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SEPT/OCT
2024

Caring for an Ostomate with Memory Loss

(by Sarah Biggart (Convatec me+™) via UOAA website; January 2024; Stratford Ostomy Group, September 2024)



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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 & EVENTS

- September 10** - 7:00 pm Gathering & Zoom
- October 5** - 9:30 am Regina STEP UP for Ostomy see poster for details
- October 7** - 7:00 pm Saskatoon Coffee & Chat with Dr. Rediger, Urologist, at the Saskatoon Field House (Rm 2)
- October 9** - 2:00 pm Prince Albert (Days Inn) Coffee
- October 19** - 10:00 am - Regina visitor training

Frequently I speak to callers about the challenges of caring for an ostomate with memory loss. Often time, people who were previously self-sufficient, independent ostomates become pre-occupied with their pouch; sometimes even pulling on it, which could cause numerous issues^{1,2}.

This could be in the future for some of us, and a reality some caregivers are facing now as they care for and support loved ones.

If you are assisting a loved one, and you see them tugging, pulling, scratching or playing with their appliance, the first thing you should consider is that there may be a reason for this behavior. Their peristomal skin may be itching or burning, or they might be experiencing pain or discomfort around the stoma³. For someone who may have trouble communicating, this could be their way of letting you know something is wrong.

If this is a new behavior, contact your local ostomy nurse or healthcare provider. It's important to rule out any medical issues they may be experiencing.

If the issue is determined to be purely behavioral, we have some suggested tips and tricks that may help as you care for and support your loved one.

Cont'd on page 3

"Greetings from Patty"



Hello Friends!

Summer should get a speeding ticket! Wherever you were this summer, at the beach, toasting marshmallows at a campfire, enjoying a park or just lying on the grass looking at the clouds (does anyone do that anymore!), I hope your summer was full of fun!

We have been busy planning for the upcoming year. We will begin on Tuesday, September 10 at 7 p.m. with a hybrid meeting. We are pleased to welcome back psychiatric nurse Pat Whitteker. Some of you may remember Pat from a previous seminar. She will be speaking on the psychological impact of chronic illness and life changing surgery. We will hear from our NSWOC nurses on what they learned at their national conference, as well as, hear about all the fun our campers had this year.

SAVE THE DATE: The Step Up annual fundraising walk will be held on Saturday, October 5 at the Community of Christ Church hall. Come and join us for a great morning. See the information and details on page 4.

HEY SASKATOON AND AREA! We are coming for a visit! We will be hosting an informal gathering on Monday, October 7 at 7 p.m. at the Saskatoon Field House (rm #2). We are very fortunate to have urologist Dr Chris Rediger come speak to us about bladder health. We also have the company reps stopping by to tell us what is new in ostomy products.

HEY PRINCE ALBERT AND AREA! We are coming by to see you too! We will be stopping by Prince Albert on Wednesday, October 9 at 2:00 p.m. at the Days Inn (restaurant) for a meet and greet. Stop by for a coffee and meet Deb and me.

OSTOMY SASKATCHEWAN SUPPORTER: Renewing your membership has changed. Please refer to the last page of the newsletter to see the new instructions on continuing to be part of Ostomy Saskatchewan.

HAVE YOU CONSIDERED BEING A VISITOR? Give some thought to providing valued, life-lived experiences with people who have just had surgery resulting in an ostomy. For those who had a visitor themselves you will certainly understand how important it is to see someone living a normal life with their ostomy. Most of the visiting is by telephone and so we welcome anyone around the province to reach out if this is something you may be interested in. The Visitor Training can be done on-line and is a very simple process. For those who are able to attend, we are having a group session in Regina on Saturday, October 19 at 10:00. For those in Saskatoon or Prince Albert and areas, we can assist you when we are there in October. Feel free to reach out to Deb, myself or our Visitor Coordinator/NSWOC Ruth Suderman for more information.

Our Fall is jammed back! Would love to see you at one of our many events!

ZOOM MEETING COORDINATES

<https://us06web.zoom.us/j/81691118837?pwd=kQLMb8by7BAWtxLo9BkkxBADQl5T8H.1>

Meeting ID: 816 9111 8837

Passcode: 675873

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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



Cont'd from front page - Caring for an Ostomate with Memory Loss

Pouch Change Tips:

- Create a safe, relaxed environment. Take your cues from your loved one considering where they are the most comfortable. Maybe instead of standing in the bathroom, try laying down on the bed with soothing music or a favorite show playing in the background.
- If evenings can be tough, a morning pouch change before eating breakfast may make more sense for you.
- Keep ostomy supplies organized and clearly labeled for people who may be able to handle pouch changes independently or for rotating caregivers.
- Use a calendar or the [My Ostomy Journey App](#) to track pouch changes. Do not wait until there is a leak to change the pouch. A leaking pouch may contribute to skin breakdown issues.
- It may be necessary to store pastes, powders and sprays securely, as patients may attempt to tamper with or ingest these items.
- Try ostomy accessories designed to simplify pouch changes.

Daily Living Tips:

- Many people with memory loss find comfort in routine. Find a rhythm to ostomy related tasks, such as emptying the pouch, and use the same verbiage each time to bring familiarity. Coordinate with the entire care team to ensure everyone is aligned with using similar language and prompts.
- Staying occupied may help with keeping hands away from the pouching system. Things like puzzles, sorting items and folding something, may be just the thing to help.
- Try an Ostomy wrap. Employing the “Out of Sight, Out of Mind” principal, a wrap helps to keep the pouch concealed and supported. A good ostomy wrap is made from a soft and stretchy wicking fabric and helps to keep sweat and moisture away from the skin and the wearer cool and comfortable.

Feeling isolated while providing care for loved ones is a common challenge, we encourage utilizing groups for ostomy support.

And remember that caregivers need care too. You may find comfort in your local Ostomy Support group Find one near you on the Ostomy Canada website. <https://www.ostomycanada.ca/find-a-chapter-peer-support-group/>

References:

1. DementiaUK, Caring for a person with a Stoma and Dementia. <https://www.dementiauk.org/information-and-support/health-advice/caring-for-a-person-with-a-stoma-and-dementia/>. Accessed November 13th, 2023.
2. United Ostomy Associations of America, Inc, Dementia Stoma Care. <https://www.ostomy.org/dementia-stoma-care/>. Accessed November 13th, 2023.
3. McGrogan M. How holistic assessment and appropriate product selection will enhance quality of life for ostomates with cognitive impairment. *WCET® Journal* 2021;41(1):33-35



Join us in welcoming Bryan as the Executive Director to the Ostomy Canada team.

Executive Director, Ostomy Canada

I am excited to introduce myself and join the Ostomy Canada team as its new Executive Director and look forward to working with all stakeholders across the country!

I am passionately driven to ensure that all people are treated with dignity, and provided with quality care, support, and compassion in times of need while continuing to provide support that enables people living with ostomy to “live life to the fullest”!

Kind Regards,
Bryan Ezako

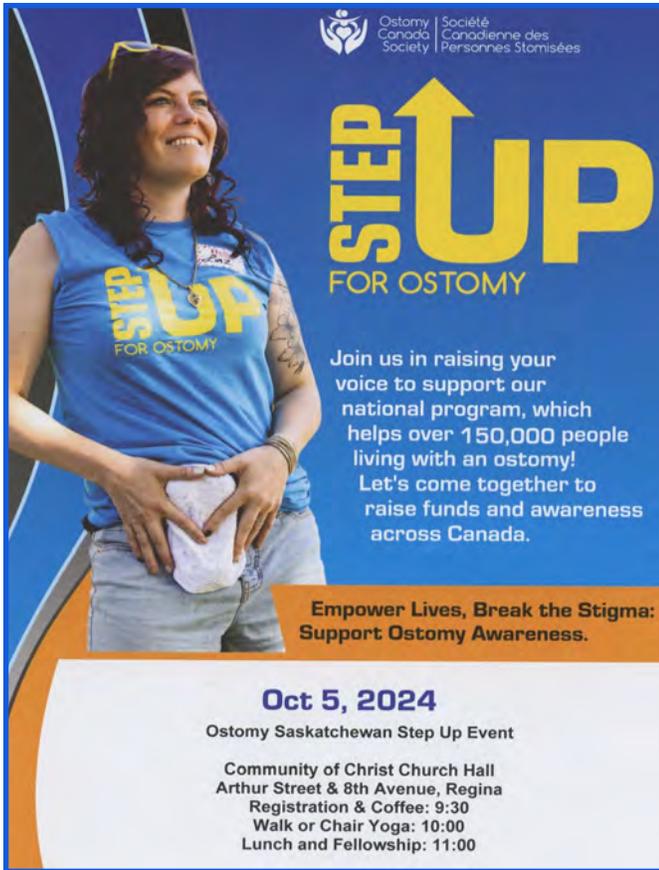


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Step Up for Ostomy (SUFO) is our annual fundraising and awareness event that unites Canadians living with an ostomy. Here are some of the support and services that Ostomy Canada and Ostomy Saskatchewan provides. We need your help to carry on these great advances, ostomies are being performed every day and people need to know they're not alone and that there's support available.

- Visitor Program for support of people learning to live with an ostomy
- Saskatchewan Newsletter, the Ostomy Canada Magazine, Connects Newsletter
- Quarterly Webinars.
- Social media for our online support and Facebook, Twitter, and other programs in Canada.
- www.ostomycanada.ca - continuing development of a great website.
- Advocacy - Disability Tax Credit (DTC), access to an ostomy nurse (NSWOC), Ostomy financial reimbursements by provinces, etc.
- Ostomy Canada Youth Camp in Alberta
- Financial Awards Program for students and nurses - WOC-EP and Post-Secondary.
- Liaise with National and International Ostomy groups (NSWOCC, UOAA, IOA, etc.).
- Liaise with industry supporters and the Canadian medical community.

Join the Ostomy Saskatchewan team. You can make your donation at any time!

Online donation - Just click or copy & paste the link onto your browser and it will take you to the STEP UP page. From there follow the "Donate" links. You'll have access to credit or debit card options.

https://www.justgiving.com/team/ostomysask?utm_medium=team&utm_content=team%2Fostomysask&utm_source=copyLink&utm_campaign=pfp-share

Manual Donation - You received a pledge sheet in the mail. Fill it out for yourself and/or do some fundraising and bring it along to the event with a cheque or cash. Or mail it in to Ostomy Canada (pp16).



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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 | 1.888.969.9698
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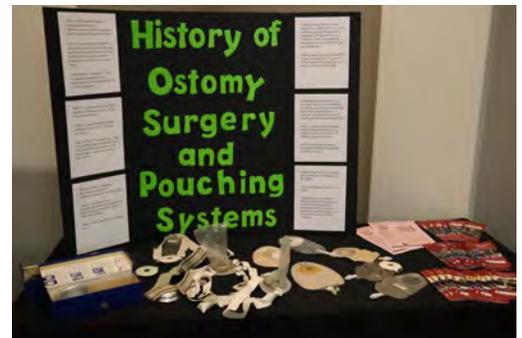
Celebrating 50 Years with Friends & Supporters

In 1974 there were a few people who were energized to start an ostomy support group. It started with Al Wolfe, who had his surgery in 1965, received information from UOAA that helped his recovery and he wanted to pass it on. Over the 1973-74 winter Al, his wife Vickie and friends Alva and Orval Lewis started working on organizing a gathering, not knowing how many people there were in the area who might be interested in an ostomy support group.

On May 14, 1974, twenty-four people attended a meeting following a small ad that had been placed in the Leader Post, Regina's local newspaper. Could they have imagined that we would be celebrating its impact 50 years later?

In 2024, Regina Ostomy didn't want to miss an opportunity to celebrate the 50th Anniversary, all the people who have contributed over the years and all those who continue to be part of the organization to help it grow and become stronger. It was a great event with 130 in attendance. One highlight was having one of the original group members, Muriel Matchet join us for the evening. Muriel was the one who started the first newsletter and it's a tradition to this day. We had an active slide show of photos from scrapbooks going back decades and a display of ostomy equipment from the 70s to now. We used the opportunity to have a "basket" raffle which raised money for Camp Horizon. Individuals and businesses donated themed baskets filled with lots of great goods. Our nurses, our suppliers and advertisers were there and many who had donated to the function or baskets. We had members and family members from throughout the province. And we had Rory Allen to entertain us.

Fifty years as a non-profit organization doesn't happen without the hard work of many people. Thank you to all of you who have been a part of this great organization. Thank you to those who are new members and all 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, a proud entity within the Ostomy Canada Society, where we will continue with awareness, support and advocacy just like it began 50 years ago.



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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

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

BILL OF RIGHTS FOR OSTOMATES AND CONTINENT DIVERSIONS

This information is learned through a 'White Paper' written recently by Wound, Ostomy and Continence Nurses in America, and initiated by the United Ostomy Association of America, to help improve quality of life for ostomates. It is realized that the standards of care are not always met with ostomy patients, or at least are not consistent between regions and facilities. The original 'Ostomates Bill of Rights' was presented in 1977 and adopted by the UOA (United Ostomy Association) Annual Conference. The updated version is as follows:

During the Preoperative Phase

- Preoperative stoma site marked by a certified medical professional following the standards of care established by the Wound, Ostomy and Continence Nurses Society with the American Society of Colon & Rectal Surgeons and the American Urological Association
- Explanation of the surgical procedure and the rationale for surgery
- Education provided on living with an ostomy/continent diversion and self-care post discharge
- Information about the impact of surgery on daily activities including adapting physically and emotionally and lifestyle changes such as clothing choices, exercise, diet and sexuality
- The opportunity to talk with someone who has been through ostomy or continent diversion surgery
- The opportunity to discuss the emotional impact of surgery
- Counseling, care, and educational instruction in a language and at a level of understanding suitable for the patient. Communication will be culturally sensitive and delivered in a dignified manner.

During the Operative Phase

- A stoma that can be fit with a reliable pouching system
- A stoma that is well-positioned for the patient's unique body shape and medical condition

Post-operative and Preparation for Discharge

- Individual instruction in ostomy care including patient return demonstration of emptying and changing pouch
Ways to troubleshoot difficulties
- Ways to troubleshoot difficulties with basic skin and stoma issues including skin irritation, stoma blockage, hernia, and prolapse
- Dietary guidelines and strategies to prevent dehydration given both verbally and in a written format
- Providing the most current educational materials based on ostomy type
- Information on the variety of product choices available from manufacturers
- Information about the supply ordering process

- Resources for obtaining supplies specific to patient circumstances (e.g., uninsured/underinsured)
- Information about manufacturers' post-discharge support programs
- Provided information about organizations that support and advocate for patients living with an ostomy or continent diversion (such Ostomy Canada and it's support groups)

During the Lifespan of the Ostomy

- Health care professionals with knowledge specific to the care of an ostomy/continent diversion in all health care settings including telemedicine
- Reevaluation of ostomy management and supplies following changes in medical condition, aging and social/economic status
- Ongoing emotional/social support

The American Society of Colon and Rectal Surgeons has stated that optimal care for ostomy surgery patients requires preoperative, perioperative and postoperative care by an ostomy nurse specialist i.e. a nurse who has received additional preparation in ostomy care. Patients who receive proper education have less complications, less hospital readmissions and higher quality of life scores. The task force recognized that there is substantial evidence found in research to show that if patients receive the standards of care outlined in the PBOR (Patient's Bill of Rights), that improved quality of care would be seen, decreased costs would be incurred, and that people facing ostomy surgery would be better informed and aware of the importance of this surgery thus ending the fears and stigma associated with an ostomy and ultimately saving more lives.

Source: by Lead Authors- Joanna Burgess-Stocks, Jeanine Gleba, Kathleen Lawrence, Susan Mueller et al, Ostomy and Continent Diversion Patient Bill of Rights, Research Validation of Standards of Care, 2021, via Stratford Ostomy News, September 2024.

Phil walks into his boss's office one day and says, "Sir, I'll be honest with you. I know the economy isn't great, but I've got three companies after me, and I'd like to ask for a raise, respectfully." After a few minutes of haggling, the boss finally agrees to give him a 5 percent raise, and he happily gets up to leave. "By the way," the boss asks as Phil leaves his office, "which three companies are after you?" Phil replies, "The electric company, water company, and phone company."



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¹Maria 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.

²Consumer sampling survey, N=61, ConvaTec Inc, February 2021, data on file.



CAMP HORIZON

This July Camp Horizon once again hosted a great week for young campers who are living with an ostomy. From the moment they arrived in Calgary from across Canada and got on the bus that transported them all to Bragg Creek there was lots of chatter, laughter and comradery. Ostomy Saskatchewan sponsored three campers from Saskatchewan, Callie from Moose Jaw, Jordis from Saskatoon and Keegan who is from Saskatoon as well. Thank you again for the special funding support from NorDon's in Saskatoon, a private donation from someone who wishes to remain unnamed, and from everyone who participated in the basket raffle at our 50th Anniversary Gala in May. Hopefully, we'll have a few photos to show in the next newsletter.



Photo by Freepik

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.ostomysaskatchewan.ca

www.ostomycanada.ca

Facebook coordinates:

Ostomy Saskatchewan group

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Ostomy Canada Parents' group

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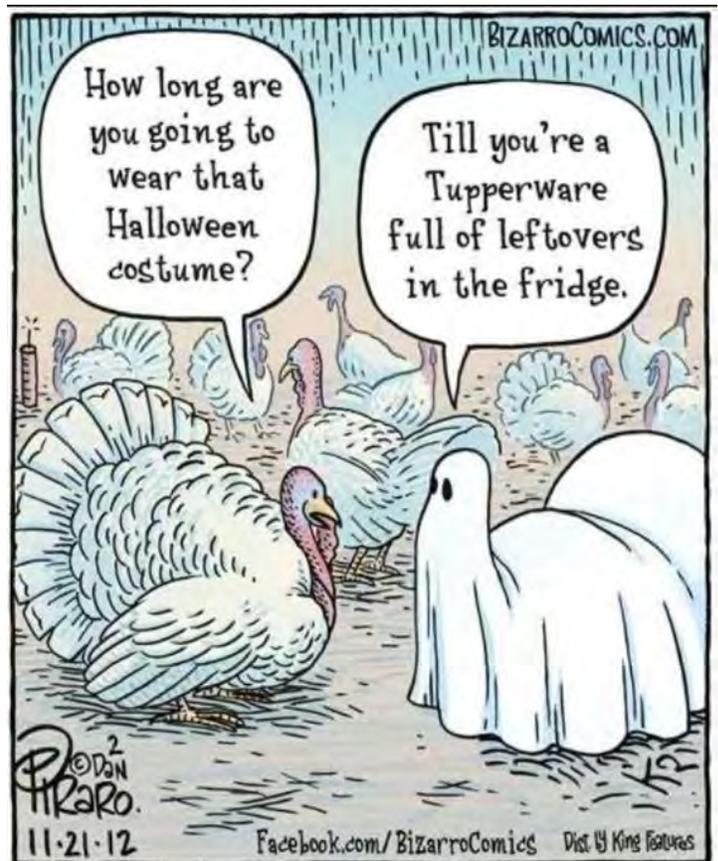
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Ostomies On TV

Have you ever heard about or seen an ostomy while watching a show?

I'm sure you're thinking, "cool! I didn't know there were ostomies on TV!" But the reality is that most often, I am disappointed whenever I observe this. Typically, it's a crack about someone having a poo bag or how an ostomy is worse than death. Other times, it's a brief mention without any added value to the plot, much less education or awareness.



I began tracking this while watching **Switched at Birth**, where one of the main characters is deaf. I recall a scene at a nightclub where a young lady was trying to avoid the advances of some guy, so her friends told him that her ostomy bag was about to burst. I was a little shocked! We can't help having a bag, nor should we be outed on such a personal matter! What I found even more disturbing is how mocking some disabilities (like being deaf) is no longer socially acceptable, but poking fun at ostomies doesn't count.

It's not all black and white though. I have also seen a few **ostomy awareness videos** on a popular YouTube channel called Truly. They have a series called "**Shake My Beauty**," which is doing some amazing work by raising awareness about various disabilities.

You will also be interested to know that Ostomy Canada has partnered with a short film project called **Stuck**, which aims to raise awareness about ostomies. It will be entered in some upcoming film festivals! Check out the **Ostomy Canada YouTube channel to see the trailer**.

The stigma needs to end. Unlike Hollywood, our non-profit tries to help people overcome these negative self-perspectives. The fact is that an ostomy is a life-saving surgery, and many people experience an improvement in their quality of life. This is one more reason why supporting the mission of the Ostomy Canada Society and our local chapter is essential, through awareness and fundraising, including **Step Up For Ostomy**. Check out my watch list, and let me know if you have a show to add. Please include the season, episode, timestamp and comments.

Email me at tiffany@calgaryostomy.ca. (Source: by Tiffany Shorson, Editor. (Sept 2023) via Calgary AB Simply Ostomy Fall)

Urology Concerns

via *Inland NW (ID & WA) Insider Newsletter*

Germes are all over the world, but when they are in the urinary tract, either in the conduit, the ureters, or the kidneys, they are in an abnormal location, and that can cause an infection. What causes infection? Mostly, the reasons are unexplainable. Why do some people get more colds than others?

Infections can be caused by obstructions, kidney stones, tumors, cysts, or scar tissues. Almost synonymous with obstruction is infection, and then too often comes stone formation. Once you have stone formation, it's hard to get rid of the infection. It's a kind of a cycle that goes around and around.

Infection can be caused by urine being forced back to the kidneys through the conduit. This could happen if you fall asleep with the pouch full of urine and accidentally roll over on the pouch, causing urine to be forced back through the stoma and the urinary tract with tremendous pressure. Invariably, the urine in the pouch is contaminated.

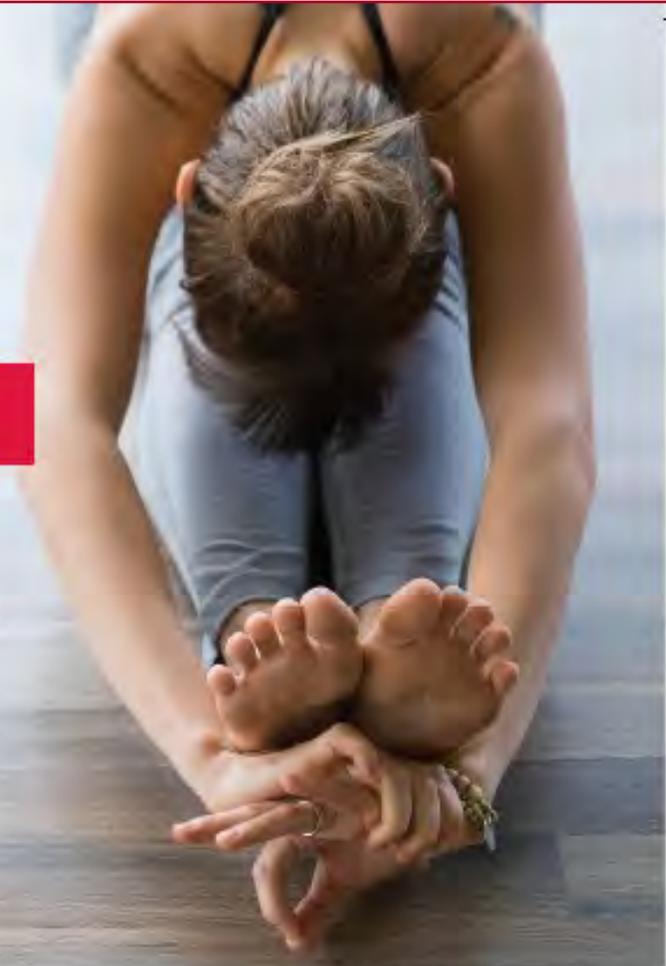
In general, to prevent and treat infection, you need a good flow of urine, much like a stream. That not only dilutes the bacteria or germs in the urine but also helps wash them out. Two and one-half liters (quarts) of liquids daily are required for the average adult. Also, antibiotic therapy is used to fight infection.

Night drainage is recommended. Otherwise, you run the risk of urine backing up into the kidneys which can cause irritation or infection. This is especially important for urostomates with only one kidney.

It's important to be aware of the symptoms of a kidney infection: elevated temperature, chills, low back pain, cloudy urine, or decreased urine output. People with ileal conduits normally produce mucus threads in their urine which give a cloudy appearance, but bloody urine is a danger sign. You must see your doctor if any of these symptoms occur. ■

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What Does a Healthy Eating Pattern Look Like?

Step 1: Make half your plate vegetables and fruits. Vegetables and fruits should regularly make up the largest proportion of the foods you eat throughout the day.

Step 2: Make one-quarter of your plate whole grain foods.

Step 3: Make one-quarter of your plate protein foods. Choose protein foods that come from plants more often such as beans, lentils, nuts, seeds and tofu.

Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat. Try practising these healthy eating habits as often as possible:

Be mindful of your eating habits. Take time to eat and notice when you are hungry and when you are full.

Cook more often. Do this by planning what you eat and involving others in planning and preparing meals.

Enjoy the taste of food and the many food-related activities that go along with eating. This can include shopping for food and growing or harvesting your own food. You can also involve those you live with in meal preparation.

Eat meals with others. This allows you to enjoy quality time together, share food traditions and explore new foods.



Source: Luminohealth.Sunlife.ca, via Stratford Ostomy News, September 2024.



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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)
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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.



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 donation 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. Any amount over \$25 is specifically for support of the Ostomy Saskatchewan group.

The financial contribution a SUPPORTER makes 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)

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/>

E-transfer: Be sure to state Saskatchewan in the comments section. etransfer@ostomycanada.ca

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 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

VISITING PROGRAM

May - August

Colostomy - 4

Ileostomy - 2

Other - 1