



OSTOMY
Care & Supply Centre
Excellence in Ostomy Care

Newsletter

Spring 2018



Marty



Arden



Andy



Laurie



Lucy



Lisa

VISIT US AT MYOSTOMYCARE.COM

LOCATED IN THE WEST END MEDICINE CENTRE

2004 8th Avenue, New Westminster, BC V3M 2T5

Free parking at rear of building

Easy access from 22nd Street SkyTrain Station

HOURS:

Monday to Friday: 9:00am - 5:00pm

Saturday: 9:00am - 1:00pm

CONTACT US:

Phone: 604-522-4265 or 604-540-0390

Toll Free: 1-888-290-6313

Email: nurses@myostomy.com

Facebook: [OstomyCareandSupply](https://www.facebook.com/OstomyCareandSupply)

Twitter: [@ostomy_care](https://twitter.com/ostomy_care)

Complimentary visits with an ostomy nurse are by appointment - 6 days a week

Free Delivery Throughout BC

ANDY'S MESSAGE

BY ANDREA (ANDY) MANSON BSN, RN, ET, NCA



Life is an Adventure!

Happy Spring!

As most of you know, I love to travel, and I like a good adventure. I have just been to Moscow and St. Petersburg; it was amazing to be standing in Red Square, looking over at the Kremlin, thinking about how much history has occurred there. I walked through Lenin's tomb - the Comrade still looks good after all these years!

The highlights of St. Petersburg were: the Hermitage, the winter palace of many tsars and a museum of art and culture, started by Catherine the Great in the 1700's (the summer palace is lovely and ornate, done in the Baroque style); and seeing the Nutcracker ballet at the historic Mikhailovsky theatre was amazing. The theatre was beautiful, and the ballet spellbinding.

May finds my daughter and me in Maui, on a trip down memory lane. We often went to Maui with my parents when my daughter was a child. My mom passed away peacefully in October; our trip to Maui will be going places and doing things that we remember doing with my parents, especially my mom. We will go to the Pioneer Inn for macadamia nut pancakes with coconut syrup, to Leilani's for Mile-High Mud Pie, and to Kapalua to snorkel. It will be a special time for us.

I have started going to the gym to prepare for my next adventure: a 78 kilometer, seven day Laugavegur & Fimmvörðuháls Trek in Iceland. The trek is being organized by IDEAS (Intestinal Disease Education and Awareness Society). In 2009, I successfully trekked Kilimanjaro with them. The Iceland trek is a fundraiser, and money I raise will go to Ostomy Canada Society. Ostomy Canada is a national organization representing and supporting people with ostomies across Canada. www.ostomycanada.ca. Please consider donating to this great cause. To donate please contact me at nurses@myostomycare.com

In our next newsletter I will tell you all about my trek; until then, I look forward to hearing about your adventures!



Helen Manson

In Memoriam

It is with great sadness that we announce the death of our founder and mentor, Helen Manson.

Helen was one of the first Enterostomal Therapy nurses in BC, and founded the ostomy programs at St. Paul's and Surrey Memorial Hospitals. Later, Helen founded the Ostomy Care and Supply Centre and her legacy of care lives on through her daughter, Andrea (Andy) Manson and the team supporting her.

A pioneer in the world of ostomy care, Helen's sense of humour put patients at ease. Helen helped many people rediscover life after ostomy surgery. She will be dearly missed by her loving husband of 64 years, Stewart, and her children, grandchildren and great-grandchildren, as well as her many friends.

OSTOMY CARE AND SUPPLY CENTRE

OSTOMY INFO

BY ARDEN TOWNSHEND BSN, RN, ET



June is Crohn's & Colitis Awareness Month

Crohn's and colitis are known collectively as Inflammatory Bowel Disease (IBD). Although they are different conditions, both cause inflammation of the digestive tract, resulting in difficulty digesting food and absorbing nutrition. Because of the damage to the digestive tract that occurs with IBD, people often experience bloating, diarrhea (sometimes with blood in it) and pain.

Someone with IBD will also often experience urgency and frequency, meaning they need to have a bowel movement many times a day (for some people up to 30 times) and with little warning. This can make the most basic activities, such as grocery shopping or attending a child's soccer game, very challenging and anxiety-provoking.

It is not currently known what causes Crohn's or colitis, although there are many theories. It may be partly genetic, there may be an environmental component, and new research is looking at the impact of the bacteria, yeasts and viruses living in our digestive systems on the development of IBD. Most people diagnosed with IBD are under 30, but it can occur at any time in life.

Treatments for IBD continue to be developed, however there is no cure. Medications to control IBD are often expensive and must be taken for as long as they continue to be effective. In some cases the medication become ineffective, and the only option is surgery to remove the affected portion of the digestive system.

For people with colitis, removing the rectum and colon (together called the large intestine) will be an end to symptoms of the digestive tract since colitis only affects the large intestine.

Having the large intestine removed means the creation of an ileostomy (at least temporarily - some people are able to have an internal pouch created from their small intestine connected to their rectum).

In Crohn's Disease any part of the digestive system can be affected, from the mouth to the anus. Surgery to remove or bypass the inflamed portion of digestive system can have an impact on a person's ability to absorb fluids and nutrition. For other people, having ostomy surgery and the damaged areas of intestine removed brings their Crohn's into remission, and they can return to activities that brought them enjoyment.

Research and support for people with Crohn's and Colitis is essential. It is estimated that 1 in 150 people in Canada live with IBD. Treatments are very expensive, and the disease can be debilitating. June is Crohn's and Colitis Awareness Month - consider talking about it with your friends and neighbours, or participating in the Gutsy Walk on June 3.

Visit www.crohnsandcolitis.ca for more information on donating or participating, on research and support for people with IBD, and information sessions held throughout BC and Canada.

Go Here!

GoHere is a program run by Crohn's and Colitis Canada. Any business can request a decal and inclusion on the GoHere app.

You'll see our decal when you visit us - it shows people with IBD that we have a bathroom they can use, and they can find us on the app.

EXCELLENCE IN OSTOMY CARE

GENERAL INFORMATION

Have supplies you can't use?

Almost everyone with an ostomy ends up with a cupboard full of supplies that no longer work for them, maybe because their stoma changed, their supplies changed, or their stoma was closed. If this sounds like you, please consider donating the supplies you are no longer using. In many countries around the world lifesaving ostomy surgery is performed but pouching supplies are unavailable.

Donations of supplies that no longer work for you are sincerely appreciated by people living with limited access to pouches essential to maintaining their dignity and ability to participate fully in life.

Boxes do not need to be full, and there do not need to be matching pieces. Feel free to drop donations off any time during business hours. Our heartfelt thanks to everyone who has donated!

Ostomy Group Meetings

Learning about life with an ostomy from someone who has been there is invaluable. These groups have formed to help people connect with others with an ostomy, share tips and tricks, and offer a portal for support.

UOA Vancouver Group

Meetings in 2018
Feb 17, Apr 21,
June 23, Sept 22 (AGM)
Saturdays 1:30pm
Collingwood Neighbourhood House
5288 Joyce Street, Vancouver
<https://www.uoavancouver.com/>

Vancouver 20-50 Group

April 18, 2018
Okaridge Public Library
191-650 West 41st Ave, Vancouver
Dr. Karimuddin will talk about Hernias
RSVP: unitedostomy2017@gmail.com as this
will likely be a well-attended meeting

Fraser Valley Ostomates

Meetings in 2018
(Tuesday evenings at 6:30pm)
Feb 20, Apr 17, June 19,
Sept 18, Nov 20
Meet at Ricky's, 19219 56 Ave, Surrey
You can get more information
by getting in touch with us at
nurses@myostomycare.com or (604) 522-4265,
or by contacting the group directly at
Contact: fraservalleyostomates@hotmail.com

Chilliwack Ostomy Group

3rd Monday of each month at 1:30pm
(except Jan, July, Aug)
Atchelitz Thresherman's Assoc., Canora Building
44146 Luckakuck Way (Heritage Park), Chilliwack