one level, essentially correct, there are legitimate situations when one's stoma will feel pain.

In the normal condition of the intestine, of which a stoma is a part, typical pain touch receptors are not present. However when the bowel is stretched, as when obstructed and subsequently swollen, the bowel will "feel" painful. There are stretch receptors within the bowel wall that inform us of an obstructive event. While experiencing an obstructive event other physiological phenomena occur to further inform and distress us. On rare occasions patients with stomas have strongly complained of stomal pain. Physical exams have often not been able to reveal any clear evidence of harm or obstruction to the stoma site. In these unusual situations the phenomenon of psychic pain has been put forth to explain the pain.

Just thought I would add my two cents worth to this oft noted question. My intent is not to discredit any point of view, rather to be more inclusive of explanations relating to this phenomenon.

Does Your Stoma Hurt?

by Victor Alterescu, RN, ET; via Northwest Arkansas *Mail Pouch*

Quite often people tell me that their stoma hurts. This surprises me a great deal since stomas do not have any sensation.

You could cut, burn, do anything to the stoma and you would not feel a thing. That's hard to believe, but true. Stomas do not have receptors for pain.

Sometimes, the lack of stoma sensation can lead to problems. For example, an incorrectly fitting appliance may cut into the stoma, but no pain will be felt. A stoma can be badly damaged before the problem is noticed. For this reason, it is important not to wear your pouch for long periods of time (more than a week, in my opinion), since it is good to see if the stoma is OK.

Actually, when people talk about stoma pain, they are usually talking about pain from the skin around the stoma. That skin, the peristomal skin, is full of nerve receptors that are sensitive to such things as heat, cold, chemicals and adhesives that can cause pain. It is the skin that is sensing the pain, not the stoma.

If any unusual symptoms or irritations are noticed, do not hesitate to contact your doctor or ET for an evaluation and, if necessary, a prescription for a specific treatment.

:https://bccancerservice.org/assets/content/Julies-July-August-2014-Ostomy-Newsletter.pdf

HALTON-PEEL OSTOMY SUPPORT GROUP

3rd ANNUAL CHARITY GOLF TOURNAMENT

SAVE THE DATE

SATURDAY | OCTOBER 5, 2024
3 PM START

PROFITS TO SUPPORT
OSTOMY CANADA SOCIETY'S
OSTOMY YOUTH CAMP
Charity #119277083RR0001

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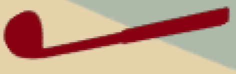

BEST BALL FORMAT

NINE HOLES

MEAL INCLUDED

Ostomy Canada Society | Société Canadienne des Personnes Stomisées

For registration by email or phone, please contact Richard or Kevin at:
Richard at richard.olley@yahoo.ca or 905-825-3443
or Kevin at kevin.taziar@outlook.com or 905-691-7290

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HOME HEALTHCARE

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Ostomy Canada Society | Société Canadienne des Personnes Stomisées

GUEST SPEAKER

Lauren Wolfe
MCISC-WH, BSN, RN, CWOCN, NSWOC

Ostomy Canada Society | Société Canadienne des Personnes Stomisées

LIVE WEBINAR

THRIVING AFTER OSTOMY SURGERY

A webinar on emotional wellness, adapting to life & finding the power of support

Wed, July 17, 2024 8:00 pm EST | 5:00 pm PST

RSVP: ostomycanada.ca/webinars

6 Helpful Tips for Swimming with a Stoma

Swimming is one of the best exercises after ostomy surgery. Yet many avoid it due to embarrassment and other worries. Here are six things that will help you to dive right in.

Get help overcoming your fear of swimming with a stoma.

If you’re recovering from ostomy surgery, swimming is an ideal activity. It works out every part of your body. And you can start slowly and gently build up your stamina. Best of all, there’s no reason why a person with a stoma can’t swim with confidence.

Here are six ways to overcome your fears.

1. **Try on your swimsuit at home:** You can enjoy the water as much as before you had a stoma. Put your

swimsuit on with your pouch at home first. Wear it in the bath or shower to get comfortable with how it looks and feels when it is wet.

2. **Test that your pouch is secure:** Rest assured that your pouch is unlikely to come loose in the water. It's easy to prove this to yourself. Just sit or lie in a full bathtub for a while to test and ensure that the seal stays snug and leak-free. The chances of your pouch coming off are very slim, even with a two-piece system.
3. **Change with confidence:** Changing in front of other people in a locker room or changing area need not be a concern. You can try wearing a long shirt to cover most of your body. Even just draping a towel over your shoulder will keep your stoma from view. Or you can change at home and wear clothes over your swimsuit.
4. **Find the right swimsuit:** You may be able to find swimwear that's comfortable and looks great on you based on the position of your stoma. Some women use beach wraps and throws over their swimsuit. If you can't find one that you like, there are swimsuits for people with an ostomy. Search online for "ostomy swimsuits," contact your country's ostomy association, or talk to your stoma care nurse. Going on a vacation?
5. **Get ready to dive in:** If you intend to dive into a pool, check that your pouching system is secure. For added security, wear a snug bathing suit that will help keep it in place. A man can wear drawstring trunks, tightly fitted around the waist.
6. **Understand a comforting truth:** There's a natural tendency to worry that others will notice your stoma and stare. In truth, most people will not even notice the color of your swimsuit, let alone what is underneath it.

https://www.hollister.ca/en-ca/ostomycare/ostomylearningcenter/livingwithanostomy/6waystoovercomeyourfearofswimmingwithastoma

Canadian Mental
Health Association
Halton Region Branch
Mental health for all

Call-In Counselling

Free single-session individual counselling is available over the phone or video conferencing Monday to Friday from 8:30 am to 4:30 pm for individuals aged 16+. Later appointments are available upon request.

Counsellors can provide support with immediate presenting concerns and assist with accessing relevant community resources and programs.

Please call 289-291-5396 to schedule a session.

If you are in crisis, please call the 24/7 COAST Crisis Line for a more immediate response:
1-877-825-9011
(TTY: 1-844-1700).

Funded in part by

United Way
Halton & Hamilton

I found another article for the summer!

Don’t let an ostomy change your life!

SWIMMING WITH AN OSTOMY

Having an ostomy should not prevent you from swimming. Below are some helpful tips to get you feeling confident in the water, whether it’s in your own backyard pool or at a beach.

- **You can swim or be in the water while wearing your pouching system. Remember, your pouching system is water-resistant and is designed not to leak with the proper seal. Water will not harm or enter your stoma.**
- **Prior to swimming, make sure your seal is secure.**

- Empty your pouch before swimming. Also, ensure your wafer has been on for at least an hour prior to getting wet. If you are nervous about output, eat a few hours before jumping in.
- If you use a filtered pouch, use a filter cover sticker on your deodorizing filter to prevent water from entering the pouch. You can remove the cover once you are dry.
- Wear what makes you feel the most comfortable. Swimming with an ostomy should be fun and worry-free regardless of what you're wearing. Shop with confidence knowing there are so many options that could work for you.
- Always carry extra supplies in case you are somewhere where supplies may not be available.
- For extra peace of mind, use barrier strips if you will be swimming for an extended time.

Sourced -https://www.ostomy.org/swimming-with-an-ostomy/

Note from your editor ….

Make time for things that bring you JOY!

****Articles and submissions printed in this newsletter are not necessarily endorsed by the Halton/Peel support group and may not apply to everyone. It is wise to consult your Ostomy Nurse or Doctor before using any information in this newsletter.**

Suggestions are always welcome!!

If you have an idea for a monthly meeting topic or have a contact to be a speaker. Please let us know. If you ever come across an interesting article that we can share in the newsletter, please do not hesitate to contact me.

(Or just email me the link to nplume17@gmail.com)