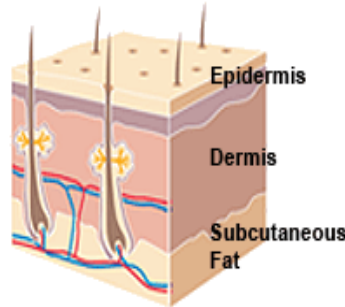




MARCH / APRIL  
2020

## SKIN CARE AROUND THE STOMA



The skin is the largest organ of the body. It is made up of three layers: the epidermis, the dermis and the subcutaneous layer. The epidermis is the thin, dry outer layer. The dermis is slightly thicker than the epidermis and services the epidermis. If the epidermis or dermis are injured, new normal skin can grow and repair the damage.

The subcutaneous tissue contains our fat cells. The subcutaneous issue cannot regrow. Injuries this deep heal by scarring.

### In This Issue

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### General recommendations for skin care:

- Remove pouches gently. The new adhesive removers are wonderful.
- Wash with warm water and a gentle cleanser such as Dove or Neutrogena, if desired.
- Dry gently. If you use a hair dryer, use on low setting.
- Hair removal: consider shaving or using a chemical hair remover (try doing a nice, dry shave with skin barrier powder.
- Keep your pouch change procedure as simple as possible. Use the products that you need, but only what you need.

### 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

- March 10 - Estate Planning (Ruth Pradzynski)
- April 14 - TBA
- May 2 - "It's a Good Day!" Education Day
- May 12 - STARS
- June 9 - Windup and elections



### Keep stool and urine off the skin by:

- Using a stoma opening that fits closely around the stoma.
- Using paste for "caulking" if you have an ileostomy or urostomy or a skin.
- Change your pouch frequently enough to prevent too much contact of stool or urine with the skin.

For persistent or different skin problems, get help. See your NSWOC (ET) nurse. If she/he can't solve the problem, your surgeon or a dermatologist may be able to find the problem.

The most common skin infection around a stoma is caused by yeast. There are now antifungal medications that you can take by mouth. You will need a prescription. You can use antifungal creams or powders but you will need to change your pouch at least daily to apply.



**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
Flowers & Cards	Agnes Parisloff	761-0221
Phoning	Gord Kosloski	789-1592
	Diane Weir-Wagg	539-7404
Host	June Crawford	543-2852
	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	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 WOCC (c)

Monica Aikman, RN, BScN WOCC (c)

Ruth Suderman, RN, BScN NSWOC

Louise Swan, RN, BScN NSWOC

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 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.



Calling all parents...sign up your kids for

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**YOUTH CAMP!**



**July 5-10, 2020**

**Easter Seals Camp Horizon - Bragg Creek, Alberta**

You will meet, play and interact with other kids ages 9 - 18 with bowel/bladder diversions. This camp celebrates our uniqueness, our differences and our capabilities.

If you are interested in your child attending camp this year, please contact the National Office at **1-8880969-9698** or email [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca) to reserve a spot and obtain application forms.

If you need sponsorship contact your local ostomy chapter or the Camp Administrator for other options. Sponsorship criteria guidelines can be obtained from the National Office.



"Once they witness the magic, your kids are forever changed."

## President's Message



Happy winter everyone!!

You may or may not be aware but The Regina and District Ostomy Society just completed a milestone in its history. The chapter just past the 45 year mark of offering support and information to numerous ostomates. Names of the Chapter have changed over the years but the purpose remains the same. Some of you may even remember the early days. At the Christmas Banquet, the milestone was celebrated with a big cake and lots of pictures from the past 45 years.

To keep everyone associated with an ostomy informed of managing their ostomy effectively a seminar is being planned for Saturday, May 2, 2020. It will be held in the auditorium of the Pasqua Hospital, 4101 Dewdney Ave. The seminar is open to ostomates, friends and families of ostomates and anyone else that has an interest in ostomy care. You don't have to be a member of the Regina Chapter or Ostomy Canada to attend. Please keep that date open and come. This is a one-day seminar starting at 10 am and will be finished by 4 pm. Lunch will be included in the registration. The days are longer at that time of the year so you will be able to easily drive both directions in the daylight if you live out of Regina. Stay tuned as more information on the program will be forthcoming.

We thought you would be interested in knowing that the Regina and District Ostomy Society had a couple of fundraising events this past year. The Stoma Stroll raised \$3100 and at the Christmas Banquet the chapter matched donations so that we were able to send \$1070 to Friends of Ostomates Worldwide (Canada). Thank you all, for your generosity as these causes are very worthwhile and need financial support.

On occasion we like to communicate with our members by email. We'd appreciate you providing your email address. You can be assured that it would not be shared. You can contact Patty Gianoli by either email ([patty.gianoli@sasktel.net](mailto:patty.gianoli@sasktel.net)) or phone (306)535-8251. For those currently receiving your newsletter by standard mail it will continue to be delivered that way. If you're willing to receive newsletter by email that would be great as well.

### 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



*"There are no  
 strangers here, only  
 friends  
 who haven't met"*

*Ruth Suderman; Karen Kinaschuk;  
 Hilliard Radford; Roberta Scrase-Sykes;  
 Martin Taillon*

### **Crohn's and Colitis Canada**

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Crohn's and  
 Colitis Canada  
 Crohn et  
 Colite Canada

*Continued from front page*

*The skin around an ostomy can be injured by several things:*

- Trauma or injury by removing pouches roughly, scrubbing too hard, or pressure from a faceplate or belt.
- A chemical injury from urine, stool or a product (most often a cement or adhesive).
- An allergy to a product.
- An infection from a fungus (yeast), bacteria or virus.
- A burn, perhaps from a too hot hair dryer.
- Miscellaneous - such as ulcers from Crohn's or pyoderma gangrenosum

*The following are the major types of skin care products with suggestions for their use:*

**Creams** - creams are for moisturizing the skin and usually are not needed. If used, use sparingly and rub in well. Do not use ointments or oil-based products: these will keep the pouch from sticking.

**Premoistened disposable washcloths or "baby wipes"** - these are a convenience. They have different ingredients and some may interfere with pouch adherence. Attends now makes one with a protective barrier in the wipe.

**Skin barrier wipes** - these put a protective coating on the skin. They may also help pouches stick better. Most are removed by water but several aren't. This is one of those products that "if it helps, use it." An old product in this way is tincture of benzoin.

**Solid skin barrier** - the first ever was Stomahesive and now most pouches and wafers are made with a solid barrier. If you are allergic to tapes, use a wafer or a pouch that adheres only with the barrier.

**Skin barrier paste** - use as caulking. When applying yourself, squeeze it closely around the opening you have cut in your pouch or wafer. It can also be used to fill in uneven surfaces. If you've got a good stoma and formed stool, you don't need it.

**Skin barrier powder** - use when skin is raw and weepy to get a dry surface to work with. Dust it on, pat with water, dust some more powder and then brush off excess and proceed as normal.

*Via Kingston Ostomy Newsletter, via Saskatoon Ostomy Assoc Bulletin, Oct/13)*

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## Does your Stoma Hurt?

Quite often people tell me their stomas hurt. This surprises me a great deal since stomas don't have any sensation. You could cut, burn, do virtually anything to the stoma and you would not feel a thing. That's hard to believe but true. Stomas do not have receptors for pain.

Sometimes the lack of stoma sensation can lead to problems. For example, an incorrectly fitting ostomy system may cut into the stoma, but no pain will be felt. A stoma can be badly damaged before the problem is noticed. For this reason, it is important not to wear your barrier for more than a week. It is necessary to see the peristomal skin and see if the stoma is in good condition.

Actually, when people talk about stoma pain, they are usually talking about pain from the skin or tissue from around the stoma. Peristomal skin is full of nerve receptors that are sensitive to such things as heat, cold, chemicals, and adhesives that can cause significant pain. It is the skin or surrounding tissue that is sensing the pain and not the stoma itself.

In addition, severe pain may be caused by a blockage, either in the bowel or at the point where the intestine comes through the skin. These are different types of nerves that will sense this effect. Plus, the systems in the body are related and when one system is causing a problem another may cause a sensation to take place, alerting us. These types of systems should not be confused with the absence of feeling in the stoma.

If any unusual symptoms or irritations are noticed, contact your ET or Wound Ostomy Nurse for an evaluation. They can offer advice and treatment for virtually any problem you have with your stoma. Do not settle for mediocrity in ostomy management.

Source: <http://ostomyassociationofstpaul.org/articles/>; Island Ostomy News/Feb 2016



## Hollister Secure Start™ Services

### It's Personal

Hollister Secure Start Services provide a lifetime of customized support for people living with an ostomy.

We are proud to offer dedicated support for each and every patient along the continuum of care! Once enrolled, a Hollister Secure Start Services Coordinator will call to explain our services, answer any questions, and provide ongoing support.

A Hollister Secure Start Services Coordinator can assist with the following:

- *Finding the right products*
- *Providing product information and condition-specific education*
- *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!*

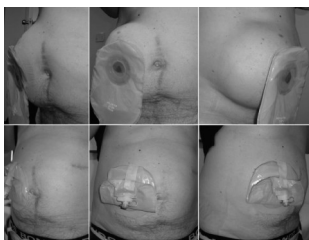


## Parastomal Hernias

When a stoma is brought out to the surface of the abdomen it must pass through the muscles of the abdominal wall, thus a potential site of weakness is immediately created. In the ideal situation the abdominal wall muscles form a snug fit around the stoma opening. However, sometimes the muscles come away from the edges of the stoma thus creating a hernia, in this case, an area of the abdominal wall adjacent to the stoma where there is no muscle.

Factors that can contribute to causing a stoma hernia to occur include coughing, being overweight or having developed an infection in the wound at the time the stoma was made. The development of a stoma hernia is often a gradual phenomenon, with the area next to the stoma stretching and becoming weaker with the passage of time. This weakness, or gap, means that every time one strains, coughs, sneezes or stands up, the area of the abdomen next to the stoma bulges, or the whole stoma itself protrudes as it is pushed forwards by the rest of the abdominal contents behind it.

As with all hernias the size will increase as time goes by. Stoma hernias are rarely painful, but are usually uncomfortable and can become extremely inconvenient. They may make it difficult to attach a bag properly and sometimes





their sheer size is an embarrassment as they can be seen beneath clothes. Although a rare complication, the intestine can sometimes become trapped or kinked within the hernia and become obstructed. Even more seriously the intestine may then lose its blood supply, known as strangulation. This is very painful and requires emergency surgery to untwist the intestine and prevent the strangulated part of the bowel from being irreversibly damaged.

Regardless of inconvenience or pain, hernias are defects in the abdominal wall and should not be ignored simply because they might not hurt. There are surgeons who advocate that small stoma hernias that are not causing any symptoms do not need any treatment. Furthermore, if they do need treatment it should not be by operation in the first instance but by wearing a wide, firm colostomy/ileostomy belt. This is probably true with small hernias, in people who are very elderly and infirm or people for whom an anaesthetic would be dangerous (serious heart or breathing problems, for example). Operative repair of the stoma hernia may be given serious consideration to improve the quality of life, prevent progressive enlargement of the hernia with time and make it easier to manage the stoma.

(Source: *The British Hernia Centre*); *Ottawa Ostomy January 2017*

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## Three Ladies in a Sauna

THREE WOMEN, TWO YOUNGER, AND ONE SENIOR CITIZEN, WERE SITTING NAKED IN A SAUNA.

SUDDENLY THERE WAS A BEEPING SOUND. THE YOUNG WOMAN PRESSED HER FOREARM AND THE BEEP STOPPED.

THE OTHERS LOOKED AT HER QUESTIONINGLY. "THAT WAS MY PAGER," SHE SAID. "I HAVE A MICROCHIP UNDER THE SKIN OF MY ARM."

A FEW MINUTES LATER, A PHONE RANG. THE SECOND YOUNG WOMAN LIFTED HER PALM TO HER EAR.

WHEN SHE FINISHED, SHE EXPLAINED, "THAT WAS MY MOBILE PHONE. I HAVE A MICROCHIP IN MY HAND."

THE OLDER WOMAN FELT VERY LOW-TECH. NOT TO BE OUT DONE, SHE DECIDED SHE HAD TO DO SOMETHING JUST AS IMPRESSIVE. SHE STEPPED OUT OF THE SAUNA AND WENT TO THE BATHROOM.

SHE RETURNED WITH A PIECE OF TOILET PAPER HANGING FROM HER REAR END.

THE OTHERS RAISED THEIR EYEBROWS AND STARED AT HER.

THE OLDER WOMAN FINALLY SAID....."WELL, WILL YOU LOOK AT THAT.....I'M GETTING A FAX!!!"



## 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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Ostomy Canada Society | Société Canadienne des Personnes Stomisées



The Canadian Association for Enterostomal Therapy  
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**Regina & District Ostomy Society** presents...



# It's a Good Day!

**Saturday, May 2, 2020**

**for an Education Day!**

Registration: 9:30 to 10:00 a.m.  
Seminar: 10:00 a.m. – 4:00 p.m.

Pasqua Hospital Auditorium  
4101 Dewdney Avenue, Regina, Sask.

**Featured Guest Speakers:**

Living with Chronic Conditions

Mental Health Care Support Therapist

Osteomates tell their stories

Christie Tuttosi, Nurse Specialized in Ostomy & Wound Care

**Display Tables**

**Family & Friends  
Welcome**

**Discussion Panel**

**Registration Fee \$20.00**

(includes coffee breaks and lunch)

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Send registration and fee to:  
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Regina, Saskatchewan S4Y 1E3  
Contact: Patty @ 306-535-8251 or  
[patty.gianoli@sasktel.net](mailto:patty.gianoli@sasktel.net)



**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 enrol 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.

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

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**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

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

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