



MAY / JUNE  
2024



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## Sunscreen myths debunked



Confusion prevails about base tans, SPF and when and how to wear sunscreen. CBC News Posted: Jul 09, 2015 10:34 AM ET  
Last Updated: July 13, 2015 4:04 PM ET

Getting lots of sun this summer? Your sunscreen might not be as effective as you think. With the summer season in full swing, Canadians are enjoying the sun wherever they can find it, but skin cancer experts are learning that some of the prevailing myths around sun exposure and sun protection can be dangerous.

### SUNSCREEN MYTHS

An older myth that still persists is the misguided idea that having a “base tan” reduces the need for sunscreen. “Base tan is not a term dermatologists use,” said Dr. Cheryl Rosen of the dermatology clinic at the Toronto Western Hospital. “What it really means is getting sun damage to allow yourself to get more sun damage later.” A base tan exposes cells to ultraviolet radiation without any protection, which leads to DNA damage that the body might not be able to repair completely, Rosen said. It ultimately leads to skin cancer, pre-skin cancer or wrinkling. Vanity and sunscreen fatigue are behind the rise in skin cancer Rosen said she is concerned that the incidence of skin cancers continues to rise in Canada and people aren’t protecting themselves as much as they should be.

One myth that prevents people from slathering on the two to three tablespoons of sunscreen dermatologists recommend is the idea that sunscreen needs to be applied 20 minutes before going outside. “I would like to get rid of that because I’m afraid people will say, ‘Oh, no, it’s five minutes before I go out so there’s no point in putting it on,’” Rosen said. “Really, sunscreen

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## MEETINGS

Meetings and gatherings are held at the hall at Community of Christ Church on Arthur and 8th. Throughout the year we will have a combination of face to face and ZOOM or a hybrid of both for our get togethers. We look forward to meeting you.

### UPCOMING MEETINGS

**May 4** - 50th Anniversary celebration

**June 11** - Windup BBQ - 6 pm

**September 10** – Welcome back  
- 7 pm

**October 5** – STEP UP  
campaign



## SASKATCHEWAN OSTOMY COMMITTEES

Co-facilitator	Patty Gianoli	306-535 8251
Co-facilitator	Deb Carpentier	306-536-3319
Past facilitator	Murray Wolfe	306-550-7958
Membership	Patty Gianoli	306-535-8251
Flowers & Cards	Agnes Parisloff	306-761-0221
Phoning	Gord Kosloski	306-789-1592
	Diane Weir-Wagg	306-539-7404
	Agnes Parisloff	306-761-0221
Host	June Crawford	306-543-2852
Host	Bill Collie	306-543-2647
Lunch & Mailing	Brenda Frohlick	306-949-2352
Newsletter & website	Deb Carpentier	306-536-3319
	Louise Laverdiere	306-536-5442
Webmaster	Peter Folk	
Visiting Coordinator	Ruth Suderman	306-450-4690
Partner & Family Support	Bob Fearnside	306-924-5993

## MISSION STATEMENT

Ostomy Saskatchewan is a mutual support group 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.

## WEBMASTER?

**WE NEED YOU!**



If you're looking for a bit of fun and creativity Ostomy Saskatchewan needs the services of a webmaster to keep our [www.ostomysaskatchewan.ca](http://www.ostomysaskatchewan.ca) website healthy and vibrant. Send Deb an email to [carpentier.deb@gmail.com](mailto:carpentier.deb@gmail.com).

## OSTOMY & WOUND CARE

### Pasqua Hospital 766-2271

Sheryl Walker, RN BScN WOCC (C) Program Coordinator

Lela Mileusnic, RN BScN WOCC (c)

Ruth Suderman, RN, BScN NSWOC

Louise Swan, RN, BScN NSWOC

Christi Tsui, RN, BScN WOCC (c)

Karen Kinaschuk, RN, BScN WOCC (c)

Alison Nachegaele, RN BScN (NSWOC in training)

Stephanie Charleson, RN, BScN (NSWOC in training)

Bobbi Kish, Office Manager

Ana Marie Solidarios, Unit Assistant

## STEP UP FOR OSTOMY 2024!

It seems like a long way off right now, but we know how fast the summer flies. Once again, we'll join in to the cross country StepUp for Ostomy event on October 5<sup>th</sup> to help raise awareness and funds for Ostomy Canada which support many programs nationally and also for groups like ours. Last year we raised over \$6,000 as the Regina Rockers! Watch out because as a province of supporters Saskatchewan will Step Up again to make a difference. Save the date .... OCTOBER 5<sup>th</sup>.

**Empower lives.  
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OCT 5, 2024  
[stepupforostomy.ca](http://stepupforostomy.ca)**

## "Greetings from Patty"



Hello friends!

This year's National Volunteer Week's theme is Every Moment Matters. We never know how we've touched someone's life with a simple gesture. For us at Ostomy Saskatchewan, we have those reaching out to ostomates, those who organize events, those providing lunch, those who create our newsletter and those who always say "yes! Not only do our volunteers give freely, they give generously. We are so appreciative to all those who share their time, talents and treasures. You are amazing!

You will notice in the newsletter, the new way you will renew your memberships for 2025 and if you're new to Ostomy Saskatchewan, you can follow those instructions.

The final meeting of the year will be held on Tuesday, June 11 at 6 o'clock at the church hall. Come and join us for a BBQ with a short AGM to follow.

On May 14, 1974, 24 people attended a meeting following an ad that had been placed in the Leader Post. Could they have imagined that we would be celebrating its impact 50 years later. Fifty years as a non-profit organization doesn't happen without the hard work of so many people. Thank you to all of you who have been a part of this great organization. Those who continue to be members year after year, enjoying our newsletter and providing support to new members. This may mark the end of the Regina Chapter as we know it but as we move into the future, we become Ostomy Saskatchewan, where we will continue with awareness, support and advocacy just like it began 50 years ago.

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## Get The Support You Need!

### OSTOMY VISITOR PROGRAM

Speak to a Certified Ostomy Visitor for personal support with your ileostomy, colostomy, urostomy or j-pouch. Visits are available at the hospital, in-person, phone & virtually. It could be either pre-operative or post-operative or both. At times you may just have a few questions or at other times you may be 'working' your way through something and it's good to talk to someone who can relate to your situation personally. All you have to do is ask.

A visit may be arranged by calling the Visiting Coordinator, Ruth Suderman at 306-450-4690 or emailing [sudermanruth@gmail.com](mailto:sudermanruth@gmail.com)





*Cont'd from front page*

begins to work as soon as you put it on. Maybe there is a bit better absorption if you put it on a bit ahead of time.”

Experts also suggest that people:

- Stay in the shade between 10 a.m. and 4 p.m.
- Cover up as much as possible, including wearing sunglasses.
- Look for sunscreens that provide a broad spectrum of protection from both UVA and UVB radiation.
- If you're in the water, make sure your sunscreen is water-resistant.

“I think in the summer people should put their sunscreen on in the morning like they brush their teeth. It should be part of your routine,” Rosen said. People tend to forget to apply sunscreen to the back of the neck and top of the ears. But while those are all good tips, sunscreen will not provide complete protection. “Health Canada says you can't call it a sunblock anymore, and that's because none of the sunscreens are perfect,” Rosen said. “Some UV gets through.”

The Canadian Cancer Society recommends that people use a sunscreen with SPF 30 if they work outdoors or plan to be outside for most of the day. Rosen considers SPF 30 to be the minimum protective value against sunburn. A higher level means more protection, but it doesn't last longer. People with an abnormally high sensitivity to sunlight have greater benefits with a SPF higher than 50, Rosen said. These sunscreen products will soon be labeled SPF50+, the society noted. No one knows whether a higher SPF offers greater value for DNA damage.

Dermatologists say sunscreen creams and lotions tend to provide better coverage than sprays or liquids. While UV protective clothing helps, it isn't essential, Rosen said. Clothing made of a tightly woven fabric also offers protection.

Ian Anderson, 58, of Brampton, Ont., didn't pay attention to sun protection until it was almost too late. A mole on his back grew from the size of a dime to about the size of a toonie in the course of a month and changed colour. “They did a biopsy of the mole and found that it was full of cancer, and that's the first I heard of it,” he said. He was diagnosed with Stage 4 melanoma. “I still love the sun, I'm not going to deny that,” Anderson said. “I put a hat on and put on the sunscreen. A lot of times, I'll wear a three-quarter length sleeve. You try to cover up the best you can, but you can't run from it. You want to enjoy it, too.”

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A guy had been on a deserted island for 10 years when he saw something approaching. Instead of a ship, it was a beautiful woman in a wetsuit. She took off the hood and shook out her long hair. She said to the guy, “How long has it been since you've had a smoke?”



“I've been stranded on this island for ten years and haven't had a smoke in all that time”, he replied. She promptly unzipped a pocket on her right sleeve and pulled out a pack of cigarettes for him.

As he enjoyed a smoke, she said, “How long has it been since you've had a drink?”

“I've been stranded on this island for ten years and haven't had a drink in all that time”, he replied.

She then unzipped a pocket on her left sleeve and pulled out a bottle of aged Scotch. While he was enjoying a drink, she started to unzip the front of the wetsuit. While doing so, she asked, “How long has it been since you've played around?”

His eyes bulged as he said, “Don't tell me you've got golf clubs in there!!!”

# NSWOC WEEK



**REMEMBER BACK** ..... to your surgery and post surgical weeks and the care you received. What comes to mind when you think about who took care of you? I bet for many of us it's a nurse who's at the top of that list. More specifically we think of our Ostomy Nurse, our ET, our NSWOC ... depending on what era you come from. What would that time have been like without them? April 15 to 19 was National NSWOC week. If you see an NSWOC say "thanks for being there."

**Ostomy Saskatchewan** wants to say thank you to all of those nurses and NSWOCs who took care of us, physically and emotionally. We know how stretched you are and we are grateful. We appreciate the time you take with us to solve our problems or lend a sympathetic ear.



## The Nerve(s) of Those Stomas!

By Mike D'Orazio, RN, ET

The question or comment about stomas lacking sensory nerves, or the more broadly stated claim that stomas have no nerves, is a myth that dies very hard. Allow me to borrow from one of my presentations that partly address this issue.

In summary, - Putting this in perspective, the claim in the first paragraph that "stomas do not have any pain sensation" is false, as is the claim that "stomas have no nerve endings." Stomas definitely have nerves that are sensitive to stretching. However, it's also true that stomas tend to be insensitive to certain other stimuli, notably cutting. This creates real danger, as stated in the first paragraph, that you can cut your stoma without being aware of it. And it's also probably true that, in most cases when people talk about stoma pain it's really from the peristomal skin.

"... most of the information carried by gastrointestinal primary afferent neurons is not consciously perceived. This is nicely demonstrated by tests on fistula patients who report no sensation when the healthy stomach is probed or in patients that have had the intestinal lining cut to take a biopsy." Additionally, there are more than 100 million nerve cells in the human small intestine, a number roughly equal to the number of nerve cells in the spinal cord. Add in the nerve cells of the esophagus, stomach, and large intestine and you will find that we have more nerve cells in our bowel than in our spine. We have more nerve cells in our gut than in the entire remainder of our peripheral nervous system.

Alas, stomas do have nerves! There are nerves; but the sensory nerves of the bowel between the esophagus and rectum, for certain types of painful stimuli, such as cutting or cautery, are either very low in number and caliber or the brain is not readily able to perceive the pain.

Source: Broward Ostomy Association "Broward Beacon" Ft Lauderdale, FL - Summer 2019 via Ottawa Ostomy News - October 2023



Phantom rectal pain, ie., you get the urge to go to the toilet in the "old way", even though you know you can't. Solution: This pain is because your body needs time to adjust to it's new plumbing and still thinks it needs to go to the toilet in the old way. Try going and sitting on the toilet anyway, even though you know it's pointless. A lot of people find this alleviates the pain. The good news is that over time, phantom rectal pains become less frequent and eventually disappear altogether.



## Ostomy Tips for the Pool - Getting Into the Swim of Things

Can I go swimming with an ostomy? The answer is a resounding “YES!!!”



Swimming is an excellent exercise—an opportunity for a good cardiovascular workout without overly stressing your joints or your spine. The pool is a great place to work on those range-of-motion exercises, the water helps support you while you move, and water exercises can be done in the deep end or while sitting in the shallow end of the pool. Best of all, swimming is an activity you can enjoy with family and friends of all ages and abilities!

So why are so many of us afraid to get back into the water? Here are some of our issues and solutions:

\*\*\*\* I'm afraid that my appliance will leak or come off while I'm in the pool. This is by far everyone's number one concern. The thing to remember is that your pouching system is designed to be leak-free and water-proof, and your wafer adhesive actually gets stronger in water. As long as your seal is strong and intact, strap on your swim fins and jump in.

**TIP #1:** Don't go swimming right after you've put on a new wafer.

**TIP #2:** Make sure your pouch is empty.

**TIP #3:** Picture framing your wafer with water-proof tape isn't necessary but may give you the extra confidence you need.

**TIP #4:** Avoid wearing pouches with filters into the pool. Water may get in through the filter.

\*\*\*\* I'm concerned that people will be able to see my pouching system under my bathing suit. A dark colored suit with a busy pattern will camouflage your appliance better than light colors like white or yellow, which can become almost transparent when wet.

Note: your pouch will dry just as quickly as your suit will, so no need to worry about a telltale damp spot.

**TIP #1:** For women, choose a suit with a small, well-placed ruffle or skirt.

**TIP #2:** For men, choose a suit with a higher cut waist or longer leg.

**TIP #3:** You may wish to wear a smaller, non-drainable pouch (those designed for intimate moments work well here, too!).

**TIP #4:** If you have a colostomy and you irrigate, you may try wearing a stoma cap while you swim.

\*\*\*\* I'm embarrassed about changing into/out of my bathing suit in the locker room and people noticing my ostomy appliance. Some of us don't care who sees what, while others are more modest when it comes to who knows about our ostomies and pouching systems. If you're a little on the shy side don't let the possibility of problems arising when changing prevent you from an enjoyable afternoon swim with family or friends.

**TIP #1:** Try to find a spot that's out of the way or less crowded or change and towel off in a convenient bathroom stall.

**TIP #2:** Put on a dry, oversized T-shirt as a cover-up while you change.

**TIP #3:** A dry suit is easier to take off than a wet one. Relax by the side of the pool with a good book or a talkative friend before heading for the locker room.

**TIP #4:** Wear your bathing suit under a jogging suit or sweat pants and don't worry about changing at all.

\*\*\*\* What about using the hot tub or Jacuzzi? Go ahead. Again, as long as your appliance seal is good and your pouch is empty you should have no problems with your ostomy.

### General Tips:

Do some planning – you know your body better than anyone and how long after eating your ostomy starts to work. Try to arrange your swimming for a time when your output will be minimal. If you are still concerned about entering the pool with your appliance, try this: put on your bathing suit, fill your bathtub with water and sit in it for half an hour. You'll feel more confident when you see there's no leakage. You'll also get to see what your suit (and your covered pouching system) look like wet.

A support garment or bike shorts under your suit or a snug, Lycra bathing suit can help to keep your pouching system in place and prevent your pouch and clip from migrating to the groin area. Some ostomates sew pockets into the inside of their suits as a way of providing additional pouch support, if needed. If you wear an ostomy belt, you should know that cloth belts stretch in the water – wear a rubber one if you want to wear a belt in the pool. Again, remember to get your doctor's okay before you take to the water or begin any strenuous exercise.

*This article is provided to JDDBS courtesy of Stillwater-Ponca City (OK) Ostomy Outlook and is Copyright by Stillwater-Ponca City (OK) Ostomy Outlook*  
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<sup>1</sup>Maria Teresa Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCN-AP; and Karin Holzel-Piontek, RN. The Effects of Using a Moldable Skin Barrier on Peristomal Skin Condition in Persons with an Ostomy: Results of a Prospective, Observational, Multinational Study. *Ostomy Wound Management* 2014;60(12):16-26.  
<sup>2</sup>Consumer sampling survey, N=61, ConvaTec Inc, February 2021, data on file.












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Costs for each child have increased substantially over the past few years. We welcome all donations to the camp, no matter how small! Donations made online receive an automatic tax credit.

If you are interested in donating to camp here are your options. If you have questions you can contact Patty at [patty.gianoli@sasktel.net](mailto:patty.gianoli@sasktel.net) or 306-535-8251 or Deb at [carpentier.deb@gmail.com](mailto:carpentier.deb@gmail.com) / 306-536-3319.

**ONLINE OR CHEQUE - Income tax receipts will be issued.**


Cheque: Make your cheque out to Ostomy Canada Society Inc. On the notation space at bottom of cheque write Saskatchewan, camp. **MAIL TO: OSTOMY CANADA** 5800 Ambler Dr., Suite 210 Mississauga, ON L4W 4J4

Debit/Credit: Go to the DONATE NOW page on the Ostomy Canada website. Fill in the details. Choose "Saskatchewan" under "Fund Area". Mark yourself as a "Supporter". <https://www.ostomycanada.ca/donation/>

## CONTROLLING LEG CRAMPS

If you have been jolted awake by a leg cramp, you know how sudden and intense the pain can be. Several factors, including dehydration, the use of diuretics or overuse of your muscles can trigger leg cramps, which usually occur during rest or sleep. For relief, straighten your leg and point your toes upward while you gently rub the cramp to help the muscle to relax. For a calf cramp, stand up and put your weight on the cramp, keeps both legs straight and lean forward at the waist. Use a cold pack to relax tense muscles. Use a warm towel or heating pad later if pain or tenderness persists. To prevent cramps, stretch daily. Before bed, stand 2-3 feet from a wall, placing your hands on the wall. Keep your heels on the floor. Lean toward the wall and bend one knee, hold ten seconds, straighten your leg. Repeat with the other knee. Stretch each leg 5 to 10 times. Drink 6 to 8 cups of water daily. Fluids help your muscles contract and relax. Try not to sleep with your toes pointed (as people tend to do when sleeping on their back or stomach). Sleep on your side, don't tuck your sheets and blankets too tightly as they can bend your toes down. Your doctor may prescribe a muscle relaxant for frequent leg cramps.

*Source: Mayo Clinic Health Letter; S. Nevada's Town Karaya, Snohomish, Metro Halifax News, Sept/98 via Ottawa Ostomy News Nov. 2023*


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## The Mighty – mighty.com (September 2023)

### 10-Year-Old Designs Bathroom Sign for People With Invisible Conditions

Grace Warnock is only 10, but she's perceptive. She easily picked up on judgmental looks from strangers when she would use public bathrooms for people with disabilities.

Grace has Crohn's disease, an inflammatory bowel disease you can't see from the outside. The condition can be painful and requires her to make a lot of bathroom stops. Instead of putting up with rude onlookers, she designed a bathroom sign that includes both a person in a wheelchair and a standing person with a heart, symbolizing people with invisible conditions. Then she took it a step farther. She launched "Grace's Sign" campaign to get buildings near her home in Edinburgh, Scotland, to hang the signs up. \*Sign up for The Mighty Newsletter\*



It worked. The Scottish Parliament installed the signs on three of its accessible bathrooms.

"Using Grace's Sign at accessible toilets on the parliamentary estate sends out a powerful message to others across Scotland that these toilets are there for everyone with a disability, regardless of whether or not it is 'visible,'" Scottish Parliament member Iain Gray, who backed Grace's campaign, told Edinburgh News.

**The Mighty's Crohn's Disease community is 76,000+ people strong, but there's always room for more. Follow along or join in today—whatever is comfortable for you.** <https://themighty.com>



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Available Sizes:  
 SNS20630 - 1" arc  
 SNS21130 - 2" x-tra wide arc  
 SNS22222 - 1"-1/2 circle arc

*Ask your supplier to bring in these products for you!*  
 For more information to acquire locally or to request a sample please call  
 In Canada Contact - Peter West  
 519-726-5959 | peter@westcaremed.com

**Safe n Simple**  
Class. Comfortable. Confident.

**844-767-6334**  
 www.sns-medical.com

*Stretch Your Dollars with our High Quality, Cost Effective Products!*

## WHO WE ARE

**Advocacy.**  
**Awareness.**  
**Collaboration.**  
**Support.**



We are a non-profit volunteer organization dedicated to helping people with an ostomy, & their circle of support to live life to the fullest.

**Support Groups • Find An NSWOC**  
**Ostomy Canada Magazine • Publications**  
**Volunteer • Donate • Ostomy Youth Camp**  
**Information For Those Living With An Ostomy**  
**Disability Tax Credit • Ostomy Visitor Program**

**CONNECT WITH US**

Ostomy Canada Society  
 Suite 210, 5800 Ambler Drive  
 Mississauga, Ontario L4W 4J4

1.888.969.9698  
 www.ostomycanada.ca  
 info1@ostomycanada.ca

Call: (306) 352-8874  
 Fax: (306) 352-8876  
[medical1@sasktel.net](mailto:medical1@sasktel.net)

**2347 2<sup>nd</sup> Ave, Regina, SK, S4R 1A5**  
 Locally Owned & Operated

Monday – Thursday  
 8:30AM - 4:30PM  
 Friday  
 8:30AM - 2:30PM  
 Weekends/Holidays  
 Closed



# Medical 1

A Culture of Caring

<u>Products:</u>		<u>Brands:</u>	
Ostomy Supplies	Stethoscopes	Coloplast	
Incontinence & Urological	Isagel Products	Convatec	
Catheters	Tens Machines	Hollister	
Skin Care	Exam Gloves	Tena	
Wound Care	Exam Room Supplies	3M	
Athletic Supplies	First Aid Kits/Supplies	Safe n Simple	
		BD	
		Molnlycke	
		Smith & Nephew	

**Ostomy Customers**  
**Save 5% On All**  
**In-store Pick-ups**

Delivery Fees  
 In Regina: \$10  
 Out of Town: \$15  
 \* Some Exceptions Apply

Proud Sponsor of the Regina & District Ostomy Society



## **Ostomy Saskatchewan Membership**

Membership is open to all persons interested in supporting people living with an ostomy and their circles of support. As a member supporter you can enjoy the benefits of being part of Ostomy Saskatchewan as well as Ostomy Canada. You'll receive newsletters, opportunities for webinars, a magazine and the support of people here and across the country.

Ostomy Canada uses the word "Supporter" vs "Member". It's easy to join in. A minimum \$25.00 gives you all the benefits of a supporter but more importantly you will be supporting an organization that is the Voice for People Living with an Ostomy in Canada. If you wish to support the provincial group you would increase the amount from \$25.00 to something more.

The financial contribution a SUPPORTER donates supports many local and national initiatives. We have the kid's camp, an education fund, a visitor's program, educational seminars, and training programs. We have a get togethers regularly. Updates will be listed in the newsletter and/or on the website. ([www.ostomysaskatchewan.ca](http://www.ostomysaskatchewan.ca))

### **ONLINE OR CHEQUE - Income tax receipts will be issued.**

Cheque: Make your cheque out to Ostomy Canada Society Inc. On the notation space at bottom of cheque write Saskatchewan. MAIL TO: OSTOMY CANADA 5800 Ambler Dr., Suite 210 Mississauga, ON L4W 4J4  
Debit/Credit: Go to the DONATE NOW page on the Ostomy Canada website. Fill in the details. Choose "Saskatchewan" under "Fund Area". Mark yourself as a "Supporter". <https://www.ostomycanada.ca/donation/>

## **Bequests & Donations**

Ostomy Saskatchewan is a mutual support group and we welcome bequests and donations. Acknowledgement cards are sent to next-of-kin when memorial donations are received. Donations should be made payable to Ostomy Canada Society Inc, with a notation for Ostomy Saskatchewan and mailed to 5800 Ambler Dr., Suite 210 Mississauga, ON L4W 4J4. You can also send online if you wish to pay by debit or credit card. Once your information is entered there's a drop down box where you can choose "Ostomy Saskatchewan". Tax receipts will be issued.

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**

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

### **Do you have questions?**

Ostomy Saskatchewan  
7631 Discovery Road  
Regina, Sk S4Y 1E3  
(306) 761-0221 or [ostomysask@gmail.com](mailto:ostomysask@gmail.com)

## **VISITING PROGRAM**

**January - March**

**Colostomy - 4**

**Ileostomy - 2**