

Regina and District Ostomy



Ostomy
Canada
Society

Société
Canadienne des
Personnes Stomisées



SEPTEMBER /
OCTOBER
2022

Let's Try Out Our New Hybrid



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We're taking this hybrid for another ride after ironing out a few bumps. Join us either in person or by Zoom on Tuesday, September 13th at 7 pm. It's going to be a good start to the fall.

We're planning on a mixed round table discussion with health professionals (our very own NSWOC) and a couple of our volunteers who spend time talking to others about living with their ostomy or living and supporting someone with an ostomy.

Here are the coordinates.

Topic: Regina & District Ostomy Society Meeting
Time: Sep 13, 2022 07:00 PM Saskatchewan

Join Zoom Meeting

[https://us06web.zoom.us/j/84612478068?
pwd=RGRJU3BpWnB3RFBBY2wvVEVmRVRydz09](https://us06web.zoom.us/j/84612478068?pwd=RGRJU3BpWnB3RFBBY2wvVEVmRVRydz09)

Meeting ID: 846 1247 8068

Passcode: 932978

Or dial in by phone by your location

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MEETINGS

Meetings and gatherings are held at the hall at Community of Christ Church on Arthur and 8th. For the next few months the schedule is a bit irregular but you can find updates on the website (www.reginaostomy.ca) and will be listed in the newsletter. They will be a combination of zoom or face-to-face or a hybrid combination of both. We look forward to meeting you.

UPCOMING MEETINGS

- September 13 - 7 pm an informal round table discussion with special guests.
- October 1 - 10:00 to 1:00 pm - STEP UP FOR OSTOMY event
- November - No meeting.
- December - Saturday date TBA Christmas Celebration
- January/February 2023 - No meeting.

REGINA OSTOMY CHAPTER EXECUTIVE

President	Patty Gianoli	535-8251
Past President	Murray Wolfe	550-7958
Vice President		
Secretary	Diane Weir-Wagg	539-7404
Treasurer	Gerry Powers	586-7758
Membership	Patty Gianoli	535-8251
Flowers & Cards	Agnes Parisloff	761-0221
Phoning	Gord Kosloski	789-1592
	Diane Weir-Wagg	539-7404
	Agnes Parisloff	761-0221
Host	June Crawford	543-2852
	Bill Collie	543-2647
Lunch	Brenda Frohlick	949-2352
Mailing	Brenda Frohlick	949-2352
Newsletter & website	Deb Carpentier	536-3319
	Louise Laverdiere	536-5442
Visiting Coordinator	Ruth Suderman	450-4690
Partner & Family Support	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

Christi Tsui, RN, BScN WOCC (c)

Karen Kinaschuk, RN, BScN WOCC (c)

Lindsay Bonnell, RN BScN (NSWOC) in Training

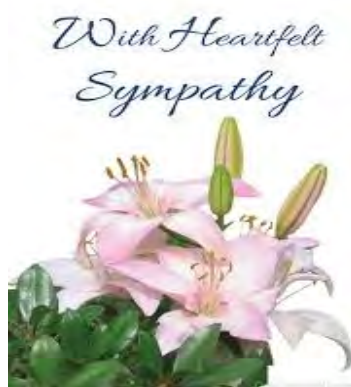
Bobbi Kish, Office Manager

MISSION STATEMENT

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

Our purpose is:

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



Betty Smith, a long term member and friend of Regina Ostomy passed away on July 15, 2021. A Celebration of Life was held this past July 15th and Agnes Parisloff, Joan Mancinelli, Heather Bathgate and Susan Hunter were able to attend and contribute memories of Betty's time with the group.

Betty was involved for years as the secretary, president, phoning committee and many other roles over thimw. Susan summed up Betty's impact very well with "Betty was a tender hearted soul who gave her time and energy to others by volunteering with Regina Ostomy and the Cancer Clinic. In her quiet, positive way she brought comfort and hope to those she supported."

Our deepest condolences to the family.



President's Message



Sending warm greetings to all our members. I'm so excited to be your new president! A little background about myself. I was trained as a health record technician and began my health care profession working in the Emergency Department at the Pasqua Hospital. If you can imagine, they had 9 beds and there were nights when we had no patients! I worked in a number of other areas before I became a stay at home mom with my three little ones. I was approached by Susan Hunter, who was the Program Coordinator in Ostomy & Wound Care, if I would be interested in some part time work. After Kathy Wallace retired, I became the office manager for the department until my retirement in 2019. I have been a member of the chapter since 2006 and I am honored to be the voice of this organization. I will do my best to educate and advocate on your behalf.

Our first meeting back is September 13 at 7 p.m. where a round table discussion with health care professionals will answer your questions. We will once again be trying a hybrid meeting. Those that wish to attend in person are welcome to come to the church hall; or the option will be available for those who would like to join by zoom. We are working hard to fix the sound problem we encountered last year. Please be patient with us as we work through these kinks.

Also, mark your calendar for our Step Up fundraiser on Saturday, October 1. Everyone is invited to join us at the church hall for this annual event. Complimentary lunch and fellowship will follow. Don't forget to wear your red t-shirt!

Have you ever considered becoming a Visitor? There is no better person to help someone who has had recent ostomy surgery than you! Walking into a hospital room in "normal" clothing looking healthy and well adjusted gives real hope for new osteomates. If you think you could be that person we are holding a Visitor Training Session on Saturday, October 29. For more information, contact Ruth Suderman, Visitor Coordinator, or any executive member. Recertification of our visitors is required by Ostomy Canada and thus this will be an opportunity for our current visitors to complete that.

Please reach out to me by email or phone if you have any concerns or comments. I will try my best to address them all. Enjoy the fall sunshine. Hope to see you soon!

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
 Phone: 306-536-3319
www.reginaostomy.ca
www.ostomycanada.ca

Facebook coordinates:

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

Do you have questions about living with an Ostomy?

The Regina & District group has people who have been living with an ostomy and have also had training to certify them as an Ostomy Canada Visitor. Sometimes it's just a few simple questions and 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. We provide a visiting service, at the request of the physician, Ostomy Nurse or patient. It could be 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

C'mon Get Happy and Healthy

What if you could improve your health by improving your mood? Science has come a long way in understanding how happiness impacts our health. In fact, numerous research studies have shown that people who are happy are in better health than people who say they are not happy.



Dr. Mark Holder is an Associate Professor at the University of British Columbia, Okanagan, where he studies the science of happiness. “Medicine and psychology have traditionally focused on deficits and dysfunction, what’s wrong with you and how to fix it - important information when treating illness,” says Holder. “The science of positive psychology focuses on what’s right with you and how to promote it. We are gaining a real understanding of the health benefits of being happy.”

According to Holder, happy people are only half as likely to catch a cold or the flu and if they do the symptoms are less severe. They take fewer medications and visit their doctor less frequently than someone who says that they are not happy. They are less likely to develop heart disease. In a long-term study, researchers invited nearly 2, 000 Canadians into the lab to talk about their anger and stress at work.

Ten years later, the researchers checked in with the participants to see how they were doing - and it turned out that the people who were rated as happy were less likely to have developed coronary heart disease.

“Happy people seem to have better immune systems along with a whole range of other positive aspects,” says Holder. “They experience less distress before and after breast surgery and the have better recovery after a stroke with both better physical and cognitive recovery.” Happy people live longer overall, 7.2 years longer than unhappy people, even when diet, exercise and smoking are taken into account.

It’s not that we should be dismissive of unhappiness - it has a role in helping us recognize that we need to change something,” says Holder. “The goal is to understand that we can all take part in creating more happiness in our lives, which can lead to health benefits.” We’ve all seen the lottery ads that tell us that money (like that big lottery win) will make us happy.

However, researchers have found that money, once you reach a certain income level, doesn’t buy happiness. According to Holder, for B.C residents, once your annual family income reaches \$75,000, more income doesn’t relate to greater happiness.

And how you spend your money can impact your happiness. You can buy a thing, like a new TV or car, or buy an experience like a vacation, both provide equal happiness for about two weeks, and then after that you become accustomed to TV (or thing) that you purchased. The experience however continues to provide happiness through reminiscing, looking at photos and talking about it. “To enhance your happiness try spending your disposable income on experiences not things,” says Holder.

Many people believe that they don’t have any control over their happiness. They believe that they were born unhappy or that their life (job/marriage/money) prevents them from being happy, that it’s their genes or circumstance that determine happiness and therefore it’s out of their control. Our genes predetermine however research has shown that only about 50 percent of happiness. And that just 10 percent comes from our circumstance, whether we are rich or poor, beautiful or plain, married or single. That leaves 40 percent of our own happiness within our control, 40 percent for opportunities to increase or decrease our happiness through what we do and what we think.

It is an exciting and empowering message,” says Holder. People can increase the quality of their happiness and their life through intentional activity.” If being happy leads to better health and living longer, something most of us are interested in, is it possible to increase happiness? Happiness means different things to different people and there is no “one size fits all” action that will guarantee happiness. There are however a few key things that people who are happy have in common: meaningful social relationships, expressing gratitude, helping others and an appreciation for nature to name a few. While suggestions of gratitude journals and being one with nature might lead some eyeball rolling, try to conquer your inner cynic and look for intentional activities that are meaningful to you. C'mon get happy ... you might just feel better.

How to Increase Happiness

Nurture Relationships: Happy people have meaningful relationships and it’s the quality of these relationships (close and trusting), not quantity (1,000 Facebook friends) that matters.

Experience Nature: Spend time outside appreciating the natural world around you. Go for a walk around your neighbourhood or spend time enjoying the sunset from your backyard. Just make sure to put down your phone and give it your full attention.

Cont'd from page 4

Get physically active: It is a well-researched fact that exercise makes you feel good. You don't have to run a marathon or join a gym, just start moving. Or better yet, go for a walk in the park with a friend.

Practice Gratitude: As grandma used to say "count your blessings." There are many ways to practice gratitude, so find one that works for you. For example, make time to sit down once a week and identify five things you are grateful for that week and write them down.

Volunteer and help others: Doing something for others, whether through a specific volunteer role or just pitching in to help friends and neighbours, makes you feel good and enhances self-esteem.


Find a Hobby: And no, binge watching Netflix doesn't count. Finding a hobby that allows you to immerse yourself in something can be extremely gratifying. It can be gardening, sports, arts and crafts, or raising daschunds, think about something that you loved to do as a child and explore it. Bonus points if you have a hobby that includes other people.

Explore your Spirituality: Spirituality relates to finding greater meaning and purpose in your existence. It can mean organized religion for some people, meditation or self-reflection for others. Cultivate Optimism This can be hard for all those pessimists out there, but looking for what's right instead of what's wrong can bring happiness into your life.

Source: Susan Evans—Island Health Magazine Spring 2016, Ottawa Ostomy News December 2021




Facial recognition software can pick a person out of a crowd but the vending machine at work can't recognize a dollar bill with a bent corner.



Crohn's and Colitis Canada

Box 28074 Westgate
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Old Josh sitting in his garden,

Old Josh was sitting in his garden, sunbathing in the deck chair when he noticed his grandson kneeling on the lawn with a worm. When he asked his grandson what he was doing, he found that he was trying to push the worm down the hole from which it came. "If you can get that worm back in that hole I'll give you ten dollars," said Josh. His grandson sat and thought for a moment, then rushed into the house. A few minutes later he returned with his mother's hair spray. He picked up the worm by one end and, as he let it hang down, he sprayed it all over with the hair spray. The spray set and the worm became stiff and hard. It was now easy to push the worm back in the hole. Josh was amazed. He gave the boy ten dollars, picked up the hair spray and went indoors. About an hour later Josh came back into the garden and gave his grandson another ten dollars. "But grandpa," said the boy, "you've already given me the ten dollars you promised." "That's from your grandma," said Josh.

**REGINA & DISTRICT OSTOMY SOCIETY
AND
OSTOMY CANADA SOCIETY**

STEP UP “AWARENESS AND FUND” RAISING EVENT

SATURDAY, OCTOBER 1, 2022

COME AND CELEBRATE WITH US

TAKE A STROLL, DO SOME CHAIR YOGA, HAVE A COFFEE

OR

VISIT WITH FRIENDS

REGISTRATION AND COFFEE 10:00

ACTIVITY & LUNCH 10:00-13:00

4710 – 8th Avenue (Community of Christ Church)

(bring your red t-shirt from 2019 and if not we'll have some)

STEP UP
FOR OSTOMY

Join Us!
October 1, 2022

Regina Ostomy is registering on line as the "Regina Rockers" team. We'll meet at our hall on Arthur & 8th from 10:30 to 1 with lunch!

stepupforostomy.ca

A national program supporting individuals who have an ostomy & their families by raising funds & awareness across Canada.

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- 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

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

WHO WE ARE



Ostomy Canada Society
Société Canadienne des Personnes Stomisées

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






* 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>



Ostomy Canada Society

Société Canadienne des Personnes Stomisées



ASK THE NSWOC

How do sugar treats impact the ostomy?

Sugary sweets are a tempting part of everyday and particularly so during family gatherings and holiday seasons. While we recognize that Canada's Food Guide to Healthy eating is often quipped 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: Bananas, Rice, Applesauce, Toast 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

as

IT'S NEVER TOO LATE TO LEARN SOMETHING NEW!

Connected Canadians is a service that has great programs that you can participate in, in the comfort of your own home and at no cost. Would you like to learn a bit more about email or Facebook or the internet? Or how to become more comfortable with your phone or that tablet or computer you have? Try this link out and explore what's available for you.

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ILEOSTOMY STUDY

- The average output per day for an ileostomy is about a pint. It is composed of 90% water and 10% solids.
- Normal fecal matter is 70% water and 30% solids. Overeating will increase the output of an ileostomy the same as it will for a normal person.
- The fat and nitrogen content of the ileal discharge is normal. This indicates that the food absorption in the ileostomate is normal. • Salt output from an ileostomy is high, around one teaspoon a day. A person with an intact colon has almost no salt output in the feces. The body seems to compensate for this salt and water loss by discharging less salt and water than normal through the urinary tract and through perspiration. The intake of too much salt is to be avoided in that it increases ileal output.
- Urine output is generally less in an ileostomate. Therefore, it is necessary to increase his/her water intake above normal, so as to increase urine output. In this way the possibility of kidney stone development may also be kept to a minimum.
- Some of the foods which caused no increase in ileal output were: dark rye bread, milk, cottage cheese, pork, apple juice, grape juice, watermelon and cantaloupe. • Some of the foods which increased output were: prunes, raw figs, dates, stewed apricots, strawberries, grapes, bananas, beans and cabbage. This does not suggest which foods an ileostomate should eat or avoid eating, but rather simply the output of eating these things. • The intake of high quantities of water -- up to a gallon day -- showed the ileal output was still not affected. However, the urine output was increased.

Source: Mercer County, PA, the Re-Route, Evansville IN; Vancouver HighLife January 2022

Sex and Intimacy with an Ostomy Webinar



Are you worried about how your ostomy may impact your sex life? Register today for our new webinar with Sexual Health Educator & Nurse, Maureen McGrath along with Clinical Consultant, Natalie Kameka as they explore the topic of sex and intimacy with an ostomy.

Tuesday, Oct 25th, 2022 at 7:00 pm ET

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For questions please contact
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Physical Rehabilitation After Surgery

By Charlotte, an ostomate and Occupational Therapist (OT); Courtesy of Coloplast / The Pouch, Northern Virginia/Vancouver HighLife January 2022

Have you ever wondered what you should be doing to fill your time as you recover from ostomy surgery? After my first surgery at the age of 17, and even after my third surgery at the age of 23, I spent most of my time lounging around my parent's house, waiting for the day that I would be cleared by my surgeon to return to "normal" activity. My parents would coax me out of the house to go on one walk a day, but spent almost all of my time watching television and YouTube videos and sleeping.

Fast forward to age 30. At age 30, I ended up having my sixth major abdominal surgery. And by this point in time, I had been working as an Occupational Therapist in a hospital setting for six years. For six years, I had been helping other individuals recover and rehabilitate from major illness and injury. I had also spent years recreating in the mountains and enjoying a highly active lifestyle. So, when I found out that I needed a stoma revision, I knew that my recovery would look very different from my previous surgeries. I knew that in order to improve my recovery time, decrease my risk for complications, and get back to the mountains, I had to put in more work. For those who are less familiar with the rehabilitation professions, "Occupational Therapists enable people of all ages to live life to its fullest by helping them promote health, and prevent — or live better with — injury, illness, or disability" [1] and "Physical therapists [PTs] are movement experts who improve quality of life through prescribed exercise, hands-on-care, and patient education" [2]. Although I'm an OT, seeking out my own rehab professional to work with was the best thing I could have done.

I already knew a lot of the basics of how to rehab myself, but having someone else who I would be accountable to and who I could bounce ideas off of was a bonus. I knew from my training as an OT that one 30-minute therapy session prior to abdominal surgery, reduces the risk of complications by 50%. So, the first thing I did was set up an appointment with a pelvic health therapist prior to my surgery. I was able to find a local pelvic health PT to work with, although, both OTs and PTs may specialize in pelvic health. I sought out a pelvic health therapist because of her specialty training in digestive and urinary systems and the interaction between the abdomen and pelvic floor. In my time working as an OT, and in my time spent working with many PTs, I've learned that there are fundamental areas that ostomates should be targeting after surgeries to improve their outcomes. Working with a therapist in the following areas can be quite beneficial:

Therapeutic Breathwork — Breath is necessary for life. If you aren't breathing properly, you certainly won't be getting back up on your feet and recovering from surgery any time soon. Breathing properly can also help decrease the pressure in your abdomen (i.e., intra-abdominal pressure) which decreases your risk for parastomal hernia and other complications.

Mobility Training

Focusing on walking in a strategic manner following surgery can also set you up for success in the long run. Not only is walking good for building up your endurance again, but it is a great way to begin engaging your core in a gentle manner.

Core Recovery

After surgery, your abdomen can be very tender. But it's important to begin exercising in order to coordinate your abdominal muscles again and gain strength so that you will be less likely to injure yourself in the future. *

Functional Daily Activities

Finally, as you go about your day-to-day routine, some tasks will feel more difficult than they used to. For example, bending to put on your socks can be painful and can pull at your incision. Working with a therapist on strategies to increase your independence and return to the daily activities you enjoy is invaluable.

I am lucky that I decided to become an Occupational Therapist. It has enabled me to empower myself with knowledge about the human body and recover from surgery. But you don't have to be a therapist to have a positive recovery experience and lead a fulfilling life. If you're feeling stuck, seek out a rehabilitation professional. You deserve quality care and support to feel confident and strong after surgery. □ □



*Convatec has an excellent post-ostomy surgery exercise program. Check it out at: <https://meplus.convatec.com/articles/about-meplus-recovery-series/>

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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.

Name _____ Phone _____

Address _____ City _____

Postal Code _____ Email address: _____ Year of Birth _____

Send my newsletter via: Canada Post Email _____

Type of Surgery: Colostomy Ileostomy Urostomy Other _____

Membership Information: Ostomate Supporter Other (please specify) _____

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

Bequests & Donations

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

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**

Moving? Questions? Need Information?

Regina Ostomy Chapter

7631 Discovery Road

Regina, Sk S4Y 1E3

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

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

**Charitable Registration No.
119114213RR0001**

VISITING PROGRAM

May - July

Colostomy - 2

Ileostomy - 3

Urostomy - 0

Other - 1