



Image by Freepik

## JAN/FEB 2025

### Are You or a Family Member Considering A Long Term Care Facility?

Many people are faced with a decision to enter a Long Term Care (LTC facility. If this is a consideration for yourself or a family member who has an ostomy, these questions may help guide you in your decision making process.



Image by Freepik

### In This Issue

<i>Considering Long Term Care Facility</i>	1
<i>President's Message</i>	2
<i>How the Big 3 Suppliers can Help When we Have Questions and Needs</i>	4
<i>Tips for Avoiding Peristomal Itching</i>	6
<i>Flu - Prevention and Risks</i>	8
<i>Christmas Celebration</i>	10
<i>10 Tips for Managing Your Ostomy</i>	10
<i>Time for a Vitamin D</i>	11
<i>Ask the NSWOC</i>	13
<i>Membership</i>	16

- Is there a Nurse Specialized in Wound, Ostomy and continence (NSWOC) on staff?
- Does the LTC facility contract an NSWOC to provide consultations? How are they consulted? Is there an additional fee passed on for the NSWOC consult?
- Have the Personal Support Worker (PSW) staff taken education on how to change an ostomy appliance?
- Do the staff nurses have formal education on ostomy management?
- Who is responsible for changing ostomy appliances? Registered vs. non-registered staff?
- Does the facility have built-in mentorship opportunities pertaining to ostomy care?
- What is in place for a line of communication to deal with concerns family may have about the patient and their ostomy?
- Does the facility have a dietician who can oversee the nutritional requirements of having an ostomy? ie. foods to avoid for a person living with an ileostomy?
- How can you purchase ostomy supplies? What is the process? How long does it take for an order to arrive at the LTC? Are there any special billing procedures in place, or how best to manage them?
- If ostomy supplies are ordered and the wrong ones arrive, what is the process to do a return and get the correct order?

### 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 & EVENTS

#### January and February

NO meetings

**March 11** - Zoom meeting

7:00 pm

**April** - No meeting

**May 3** - 1/2 day Seminar



Image by Freepik

Cont'd on page 3

## "Greetings from Patty"



Happy New Year friends! Some interesting trivia about New Year's. About 50 tons of trash are left in Times Square after their celebration (Yuck!). Round or ring-shaped foods symbolize that the year has come full circle. (Bring on the donuts!) If you live in Italy wearing red underwear is considered lucky. (I think my husband will look good in red!) 80% of New Year's resolutions are forgotten by February. (Plenty of time to restart!) In Spain, eating 12 grapes is a common tradition. (I assume that's served as wine!) However, you celebrated the New Year, I wish you a year full of good cheer!

Our next gathering will be on Tuesday, March 11 at 7 o'clock via ZOOM. All across our province, or wherever you are then, we can gather together and learn a thing or two. More information will be sent closer to this date. Here's your zoom link. <https://us06web.zoom.us/j/89683057309?pwd=9VJfGumEIKsUy6DTpVXWdL4pr7QQRV.1>

Also, **Save the Date**, as we're planning a half day education day on May 3rd. A great opportunity to meet other people living with an ostomy and the professionals that support them.

As tax time approaches, educate yourself on the Disability Tax Credit. Information is always available on Ostomy Saskatchewan and Ostomy Canada.

If you haven't done so already, your sponsorship (membership) is due. Don't miss out on any of the events Ostomy Canada and Ostomy Saskatchewan present by not renewing. Information on how to send this in is located on the last page. If you have any questions or concerns about this new procedure, please contact us directly and we can help you with this.

If you are not heading on a warm winter vacation, embrace the beauty of winter: a walk in the park, ice fishing, cozy up by an indoor or outdoor fireplace, cheer on a local sports team, ice skating, winter bird watching or curl up with a favorite book or movie. *"What good is the warmth of summer, without the cold of winter to give it sweetness."* John Steinbeck

Best wishes for a Happy and Healthy 2025.

*Patty*

### 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 someone who has undergone intestinal and/or urinary diversions, including preoperative and postoperative visits or phone calls, at the request of the individual, an ostomy nurse (NSWOC) or physician

## 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)



Article cont'd from front page

- How will the facility ensure that ostomy supplies are used appropriately, and when will an NSWOC be consulted if supply usage is beyond expected usage?
- What are the expectations of relatives to supply the product -- will they notify relatives when running low with the product allowing time to get the product to the LTC?
- Is there someone who can assist me in accessing funding for my ostomy supplies while in the LTC facility?
- How do I access help if I have a complication with my ostomy?
- What is the protocol for the disposal of used ostomy supplies?
- Is there an in-house physician who is familiar with ostomies if I have an urgent issue that needs to be addressed?

Source: Cathy Harley, CEO, NSWOC Canada and Karen Bruton, RN, BScN MCISc-WH WOCC(C), OCS Medical Staff

Advisory Lifestyle Committee (Lead); Ostomy Canada Connects via Vancouver Ostomy HighLife, March / April 2022

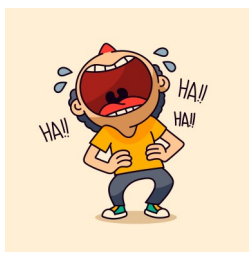


“People living with an ostomy are eligible for the Disability Tax Credit (DTC) when a qualified practitioner certifies the DTC Application and the CRA approves it.”

Learn more at [ostomycanada.ca](http://ostomycanada.ca)

Ostomy Canada Society | Société Canadienne des Personnes Stomisées

On their way to get married, a young Catholic couple is involved in a fatal car accident. The couple found themselves sitting outside the Pearly Gates waiting for St. Peter to process them into Heaven. While waiting, they began to wonder: Could they possibly get married in Heaven? When St. Peter showed up, they asked him. St. Peter said, "I don't know. This is the first time anyone has asked. Let me go find out," and he left. The couple sat and waited and waited. Two months passed and the couple were still waiting. While waiting, they began to wonder what would happen if it didn't work out; could you get a divorce in heaven? After yet another month, St. Peter finally returned, looking somewhat bedraggled. "Yes," he informed the couple, "You can get married in Heaven." "Great!" said the couple, "But we were just wondering, what if things don't work out? Could we also get a divorce in Heaven?" St. Peter, red-faced with anger, slammed his clipboard onto the ground. "What's wrong?" asked the frightened couple. "OH, COME ON!," St. Peter shouted, "It took me three months to find a priest up here! Do you have any idea how long it'll take me to find a lawyer?"



### Membership Reminder

Renewals are needed for the 2025 year. We call you “sponsors” now but it is still like a “membership”. We need your financial support to continue so although only \$25 is required, we would appreciate any amount over and above that. See the back page of the newsletter to see your options.





## HOW THE BIG 3 SUPPLIERS CAN HELP WHEN WE HAVE QUESTIONS & NEEDS

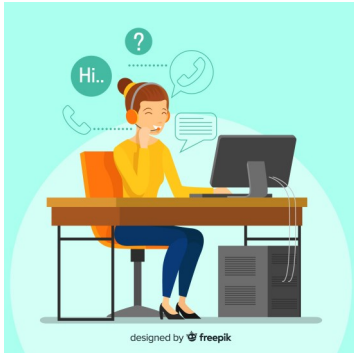


Image by Freepik

In talking with people it's clear that the ostomy community values having someone to ask any of the various questions that come up when you're in the first couple of years of learning to live with an ostomy or would just like to have the emotional & counseling support.

Ideally, we would opt to talk with our own ostomy nurse, if we have one, but there are many situations where people don't have an NSWOC nearby or one isn't easy to access. Where can we turn?

The major suppliers, Convatec, Coloplast and Hollister have programs that they encourage people to participate in, whether they purchase their supplies or not. There are knowledgeable people and ostomy nurses who are available to speak with.

Here's a bit of information from the suppliers on what programs they provide.

**Hollister Secure Start** services provides a lifetime of personalized support at no cost to you, so you can live your life, your way. We're here for you for as long as and whenever you need us, regardless of the brand of product you use. After you enroll, a Secure Start Coordinator will contact you by phone or email to start providing you the benefits of Hollister Secure Start services.

If you have questions about our services or products, please call 1.866.789.7574 or email [securestartcanada@hollister.com](mailto:securestartcanada@hollister.com).

Visit the Hollister Ostomy Learning Center for more information on types of ostomies and lifestyle content, including videos, booklets, and more!

<https://www.hollister.ca/en-ca/ostomycares/ostomylearningcenter>

**Convatec** - While some things will change, you can still live the life you want to lead.

**me+™** answers gives you the answers to the lifestyle questions you have. You'll learn about diet and nutrition, intimacy, exercise and sports, travel, and a host of other topics. You don't have to figure it out alone. Join today and let us help you get back to doing the things that make you, you.

**me+™** is a differentiated support program, regardless of the brand of products being used, anyone is welcome to join. It is designed to surround members living with an ostomy with practical, emotional *and* physical support, the resources needed to assist in the journey ahead. It includes a safe, appropriate exercise and recovery program recommended by Physiotherapists and Ostomy Nurses. Online: [www.convatec.com/en-ca/ostomy-care](http://www.convatec.com/en-ca/ostomy-care)

### Exclusive to Convatec – Assistance for new ostomates

- As a me+™ support program member, Convatec offers patients a **one-year complementary** subscription to TELUS® Health. Services are offered 24/7 and includes access to professional counsellors face-to-face sessions, tele-counseling and online assistance. Areas of expertise include assistance with emotions and stress, psychological support, disability, health, and more.

Contact our Convatec Customer Relations Center which is staffed with NSWOCs and RNs at 1-800-465-6302 or email at: [convatec.canada@convatec.com](mailto:convatec.canada@convatec.com).

**Coloplast Care** is a support program that takes a holistic approach to your ostomy care with personalized guidance, products and support based on your individual needs. Coloplast Care advisors are available to discuss daily ostomy care needs, emotional support and help provide additional guidance with product options. Go online and read various journeys from people who are living with an ostomy. There are also many educational resources, eBooks, "How to" videos and tools available online for your reference. New to Coloplast Care, is access to three sessions with a mental health specialist through our partner, Teledoc Health, when referred by your clinician (NSWOC). Reach out to your clinician (NSWOC) or a Coloplast Care Advisor to get started.

Contact us at: 1-866-293-6349 Email: [casupport@coloplast.com](mailto:casupport@coloplast.com)



## No-Sting Skin Barrier Film

- No-Sting, Alcohol-Free
- Provides a transparent protective coating to the skin surface
- Protects the skin from adhesives, friction and body fluids
- Gentle, convenient and scent-free
- Increases adhesion of tapes and wafers

*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**  
Clean. Comfortable. Confident.

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

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

Available Sizes:  
 SNS00807 - 5"x7" Large Wipe  
 SNS80725 - 2"x2" Sachet Wipe  
 SNS80711 - 1 mL Wands  
 SNS80792 - 2oz Spray Bottle

## 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 2nd 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

<b>Products:</b>		<b>Brands:</b>	<b>Ostomy Customers Save 5% On All In-store Pick-ups</b>
Ostomy Supplies	Stethoscopes	Coloplast	
Incontinence & Urological	Isagel Products	Convatec	<b>Delivery Fees</b> In Regina: \$10 Out of Town: \$15 * Some Exceptions Apply
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	

Proud Sponsor of the Regina & District Ostomy Society



## TIPS FOR AVOIDING PERISTOMAL ITCHING

(and What to Do if You Already Feel Itchy)

Itchy skin around the stoma, or peristomal skin, may be a frequent problem, but shouldn't be considered normal. Learn about common causes of peristomal itching and what you can do about it.

Itchy peristomal skin, a condition known as pruritus, can be chronic and difficult to treat. Some people experience itching even with healthy looking skin. Nevertheless, there's plenty you can do to help prevent or deal with this common problem.

### Understanding Peristomal Itching:

To better understand peristomal itching, we surveyed stoma care nurses and their patients. The goal was to compare their experiences with this issue. The results were somewhat surprising:

Peristomal itching was reported by 87 percent of people with stomas, yet 36 percent of the time the skin appeared healthy – free of break-down, redness, or rash\*

71 percent of nurse respondents recall a time when patients reported peristomal pruritus, yet the skin was intact and free of redness\* Nurses encourage patients to report itchy peristomal skin, however, patients did not commonly tell their healthcare providers\* There are many potential causes of peristomal itching; however, two conditions known to cause it are candidiasis (a fungal skin infection) and dermatitis.

### About Candidiasis:

Candidiasis is a fungal skin infection that is known to cause severe itching. Candidiasis can usually happen when the peristomal skin is warm and moist. It can also be a result of stoma fluid leakage under the barrier or some medications such as an antibiotic. Here are some tips for avoiding candidiasis:

- Reduce moisture by making sure your pouching system fits properly around your stoma
- Dry off your pouching system promptly after showering, bathing, swimming, or any exposure to water
- Use anti-fungal powder to absorb moisture from broken skin and treat the fungal infection. When using anti-fungal powder, make sure to brush off the excess before applying your pouching system. Stop using powder once the skin is healed, is no longer moist to the touch and the rash is resolved
- Do not use anti-fungal cream under your pouching system as the pouching system won't adhere
- Address and resolve any leakage issues with your stoma care nurse

### About Dermatitis:

Dermatitis, also known as irritant dermatitis, may be caused by an irritant to the skin – such as those in soaps, lotions, and other products. Or it can originate from your skin being exposed to your stomal output due to leakage. Allergic dermatitis is caused by a reaction to a specific irritant or allergen.

### Here are some prevention tips:

- Make sure you are using the correct size opening for your pouching system. Use a stoma measuring guide periodically to see if your stoma size or shape has changed
- Work with your stoma care nurse to find the best products for you. A convex skin barrier (instead of a flat one) or a barrier ring, when needed, can help ensure a good fit and prevent leakage
- Make sure you keep your skin care routine simple. Less is better when caring for the skin around your stoma. For most people, water is sufficient for cleaning it
- Address any leakage issues with your stoma care nurse

### Other causes of peristomal itching:

There may be other causes of peristomal itching, some of which don't result in visible signs of skin damage. While leakage remains a top contributor to itching, our survey shows that heat and humidity can contribute to itching as well. Also, dryness is a common cause of itchy skin around the stoma with otherwise healthy looking skin. If you experience itching, a simple and easy first step is to remove and replace your pouch, nearly 79 percent of our survey respondents said this reduced the itchiness.

If you have consistent peristomal skin itching, think you may have candidiasis or a form of dermatitis, or suspect you have any other peristomal skin complication, contact your stoma care nurse.

*\*Based on a survey of 164 patients. Consumer Survey of Pruritus, 2016 Hollister data on file.*

*Source: [www.hollister.com](http://www.hollister.com) via Niagra Ostomy February 2021*

### **New Ostomate Tip**

I use a terry cloth baby bib when I get out of the shower. I put it around the neck of my appliance. The bib acts as a barrier between the moist plastic against your skin and also dries the pouch while you are drying the rest of your body.



I

120 Victoria Avenue, Regina  
306-522-3833  
jollysmedical.ca  
orders@jollysmedical.ca

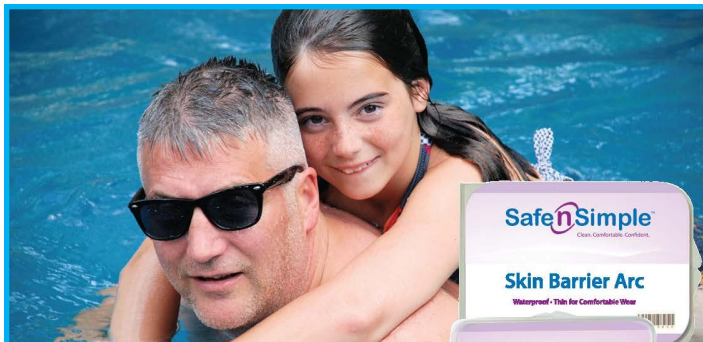
Weekdays: 9am-5:30pm  
Saturdays: 10am-3pm  
Closed Sundays and Holidays



Locally Owned and Proudly Serving Regina and Community for over 100 Years!

\* FREE delivery within Regina \* Province Wide Delivery Available \*

- Ostomy Supplies & Accessories
- Compression Stockings
- Catheters & Incontinence
- Athletic Bracing & Supplies
- Aids to Daily Living
- Wound Care



### Skin Barrier Arcs

- Water resistant to protect the skin
- Picture frame around an Ostomy pouch
- Thin profile for comfortable wear
- Use directly on irritated skin

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@westcared.com



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

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

## Young Ostomates Support & Friendship Group (YOS+FG)-Saskatchewan



### Online & Community Group for Saskatchewan's -20-40's+

Find us on Facebook at YOSF+G and request to join!  
Or email [jay-lynn13@hotmail.com](mailto:jay-lynn13@hotmail.com) for more information.

- Zoom meet ups as requested
- Connect with other local chapters in Canada
- Annual meets up in both Saskatoon and Regina
- Ask questions, find support, or share information

Connection, support, and living well at all stages of the journey

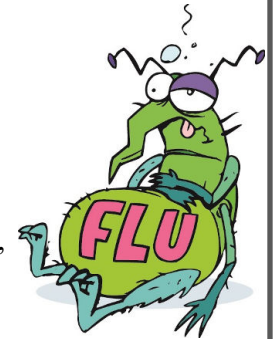
## Flu (influenza): Prevention and risks (Government of Canada website December 2024)

### Risks of getting the flu

In Canada, your risk of getting the flu is higher in the late fall and winter (flu season). It's lower during the rest of the year.

### How the flu spreads

- The flu is an infection of the nose, throat and lungs. It's mainly caused by 2 types of flu viruses, influenza A and influenza B
- It spreads very easily from person to person. A person can spread the flu virus to others even before they notice any symptoms.
- They release infectious respiratory particles (the virus) into the air during actions like coughing, sneezing, talking, breathing.
- You can get the flu if you breathe the virus in, or if the virus comes into direct contact with your eyes, nose or mouth. For example, if someone coughs or sneezes on you.
- People may also have the virus in infectious secretions like their saliva or mucus. You can get the flu if you touch their saliva or mucus and surfaces and objects contaminated by them, then touch your eyes, nose or mouth before cleaning your hands
- Surfaces and objects that are often touched by others are more likely to have infectious particles or secretions, such as, phones, door handles, light switches and elevator buttons



### Preventing the flu

#### Vaccination

The flu vaccine (flu shot) is the best way to prevent the flu. Most people don't have any side effects. Severe reactions are very rare.

You can't get the flu from the flu vaccine.

**Almost everyone 6 months of age and older should get the flu vaccine.**



### Personal protective measures

- In addition to getting the flu vaccine, you can reduce your risk of getting or spreading the flu by:
- staying home when you're sick
- wearing a well-fitting mask
- opening windows and doors when possible to improve indoor air ventilation
- washing your hands often with soap and water for at least 20 seconds or if unavailable, use a hand sanitizer containing at least 60% alcohol and rub your hands together for 20 seconds or until dry
- coughing and sneezing into a tissue or your elbow instead of your hand
- avoiding touching your eyes, nose or mouth with unclean hands
- cleaning and disinfecting surfaces and objects regularly that are often touched by others

### Who is most at risk

Everyone is at risk of getting the flu. The flu is among the 10 leading causes of death in Canada. Every year in Canada, the flu causes about 12,200 hospital stays and 3,500 deaths



# THE ONLY THING THAT GETS CUT OUT IS THE WORRY.

No cutting or guessing means saying yes to everything else in life.



## ConvaTec Moldable Technology™ Skin Barrier

### ✔ PATENTED REBOUNDED MEMORY TECHNOLOGY™

Customizable so that it molds to the stoma for a perfect fit every time

### ✔ LEAK-LOCK™

First-of-its-kind system provides a snug “turtleneck” effect for maximum leakage control and added security

### ✔ SKIN SHIELD™

Clinically proven to prevent peristomal skin irritation<sup>1</sup>

### ✔ SIMPLE

Over 90% of users surveyed agreed that it’s easier and faster to use than cut-to-fit barriers<sup>2</sup>



**convatec**  
— forever caring —

To request a sample, visit [convatec.ca](http://convatec.ca)  
or contact us at 1-800-465-6302  
or [convatec.canada@convatec.com](mailto:convatec.canada@convatec.com)

Model portrayal. ©2021 ConvaTec Inc. All trademarks are property of their respective owners. AP-034229-MRL-CA

<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.



# CHRISTMAS CELEBRATIONS



2024 was a year of change. Regina Ostomy transitioned into Ostomy Saskatchewan and we celebrated our 50<sup>th</sup> Anniversary in May with a big shebang. This fall we were able to reach out again to our friends in central Saskatchewan and met up with great people in Saskatoon and Prince Albert. We learned new things, met new people and renewed friendships. Step Up 2024 was a great campaign and we successfully raised over \$3700 for the programs and outreach that we and Ostomy Canada do.

It was a good year, thanks to all of you, our sponsors (Jolly's Medical & Athletic Supplies & Medical Physician & Health Care Supplies) and our advertisers. And a special thank you to our NSWOCs here and throughout the province. See you in the new year.

Thirty-five of us enjoyed our CHRISTMAS SOCIAL on December 7<sup>th</sup> with a barbershop quartet, Living Skies Chorus, some delicious snacks, fun games and a chance to visit. Hope to see you in the new year.



**4130 Albert St**  
**Landmark location**

- Carries extensive line of Convatec Ostomy Supplies
- Free Delivery and Mail Orders
- Convenient Hours

**Open 8:00 a.m. - Midnight**

**777-8040**

## 10 Tips for Managing your Ostomy

*Lauren Wolfe RN, BSN, MCIsc-WH, NSWOC, CWOCN Macdonalds Prescriptions- Fairmont ; vis Vancouver HighLife Jan-Feb 2022*

1. If your ostomy appliance is leaking, don't patch it, change it.
2. Always change it before it leaks.
3. Warming up your barriers and barrier rings before applying ( under your arm is sufficient) can help them adhere better.
4. The best time to change is in the morning. If your ostomy is active go stand in the shower until it slows down or stops.
5. Tap water is all you need for cleaning.
6. Ensure you have enough supplies on hand, but not too many, as they can expire.
7. Less is more when using supplies. You may not need all the accessories available.
8. The best ostomy brand is the one that works for your body.
9. If you think you have an odour, you are most likely leaking. Change your pouching system.
10. If you are leaking, have questions or want to trial new products, make an appointment with your stoma nurse.

***Don't let your Ostomy Control your Life, You Control your Ostomy!***



## TIME FOR A VITAMIN D

There's no agreed consensus regarding serum levels of Vitamin D or how much to supplement. What we do know is that most people are deficient in vitamin D, and that this increases the risk of a number of health problems. How do you know if this is the case for you, and whether you should take a vitamin D supplement?



Image by brgfx on Freepik

Vitamin D is mostly synthesized by the skin if it is sufficiently exposed to the sun's ultraviolet rays. It's naturally present in very few foods. The only foods that contain vitamin D in its natural form are oily fish, shitake mushrooms and egg yolks. Other sources of dietary vitamin D come from foods that have been enriched, such as milk, margarine and certain plant-based drinks. In North America, during the winter months, skin isn't sufficiently exposed to the sun to produce enough vitamin D, and it is very difficult to obtain adequate levels of this nutrient through food.

Vitamin D deficiency is associated with a multitude of health issues including, to name but a few, cardiovascular disease, diabetes, obesity, depression, osteoporosis, a weakened immune system and an impaired sports performance.

An optimal intake of vitamin D can optimize your sports performance via its numerous benefits for bone health, muscle function, immune function and inflammation modulation. What this signifies is that getting enough vitamin D could diminish certain factors that harm performance, such as stress fractures, muscle cramps, and colds and flues. Vitamin D receptors have been found in several areas of the brain, including those related to depression. Vitamin D could increase the amount of serotonin, a neurotransmitter with calming qualities, and in that way reduce depression. Some studies suggest that supplementing vitamin D could reduce the symptoms of depression, especially for people experiencing severe depression or excess weight.

Vitamin D is fat-soluble, which means it is stored in your body's fat stores. This means if you have a blood test in the autumn to verify your levels, these will probably be normal if you've spent the summer in the sunshine and your body has been able to store a certain amount of vitamin D. However, come winter, your stores of vitamin D will surely decrease, hence the importance of taking a supplement during the months of October through to April. Since the skin's ability to synthesize vitamin D from sunlight diminishes with age, people aged 50 or older should take a supplement all year round. The organization Osteoporosis Canada also suggests that people suffering from osteoporosis should take vitamin D supplements throughout the year.

### How much Vitamin D Should You Take?

Here are the general recommendations for vitamin D supplementation:

Children and adults from 9 to 70 years old: 600 UI/day

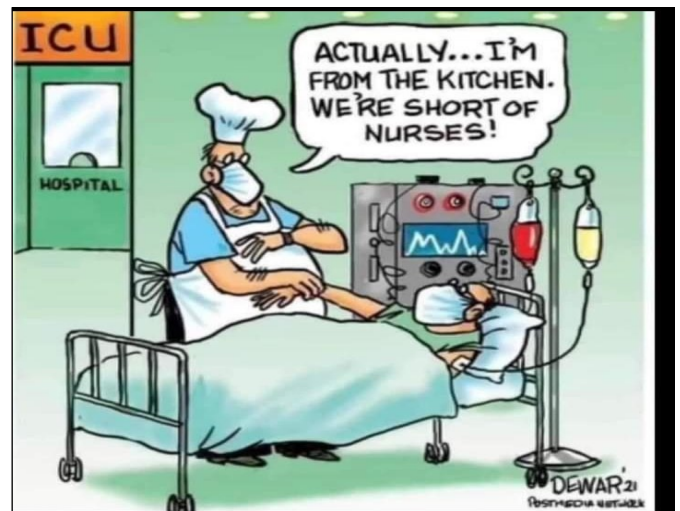
Athletes: 1000 UI/day

Adults > 70 years old: 800 UI/day

During pregnancy or breastfeeding: 600 UI/day

Depending on factors like your genetics and your health, you might need a higher dose. In any case, you can carry out a blood test to check your levels of vitamin D. Your doctor may recommend a supplement if this is necessary. As mentioned above, don't forget that your levels of vitamin D can vary from month to month depending on your level of exposure to sunlight.

Source: by Kathryn Adel November 17, 2017 Health, Osteoporosis, via SOS Cuisine, October 26, 2023, via Stratford Ostomy News, November 2024. ■





CeraPlus™

## Soft Convex Portfolio

A full product portfolio to fit all stoma types, enhancing security, healthy skin and quality of life.



CeraPlus Soft Convex portfolio\* reduces leakage with the added benefit of ceramide to keep skin healthy.

- Secure and comfortable
- Soft and flexible
- Easy to use

Visit [www.hollister.com](http://www.hollister.com) or contact us at 1-800-263-7400

Prior to use, be sure to read the instructions for use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions for Use.  
Hollister, the Hollister logo, CeraPlus and "Making a difference in the journey of life." are trademarks of Hollister Incorporated. All other trademarks and copyrights are the property of their respective owners. © 2022 Hollister Incorporated.  
Not all products are CE marked.  
\*Contains the Remoic Technology of Alcare Co. Ltd.

  
Remois



 Hollister

Making a difference in the journey of life.



## NEW SenSura® Mio Convex Soft with Flex Coupling



A soft, flexible, secure convex ostomy solution that provides gentle support and is suitable whether you've just had your operation or if you've had your stoma for a while.

Use the **BodyCheck tool** to learn if the **NEW SenSura® Mio Convex Soft with Flex Coupling** is right for you!  
[visit.coloplast.ca/BodyCheck/ENG](https://visit.coloplast.ca/BodyCheck/ENG)



Each person's situation is unique so your experience may not be the same. Talk to your healthcare provider about whether this product is right for you. Please see complete product instructions for use, including all product indications, contraindications, precautions, and warnings.

Coloplast Canada, 2030 Bristol Circle, Suite 117 Oakville, ON L6H 0H2 www.coloplast.ca PM-32763  
The Coloplast logo is a registered trademark of Coloplast A/S. © 2024-08 All rights reserved Coloplast A/S, 3050 Humlebaek, Denmark



## ASK THE NSWOC

### How do sugar treats impact the ostomy?

Sugary sweets are a tempting part of everyday and particularly so during holiday seasons. While we recognize that Canada's Food Guide to Healthy eating is often quipped as a guideline to follow for everyday eating, surely there's room for a sweet or two to enjoy the finer things in life! Sugar does impact the ostomy output by contributing to watery stools / or output. Some suggestions that may balance enjoying a sugary treat while not running into too high of output include:

- Sugar can be sneaky and found in many forms. Try to limit your overall sugar intake by reducing the quantity of sugar foods throughout the day. Sugar can be white or brown, in jams, honey, hard candies, molasses, in juice and regular pop.
- Avoid sweeteners such as sorbitol and mannitol. They are often found in "diet candies", sugar free candies, gum and cough drops. These too may worsen diarrhea.
- Choose restricted lactose milk such as Lactaid or Natrel lactose free, to decrease the natural sugars in milk
- Perhaps having water while forgoing juice, pop or other fruit drinks may help balance out the day!
- Balance the high sugar food with other foods that help to thicken one's output. Think BRAT: **B**ananas, **R**ice, **A**pplesauce, **T**oast are some foods which can thicken ostomy output. Treats such as jam on bread or crackers or banana with yogurt are good examples.



By Karen Kinaschuk



## NorDon Drugs & Medical

Serving Saskatchewan Since 1962!

### Medical Supplies

- ✓ **Ostomy Supplies**
- ✓ **Catheters and Continence Supplies**
- ✓ **Incontinence Supplies**
- ✓ **Specialty Nutrition**
- ✓ **Feeding Supplies**
- ✓ **Wound Care**
- ✓ **PPE supplies**
- ✓ **Pharmacy Services**
- ✓ **Compression Stockings**
- ✓ **Braces and Supports**

#### HOURS:

Monday to Friday: 9am to 6pm

Saturday: 10am to 4pm

Closed Sunday & Holidays

**Phone: 306-374-1589**

We direct bill SAIL, Para, Social Services, SGI and more.

**Fast Shipping Call us to see if qualify for FREE DELIVERY**

**VISIT OUR PHARMACY AND MEDICAL STORE**

**Location:** 1610 Isabella St. E., Saskatoon, SK S7J 0C1

**Website:** [www.nordondrugsandmedical.com](http://www.nordondrugsandmedical.com)



**OSTOMY & WOUND CARE - REGINA**

**Pasqua Hospital 306-766-2271**

ostomyandwoundcareregina@saskhealthauthority.ca

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 Nachegaale, RN BScN (NSWOC in training)

Stephanie Charleson, RN, BScN (NSWOC in training)

Bobbi Kish, Office Manager

Ana Marie Solidarios, Unit Assistant STOMA

**STOMA CLINIC - SASKATOON**

**Royal University Hospital - 306-655-2138**

Carolyn Morin, RN BSN NSWOC

Crystal Wilkinson, RN BScN MN NSWOC

Domini Palen, RN BSN NSWOC WOCC(C)

Jody Matsalla, RN BScN NSWOC WOCC(C)

Janice Mantyka, BA BSN RN NSWOC (St. Paul's)

Nicole Tatchel, RN BN NSWOC WOCC(C) (St. Paul's)

Rhonda Darbyshire, RN BN NSWOC WOCC(C) IIWCC (St. Paul's)

Kelly Miskolczi, RN BScN NSWOC

Shandi Morrison, Medical Office Admin

**Prince Albert, Victoria Hospital - (306)765-6263**

PAwoundandostomy@saskhealthauthority.ca

Sara Stahl and Tina Stenski

**Nipawin, Home Care Office - (306) 862-6171**

Bukkie Akinwuntan

Bukkie.Akinwuntan@saskhealthauthority.ca

**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

**Letters to the Editor . . .**

Dear Readers, our aim is to provide you with articles that inform and entertain. Every personal story has an impact for others. Please consider writing your story, I'd be happy to assist. Here are some ways to contact me or connect with a larger on-line group.

Deb Carpentier

carpentier.deb@gmail.com

Phone: 306-536-3319

<https://ostomysaskatchewan.ca>

<https://www.ostomycanada.ca>

**Facebook coordinates:**

Ostomy Saskatchewan group

Ostomy Canada Society group

Ostomy Canada Parents' group

Young Ostomates support YOS+FG

## 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. You will be supporting an organization that is the Voice for People Living with an Ostomy in Canada.

A minimum \$25.00 donation gives you all the benefits of an Ostomy Canada "supporter", but OSTOMY SASKATCHEWAN counts on donations too, so every dollar over \$25 comes to our group. We need you to support us financially so the initiatives we take on, reaching out to people living with an ostomy and informing and educating people of what's available for them, can continue.

The financial contribution supports many local and national initiatives. Saskatchewan and Ostomy Canada support the youth camp, an education fund for nurses, a visitor's program, educational seminars, outreach and training programs. We get together 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. WRITE SASKATCHEWAN on the notation space at bottom of cheque. 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".  
LINK: <https://www.ostomycanada.ca/donation/>

**E-transfer:** Be sure to state Saskatchewan in the comments section. [etransfer@ostomycanada.ca](mailto:etransfer@ostomycanada.ca)

## Bequests & Donations

Ostomy Saskatchewan is a mutual support group and we welcome bequests and donations that support our ongoing efforts to raise awareness and support for people living with an ostomy. Acknowledgement cards will be sent to next-of-kin when memorial donations are received. Donations would be made payable to Ostomy Canada Society Inc. as per the guidelines listed in the "Membership" item on this page. 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)

## Visitor's Corner

### 2024 Visiting Stats

*Colostomy - 14*  
*Ileostomy - 7*  
*Urostomy - 1*  
*Other - 4*

