

Mid-Island

Ostomy Group

NEWSLETTER

Serving an area from Duncan and Chemainus in the south, up to Ladysmith then over to Alberni on the west coast, through the city of Nanaimo and north up to and including Qualicum and all points in between.

Mid-Island
Ostomy Group
meets at 10:30 a.m.
First Friday of
every month for
**COFFEE
BREAK**
in the
2nd Floor meeting
room
of
**Country Grocer on
Bowen Road in
Nanaimo**
Access is via the
stairs to the left of the
entrance to the store
cafeteria.

These are not business style meetings but rather just a group of ostomates, family members and friends who meet once a month to spend some time in informal conversation as well as discussions on the various aspects of living with an ostomy.

#####

Visitors, family,
friends and
newcomers are
always welcome

**Next
Coffee Break...
FRI., MAR. 6**
starting at 10:30 a.m.

MID-ISLAND ET NURSES

**TERESA STONE, RN,
BScN, ET**

Ostomy Wound Care
Clinician, Central Island
E-Mail: TeresaStone@viha.ca
Phone 250-716-7709

**MEGHAN MALONEY,
RN, BScN**

ET, Wound Care Clinician
NRGH
Phone 250-716-7709

**COLETTE MacASKILL,
RN, ET**

Ostomy Wound Care
Clinician
Westhill Pharmasave
1816 Bowen Road
250-740-3880
on Tues., Wed, 9-4
E-Mail: 260hhc@forewest.ca

**LINDA PENNY, RN, BScN,
ET**

Ostomy Wound Care and
Diabetic Foot Specialist
Contact her at Pharmasave
1816 Bowen Road, Thurs.
Phone 250-740-3880



COFFEE BREAK NEWS !!!

February Coffee Break got off to a successful start with an enthusiastic discussion as to where and when the group would meet again for a luncheon. The decision had been postponed because of the very low attendance at the first meeting of the new year.

Following an enthusiastic debate it was decided to go for Chinese food at Hong Kong House restaurant on the 21st of February, starting at 12 noon. A special announcement concerning the time, place and date was mailed out to members.

But the best was yet to come. Dave and Anna Clark of the Duncan and area ostomy group arrived at Coffee Break with a huge container of ostomy supplies. Seems someone had donated what appeared to be a full year's supply of ostomy products to the Salvation Army in Duncan. However that group, being unfamiliar with the product and who could make use of it, the search was on for a recipient. And it finally ended up in the custody of Dave.

While the discussion around the table ebbed and flowed, the material was spread out for all to see. And it made an extremely impressive display. At the outset, while those present poked among the boxes there were no takers. But that was about to change.

A late-comer to the session walked in, examined the supplies and accepted them all. Dave kept a few of the items to give to the nurses in his area to be used for information or instruction sessions.

March Coffee Break will feature the attendance of Christian Prescott, island representative for Coloplast company. He will be answering any questions regarding Coloplast products, reviewing all the company's new accessories, and will discuss the new Concave product designed for hernia and "outward body profile". He asks that any members with questions send them to him at cacep@coloplast.com so he can be sure to have all the information available for the answer.

Following this Coffee Break on March 6, the next one will be on Friday, April 3. Same time, same place.

#####

Ostomy preparedness Courtesy of ostomyguide.com

When they first get ostomy surgery, most folks are immediately concerned about how their lives will change. But with some planning, most come to find that their lives don't change as much as they first believed.

While the time you're using an ostomy pouch, and the time the pouches are drained can be managed, preparation for accidents can save a lot of embarrassment. Here are some tips to make all the preparations:

- 1) Pack a “travel kit” – Make a separate kit to take with you that includes two brand new ostomy appliances. Also throw a couple sanitary bags in there as well. All of this can be carried in a small discreet bag or tote, always available in case you need it.
- 2) Keep supplies nearby where you spend a lot of time – Just like your travel kit, have a separate supply available to you in case you need it at work, school, or anywhere you’re spending hours at a time.
- 3) Keep an extra pair of clothes – you never know when you may need them.
- 4) Keep a Contact – Make sure a family member or friend knows where your supplies are, they know what they are, and how to get them to you.
- 5) Have a supplier handy – If you’re out of town, it’s a good idea to find the locations of medical supply stores in advance. If you have no other options, have a supplier online who can get you ostomy supplies next day if you have no other options.

#####

The overactive ileostomy Source: OSG of Middle Georgia, The Ostomy Rumble

An overactive ileostomy can result from a variety of problems. If the small bowel is inflamed due to Crohn’s disease, radiation injury, or bacterial/viral enteritis, the output will be profuse.

If there is narrowing of the small bowel close to the stoma, where the ileostomy goes through the abdominal wall, a pressure backup can lead to explosive high output.

Any food that has a laxative effect should be eliminated or, at best, kept to a minimum.

People with lactose intolerance will have high output if they use any kind of milk product, including powdered milk, which is found in many prepared foods.

Excessive drinking of fluids will also increase the ileostomy output.

An ostomate who has had a gall bladder removed may have increased output.

Medicines to counteract bile salts can be used if the problem is related to gall bladder removal. Many prescriptions and OTC drugs list diarrhea as a side effect.

The ostomate should work with his/her physician or ET nurse to evaluate the problem.

Once disease can be ruled out, therapeutic emphasis can be placed on diet, utilizing foods that decrease output.

#####

**Snowdrops are out in full force.
Can Spring be far behind?**





Successful Luncheon

The first luncheon of the new year for Mid-Island Ostomy Group was held February 21 at Hong Kong House restaurant and was well attended.

During the luncheon members were reminded that a representative of Coloplast will be in attendance in March to discuss his firm's products and answer questions.

