



JANUARY /
FEBRUARY
2021



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Happy New Year! We're hoping you'll join us for our February 8th, 7 pm meeting via Zoom. If you're unable or would rather not use the video option or method, we have the "telephone" option and I think we've worked out all the kinks for this next gathering.

It's going to be a great session. Our first guest presenter is Alyssa Klein, one of our members, who was featured in our newsletter of May 2019 and then again in the Ostomy Canada Magazine of summer 2020. She's going to talk to us about her journey from sickness to health. Also joining us will be Carol-Lynne Quintin from the Crohns and Colitis organization here in Saskatchewan. There will be lots of time for questions and stories.

We would love to see you and would love for you to see us too!

This is how to join:

Use this link

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Keep your calendar open for March 8th as well when Ryan Gobeil from STARS joins us to talk about STARS, their mission and good work to date.

MEETINGS

Meetings are held on the second Tuesday of the month at 7:00 pm except for January, July and August. Currently we are not meeting face to face but by **ZOOM**. If you'd like to be part of that please contact Murray Wolfe to ensure he has your email.

UPCOMING MEETINGS

February 8 - 7:00 pm Zoom with Alyssa and Carol-Lynne

March 8 - 7 pm Zoom with STARS

April 12 - TBA

REGINA OSTOMY CHAPTER EXECUTIVE

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Editor's Message



Greetings and welcome to 2021! For those of us who had hoped that our unwanted companion of 2020 would move along and be gone by this time we find we're still entertaining a "guest" that we don't want. The good news is that Covid-19 is going to find 2021 a year in which he will be a much lesser form of himself. Vaccines are now being rolled out, first to our dedicated health care workers and then to the most vulnerable in our society. By fall I think we are all optimistic that we will have had an opportunity to get the vaccine. Halleluiah!! Once we do eventually receive a vaccine, I anticipate that we will still need to observe precautions for some months more but at least we will not feel quite so vulnerable.

Dear readers and any 'sew'ers out there in our community. The ostomy clinic, over the years, has been able to provide some pouch covers to people but sadly our stock has diminished. We are looking for someone or a number of someones to take on a project to sew some covers for the supply at the clinic. We have a couple of "patterns" and would be happy to supply materials for you. Please contact Sheryl at the clinic if you're able to help out.

FOWC (Friends of Ostomates Worldwide Canada) joined our gathering in December where Lorne Arenson and John Molnar talked about how our donations make all the difference in the world to people living in countries where ostomy supplies are scarce. It's hard to imagine how we would possibly manage without access to ostomy supplies as we have in this country. If you're interested in learning more, you can visit their website at www.fowc.ca. If you have your newsletter from September there's more information there too.

The 2020 Stoma Stroll has gone quite well. It was a different year and as with other charities in Canada we went to a virtual online campaign. The goal was \$40,000 and we've reached \$35,000 to date. The split of donations between the western, central and eastern parts of Canada were essentially equal. Congratulations Regina and district! We made a difference. There's a larger write up in the upcoming electronic Canada Connects coming soon.

As we start another year we want to thank our sponsors and advertisers and for their outstanding support and generosity throughout the year. It's been a trying year for all of us, and our advertisers have been steadfast in their efforts to continue to serve the needs of the ostomy community. And for all you chapter members and supporters who have donated to the Chapter or the Stoma Stroll or Youth Camp in the past year, we want to say *THANK YOU!!*

Last, and certainly not least, are our NSWOCs, wonderful nurses who specialize in wound, ostomy and continence care. Without you we would not be as well cared for.

Best wishes to everyone for a healthy and happier New Year in 2021.

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
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www.reginaostomy.ca
www.ostomycanada.ca

Facebook coordinates:

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 Ostomy Canada Parents' group
 Young Ostomates support – YOS+FG

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 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**

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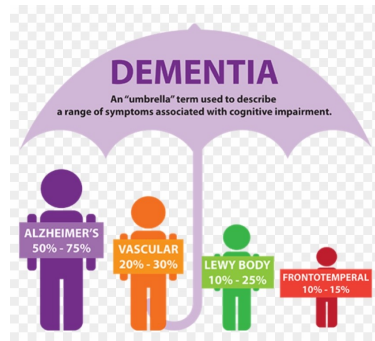


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Dementia Stoma Care

by R.S. Elvey, UOAA Online

Caring for an ostomy can often be a frustrating and challenging experience at any age. But combine advanced age and dementia and it becomes even more of a challenge for caregivers and loved ones. According to the Population



References Bureau, the number of Americans 65 and older will gradually increase from 15% of our population to 24% by 2050. With this growth has come a rise in existing and new ostomies combined with Alzheimer's or other dementias. The Alzheimer's Association of America predicts a half a million new cases of Alzheimer's dementia will develop annually.

This explosive growth in new cases of dementia is putting an enormous strain on family caregivers. The Family Caregiver Alliance estimates, "44 million Americans age 18 and older provide unpaid assistance and support to older people and adults with disabilities who live in the community." These caregivers often have little or no preparation or support in providing care for people with disabilities such as stoma care. They become frustrated and worn out. In an online forum, an anonymous writer expressed her frustration about caring for her mother's stoma as follows, "I am TIRED of it. I need someone to take over dealing with an ostomy and ordering the correct supplies for her, etc... And I am just going to make whatever decisions seem right regarding her bladder care, as I find out more info. I really wanted to yell at her tonight and that makes me feel like a terrible, awful person. I didn't, but I did get a little firm."

Studies have shown that family caregivers who provide care to family members with chronic and disabling conditions are also putting themselves at risk of developing emotional and physical health problems. When seeking stoma care information, caregivers often participate in online chat rooms and forums for anecdotal advice. Additionally, visiting nurses with wound and ostomy training often make home visits and teach ostomy care. But when they leave the caregiver is often faced with ever-changing challenges as their loved one's dementia worsens. Most often they face the challenge of not knowing when a pouch needs to be emptied, appliances being ripped off by their loved one or attempts to empty and change the appliance that miss the mark and require massive cleanups.

Realizing the complexity of stoma care and dementia and the pressure it causes to caregivers, the Colostomy Association of the United Kingdom and the Dementia Association of the United Kingdom combined to issue a twelve-page downloadable leaflet at www.dementiauk.org entitled, "Caring for a person with a stoma and dementia". They readily recognize that not all persons with dementia will profit from learning to care for their stoma. But where it is possible a person should be encouraged to participate in their own stoma maintenance.

A few of the hints and tips included in the publication are:

"People with dementia who are actively involved in changing their bags should be encouraged to wear gloves. This reduces the risk of infection, feces under the nails and fecal spreading." "Some people with dementia who require their bag to be changed for them might resist. In these cases, distraction could help. For instance, encouraging the person to clean their teeth or brush their hair during the process might be helpful. Standing the person in front of a mirror so they can focus on the task they are performing and not the bag change can help." "Bag choice is important. One-piece bags with pre-cut aperture have the advantage of being uncomplicated for both person and caregiver. Two-piece bags, where the flange can remain in situ for up to three days, helps protect the skin where frequent changes are necessary.

Individual and professional caregivers also provide additional advice based on their experiences. Many staff who work in nursing homes put a plastic bag over the pouch so that in case of any leakage, there won't be a much larger incident. Many persons with Alzheimer's or other dementias either pick or rip off their pouches. To prevent this from happening, many caregivers dress their loved ones in special clothing that has no openings in the front but still gives the appearance of normal clothing. One source for this type of clothing is Buck and Buck. Their online catalogue features adaptive clothing by gender and condition. Lastly, in this smartphone age there is even an app that might help. 11 Health has created the Alfred Alert Sensor. The sensor is applied to the pouch at a point where it should be emptied. When that point is reached it connects by Bluetooth wireless technology to the Alfred Alert app on your smartphone to tell you it is time to empty. The app can also capture patient output volume over a period of time. The data is stored in a cloud server where it can be shared by medical professionals and family members.

In the final analysis, caring for a loved one with dementia is a joint effort between the person with dementia, their loved ones, their medical consultants and other professional caregivers. □

Source: Vancouver Ostomy HighLife May/June 2020 ; Winnipeg Inside-Out Oct 2020



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An evening to forget

My husband and I were dressed and ready to go out for a lovely evening. Having been burglarized in the past, we turned on a night light and put the cat outside. When the cab arrived we walked out our front door and our rather chubby cat scooted between our legs, ran back into the house then up the stairs.

Because our cat likes to chase our budgie we really didn't want to leave them unchaperoned so my husband ran back inside to retrieve her and put her in the backyard again.





Because we didn't want the taxi driver to know our house was going to be empty all evening, I explained to him that my husband would be out momentarily as he was just bidding goodnight to my mother. A few minutes later he got into the cab all hot and bothered and said (to my growing horror and amusement) as the cab pulled away:

“Sorry it took so long but she was hiding under the bed and I had to poke her butt with a wire coat hanger to get her to come out! She tried to take off so I grabbed her by the neck and wrapped her in a blanket so she wouldn't scratch me like she did the last time. But it worked! I hauled her fat butt down the stairs, opened the door and threw her out into the backyard...and she better not crap in the garden again.”

The silence in the taxi was deafening!

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2021 meetings will remain virtual until we can safely meet in person!

Zoom meetings will be offered in January, March and May with a chance to win a gift card for all attendees!

We will re-assess meeting for a socially distant BBQ in the spring & what our fall meetings will look like. Follow us on Facebook for updates!



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

OSTOMY CANADA SOCIETY

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 5800 Ambler Drive
 Mississauga, ON L4W 4J4
 e-mail: info1@ostomycanada.ca
 Toll-free telephone number:
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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: <https://www.ostomycanada.ca/dtc>




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Words of Wisdom During This Difficult Time

From Madelene Grimm, CWOCN, OAGC Medical Advisor, OACG The New Outlook, Spring 2020

1. Wash your hands, wash your hands, wash your hands
2. Avoid crowds. If you are of the senior designation shop when the stores have designated hours. If you have someone offering to do your shopping... let them. No time for pride.
3. Turn off the news except for a short update daily or every other day. It will depress you and a depressed spirit is more immune compromised.
4. "Face time" or telephone your friends. Talk to someone uplifting two times daily - minimum.
5. Remember how to laugh!
6. Sit on your porch and soak up the sun. Enjoy the patter of rain. Listen to the birds, NOT the politicians!
7. Find your common sense and start applying it to everything you do.
8. Make a "grateful for" list. Read it and add to it daily.
9. Remember to love someone or something daily
10. Remember to love yourself as you are.

(Source: Green Bay Area Ostomy Support Group, July-August 2020; Winnipeg Inside-Out Sept 2020)

Nine signs of Vitamin B12 deficiency that all ostomates should look out for.

Some aren't consuming enough B12, while others may not absorb it effectively – both issues can contribute to deficiency.

JASON MIHALOPOULOS, MBA, MS, MPH; JAN 8, 2018
In partnership with Parthenon; <https://ostomyconnection.com/page/ostomyconnectus>

You may not have given much thought to vitamin B12, but it turns out this nutrient is quite important since it helps to keep our body's nerve and blood cells healthy. B12 can also prevent a type of anemia called megaloblastic anemia that makes people feel tired and weak.

Vitamin B12 is produced by certain microorganisms and is found almost exclusively in animal-based products: fish, meat, dairy and eggs. Normally, B12 is readily absorbed in the terminal ileum (the last part of the small intestine and first part of the colon). However, it also must combine with intrinsic factor, a protein produced in the stomach.

For ileostomates who have all of their colon removed and part of their terminal ileum removed, the main concern is whether or not vitamin B12 is being adequately absorbed. In urostomates, roughly 6-8 inches of terminal ileum is removed and used as a conduit for urine when a urostomy is created. And when a continent urostomy is formed, even more of the small intestine and terminal ileum are used which could result in B12 deficiency. The ileum is usually not involved in colostomy surgery, however colostomates should confirm with their doctor exactly what portion of their colon was removed.

Here are nine signs of vitamin B12 deficiency that all ostomates should look out for.

1. Extreme Fatigue

You need B12 to make red blood cells, which help carry oxygen through your body. Not having enough B12 can lead to anemia, which means your body does not have enough red blood cells to do its job. If your cells aren't getting enough oxygen, you'll likely suffer from tiredness and exhaustion.

2. Pins & Needles Sensation

A condition called paresthesia is the sensation of uncomfortable tingling or prickling, usually felt in the arms, legs, hands or feet. Experts warn experiencing pins and needles could be a sign of Vitamin B12 or Vitamin B9 deficiency.

3. Forgetfulness

If left untreated, B12 deficiency can lead to symptoms such as confusion and poor memory. The good news is

that this nutrient is one of the easiest vitamins to supplement (when you don't forget to take it) in the right form and dosages.

4. Altered Taste

The tiny red bumps on your tongue are known as papillae, or what we commonly call the "taste buds." The loss of papillae could be from a B12 deficiency, causing your tongue to become smooth and red which in turn affects the taste of food.

5. Depression, Moodiness & Irritability

Serotonin is an important mood-regulating neurotransmitter that plays a vital role in good mental health. Certain nutritional factors can impact your brain's ability to produce serotonin, including a lack of vitamin B12.

6. Vision Problems

Not enough B12 in the body can affect the optic nerve and also block the blood vessels in the retina. Blurred vision, extreme sensitivity to light, and spotting are common problems experienced by those with vitamin B12 deficiency.

7. Appetite Loss

You might not get your regular hunger pangs or hardly want to eat anything at all. Lack of hunger or finding food tasteless is an important sign of vitamin B12 deficiency.

8. Ringing in The Ears

Tinnitus is a condition where a person hears a ringing, buzzing or whistling sound in the ears. It's believed that tinnitus is a result of a deficiency in the body and the use of vitamin B12 may be able to get to this root cause and eliminate it.

9. Mouth Ulcers

Mouth ulcers (also known as canker sores) are painful sores that appear in the mouth, often on the inside of the cheeks. It has been noted in several studies that canker sores are either caused (or triggered further) when there is a deficiency of B12 in the body.

FUN FACT: Did you know there's a two-step process required for the body to absorb vitamin B12 from food? The National Institutes of Health says that first, hydrochloric acid in the stomach separates B12 from the protein found in food. After this, vitamin B12 combines with a protein made by the stomach (intrinsic factor) which is needed in order for B12 to be absorbed in the large intestine.

Unfortunately, signs of a vitamin B12 deficiency can take years to show up, and diagnosing it can be complex. If any of the symptoms above sound familiar, ask your doctor to run a blood test to check your levels. Ostomates may find that Vitamin B-12 Dermal Patches are a great alternative to taking oral supplements or injections.

Source: Edmonton "Mail Pouch" Nov 2018

FALLEN



The above picture is intended to give us inspiration. Even though the tree fell, it continued to grow and flourish. It's the same with us. When we became ostomates, we "fell," but there's no reason we can't flourish

I'm a urostomate; I have no bladder. There is no option for a reversal. I'm stuck with living with an appliance. I'm stuck with depending upon ostomy supplies. I'm stuck with carrying around an emergency kit no matter where I go. I'm stuck with potential leaks. I'm stuck with being a restroom alien. I'm stuck with this.

And yet, like that tree, I've always had determination to grow and flourish. **Why should a stoma define who I am or what I can do?** OK, so my plumbing isn't in its original configuration. So what. It's still an amazing piece of work. If a fashion model can have a nose job to enhance her beauty, why shouldn't I sport a pouch to enhance my longevity? And, like that tree, I want to branch out and experience personal growth and new adventures.

Becoming an ostomate can be a major stumbling block in our lives. That's a cold, hard fact. It's your choice. You can spend the rest of your life being a dead stump that people have to walk around to avoid, or you can branch out and become an inspiration for living.

Alexis Wasson, "shady" character

by Alexis Wasson, Tulsa Ostomy Association; via Tulsa (OK) Ostomy Life Newsletter by way of "Ostomy Outlook" Ostomy Association of North Oklahoma (April 2020)



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Wolfi Korn

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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.

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Bequests & Donations

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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, Ruth Suderman at 306-450-4690 or emailing sudermanruth@gmail.com**

Moving? Questions? Need Information?

Regina Ostomy Chapter

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(306) 761-0221 or reginaostomygroup@gmail.com

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VISITING PROGRAM

October - Ileostomy 3, Urostomy 1

November - Urostomy 1

December - Colostomy 3, Ileostomy 1, Urostomy 1