



INSIDE

My Family's Story with FAP	1
Letters & News	3
Christmas Luncheon	6
New Patients' Corner	9
Lottie Callie Interview	11
Tech Talk	12
Comox Valley Satellite	15
Urologist Discusses Urostomies	15
The Flu & What to Do	16

2015 MEETING SCHEDULE and Proposed Speakers:

Feb 22

Guest Speaker Mike Arab, Nightingale Medical Supplies

April 19

Guest Speaker Andy Manson, Ostomy Care & Supply

June 14

TBA

Sept 20 (AGM)

Guest Speaker

Allison McCarlie, Coloplast



CHAPTER MEETINGS

ARE HELD ON SUNDAYS AT:

Collingwood Neighbourhood House

5288 Joyce Street

Vancouver at 1:30 PM

NOTE: In the event of severe weather conditions, please call the Collingwood hotline 604-412-3845 to check if the centre is open.

My Family's Story with FAP

In March of 2007 at 38 years old, I was a divorced, working mother of two amazing sons, Cole age 12, and Skye age 4. Engaged to the most wonderful man, Scott, we had been living together for 8 years. Life was splendid. Experiencing some minor abdominal issues for a few years, I consulted with my family physician and was scheduled for a sigmoidoscopy. Anticipating a diagnosis of a minor stomach condition, the results absolutely blindsided me. Groggy from the sedation, the surgeon informed me that I had thousands of polyps in my colon which required major abdominal surgery. What?? I was totally awake now!



Rhonda, Cole, Skye and Scott in 2008

Like pictures in a slideshow is how I describe the next few months...receiving a diagnosis of Familial Adenomatous Polyposis(FAP), a disorder in which polyps develop in the colon requiring surgery as the polyps WILL become malignant-I am the first, or index case of this "inherited" disorder in my family. ..being informed that my children, their children, etc. have a 50% chance of inheriting FAP...having a subtotal colectomy in May of 2007, then 6 months later having ileostomy surgery as polyps, some as large as small oranges, had grown in the remainder of my colon...laying on a gurney being prepped for my second surgery and the extreme anxiety and fear I felt of living with a permanent ileostomy and the dread that my children may have to endure this nightmare.

In August of 2009 at age 14, Cole was diagnosed with FAP. He had surgery for a temporary ileostomy/J-Pouch on April 21, 2010. Following surgery, he was hospitalized several times with bowel obstructions. On July 19 he had emergency surgery to reverse his ileostomy as a loop of his bowel had fallen behind his stoma causing an obstruction. He continues to have occasional bowel obstructions, yet he is doing well and stays very positive. During this time, Cole's ET nurse had suggested that he should attend the UOAC Camp Horizon, in Alberta. Here, kids with disabilities learn new skills, interact with children having similar issues and overcome challenges they thought could not be conquered. He was very excited and eager to attend, however, he did not get to realize that experience until several years later. Skye was tested and diagnosed with FAP and his first surgery was July 22, 2013. He had several procedures prior, and was terrified each time. Cole was Skye's pacifier and was present to ease Skye's distress during every proce-

A Great Pouch Becomes Even Better



Introducing the improved New Image urostomy pouch from Hollister.

The updated pouch features three product innovations designed to deliver more comfort and greater control.



Enhanced Flow-Control Tap:

Softer material and a streamlined shape for improved comfort against the body



New Multi-Chamber Design:

Multiple built-in chambers are designed to facilitate a more balanced collection of urine, and a lower pouch profile



Improved Adapter:

The adapter's new side tab design helps facilitate ease of use when connecting any New Image two-piece urostomy pouch to a bedside drainage collection system.

New Urostomy Pouches Available

Look for these features on the following pouches, and continue to pair them with New Image compatible skin barriers.

Flange Size	Pouch Length
1-3/4" (44 mm)	9" (23 cm)
2-1/4" (57 mm)	9" (23 cm)
2-3/4" (70 mm)	9" (23 cm)

For more details, call Customer Service at **1.800.263.7400**.



The Hollister logo and New Image are trademarks of Hollister Incorporated.
© 2014 Hollister Incorporated.

**VANCOUVER CHAPTER
EXECUTIVE & VOLUNTEERS**

PRESIDENT

Debra Rooney 604-683-6774

VICE-PRESIDENT

Joy Jones 604-926-9075

SECRETARY

Donna Savage 604-937-5954

TREASURER

Emilia Prychidko 604-874-1502

**NEWSLETTER PRODUCTION
& EDITOR**

Debra Rooney 604-683-6774
email: autodraw@shaw.ca

MEMBERSHIP COORDINATOR

Patsy Peters 604-438-8341

VISITING COORDINATOR

Julie Singer 778-879-6600

VISITING COORDINATOR

BACKUP
Patsy Peters 604- 438-8341

YOUTH CAMP COORDINATOR

Sandra Morris 604-921-8715

NOTICE OF MEETINGS/GREETER

Norma Primiani 604-327-5895
Elaine Dawn
Maranda Wong

**CHRISTMAS PARTY
COORDINATOR**

Joy Jones 604-926-9075

MEETING REFRESHMENTS

Chris Spencer
Pierette Daigle

**DONATED SUPPLIES
COLLECTION & SHIPPING**

Earl Lesk 604-327-7661

*Published by the Vancouver, BC Chapter of the
United Ostomy Association of Canada, Inc.
Box 74570, 2768 West Broadway,
Vancouver, BC V6K 2G4*

*A non-profit volunteer support group for ostomates.
Chapter website: www.vcn.bc.ca/ostomyvr/*

NATIONAL OFFICE:

*United Ostomy Association of Canada
#501-344 Bloor Street West
Toronto, Ontario M5S 3A7 1-888-969-9698
<http://www.ostomycanada.ca/>*

IMPORTANT NOTICE

*Articles and information printed in this newsletter
are not necessarily endorsed by the United Ostomy
Association and may not be applicable to every-
body. Please consult your own doctor or ET nurse
for the medical advice that is best for you*

From Your President

Happy New Year everyone! I hope your holiday season was a good one.

As you may know, the United Ostomy Association of Canada Inc. recently changed its name to Ostomy Canada Society Inc. (And in French it is Société Canadienne des Personnes Stomisées). The new names have now been officially recognized by Industry Canada. All services and programs are the same; the only change is the name. Another change is that several different classes of membership have been eliminated (examples – National [\$39], Health Care Professional [\$50], and Corporate [\$150]). At present, according to the existing and new bylaws, Ostomy Canada Society has a single class of member: member chapters with voting rights. However, there are people who do not live close enough to a chapter with which they want to take out a membership. So, a new category is being offered – National Supporter. For a donation of \$30 per year, a national supporter gets a tax receipt and subscriptions to Ostomy Canada Connects and Ostomy Canada magazine.

For the first HighLife of 2015 I was finally able to do an article on long-time chapter member Lottie Calli. Lottie was newsletter editor for many years before turning the job over to Fred Green, who turned it over to Ivor Williams, who turned it over to me in 2003. I pestered Lottie a few times to write a piece about her years with the chapter, but she demurred each time. Maybe after 18 years of putting together a newsletter she'd had enough of writing. At any rate, I guess I finally wore her down because she consented to do a taped interview. I borrowed an old dictaphone, made up a list of questions and set out. I also brought along my iPad which was a good thing because the dictaphone stalled at a number of points and a lot of dialogue got lost and we had to start over with the iPad. [Note to self: do not use old reel-to-reel equipment] The resulting article on page 11 barely scratches the surface of Lottie's involvement with the Vancouver UOA but it helps capture a part of our chapter's history. We have very few old members left who know or remember this history and I deeply regret not interviewing some of the volunteers who are now gone. I hope to be able to corral some more of the remaining 'old hands' this year.

I missed some of the Youth Camp letters in the fall issue so I've included them in the letters section -- apologies to the satellite groups who usually submit writeups of their activities but I'll get you into the next issue.

Have you renewed your 2015 membership with us? We are supposed to have everybody in the fold by the end of December, but if you've forgotten, don't worry, just send it in now. [the form is on page 23] We'd rather have you in late than not at all.

Here's to a healthy year ahead for us all and I hope to see lots of you at the meetings.

Debra





MORE LETTERS FROM OUR YOUTH CAMPERS

Dear Vancouver Chapter,

I really appreciate your donations that sent me to camp! Camp is a big highlight of my year. I love all the cool things we get to do/experience here. The River Rafting is my absolute favorite day a camp and I love seeing all my camp friends every year! I really connect with them and it means a lot to me that I get to see them every year. Thanks, Naomi

Dear Vancouver Chapter,

Thank you so much for sponsoring me to go to camp! I've been anticipating this week for the entire year! I love just being here, and I'm excited to go river rafting. The friends I have here I know are friends for life. This is all because of your generosity.

Thank you again! Brynn Brandon

Hello Sandra:

I am writing you a thank you note to the people who made this camp possible. Sorry you couldn't be there but on the bright side, you missed getting the stomach flu.

Thank you so much for the amazing camp experience, once again. I had so much fun this year - perhaps more than the last two years if that were possible! I really enjoyed the mountain biking, jungle mania, white-water rafting and the camp-out. My favorite all-camp activity had to be the mission-impossible game on Canada day, though. These activities were really team-building, so cool and so much fun to do!

This camp has definitely been a highlight of the summer each time I go. I really enjoyed being able to interact with other kids my age that have the same or similar conditions as I do. Being able to share our experiences and stories and our highs and our lows with each other was great. Everyone was so understanding and accepting; you could be who you are without having to hide anything.

I also thought that it was very inspirational

to see the older teens there. Seeing them graduate and going off to college or just hearing about them leading a normal life is really motivating and inspirational.

Finally, I wanted to thank all of the staff, volunteers and people who made it possible for me to attend. I would love to go once again as this camp has such an impact on me. It's a place of learning, understanding and acceptance. For me, it's a place where I feel like I really belong. Sarah Kadach, age 13

Hi Sandra and donors,

Thanks for another great year at camp. I was a little nervous about this year, because it was the first time Josh asked me if he "had to go". I was surprised by this as he looks forward to it every year. However, this year is different because he has a girlfriend now and I think he didn't want to leave her. However, I told him he would have a great time and by gosh he did! Upon his return he told me it was great and that he was looking forward to going back again next year!

YOUTH GROUP MEET & GREET NOVEMBER 26

The second Meet & Greet at Toby's on Commercial was a great success! 12 people attended with regulars welcoming some new faces. More to come in 2015!



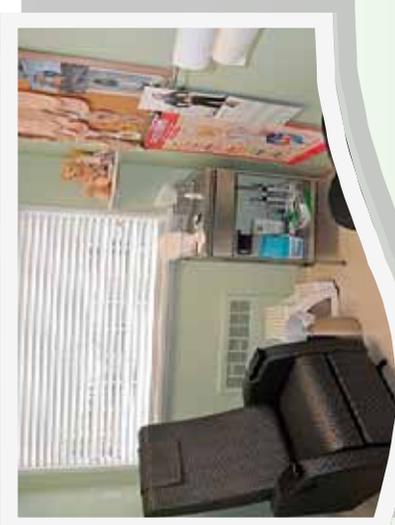
Camp Horizon has really been a great gift. I know, because I am a nosy mother, that there were times that having an ostomy was not easy for Josh as a teenage boy. Once when I was snooping around his facebook page I found some bullying comments by other kids. I also found that Josh had put down his experience at Camp Horizon as one of the best times he has ever had. When I came across that I cried. I felt such gratitude that this opportunity exists for kids with conditions similar to Josh's. A place where he can come together with other kids and feel 100 percent accepted. Plus, from what I can gather from him they do tons of cool stuff every year. The highlight for Josh this year was making new friends and the blanket fort. Apparently a blanket fort was built to watch the movie Cool Running. He also enjoyed the river rafting and the dance.

Thanks so much to all the people who make this experience possible. We greatly appreciate it.

Sincerely,

Nika and Josh





- For the last 30 years, we have been the largest supplier of ostomy products in British Columbia

- There is no such thing as “one size fits all” in ostomy care! Having regular leaks, skin irritations, or sores around your stoma is NEVER a normal part of living with an ostomy!

- As the only ostomy supplier with 9 ET/Ostomy Nurses working 6 days a week, we believe that selling ostomy supplies is MUCH MORE than selling you a box of product. It means giving you the product that is RIGHT for YOU! Call for an appointment today.

- New patients are constantly amazed about how much more relaxed, knowledgeable and “normal” they feel even after one visit! We are part of your ostomy support team for as long as you have your ostomy, whether you have recently had surgery or have had your ostomy for many years.



Christina



Lucy



Arden



Muriel



Andy



Laurie



Lisa

Also:
Susan A
Susan H

It's the Expertise & Dedication of our Ostomy Nurses that Sets us Apart!

2004—8th Avenue, New Westminster, BC, V3M 2T5 • Phone: 604-522-4265 Toll Free: 1-888-290-6313 • Web: ostomycareandsupply.com

Christmas Luncheon and Kids Party 2014

We had a great last party at Cheers! 67 adults and 10 kids were on hand for a fine buffet of turkey (real this year) salmon, ham, vegetarian and a plethora of salads, veggies, desserts AND wine. Organizer Joy Jones did a slap up job as usual so huge thanks again from all of us, Joy. Thanks as well to door ladies Linda and Monica, ticket seller Joey Chisholm, "Santa", June Matheson for the holly, and all the folks who donated a gift for the draw table. (As usual, I misplaced that list so I can't thank you all by name -- my bad!!) Thanks as well to our wonderful suppliers for donating some great prizes: Lancaster Medical for Canucks tickets and gift hamper, Nightingale Medical for gift hamper, and Ostomy Care and Supply for hamper and gift certificates. Bob Gedge won the hockey tickets, Janice Balfour, Judy Cooper and Donna Savage respectively won first, second and third cash prizes. THANKS TO CHEERS FOR FIVE GREAT YEARS AND TO EVERYONE FOR COMING!! IT WAS A GREAT WIND-UP TO 2014!!



Christmas party organizer Joy Jones and helper elf at the buffet table



"May we check you in?" Linda Jensen and Monica Snow at the door.



Alan and Eleanor Platts



Dave and Brandy Appledoorn



Can I keep the bells?



Lisa Hegler (Ostomy Care and Supply Centre) Zach Armitage, Mike Arab and Karen Coghlin (Nightingale Medical Supplies)



Santa: Hi there, young feller! Baby: Who is this guy?

At right: Carolyn Empey, Dave Kowtow and Judy Cooper (Lancaster Medical Supplies)





Eyes on the prize



"What would I like for Christmas . . . now let me see . . ."



When in doubt, pretend to knit



OK, I'm SLIGHTLY less shy this year



This little guy could barely wait



Oh, I've definitely been good all year!



Santa, can my mom have some chocolates?



THANKS SANTA!!

**That's
all 'till
next
year,
folks!!**



All the kids minus the baby and one super shy one





NIGHTINGALE
MEDICAL SUPPLIES LTD

www.nightingalemedical.ca
info@nightingalemedical.ca



**FREE
OSTOMY
DELIVERY**

**Langley Branch
NOW
OPEN**

Our ET Nurse will Assist you with

- Wound, Ostomy and Continence Assessments
- Pre and Post-operative Ostomy Education
- Peristomal Skin Management
- Advanced Wound Product Advice
- Hernia Belt Fittings
- Catheter and Continence Product Information

**Conveniently Located
Central Location
Easy Parking**



103-19909 64th Ave
Langley BC, V2Y3G4
604.427.1988
1.855.427.1988

Competitive Pricing

**One of the Largest Ostomy Appliance Inventories
in Western Canada**

**Knowledgeable, Compassionate
Customer Service Staff**

Complimentary ET Nurse Consultations

OSTOMY · MASTECTOMY · CONTINENCE · COMPRESSION

FAP cont from fpage 1

dure, including this and his reversal surgery on February 28, 2014. Cole and Skye adjusted to life with an ileostomy very well, but were incredibly thankful to have it successfully reversed.

After my surgeries, it was suggested that I join our local UOAC chapter, yet I kept putting it off. In early 2014, arrangements were being made for the boys to attend camp and I began speaking with Carol Wells often. She is the most amazing, inspiring lady and our local Chapter president. She encouraged me to join our chapter and it is one of the best decisions that I have made in a long time. Cole and Skye attended Camp Horizon in June, 2014 and it was life changing experience. Skye was anxious about his first big trip away from his parents, and wanted to return home when he first arrived. The counsellors and volunteers spent time with him and within hours, he was composed, happy and anticipating his week with these incredible people! Prior to attending Camp, Cole had been unsure of what career path to take. He was so enthralled with the experience that he would love to return to volunteer or work at the camp next season and is considering a career in counselling.

Cole and Skye hope to help other children and young adults who are facing challenges similar to theirs. They are advocates for UOAC and have started to raise money for the same. Already empathetic, loving, gracious, young men, they have become much more compassionate to others and their circumstances. Camp Horizon and all associated with its success are extraordinary. Such an amazing cause made possible by the most incredible people. Shortly after the boys returned home from Camp, we attended the UOAC National Conference in St. John's, and thoroughly enjoyed it. There was so much information and so many wonderful people present, we will treasure this experience forever.

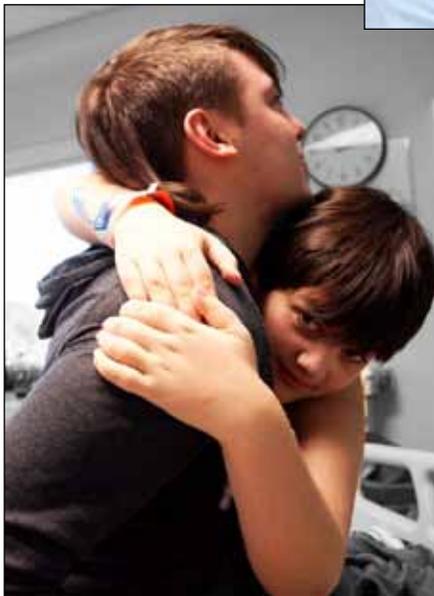
Since surgery I have had many medical problems including a Type 1 Diabetes diagnosis, kidney problems and multiple hospitalizations each year. I became angry and resentful. However, in retrospect, I realize and accept that I was destined to this outcome as it prepared and strengthened me to help my boys cope during their procedures and surgeries. My fiancé Scott, has been our tower of strength and comfort. He has spent countless hours maintaining a household, working, parenting and when one, or several times two of us were hospitalized simultaneously. I firmly believe what doesn't kill you makes you stronger. We will continue to have medical issues, however, we have gained a strength that we did not realize before and a family bond that is beyond what any words can express. □



Skye in hospital after his first surgery



Cole and Skye after Cole's surgery



Above: Cole and Skye on their way to the 2014 Youth Camp At Left: Cole and his brother after Skye's second surgery



Skye and Youth Camp counsellor Jason Boyd at the conference



PANCAKING

Pancaking occurs when stool does not fall into the bottom of the appliance and instead collects around the top near the stoma. This can build up to the point where it gets under the flange or bulges under your clothing. Pancaking affects almost all colostomates at some time or other.

The most common cause of pancaking is stool that is too dense or sticky to slide cleanly down the inside of the pouch. Clothing that is too restrictive across the top of the appliance can also cause pancaking. In some cases, it's believed that if the pouch has no air in it, this causes a vacuum which prevents the stool from going to the bottom. Whatever the cause, it's really annoying. How can you prevent pancaking?

The first and easiest solution is to lubricate the inside of the bag near the top. Apply some lubricating deodorant -- any of the brands made by the manufacturers will do -- to the inside top of the bag and smear it around. If you don't have any ostomy lubricant, baby oil or olive oil will do, or non-stick cooking spray. (Note: those don't have any deodorant qualities) Whatever you use, don't get lubricant on the flange or the stoma itself. None of these products will hurt the stoma but oil around the stoma base will most likely decrease wear time.

Another trick is to put a scrunched up tissue inside the bag. This will help eliminate the vacuum effect and hold the sides apart so things don't get stuck so easily.

Consider changing your diet to include more roughage or old standbys like prune juice. Drink more water! If the problem is really persistent, you might consider a bulk-forming type of laxative -- ask your pharmacist to recommend a mild form of this kind of laxative.

Last -- are you getting enough exercise? Lack of movement can contribute to, well, lack of 'movement'. Get off that couch and get some exercise! ☐

SKIN BREAKDOWN

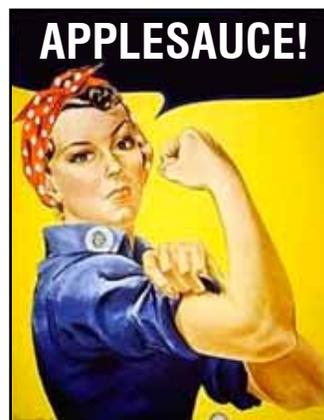
If your skin is red and 'pimply' or if a rash seems to develop with small, painful pimples, it could be caused by an infection in the hair follicles in the peristomal skin. Infection in the hair follicles can develop if you shave the hair in the peristomal area too often or incorrectly (i.e. not using a clean, sharp razor, shaving against the direction of the hair growth, etc.), or if you tear off the barrier with force, tearing out hair as well. In most cases, scissors or an electric shaver will work better for the skin than a razor.

If the skin is wet and bumpy, with round, raised areas of skin developing, the reason could be a fungal infection. If you have diabetes or lowered immune system, you could be more at risk for this. It will most likely be itching, and you might develop a red rash even before the skin turns bumpy. Dark and moist areas get fungal infections more easily, so the best way to prevent them is to keep the peristomal skin clean and dry when changing the pouch.

Similarly, if the skin is very moist or wet, but starts to look pale, even white, it is likely a case of maceration or "pruning" due to a very moist area. To prevent this, or to keep it from getting worse, you could use powder to absorb the moisture underneath the pouching system. You could try changing your pouch and barrier more often to ensure that the adhesive does not start to lift, or change to a different type of adhesive that will hold better.

Finally, if the skin is bleeding, carefully check where the bleeding is coming from. Bleeding from the peristomal skin could be a sign of a reaction, and may require treatment or preventive measures. However, a little bleeding from the stoma itself is not necessarily a problem. The stoma tissue bleeds easily, similar to your gums when flossing or brushing your teeth.

Of course, you should not take these tips as a substitute for medical advice. If skin problems keep happening, you should contact your nurse or doctor to get proper treatment. - *Coloplast Care Newsletter, 2014*



Have some applesauce at breakfast! It's an old standby that helps thicken up runny discharge.

A Part of Our Chapter's History

Lottie Calli

At 94, Lottie Calli is possibly our oldest chapter member and one of the pivotal people who kept the chapter going through some lean years. Born in Seebad-Ahlbeck, Germany, she spent her childhood and early adult life in this city by the Baltic sea. In 1949 she came to Canada where she met her husband with whom she had two children. Lottie worked as a seamstress for a dry cleaner and also had a sewing business at home. It was in the late 60's that she began to have symptoms of ulcerative colitis. They didn't have much in the way of treatment at that time so in 1970 she underwent permanent ileostomy surgery. Lottie began volunteering with the chapter in 1977, holding the position of secretary for several years. She became newsletter editor in February 1981, a position she held almost continuously until the fall of 1999, a total of almost 18 years. With the use of a somewhat unreliable dictaphone and an iPad, I interviewed Lottie in her home in December:



now, we didn't have computers then! You had to type it all out on a typewriter. It was easier when we used correcting tape but it was still a lot of work.

Who were some of the pivotal people involved in the chapter in the early days?

Well, May Fawcett, she was President when I came along. And Bea Brail was Treasurer for a while. Fred Green was active, too. I took over Secretary from Anne Lamoureux and Editor from Muriel Edgar. We had meetings on Sundays. Let's see -- Muriel Edgar, Joan Brehaut, Joan Williams, Dave Oram. There were a lot of us over the years. Joan Williams was secretary



Lottie, with her mother and baby brother at the Baltic Sea, 1933

What year was your surgery done and what was the reason for it?

It was 1970. I had Ulcerative Colitis. I was sick for a few years, always looking for a bathroom. They didn't have very good treatments then. My doctor gave me some pills, big brown pills, I don't know what they were. They didn't help much.

Which hospital were you in and how long were you in hospital?

I was in North Vancouver, for 7 months! They kept you in, you couldn't go until you had a certain weight. I was 76 pounds. That was a long time, that seven months.

How did you hear about the chapter and why did you join?

Oh, somebody told me. Maybe it was the supplier. I didn't volunteer right away but I went. You wanted to see somebody who had the same thing as you. That was why you went, you wanted to see somebody else who had to wear one of these stupid things! The meetings were where you got information, you could ask somebody what they did. Not everything worked for everybody but it was a place to get information.

What was your first volunteer position in the chapter?

I was Secretary to start off. When Muriel Edgar quit I was newsletter editor. I did that a long time! I did the printing and mailing, too. That was a big job, it took a long time. We had hundreds of members back then. You have it easy



First communion: Lottie at right, and her sister

when I joined, I think. Later on Joan's husband Ivor got involved. He didn't have an ostomy but he did a lot for the chapter. Ivor and I voted against joining the Coquitlam chapter when we were having trouble. Then they folded! Good thing we didn't join them!

What was it like to be an ostomate when you first started out?

For me? I had to get used to it. I couldn't always wear an appliance, my skin was burned. I had to put Amphojel on, it always was red. You made a paste out of the powder and put it on your skin. I had to put the Amphojel on and then the dry cloth over to soak it up. Yeah, it wasn't very nice. I got my first supplies from Keir & Son, he brought the things right to the

hospital, the old owner. They were the only ones in those days, Keir. The fellow came right to the hospital and measured me. He measured my stoma for the size of plate I needed. A rubber plate! Let's see, there

cont. next page

LOTTIE, cont. from page previous page

was a plate, and a ring, and an 'O' ring. Gosh, it must have been at least 4 or 5 parts. It wasn't like now. In the old days, everything was so serious, it was complicated to get supplies. Now they make it easy, they deliver it to you.

Where did you get information on equipment?

The suppliers! You got most of your information from the suppliers and the rest from other people who had an ostomy. You didn't have the internet then, they didn't have the ETs in the hospitals like they do now.

What is the biggest difference now, with the appliances?

The biggest difference now? Simplicity! Definitely, the simplicity. Imagine, all those pieces back then. (laughs) And it still didn't work right!

What role did the chapter play in those days?

Well, it was the support. I mean, support is the most important thing, that you're not by yourself. It's more like a social club now, the new people don't



Dancing in Greece

come that much for information because they have the ETs. Look at the ETs we have now. You have ETs in the hospital, but that wasn't always the way it was. We had a big membership when I joined, it was social but you got information too. And when I started volunteering I went to conferences, too. I met all kinds of people. I must have gone to nine conferences, mostly in the States. This was before we formed the Canadian chapters. Most people don't even join a chapter now, they don't need it. But it's the only place you get to meet people the same as you.

What advice would you give to someone facing ostomy surgery now?

Not to be afraid. There's a life after. A better life, not feeling sick.

And how old are you now?

I will be 94 in a month. Good genes! □



Lottie at home in North Van, circa 1980's

TECH TALK

Thinking of Buying a Laptop?

More and more seniors are going online with their own computers, laptops or tablets. If you own or are thinking about buying a laptop, here is how to care for and get the best use out of the battery that runs it.

Every rechargeable battery has a usable lifespan, measured in "charging cycles." A charging cycle is one period of full or partial discharge of the battery, followed by plugging it into electrical power and recharging it. The number of usable charging cycles can be affected by many factors, including how the battery is used, how old the battery is (time since manufacture, which can be longer than how long you have owned it), and the temperature when the battery is used and when it is left unused for long periods of time.

Using AC Power

Batteries in portable devices are designed for exactly that: portable use.

This presumes that there will be times when the laptop is used away from an electrical socket, and discharging off the battery. You should not keep your laptop plugged into electrical power 24 hours a day, seven days a week; it is designed to run off the battery from time to time. However, there is nothing wrong with keeping your laptop plugged in most of the time you are using it. Under normal usage by most people, the battery will work properly without requiring any specific maintenance; you only need to take action when your laptop is almost entirely immobile.

Disconnect your laptop from wall power when you won't be using it for a few days. Leave your laptop in "sleep" mode instead of turning it off; this will slowly discharge the battery over time. If your laptop receives daily use and is never moved, you should deliberately disconnect from wall power once a month or so to keep the battery properly conditioned.

Battery Storage

If you are storing your battery for six months or more without using it, charge it approximately halfway, and place it somewhere where it will be kept at a moderate temperature. Electronic devices, including batteries, prefer the same range of temperatures that humans do; storing your battery in subfreezing or excessively hot temperatures can lower its ability to retain a charge when put back into use.

Tips

Under most conditions, batteries do not require conscious maintenance on the part of the user. All batteries will lose charge capacity over time, and need to be replaced every two to three years; simply plan on replacing your older batteries, and you do not need to take specific actions to keep them in service.

- Ehow.com

Maintaining the
Right Environment
Makes all the
Difference



Introducing the CeraPlus™ skin barrier with Remois technology*

At Hollister, we realize the importance of healthy peristomal skin. Our newest skin barrier is infused with ceramide, the skin's naturally occurring protection against dryness.

The CeraPlus skin barrier is designed to maintain adhesive properties, and features a proprietary formulation designed to help protect the skin's own moisture barrier.

The CeraPlus skin barrier from Hollister—because peristomal skin deserves better.



**Remois is a technology of Alcare Co., Ltd.*

Hollister Ostomy. **Details Matter.™**

© 2014 Hollister Incorporated.

For more information, please contact your
Customer Service Representative at **1.800.263.7400**



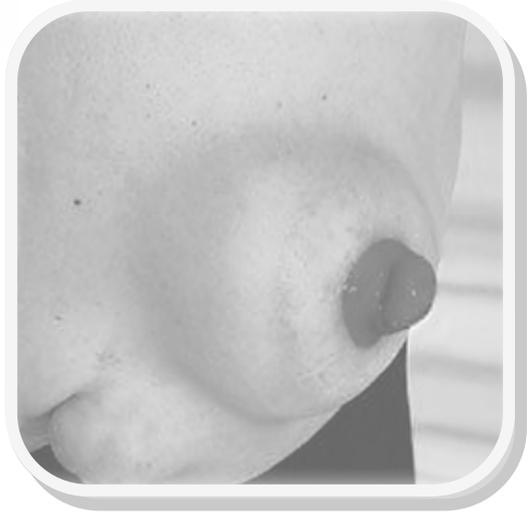
www.hollister.com

DID YOU KNOW.....

You may have a 20-50% chance
of developing a PERISTOMAL HERNIA ?

DO YOU HAVE AN OSTOMY AND HAVE ANY OF THESE SYMPTOMS ?

- A swelling or bulge of the abdomen around the stoma. It can look like your stoma is "sitting on an orange".
- A dull ache or heavy & "dragging" feeling of your abdomen, especially when standing.
- The size of the bulge (hernia) may reduce in size when you lie down and get larger when standing up.



If you suspect you may have a Peristomal Hernia,
Have questions about **PREVENTION** or **MANAGEMENT**,
Come in for a **COMPLIMENTARY** consultation with one of our
Specialized **OSTOMY NURSES** (Enterostomal Therapists)

~ We Carry Many Options for Custom Hernia Belts and Supports ~



OSTOMY
CARE & SUPPLY
CENTRE

Call for Your Appointment Today
Available 6 Days a Week
604-522-4265

2004-8th Avenue, (At 20th Street)
New Westminster, BC
Toll free 1-888-290-6313

www.ostomycareandsupply.com

AN INTRODUCTION TO THE COMOX VALLEY OSTOMY SUPPORT GROUP

By Ken Osmond and Betty Robertson

Hello Vancouver Chapter! We are very pleased to be a satellite of your Chapter and thought you might want to know a bit about us. We are located in the beautiful Comox Valley. It is nestled in a picturesque part of Vancouver Island that stretches from Cook Creek in the south, to Oyster River in the north, the Strait of Georgia on the east and Mt. Washington to the west. We are comprised of the Town Comox, City of Courtenay and Village of Cumberland along with Denman and Hornby Islands. The small unincorporated communities of Royston, Union Bay, Fanny Bay, Black Creek and Merville are also part of our makeup. We have a total population of about 70,000.

Our economics are diverse from Canadian Forces Base Comox and its squadrons, a civilian airport with direct flights to Calgary, Edmonton and hot spots like Puerto Vallarta, federal and provincial employees, lots of retirees, a large oyster growing area together with scallops and prawns, some wineries, a distillery or two, many mixed farming that varies from dairy to bison to berries and the occasional cash crop. Our summer and winter recreation opportunities are outstanding. We can golf, hike, sail, or fish year round and ski in the winter. There is fantastic talent in the area that provides lots of opportunity to enjoy music of many genres. We have MusicFest in July and the Filberg Festival in August along with Nautical Days to look forward to each year. We also have the Snowbirds aeronautical team that practices here each spring for about 2 weeks.

Our support group started some 15 years ago with 12-15 ostomates and has grown to about 80 in the last three years. Not everyone comes to the meetings but they do enjoy getting e-mails that keep them up to date on what's happening. Our oldest member turns 100 this year. Our most experienced ostomate had his surgery in 1972. We estimate there are about 300 ostomates in the Valley.

We recently became a satellite of your chapter after

the Central Vancouver Island Chapter disbanded. We encourage everyone to become a member of Vancouver but it is not a requirement for participation at the local level. We operate on an informal basis with 2 to 3 co-leaders, have 5 meetings a year, coffee meetings bi-weekly, a summer barbecue and Christmas dinner. Attendance at our meetings is between 30 and 45 people. We often have guest speakers such as one of the ostomy supply vendors or our ET nurse. After our meetings we have tea and socialize.

If anyone is visiting in our area and would like to attend a meeting you are more than welcome. **The dates for 2015 are Jan 19, Mar 16, May 25, Sept**

21 and Nov 16. All meetings are held at the Comox Valley Community Health Center, 961 England Avenue, Courtenay in the Cedar Room from 7 to 9 pm.



Our coffee sessions are informal and very popular too. They provide an opportunity for people to chat about anything from a problem they are having with their ostomy

to travelling they have been doing. It's a great chance to make some new friends that understand your situation. Coffee dates take place at Quality Foods in Driftwood Mall. They have a private room on the 2nd floor of the store.

We have an ET nurse, Kim Mayenburg, who lives in the community. She is very personable and knowledgeable with an extensive background in wound care and spends most of her time working in that field. The problem we face is that there is no publicly funded position here for an ET nurse. As accommodating as Kim is, our main access to her is through a once a month clinic at Comox Pharmasve. Hopefully this will change when our new 190 bed, \$300 million plus hospital comes on line in the summer of 2017. If someone needs assistance immediately they are welcomed at the Nanaimo Regional Hospital which is about an hour south of the Comox Valley.

So that is a summary of where we are and who we are. We do hope that some of you will come to the Island and visit our beautiful area. □

Macdonald's Prescriptions #3 Kitsilano
 2188 West Broadway, Vancouver 604-738-0733
 www.macdonaldsprescriptions.ca



*"We're small enough to know you,
 large enough to serve you."*

Macdonald's Prescriptions #3 has been taking care of the medical needs of our clients for over 40 years. Not only can we assist you with ostomy supplies, we have many speciality supplies and services. Free delivery is available.

*Skin Care Products • Custom Compounding
 Customized Compression Hosiery • Mobility Equipment
 Lymphoedema Fittings • Herbal and Nutritional Supplements
 Incontinence Supplies • Speciality Health Supplies*



*Cardiovascular Assessments • 24 Hour Ambulatory Blood Pressure Monitoring • Ankle Brachial Pressure Index Testing
 Registered Nurse Consultations*



Lancaster

SALES & RENTALS

We carry all Ostomy Appliance Brands

- Wheel Chairs
- Walkers
- Bath Safety aids
- Incontinent Supplies
- Support Stockings
- Diabetic Supplies

ET available by appointment for Wound, Ostomy and Continence Management

873-8585

601 West Broadway, Vancouver

526-3331

7487 Edmonds, Burnaby

582-9181

FREE OSTOMY DELIVERY!

Enjoy Life More and Worry Less

Go ahead, go out and enjoy yourself! **Seal-N-Toss** lets you discreetly dispose of your used ostomy pouch while out, worry-free.

Simply place the used pouch in the bag, seal, and toss away. **Seal-N-Toss** seals tightly to reduce odours, does not make rustling noises and is 100% opaque.



Attiva
 Ostomy Essentials

www.AttivaOstomy.com

For free samples or to order:
1-800-387-5150

Available from O.O.S. Medical.
 Dealer inquiries welcome.

UROLOGIST DISCUSSES UROSTOMIES

By Emery Fanjoy and Joel Jacobson
Halifax Ostomy Gazette,
November 2014

Dr. Ricardo Rendon, a Halifax urinary surgeon, performs up to 40 urinary diversions annually.

At the November meeting of Ostomy Halifax, he explained, through a Powerpoint presentation, the causes, and generally satisfactory outcomes, of a procedure that has been anywhere from routine to challenging, “although,” he said, “in my opinion, urostomy surgery is one of the three most difficult surgeries to do.”

Speaking to a rapt audience of more than 50 ostomates, Dr. Rendon said “Cancer is the most common cause of bladder disease that results in a diversion. Severe trauma, cystitis, urinary incontinence and fistulas are other causes.”

During a 40-minute presentation, Dr. Rendon, associate professor at Dalhousie University’s department of urology, noted what surgeons consider before doing urostomy surgery.

“We look at the age and the patient’s life expectancy. We examine general bowel health and previous treatments in that area.

Weight is important as heavy people present more difficult situations. We also examine manual dexterity, needed if there is catheterization required, the confidence of the patient to deal with a urostomy, life style, willingness to catheterize, and tolerance of nighttime leakage.”

There are three types of diversions: non-continent where an ileal conduit is the ideal treatment; continent, and neo-bladder, the construction of a new bladder.

The ileal conduit is the “gold standard” of urostomies, he said, “best for those who cannot tolerate a lengthy surgical procedure and who can’t self-catheterize. The surgery itself results

in a stoma to evacuate urine into a pouch.”

Dr. Rendon said in deciding on an ileal conduit there are important considerations for the surgeon such as patient education, stoma site selection, a good blood supply and enterostomal nurse support.

In a continent urostomy, an internal reservoir is made for urine collection, and the ileo-cecal valve is used to retain the urine in the bladder. That valve comes from the junction between the small and large intestines. Its purpose is to prevent reverse flow from the latter into the former.

Several times a day a small catheter is inserted through a stoma to open the valve and allow urine to flow from the reservoir into the toilet. The surgeon needs more parts to do this complex surgery, there is a 50 percent chance of secondary surgery, and blood pressure

can be elevated in the kidneys. The surgery is done mostly on younger patients.

A new bladder is created in neo-bladder surgery. The new bladder will completely empty each time,

the upper urinary tract is protected, and there is very low re-absorption of urine into the system.

Among the advantages of this procedure are that it is most similar to normal voiding, it can be converted to an ileal conduit, there is 90 per cent daytime continence, it’s technically easier for obese patients and offers the highest quality of life.

However, he said more parts are needed to create it and there is a longer recovery time. Nocturnal incontinence can be a factor and anywhere from 10 to 50 per cent of patients need a catheter to empty. There is also danger of rupture.



Dr. Rendon concluded there are new techniques coming, even those that might avoid a urinary diversion altogether. For example, tissue engineering might enable someone to grow a new bladder. While laproscopic surgery is possible, it is very time consuming (14 hours for a procedure compared to 3-4 hours for an ileal conduit. Robotics is still not being done in Halifax. □

Many thanks to our kind and generous donors to the chapter and/or our Youth Fund!! A number of you said “Just keep the change” at our Christmas party so we might have missed some names. If you don’t see your name here, or if we have somehow missed you elsewhere, please know that we sure appreciate every dollar:

**Linda Jensen
Brenda Weishaupt
Donald Schick
Hans Frie
Brenda Searle
Alvin Ashcroft
Gordon Cumming
Florence Robertson
Helmut Wolf
Grace Walker
Randy Dungate
Darsho Johal
Moira Colbourne
Earl Lesk**

**In Memory of
Claire Irene Doull:
Sandra Doull
Eileen & Jim Booth
Linda Cantlay**

Davies

PRESCRIPTION
PHARMACY LTD.



Davies Pharmacy has been serving the North Shore with quality medical supplies and pharmaceuticals for 30 years. Our expert staff of pharmacists, nurses, and technicians can provide you with a full range of products for a healthy life style.

1401 St. Georges
(opposite Lions Gate hospital)

604-985-8771

TRIVIA TIME

The first Siamese in the United States was a gift from the U.S. consul in Bangkok to the wife of President Rutherford B. Hayes. Siamese, or 'Meezers' as they are sometimes nicknamed, became trendy in the 1950s thanks to *Bell, Book and Candle*, a film starring cat lover Kim Novak, James Stewart, and a Siamese named Pyewacket, whose role was played by nine different cats. In 1965, Meezers starred in *That Darn Cat!* and *The Incredible Journey*. Even Bob Dylan sang about "a diplomat who carried on his shoulder a Siamese cat," in his first electric hit, "Like a Rolling Stone".



- The 2014 Cat Calendar



REGENCY #6
MEDICINE CENTRE
PHARMACY

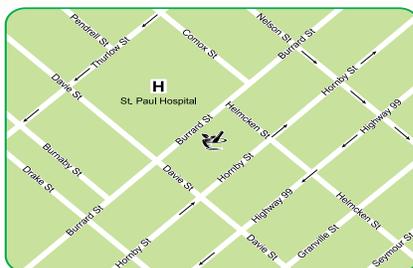
...on Burrard Street



Our Services:

- Professional Certified Knowledgeable Staff
- ET Nurse Consultations (available by appointment)
- Ostomy, Wound & Continence Services
- Compression Stockings & Custom Fittings
- Wound Care & First Aid Supplies
- Skin Care Products
- Medical Equipment & Supplies
- Home Health Care Products
- Vitamins & Supplements
- Cough & Cold Remedies
- FREE Delivery

...and more, we invite you to visit us today!



Our Location:
100-1144 Burrard Street
Vancouver, B.C. V6Z 2A5

Contact Us:

Phone: **604-688-4644**
Fax: **604-648-8028**
Website: **www.regencyrx.com**
E-mail: **regency6@telus.net**

Our Hours:

Monday-Friday 9am-5:30pm
Sat/Sun/Holidays Closed

We are conveniently located in the West End of Downtown Vancouver, inside the **Burrard Medical Building**.

Sudocrem

Often used as a solution to diaper rash, Sudocrem can also be useful for helping relieve irritated peristomal skin under the flange. Use a small amount -- that's TINY small, folks -- and smear evenly over the affected area. Wait at least five minutes before applying your flange. If you use too much, your appliance won't stick! You can try the pill bottle trick on page 22 to keep things tidy while you're waiting for things to dry.





NIGHTINGALE
MEDICAL SUPPLIES LTD

www.nightingalemedical.ca
info@nightingalemedical.ca



« Free Ostomy Delivery

- Competitive Pricing
- Knowledgeable Customer Service Staff
- Complimentary Wound, Ostomy, Continence Nursing Consultations
- One of the LARGEST Inventories in Western Canada
- All Store Locations offer Direct Billing to Pharmacare, NIHB, WCB, ICBC & DVA
- Certified Garment, Mastectomy & Stocking Fitters on Staff



Vancouver Branch

604.879.9101 | 1.800.663.5111
125-408 East Kent Ave. South



OSTOMY · MASTECTOMY · CONTINENCE · COMPRESSION



Your Independence, Our Solutions

• Colostomy • Ileostomy • Urostomy

We have your brand



You do have a choice when it comes
to selecting your Ostomy supplier

Shoppers Home Health Care is your source for a full range of quality self care products, backed by discreet, effective advice and service.

From a full range of skin care, first aid, wound care, ostomy and incontinence supplies, we can help you select the right products to meet your personal requirements.

VANCOUVER
370 East Broadway, Unit 202
(604) 876-4186

Vancouver General Hospital
2790 Oak Street
(604) 739-4645

WHITE ROCK
Central Plaza
15182 North Bluff Road
(604) 538-3400

VICTORIA
1561 Hillside Avenue
(250) 370-2984

KELOWNA
Capri Centre Mall
1835 Gordon Drive
(250) 717-1850

PENTICTON
1301 Main Street, Unit 709
(250) 492-7592

LANGLEY
6339 - 200th Street, Unit 304
(604) 514-9987

SURREY
12080 Nordel Way, Unit 135
(604) 597-2097

*Shoppers Optimum Points awarded on client paid portion only.

SHOPPERS
HomeHealthCare®

EARN SHOPPERS OPTIMUM POINTS®*

The Flu and What To Do

The flu brings with it headaches, upset stomach, diarrhea, muscle aches and pains! The advice: plenty of fluids and rest in bed -- this remains sound medical advice for your general attack of the virus. But if your case of the flu includes that "bug-a-boo" diarrhea, you may find the following hints helpful.

For colostomates, it is usually wise not to irrigate during this time. Your intestine is really washing itself out. After diarrhea you may have a sluggish colon for a few days, so again, "leave it alone". Start irrigation again after a few days when your colon has had a chance to return to normal.

For ileostomates, diarrhea is a greater hazard. Along with the excess water discharge, there is a loss of electrolytes and vitamins that are necessary in maintaining good health. This loss is usually referred to as a loss of fluid which, in turn, brings a state of dehydration. Therefore, you must restore electrolyte balance. First, eliminate all solid food. Second, obtain potassium safely and effectively from tea, bullion, and ginger ale. Third, obtain sodium from saltine crackers or salted pretzels. Fourth, drink a lot of water. Cranberry juice and orange juice also contain potassium, while bullion and tomato juice are good sources of sodium. Vomiting also brings the threat of dehydration. If it is severe and continuing, your doctor should be notified or go to the ER. You should know



also that diarrhea may be symptomatic of partial obstruction or an acute attack of gastroenteritis.

Since the treatment of these two entities is entirely different, a proper diagnosis should be made as rapidly as possible if obstruction is suspected because of localized cramping. A physician should be sought immediately. So you can see why it is so important to determine whether the diarrhea is caused (1) by obstruction or (2) gastroenteritis. If you do not know, check it out with your doctor. Do not play games. Remember - always call your physician unless you are 100% certain of what you are doing.

For urostomates - be sure to keep electrolytes in balance by following the general instructions for colostomies and ileostomies. No ostomate should take medicine for pain or a laxative without the physician's order. Do not use antibiotics for colds or flu unless the doctor orders it. In colostomy patients, drugs or certain foods can cause constipation. This can be prevented during a cold by drinking plenty of liquids. Increased water intake in the ileostomate results in increased urine output rather than increased water discharge through the appliance.

When returning to a normal diet, use fiber-free foods at first, then gradually increase to regular, normal diet. Prompt attention to the symptoms of distress of colds and flu should bring to each of you a happier and, hopefully, healthier winter. *Source: 'Metro Halifax News October 2008 via UOAA Update 2/09; Northern Pouchvine*

"Now I can compete with confidence, whether I'm running, swimming or cycling."

Ken, triathlete and Brava user



Think again. Think Brava™

Brava Elastic Tape follows Ken's body movements

Now that Ken uses Brava Elastic Tape, he is entering triathlons again. Because it's elastic it adapts to changes in his body contours while preventing the edges of his base plate from rolling and lifting. This ensures his base plate stays firmly in position even when he is moving around.

Visit www.brava.coloplast.ca to download a \$5 off coupon or to order free samples



The Coloplast logo is a registered trademark of Coloplast A/S. © 2013-01. All rights reserved. Coloplast A/S, 5050 Hummelbæk, Denmark.



Shop Online And Save On Ostomy Supplies!

Convenient Shipping

FREE SHIPPING for orders \$150 and up, and \$8 shipping for orders under \$150, across Canada!



Save valuable time and gas - have your supplies delivered discreetly to your door!

Ordering Your Supplies Is Easy

1. Visit www.CanMedDirect.ca from your computer.
2. Find your products by typing in the product code or description in the search bar in the top right corner.
3. Add your items to the shopping cart, checkout and pay using: 



Huge Selection, Lowest Prices

We always price check other stores and websites to ensure that we have the **LOWEST PRICES** in Canada, and feature a huge selection of ostomy products - if you need it, chances are we have it!



  @CanMedDirect www.CanMedDirect.ca info@canmeddirect.ca 1-855-4-CANMED



CANMedDirect.ca
Canada's Online Medical Superstore

Tips & Tricks from the Archives

If your ileostomy discharge is consistently liquid, try adding bulk with Metamucil. Two dosages daily will thicken the stool.

Urostomates: to collect discharge while changing appliance, hold a plastic pill bottle over the stoma. Some cotton balls placed in the pill bottle will absorb the urine.

Adhesive remover works great for removing chewing gum from almost anything. Works well for removing bumper stickers, too.

If you use cement, it should be spread thinly. How thin? If you were to spread it on a newspaper you should be able to read the print through the cement.

A warm welcome is extended to new chapter members:

- Charles Defeo
- Edith Pletzer
- Florence Robertson
- Susan Toresdahl
- Robert Darge

VISITOR REPORT

Referrals for this reporting period:

- 1 Ileostomy
 - 1 Colostomy
 - 4 Urostomy
 - 2 Other
- TOTAL 8

Thanks to our visiting volunteers Maxine Barclay, Raj Shaw, Merv Wright, Deb Rooney and Julie Singer.

OH NO!! Did you forget to renew your membership for 2015? Don't worry, we're very forgiving if you're late.



Actually, we'll chase you for months. If you're not sure if you have renewed, please call our membership coordinator Patsy at 604-438-8341. And there's that renewal form right over there.



ET NURSES VANCOUVER / MAINLAND AREA

VANCOUVER

Vancouver General Hospital

Deb Cutting, RN, ET
Kristina Catafio, RN, ET
Gwen Varns, RN, ET
Colleen Riley, RN, ET

855 West 12th Avenue
Tel (604) 875-5788

ST. PAUL'S HOSPITAL

Neal Dunwoody on leave

1081 Burrard Street
Tel (604) 682-2344 Local 62917

Children's Hospital

Amie Nowak, BSN, RN, ET

4480 Oak Street
Tel (604) 875-2345 Local 7658

MACDONALD'S PRESCRIPTIONS

Call for appointment

2188 West Broadway
(Kitsilano)
Tel: 604-738-0733

REGENCY #6

Call for appointment

Mon, Wed, and Fri. 3:30 to 5:30

1144 Burrard St.
(Vancouver, across from St. Paul's)
Tel: 604-688-4644

NIGHTINGALE MEDICAL SUPPLIES

Vancouver Kent: 604-879-9101

Lauren Wolfe

Broadway: 604-563-0422

Lauren Wolfe, Annemarie Somerville,

Gwen Varns, Christine Kwong and NCA Sam Leung

White Rock: 604-536-4061

Margaret Little

Langley: 604-427-1988

Katie Jensen, Lisa Peasy

All locations have scheduled clinic availability. Appointments can be booked by calling the stores directly.

Tel 604-879-9101

Nightingale Clinics also at Richmond/White Rock and Langley (see ads this issue)

Kristina Catafio/Katie Jensen RNs, ETs Langley

Margaret Little, RN, ET White Rock

NORTH VANCOUVER

Rosemary Hill, RN., CWOCN (Mon - Fri)

Annemarie Somerville, RN, ET (Mon/Wed)

Beth Gloyd, RN, ET

Lion's Gate Hospital

Cell (604) 788-2772

Tel (604) 984-5871

(604) 984-5871

BURNABY

Misty Stephens, ET

Burnaby General Hospital

(604) 4212-6174

PORT MOODY

Susan Holding, RN, BSN, ET

NEW WESTMINSTER

Heather McMurdy, RN, ET

Susan Andrews, RN,

Lucy Innes, RN, ET

Eagle Ridge/Ridege Meadows

Tel. 604-469-3128

Royal Columbian Hospital

Tel (604) 520-4292

OSTOMY CARE & SUPPLY CENTRE

Andrea (Andy) Manson, RN, ET

Muriel Larsen, RN, ET

Christina Kerekes, RN, ET

Laurie Cox, RN, ET

Arden Townshend RN, ET

Lisa Hegler, RN, ET (Saturdays 9 - 1)

2004 8th Ave. New Westminister

Tel (604) 522-4265

Call to book an appointment
at the number above

Website:

www.ostomycareandsupply.com

SURREY

Kathy Neufeld, WOCN (Mon - Thurs)

Heidi Davis, RN ET (Mon, Tues)

Tanya French, RN, ET (Wed - Fri) (DeVries on mat leave)

LANGLEY

Katie Jensen, RN, BSN, ET

ABBOTSFORD

Donna Tyson, RN, ET

Paula Taylor, RN, ET

CHILLIWACK

Jacqueline Bourdages, RN WOCN

Surrey Memorial Hospital

Tel (604) 588-3328

Langley Memorial Hospital

Tel (604) 534-4121

Abbotsford Regional Hospital

Tel (604) 851-4700 Ext 642213

Chilliwack General Hospital

Tel 604-795-4141

Local 614447

Peace Arch Hospital

Tel (604) 535-4500

Local 757687

Richmond General Hospital

Tel 604-244-5235

WHITE ROCK

Margaret Chalk, RN, ET

RICHMOND

Maria Torres, RN, ET

MEMBERSHIP APPLICATION

Vancouver Chapter United Ostomy Association

Membership is open to all persons interested in ostomy rehabilitation and welfare. The following information is kept strictly confidential.

Please enroll me as a ___ new ___ renewal member of the Vancouver Chapter of the UOA.

I am enclosing my annual membership dues of \$30.00, which I understand is effective from the date application is received. I wish to make an additional contribution of \$ _____, to support the programs and activities of the United Ostomy Association of Canada. Vancouver Chapter members receive the Vancouver Ostomy Highlife newsletter, become members of the UOA Canada, Inc. and receive the Ostomy Canada magazine.

Name _____ Phone _____

Address _____

City _____ Postal Code _____ Year of Birth _____

email (if applicable): _____

Type of surgery: ___ Colostomy ___ Urostomy ___ Ileostomy ___ Internal Pouch ___ N/A

May we welcome you by name in our newsletter? OK ___ I'd rather not ___

Additional contributions of \$20 or more are tax deductible. Please make cheque payable to the **UOA Vancouver Chapter** and mail to: Membership Coordinator, 3443 Dartmoore Place, Vancouver, BC V5S 4G1



ConvaTec

Never underestimate the power of a hug.TM



&

Natura[®]

Ostomy System

Esteem synergy[®]

Ostomy System

ConvaTec Moldable Technology[™] Skin Barriers create a seal as comfortable and secure as a hug. The active hug helps to prevent leaks and protect your skin.^{1,2} Clinical experience demonstrates it, and people living with an ostomy confirm it.



Easy to use. No cutting, no stretching, no guesswork; simply roll back and press forward to create your custom "hug."

Rebounding Memory Technology.[™] Actively matches the size and shape of your stoma, even as it grows and shrinks throughout the day.

The ONE and ONLY smart adhesive with tri-laminate construction. Turtlenecks comfortably around your stoma to help prevent leaks and skin irritation.

Give yourself a hug.

Learn more.

1 800 465-6302
www.convatec.ca

Never underestimate the power of a hug.[™]

¹ Scott V, Raasch D, Kennedy G, Heise C. Prospective assessment and classification of stoma related skin disorders. Poster presented at: 41st Annual Wound Ostomy and Continence Nurses Society Conference; June 6-10, 2009; Orlando, Florida.

² Hoeflok J, Guy D, Allen S, St-Cry D. A prospective multicenter evaluation of a moldable stoma skin barrier. *Ostomy Wound Manage.* 2009;55(5):62-69.