



**OSTOMY**  
Care & Supply Centre  
*Excellence in Ostomy Care*

# Newsletter

Summer 2018



Marty



Arden



Andy



Laurie



Lucy



Lisa

**VISIT US AT [MYOSTOMYCARE.COM](http://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](mailto: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 Summer to all!

My summer project is a fund and awareness-raising trek in Iceland. For some people, having an ostomy carries a stigma and shame. We still don't talk about our bowels like we talk about prostates and breasts, which at one time were taboo topics. This trek is in conjunction with the Icelandic Ostomy Association. Every country in the world performs ostomy surgery (well ok maybe except for Antarctica). The feeling that goes along with having ostomy surgery is the same all over the world.

The generous donations I receive will go to Ostomy Canada, the national voice for people in Canada living with an ostomy. Ostomy Canada supports a camp for kids with an ostomy, lobbies the governments for better coverage, is currently lobbying CRA to allow ostomy nurses (NSWOC) to sign the disability tax credit form, works with Canadian border security to inform them about ostomies to make your travelling easier, publishes a magazine along with other activities. There are local chapters and support groups in BC, please see the listing on the back page of this newsletter and consider attending one of their meetings.

I am trying to raise \$7800.00, \$100.00 for every kilometer I trek. It is a 78 km trek over 7 days from August 22-29.

Please consider donating to this very worthwhile cause. Check out the "ways to donate" info located to the right of this article. If you have any questions about donating please call Ostomy Care and Supply at 604-522-4265.

Many thanks and have a wonderful summer!

### WAYS TO DONATE:

#### BY PHONE

Ostomy Care and Supply  
604-522-4265  
with your credit card

#### MAIL

Mail cheque to IDEAS  
C/O Ostomy Care and Supply  
2004 8th Ave.,  
New Westminster V3M2T5.  
A tax receipt will be issued  
for amounts over \$10.00

#### ONLINE

The simplest way and to get an  
immediate tax receipt - Go  
online to Canada Helps  
[www.canadahelps.org/me/6HtuUa8](http://www.canadahelps.org/me/6HtuUa8)

## Mark Your Calendars!

**Education Day at Lion's Gate Hospital  
Ostomy Care: Broadening Your Horizons**

**Saturday October 13th, 2018**

**9:30am to 4:00pm**

Free to anyone with an ostomy or J-pouch. Spouses and supporters are also welcome to attend. The last event organized by the Nurses specialized in Wound, Ostomy & Continence at Lion's Gate was phenomenal. This year's is sure to be full of learning and insight as well.

**Don't miss it!**

# OSTOMY CARE AND SUPPLY CENTRE



# OSTOMY INFO

BY ARDEN TOWNSHEND BSN, RN, ET



## Name change: ET becomes NSWOC

For a long time, the specialty area of nursing focused on the care of those with an ostomy (as well as wounds and issues with continence) has been Enterostomal Therapist (ET). While this title continues to be used in many countries, Canada has changed the name to Nurse Specialized in Wound, Ostomy & Continence (NSWOC). The purpose of this change was to include all of our areas of specialization, since Enterostomal Therapist refers to care of ostomies, and our specialty includes wounds and continence, as well.

The professional body that represents this specialty made the change in the hopes that it will lead to more recognition of the work our specialty does, and thus more support for our patients/clients. In the meantime, not much changes for you or us – except more letters to write out each time we sign our names!

## Keep summer fun!

Summer in BC is a magical time of sunshine and long days, chasing winter's chill out of your bones. When you have an ostomy, there are a few things to keep in mind about summer. We'll cover them briefly here, but if you want more information, give us a call, or come in to see your NSWOC Nurse!

**1. Spare pouches** – just a reminder not to leave spare pouches in your glove compartment or trunk as the temperature rises. Your product should be stored at room temperature to maintain their adhesion.

**2. Skin irritation** – heat rash under your barrier or where your pouch sits against your skin is a common issue during the warmer months. Don't let a rash cause you problems! We have simple solutions for heat rashes, so come in and see your NSWOC right away if you notice your skin is red and irritated. At home, keep things as dry as possible – moisture helps promote the growth of bacteria and yeast that cause heat rashes. Making sure your tape edge is dry after the shower, and wearing your underwear (or other fabric) between you and your

pouch can help reduce the moisture sitting on your skin.

**3. Swimming** – get in the pool (or lake, ocean or hot tub)! Make sure your flange is well adhered (usually about 12 hours after a change, and maybe not the very last day before you have to change), empty, and dive in. Long swims can affect wear time, so you may not get as many days between changes (sweat can also decrease wear time, if you're really tearing up the lanes). Some people use special clothing to help secure or disguise their pouch, but for most people it's not necessary. Find a suit you feel confident in, and have a great time. Don't forget the sunscreen!

**4. Hydration** – summer weather and adult beverages can contribute to dehydration for everyone, not just people with an ostomy, so make sure to keep up with fluid intake. Replace the fluid you lose through sweat, and you may need some extra electrolytes, like salt, too. Gatorade doesn't always have enough oomph to solve the problem, so if you're feeling unwell, consider something like Hydralyte, Pedialyte or Gastrolite which are designed to replace hydration and electrolytes quickly and effectively. Alcohol is a diuretic as well as a bowel irritant; everyone drinking alcohol should replace the fluids they will lose through urine, and those with an ileostomy will have looser output than usual. Try slowing things down with pretzels or chips (a great source of salt, too!), and remember to drink extra fluid to help replace what alcohol takes from you.

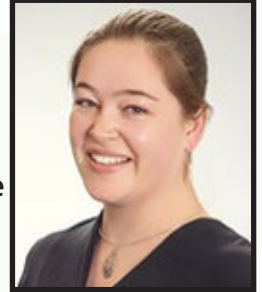
**5. Fresh fruits and veggies** – gardens are just about to explode with tasty, nutritious food. If you're more than 2 months past surgery and still eating a limited diet, talk to your NSWOC about how to safely reintroduce nature's bounty into your life. For those with an ileostomy, remember to cut things small, chew well, and eat a quantity you know your body can handle to reduce the risk of a blockage. If you do develop a blockage, give us a call, or refer to our handout on blockages to learn what you can do at home, and when it's time to go to hospital.

EXCELLENCE IN OSTOMY CARE

# GENERAL INFORMATION

## Getting to know the Ostomy Staff

Each issue we will feature a staff member from the Ostomy Care and Supply Centre. Our first staff member to feature is Arden Townshend. Arden has been a proud member of the Ostomy and Supply Centre for 6 years. She feels very fortunate to have been taught about ostomy care by the team of experienced, caring nurses here, and to be a part of the lineage of committed holistic care represented at the Centre. Here are a few things you may not know about Arden!



**Favourite Band?** *The Jimi Hendrix Experience.*

**Favourite Song?** *Desafindo by Stan Getz & Joao Gilberto.*

**If you could invite anyone to dinner, who would you invite?** *Leonardo da Vinci*

**Favourite Restaurant?** *Crowbar, Dinesty, Campagnolo, Santouka... too many to name!*

**Favourite Meal?** *Haitian Griots, arepas, tacos... who can pick a favourite?!*

**Do you have any hobbies?** *Cooking, reading, eating, swimming.*

**If you won the lottery, what would you do?** *Read, swim, plant a big garden, start a charity that provides sports bras to girls to help them stay involved in sports, give my smallbusiness ideas a try.*

**Favourite place you've ever been to?** *Copenhagen... or Paris. No, Hawaii (I'm so indecisive!).*

**Favourite Book?** *The Spell of the Sensuous – it's about perception, language and place.*

**Best car you've ever owned?** *Subaru WRX.*

**If you could buy any car in the world, what would you buy?** *McLaren F1*

**If you could live anywhere in the world with money being no object, where would you live?** *Haida Gwaii*

## 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**

Sept 22, 2018 (AGM)  
Saturday 1:30pm  
Collingwood Neighbourhood House  
5288 Joyce Street, Vancouver  
<https://www.uoavancouver.com/>

Christmas luncheon will be held December 1st  
at the Holiday Inn, North Shore  
700 Old Lillooet Road - more details to follow

### **Vancouver 20-50 Group**

Oct 18 2018  
6:30pm to 8:30pm  
Vancouver Public Library - Oakridge Centre  
191-650 West 41st Ave, Vancouver

### **Fraser Valley Ostomates**

Meetings in 2018  
(Tuesday evenings at 6:30pm)  
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](mailto:nurses@myostomycare.com) or (604) 522-4265,  
or by contacting the group directly at  
[fraservalleyostomates@hotmail.com](mailto:fraservalleyostomates@hotmail.com)

### **Chilliwack Ostomy Group**

3rd Monday of each month at 1:30pm  
(except Jan, July, Aug)  
Sept 17, Oct 15, Nov 19, Dec 17  
Atchelitiz Thresherman's Assoc., Canora Building  
44146 Luckakuck Way (Heritage Park), Chilliwack