



**Mark your calendar...**

Mid-Island Ostomy Group

will hold its next

# COFFEE BREAK

beginning at 10:30 a.m. on

## FRI., NOV. 2

**Sessions are held in the second 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**

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These are not business oriented get-togethers but rather just a group of ostomates, families and friends who meet once a month to spend some time in informal conversation and discussions on the various aspects of living with an ostomy.

**New people are always made welcome to the group**

PHOTO: The waterfront in downtown Nanaimo is ever changing as new and taller high-rises are continually being added to the scene. This photo taken from the north side of Maffeo Sutton Park illustrates a part of the latest view.

The waterfront park, one of the the most popular parks in the city, is named after two men who were admired in the community: Pete Maffeo former mayor and ice cream shop owner; and Joe Sutton, caretaker of another city park.

In the past the area has been a heavy industrial site, a foundry and lastly a hockey arena before its current configuration.

(Continued inside)



# COFFEE BREAK

## NEWS !!!

**The success of the well-attended** luncheon held a few days previously at Milanos Ristorante made its presence known in a sharp drop in attendance at the regular monthly Coffee Break. held the first Friday in October.

**However that didn't** deter one member from bringing forward major problems her partner was experiencing with a parastomal hernia. She told of spending considerable money on a stoma hernia belt only to find that the hernia had enlarged and a second costly belt had to be purchased. Following surgery now another belt must be purchased.

She has spent considerable time searching the internet and has found many types, sizes, costs and layouts of hernia belts and will report on her latest decision. She was seeking any knowledge or suggestions from members who might have had to deal with similar situations. We wish her well and expect she will keep us informed on how the situation progresses.

According to a medical survey, up to 78 percent of people develop a parastomal hernia after surgery to create a stoma, usually within two years of surgery.

**Two news items picked** up from exchange information is that the Campbell River ostomy support group has closed down and members have been invited to attend the Comox sessions. Victoria Chapter No. 29 of Ostomy Canada Society has also suspended operations and will now act in a scaled down version as a Peer Support Group.

**Strange coincidence last month** when, within a few days of the Coffee Break photos showing two people walking out to the rock crags in Neck Point Park, television newscasts showed a burning boat washing up on the shore exactly where the people in the photo had been walking. Two adults and a 12-year-old girl all survived unharmed. All had been wearing lifejackets.

**The fall season is underway** as the leaves begin to change their colors, and the next Coffee Break will be held Friday, November 2. Same time, same place. Newcomers always welcome.

### MID-ISLAND ET NURSES

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## Fluid management and infection By Juliana Eldridge, ET/WOC Nurse via UOAA UPDATE

People with urinary diversions no longer have a storage area, a bladder, for urine. Therefore, urine should flow from the stoma as fast as the kidneys can make it. In fact, if your urinary stoma has no drainage even after an hour, it is of serious concern.

The distance from the stoma to the kidney is markedly reduced after urinary diversion surgery. Any external bacteria have a short route to the kidney. Since kidney infection can occur rapidly and be devastating,

Wearing clean pouches and frequent emptying are vital. Equally important is adequate fluid intake, particularly fluids that acidify the urine and decrease problems of odor.

In warm weather, with increased activity, or with a fever, fluids should be increased to make up for the body losses due to perspiration and increased metabolism.

Be aware of the symptoms of a kidney infection:

- \*Elevated Temperature
- \*Chills
- \*Low back pain
- \*Cloudy, bloody urine
- \*Decreased urine output

All ileal conduits normally produce mucus in the urine, which gives it a cloudy appearance. Blood in the urine is a danger signal. Thirst is a good index of fluid needs.



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## Nanaimo Waterfront

*(continued from front page)*

Long before any of the previously mentioned uses came into being archeological findings show the area had once been the site of a native village. Bone harpoons and shell samples date back to AD 360 and AD 610.

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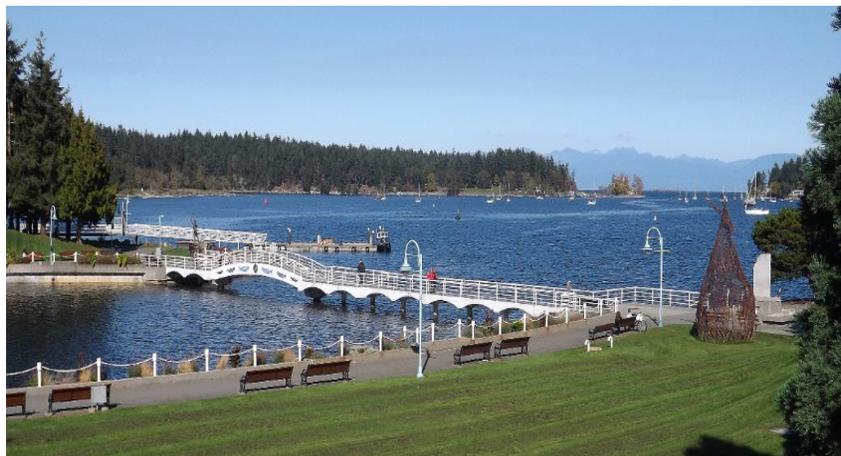


PHOTO THIS PAGE: This section of the waterfront walkway in Maffeo Sutton Park along with its bridge mark Swy-a-Lana lagoon, another popular spot with locals and visitors alike. The lagoon is actually a small salt water lake connected to the ocean at high tide. The lagoon includes a sandy beach and driftwood and is a popular spot for children to swim. The tide fills up and lowers the water depth as the tide changes, with levels controlled by a spillway below the bridge.

In the background at left can be seen Newcastle Island served by a small ferry used by hikers and campers. Just seen at the right is the tip of Protection Island located right in the centre of the main harbour.