



JANUARY /  
FEBRUARY

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## MEETINGS

Meetings are held on the second Tuesday of the month at 7:00 p.m., starting in September, at the Community of Christ Church, 4710 8th Avenue (corner of Arthur and 8th). No meetings are held during the months of January, July and August)

### UPCOMING MEETINGS

**January** - NO Meeting

**February 11** - Jana Bendelin, Pharmacist (immunizations)

**March 11** - Estate Planning (Ruth Pradzynski)

**April 9** - TBA

**May 12** - STARS (more info to come)



## Having Surgery? What You Need to Know About Post-Operative Depression

Pre-op anxiety is often not surprising to patients, but the feelings can worsen after the procedure is done. Get well soon balloons and cards offer or sometimes command this well-meaning sentiment to patients in the hospital.



Gifts of stuffed animals and flowers are showered upon people to provide comfort and cheer. But for some patients, nothing can help them feel better after leaving the operating room. Even as they recover physically, their mental health suffers as they experience sadness, fatigue or anxiety all of which are symptoms of post-operative depression, a commonly experienced but little-known condition.

Depression following surgery is a frequent occurrence but not nearly as frequent a topic of conversation in the medical community. It can be credited to a number of physical factors after an operation, including reactions to anesthesia and narcotic painkillers, pain and discomfort, or an undetermined biological process. The type and severity of the depression can vary depending on the type of surgery performed. Post-operative depression is reported to occur more in coronary artery bypass graft (CABG) patients who smoke, are single, experienced anxiety before the surgery, have high levels of cholesterol and angina or more severe heart disease or are undergoing another CABG. Emotional triggers of post-operative depression can be credited to disappointment in the outcome of the surgery and a response to physical changes such as stitches or scars as well as resulting feelings of vulnerability and fear.

Experiencing anxiety before an operation is often not surprising to patients, but the feelings are not as easily explained after the procedure has been completed. Post-operative depression can be especially bewildering if it comes as a surprise to the patient because it has not been discussed between the doctor and patient. Symptoms of post-operative depression vary with each person, but common ones include changes in appetite and energy levels, shifts in mood such as apathy or irritability, fatigue, and feelings of hopelessness and despair. The physical symptoms might also be credited to the after-effects of the surgery, which can make the diagnosis of post-surgical depression difficult and confusing.

*Continued on Page 4*

**REGINA OSTOMY CHAPTER EXECUTIVE**

President	Murray Wolfe	584-2111
Past President	Agnes Parisloff	761-0221
Vice President	Diane Weir-Wagg	539-7404
Secretary	Heather Bathgate	949-4664
Treasurer	Gerry Powers	586-7758
Membership Chair	Patty Gianoli	535-8251
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Phoning	Gord Kosloski	789-1592
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	Bill Collie	543-2647
Lunch	Brenda Frohlick	949-2352
Mailing	Brenda Frohlick	949-2352
Newsletter & website	Deb Carpentier	775-1869
	Louise Laverdiere	536-5442
Visiting	Ostomy & Wound Care (Bobbi Kish)	766-2271
SASO	Bob Fearnside	924-5993

**OSTOMY & WOUND CARE****Pasqua Hospital 766-2271**

Sheryl Walker, RN BScN WOCC (C) Program Coordinator

Lela Mileusnic, RN BScN NSWOC

Monica Aikman, RN, BScN CWON

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Louise Swan, RN, BScN NSWOC

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Karen Kinaschuk, RN, BScN (NSWOC in training)

Christine Day, RN, BScN (NSWOC in training)

Bobbi Kish, Office Manager

Dana Anderson, Unit Assistant

**MISSION STATEMENT**

The Regina & District Ostomy Chapter is a non-profit mutual support society for the benefit of people who have had, or are about to have intestinal or urinary diversion surgery.

**Our purpose is:**

- To help people with intestinal and/or urinary diversions to lead full and productive lives and to provide information and emotional support to their families and caregivers.
- To educate the public about intestinal and urinary diversion surgery.
- To provide trained visitors to those who have undergone intestinal and/or urinary diversions, including preoperative and postoperative visits or phone calls, at the request of the physician or enterostomal therapist.

**Quarantine Joke**

“I hate to have to tell you this”, said the

Doctor in a sad compassionate voice, “but you have been unfortunately been diagnosed with a highly contagious disease, we will have to quarantine you and you’ll only be fed cheese and bologna.”

“That’s terrible!” Said the distraught young man, quickly sitting down before he could faint. “I don’t know if I could handle being in quarantine...and the cheese and bologna diet...”

What’s with the cheese and bologna diet anyway? I’ve never of such a diet before?!”

“It’s not exactly a diet”, responded the Doctor matter of factly, “it’s just the only food that will fit under the door!”

## Editor's Message



### Happy New Year and best wishes for 2020!!

We had a great Christmas Party on December 10 with a catered meal and the good company of members, ostomy nurses and friends. There's a write up and photos later in the newsletter. Save the date for next year, it's always the 2<sup>nd</sup> Tuesday of December.

Did you know that 2019 was the 45<sup>th</sup> Anniversary of the Regina Chapter? That gives you an idea as to how long people have been living life with an ostomy, successfully and fully. Having a Chapter allows for a strong and positive Visitor program for people just learning to live with an ostomy plus a large group of people who are willing to provide support for people on an ongoing basis.

Maintaining a strong presence means communicating, collaborating and learning. On Saturday, May 2<sup>nd</sup> we are having an Education Day. Save the date and stay tuned for more information. It's going to be great!!!

If you know of a pharmacy or supplier who distributes ostomy supplies and could use some of our new information brochures, please be sure to let us know. Letting people know that we're here is important. It's a big province with people scattered throughout cities, towns and countryside.

One of our key suppliers, Medical1, has just launched a new website and a look that you might like to check out at [www.medical1.ca](http://www.medical1.ca) Both Medical1 and Jolly's are strong supporters of Regina & District Ostomy. If you'd like to meet Walter Pradzynski from Medical1 or Jolly's Tim and Jonathan Artemenko and Yvonne Slobodian, they spend long hours in their retail outlets and also attend our meetings as often as they can.

### A LOOK BACK (compiled by Patty Gianoli)

Oh, the great 80's... leg warmers, the Walkman and big hair! In 1984 the Regina Ostomy Chapter began its 10<sup>th</sup> year and continued to make strides in ostomy awareness and increased membership. In 1984 there was a total of 187 members! Satellites in Moose Jaw and Yorkton/Melville continued to flourish.

During an audience of approximately 5,000 people from all over the world the Pope read, "A numerous group of Italian Ostomy Association members is present in the audience today. Dearly beloved brethren, I sincerely express my profound appreciation for the noble objectives of your association. I encourage you to persist in your action whilst I bless you and all your relatives." Were you aware? When the Pope was wounded by a would-be assassin in 1981 a temporary colostomy was a result.

### Letters to the Editor . . .

Dear Readers, our aim is to provide you with articles that inform and entertain. We're always looking for stories, tips and anecdotes about life and/or living with an ostomy. Here are some ways to contact me or connect with a larger on-line group.

Deb Carpentier  
[carpentier.deb@gmail.com](mailto:carpentier.deb@gmail.com)

Phone: 306-775-1869

[www.reginaostomy.ca](http://www.reginaostomy.ca)

#### Facebook coordinates:

Regina Ostomy Chapter group  
 Ostomy Canada Society group  
 Ostomy Canada Parents' group

The Colorectal Cancer Association of Canada is a support group for the estimated 22,000 Canadians annually diagnosed with colorectal cancer. Membership is free.

Info is available at their website: [www.colorectal-cancer.ca](http://www.colorectal-cancer.ca) with links to news reports, articles, and other cancer organizations in the field. Support cancer coaches are also available to talk with patients. **Or Phone 1-877-50COLON**

### Crohn's and Colitis Canada

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Crohn's and  
 Colitis Canada  
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 Colite Canada

*Continued from front page*

Defined by the Mayo Clinic as a “medical illness that causes a persistent feeling of sadness and loss of interest,” depression is already a difficult topic for people to discuss, and many are reluctant to admit to feeling the way they do, thinking they have no reason to be depressed or are just going through a rough time at the moment. Factor in that many medical facilities do not screen patients for depression after surgery, as well as the fact that post-operative depression usually does not begin to show itself until after the patient has returned home from the hospital, and it can be difficult for family members and friends, as well as the patients themselves, to understand what is happening.

The topic of post-operative depression yields few medical or news articles online, but many blogs and message boards are filled with posts about the topic both by people suffering from depression and from their loved ones looking for help and advice. Many people mention feeling helpless and unable to offer any advice or comfort to the people experiencing depression as well as failing to understand why depression is occurring after the surgery has been completed and the patient is recovering.

Along with loved ones, many physicians also find themselves unprepared for the emotional needs of their patients following a surgery. In the 2000 Harvard magazine article “An ‘Understandable’ Complication,” Theodore Stern, chief of the psychiatric consultation service at Massachusetts General Hospital said, “Many doctors don’t know the criteria, and don’t speak with patients long enough to establish whether they have the symptoms of depression. Sometimes, physicians believe that being depressed after surgery is ‘understandable’ and unworthy of diagnosis or treatment.”

According to Stern, depression is unrecognized 50 percent of the time by primary-care physicians. In the New York Times article “Facing Up to Depression After a Bypass,” Dr. Barry Wohl, a doctor who suffered from post-op depression after a bypass surgery elaborated on the disconnect between doctors and patients, saying, “As a physician, you tend to minimize what your patients are going through. You say it’s temporary. Or we just don’t deal with these kinds of issues.”

Admitting to depression can be extremely difficult for people due to stigma over mental health. Sufferers may also fear being judged for experiencing depression after a surgery, especially if the surgery was successful and recovery is going well. However, dealing with depression in an upfront way is becoming more commonplace as the topic is discussed more openly.

In any given year, 15 million American adults have a major depressive disorder and the number of people for depression has increased substantially according to a recent Wall Street Journal article, which states in 2007 that approximately three out of every 100 people in the U.S. were treated for depression, compared to about two per 100 in 1997 and less than one per 100 in 1987. The “Depression” community on Facebook has more than 30,000 fans. In everyday conversation, people describe themselves as being depressed more frequently, especially as unemployment and financial troubles have become more and more common.

Patients experiencing post-operative depression typically recover within six months of the operation, but during those six months, they may need medical or psychological treatment and definitely need support. The treatment of post-operative symptoms may vary, but in all treatment, acknowledgment of the patient’s feelings is crucial. That’s why discussion about post-operative depression should begin before the surgery. Patients should be prepared for the possibility before it happens so after they leave the operating room, they actually can begin to get well soon.

*Source: <http://www.alternet.org/having-surgery-what-you-need-know-about-post-operative-depression> / via Island Ostomy News Mar/Apr 2016*



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- *Finding local resources (ie. Retailers and Clinicians)*
- *Product usage care tips*

To learn more about Hollister Secure Start Services, call us at **1.866.789.7574**, or email us at [securestartcanada@hollister.com](mailto:securestartcanada@hollister.com), or visit us at [www.hollister.com](http://www.hollister.com).

*Start enjoying the benefits of Hollister Secure Start Services today!*





## How to Tell Someone You Have an Ostomy



In this world of technological advances, there are all kinds of people clamouring for information about you. Here are some questions you should ask yourself when giving out personal information. “How will I benefit from certain persons having certain information? How will the person asking the questions benefit from my answers?”

Thinking back to those critical days of adjustment just after your ostomy surgery, you may only have wanted people around you that you trusted and loved. At that time, you may have needed the support of a spouse, friend or children. In order for those people to support you, they needed to know about your ostomy surgery. By sharing this information you were helped through what for some was a very difficult time. Once you were home, friends and neighbours started to call and then to visit when you felt up to it. The question arose as to “What do I tell them about my surgery?” Probably, you thought about each person and his or her relationship with you, the closeness you felt for that person and his or her relationship with you, and maybe, the sincerity of that person’s concern for you. After considering these factors, you may have made a decision to tell the person about your ostomy. Based upon the reaction to your story, you made another decision, whether to tell about your ostomy to those who inquire about your health.

As your health progressed and you began to return to work, the question arose again. “Should I tell my employer about my ostomy?” Here again a couple of questions needed to be asked. “Do I need support from my employer because of my ostomy?” “How does my employer knowing about my situation help me?” This becomes situational. For example, if I work an assembly line and must take prescheduled breaks, and I’m still adjusting to emptying my pouch, I may or may not need a different schedule for breaks than those enforced. My employer needs to know that I’m not breaking the rules, but have a real need. Whether to tell someone you have an ostomy becomes a matter of who has a right to know, and how you will benefit from their knowing. To tell someone you have an ostomy becomes clearer when the benefits are weighed. Simply explain that you had some surgery for whatever reason, and it necessitated having an alternate route for emptying either your bowels or bladder. By having the surgery you were given a chance to increase the length and quality of your life. Share with the person you have decided has a right to know about your surgery, using pamphlets, newsletters and brochures available from your ET, local Ostomy Support Group or the National Association as well as other sources. Finally, educate those persons you believe have a vested interest in your well being.



Source: The “Ralph Kaye” San Antonio, TX Chapter via UOAC Newfoundland & Labrador Chapter #604 Norrard News via Winnipeg Ostomy Assoc. Inside/Out Feb. 2015

## HINTS AND TIPS ... from avoiding obstruction to gas and more

Via Halton-Peel Sept 2015; Hemet-San Janito, CA, Via: Evansville Re-Route; Hamilton Osto-Info January 2011

- One cause of obstruction you don’t think about is from too many “soft drinks”. The gas from carbonated drinks can distend the bowel to a point that kinking can occur.
- The tea bag is an ostomate’s best friend. Tea is an anti-spasmodic and soothing to an upset stomach. It also provides fluids containing electrolytes and potassium so frequently lost from diarrhea.
- Eating several spoonfuls of yoghurt or applesauce can relieve gas problems. Much air is swallowed at night while sleeping and this will result in gas. A few swallows of club soda will help to get rid of gas bubbles. You just burp them up.
- The manner of eating is also a factor in relieving gas problems. If you can avoid drinking while eating, the effluent will become thicker, and liquids can be ingested before and after the meal.
- If one can avoid greasy foods, this may serve to lessen gas problems. Also some roughage in the form of grain cereal will move food more rapidly through the digestive tract and lessen gas formation.
- Vitamin E and fatty soaps (Dove for example) may be great for the skin but they can cause the appliance to fall off.
- Eating bran muffins is a simple and delicious way for colostomies to solve a constipation problem.
- Don’t be afraid to take a shower without your appliance. Soap cannot hurt the stoma. Just rinse well.



## Hey, Mister!

by Alexis Wasson, Editor of Tulsa (OK) Ostomy Life

I'm a woman. I'm also a urostomate, which means I no longer have a bladder. Instead, my urine collects in a pouch which hangs from my stomach. I don't sit down on the toilet. Instead, I stand in front of it, take out my bag, and empty the contents by releasing a clasp at the bottom of the pouch. It's easy. In fact, it's downright handy!

However, I sometimes feel a tad self-conscious whenever I use a public restroom. Why? Because women look under the stalls to see which one is free, and my feet are always facing the wrong direction. They can hear the urine flowing, so why am I not sitting down like everybody else?

It's bound to happen someday when someone will report there's a man using the women's restroom. The bathroom cops will burst in and shout: "Hey, Mister. Come out of there with your hands and pants up!" Either that, or there will be a gang of indignant women outside the stall hollering "pervert" when I try to wash my hands. I'll have a lot of explaining to do. But that'll be no problem. I'm going to tell them, educate everyone within earshot, about ostomates.

Here in America we make a big deal of separate restrooms. Overseas they don't and I felt quite at ease when I faced the wrong direction. I've even been in restrooms where there were no stalls at all...just a small hole in the ground over in the corner. It was then I felt absolutely blessed that I didn't have to squat and try to aim at the same time. Vive la différence.

**Alexis Wasson**, living dangerously

## YOUNG OSTOMATES SUPPORT & FRIENDSHIP GROUP

Online and Community Group for Young Ostomates!

Contact Veronica: [jay-lynn13@hotmail.com](mailto:jay-lynn13@hotmail.com) for more info

or check out our facebook group: YOS+FG



- Bi-monthly group get together in Saskatoon
- Skype meets offered for those outside of Saskatoon
- Sponsorship for all of our activities
- 20-40 branch of the Saskatoon Ostomy Association

Come meet others living well with an ostomy in a relaxed setting! We do various activities that are typically followed by coffee.

**2020 meetings:**

January: Glass Fusing @ Wet Paint Pottery

March: Pokey's Pinball Cafe

May: Family BBQ at the Forestry Farm

September: Family Swim

November: Group Supper



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

### OSTOMY CANADA SOCIETY

Suite 210

5800 Ambler Drive

Mississauga, ON L4W 4J4

**e-mail:** [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca)

**Toll-free telephone number:**

1-888-969-9698

<http://www.ostomycanada.ca/>

### **Ostomy Canada Society Mission Statement**

Ostomy Canada Society is a non-profit volunteer organization dedicated to all people with an ostomy, and their families, helping them to live life to the fullest through support, education, collaboration and advocacy.

## Did You Know?

- \* People living with an ostomy are eligible for the disability tax credit when a qualified medical practitioner certifies the disability tax credit certificate and Canada Revenue Agency approves the application. See our website for details: <http://www.ostomycanada.ca/dtc>

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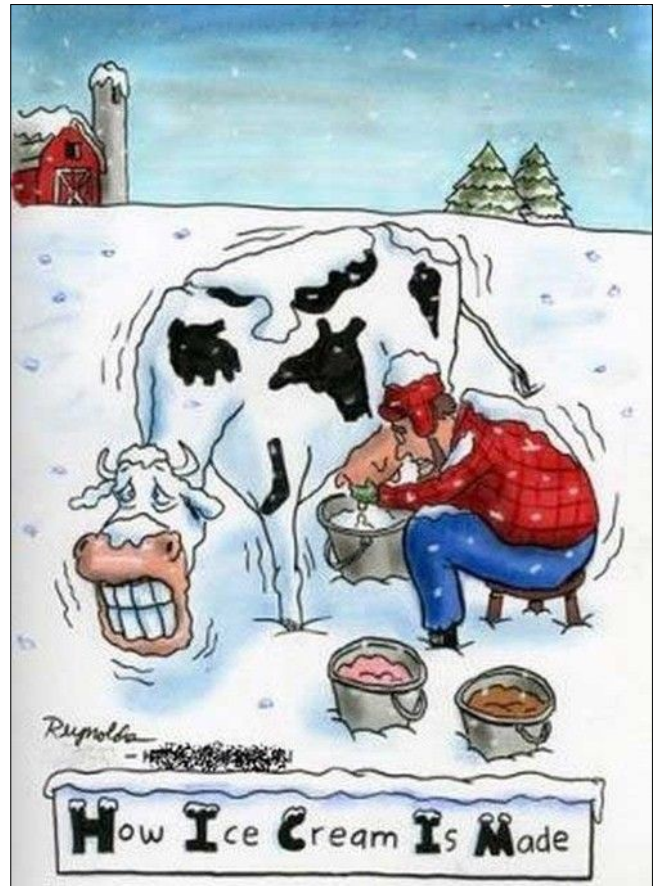
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## 8 Tips to Treat Colds and Flu the 'Natural' Way

With no cure in sight for the cold or the flu, over-the-counter treatments can at best bring symptom relief or shorten the duration of those symptoms. Or you can take the natural approach. WebMD explores some home remedies that may help you feel better along the way.



### No. 1: Blow Your Nose Often -- and the Right Way

It's important to blow your nose regularly when you have a cold rather than sniffing mucus back into your head. But when you blow hard, pressure can cause an earache. The best way to blow your nose: Press a finger over one nostril while you blow gently to clear the other. Wash your hands after blowing your nose.

### No. 2: Stay Rested

Resting when you first come down with a cold or the flu helps your body direct its energy toward the immune battle. This battle taxes the body. So, give it a little help by lying down under a blanket.

### No. 3: Gargle

Gargling can moisten a sore throat and bring temporary relief. Try a teaspoon of salt dissolved in warm water, four times daily. To reduce the tickle in your throat, try an astringent gargle -- such as tea that contains tannin -- to tighten the membranes. Or, steep one tablespoon of lemon juice in two cups of hot water and mix in one teaspoon of honey. Let the mixture cool to room temperature before gargling. Honey should never be given to children under age 1.

### No. 4: Drink Hot Liquids

Warm liquids help relieve nasal congestion, help prevent dehydration, and soothe the uncomfortably inflamed membranes that line your nose and throat.

### No. 5: Take a Steamy Shower

Steamy showers moisturize your nasal passages and relax you. If you're dizzy from the flu, run a steamy shower while you sit on a chair nearby and take a sponge bath.

### No. 6: Apply Hot or Cold Packs Around Your Congested Sinuses

Either temperature may help you feel more comfortable. You can buy reusable hot or cold packs at a drugstore. Or make your own. Take a damp washcloth and heat it for 20 seconds at a time in a microwave (test the temperature first to make sure it's not too hot). Or take a small bag of frozen peas to use as a cold pack.

### No. 7: Sleep With an Extra Pillow Under Your Head

This will help with the drainage of nasal passages. If the angle is too awkward, try placing the pillows between the mattress and the box springs to create a more gradual slope.

### No. 8: Don't Fly Unless Necessary

There's no point adding stress to your already stressed-out upper respiratory system, and that's what the change in air pressure will do. Flying with cold or flu congestion can hurt your eardrums as a result of pressure changes during takeoff and landing. If you must fly, ask your doctor about using a decongestant and carry a nasal spray with you to use just before takeoff and landing. Chewing gum and swallowing frequently can also help relieve pressure.

Remember, serious conditions can masquerade as the common cold and a mild infection can evolve into something more serious. If you have severe symptoms or are feeling sicker with each passing day or must travel, see a doctor.

Source: WebMD





## Merry Christmas 2019

The Regina and District chapter had a Christmas celebration in December. There were about 40 of us who participated in the fun, with a delicious catered meal from Joe's Deli, a traditional Christmas meal with all the trimmings. And of course, there were a few carols being sung and sharing of favourite Christmas memories throughout the evening.

Once again this year, we took up a collection for Friends of Ostomates Worldwide Canada (FOWC). FOWC distribute ostomy supplies for people in countries that have minimal access to supplies. The supplies are unused and good, but have come back from people who no longer need them. Can you imagine what it would be like if you, or your loved one, did not have access to ostomy supplies on a regular and ongoing basis? It's hard to even think about. Since 1986, FOWC has collected and sent over 50,000 kg of ostomy supplies and literature to more than 52 countries. Our attendees donated \$535 and the Chapter matched those donations with a total sent to FOWC of \$1070.

Many of you might not know this, but 2019 was our 45<sup>th</sup> year as an ostomy support group in Regina. Congratulations group, just think of all the people who have passed through our "doors" or had a positive experience in their recovery with one of our members.





## Regina and District Ostomy Society Membership Application

Membership is open to all persons interested in supporting people with ostomy surgery and their families. As a member you can enjoy the benefits of being part of a group in Regina and Saskatchewan through newsletters, meetings, websites and social media. Members receive the Society's 5 newsletters annually, become members of Ostomy Canada Society and receive the Ostomy Canada magazine. The following information is kept strictly confidential.

- Please enroll me as a  new or  renewal member of the Regina and District Ostomy Society.
- I am enclosing my annual membership dues of \$30.00
- I wish to make an additional donation of \$\_\_\_\_\_, to support the program and activities of the Regina and District Ostomy Society and Ostomy Society Canada
- Please update my contact information

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Year of Birth: \_\_\_\_\_

Send my newsletter via:  Canada Post  Email

Type of Surgery:  Colostomy  Ileostomy  Urostomy  Other \_\_\_\_\_

Membership Information:  Ostomate  Supporter  Other (please specify) \_\_\_\_\_

A charitable tax receipt will be issued for all additional donations of \$20.00 or more. Please make cheque payable to:  
**Regina and District Ostomy Society** and mail with this form to: 7631 Discovery Road Regina, SK S4Y 1E3

## Bequests & Donations

We are a non-profit association and welcome bequests, donations and gifts. Acknowledgement cards are sent to next-of-kin when memorial donations are received. Donations should be made payable to Regina Chapter at address listed on this page and tax receipts will be issued.

### VISITING SERVICES

We provide lay visiting service, at the request of the physician, patient or Ostomy Nurse, either pre-operative or post-operative or both. The visitor is chosen according to the patient's age, gender, and type of surgery. **A visit may be arranged by calling the Visiting Coordinator, Bobbi Kish at 306-766-2271.**

### Moving? Questions? Need Information?

Regina Ostomy Chapter

7631 Discovery Road

Regina, Sk S4Y 1E3

(306) 761-0221 or [reginaostomygroup@gmail.com](mailto:reginaostomygroup@gmail.com)

**PRODUCTS MENTIONED IN THIS NEWSLETTER ARE NOT NECESSARILY ENDORSED BY THE REGINA OSTOMY CHAPTER. SEE YOUR DOCTOR FIRST BEFORE TAKING ANY OF THEM!**

**Charitable Registration No.  
119114213RR0001**

### HOSPITAL VISITS

*October - 1 colostomy; 1 ileostomy; 1 urostomy*

*November - 1 ileostomy*