

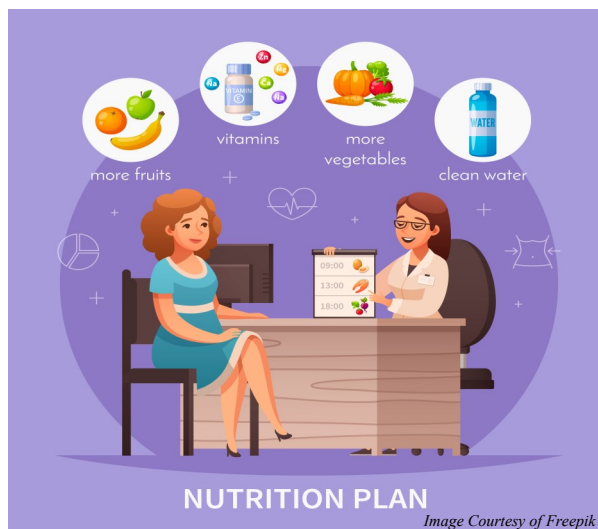


SUMMER TIME FUN



MAY/ JUNE 2026

FIVE REASONS YOU MIGHT SEE A DIETITIAN



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A dietitian can help address many health concerns to help you feel better and live a more balanced life. These are five signs why you might want to book an appointment.

Five signs that you may want to see a dietitian

1. Lack of energy New clients often report that they're experiencing low energy. Lethargic afternoon slumps may have something to do with your food intake. When you eat, what you eat and vitamin deficiencies can also contribute to a lack of energy.

2. Dramatic change in your health Have you experienced a drastic change in your health, like changes in your mood or energy levels? This could also be a good reason why you should see a dietitian. The dietitian also sees clients that are changing their diet patterns, such as going vegan or vegetarian. They help ensure the client is managing the transition well and still getting the nutrients they need.

3. Digestive concerns If you're experiencing excessive bloating, gas or discomfort, you may also want to see a dietitian. A dietitian can review these types of digestive concerns before they get worse. They can look at what and how you're eating, then suggest ways to alleviate the discomfort you feel.

4. Weight challenges The dietitian also sees clients that are struggling to maintain a healthy weight. Some individuals may feel nervous or worried about being put on restrictive regimens, but it's usually not as rigid as people think. They think the dietitian will tell them they can never eat their favorite foods

UPCOMING MEETINGS & EVENTS

May 12 - Tuesday, 7:00 pm - Chat Room Zoom

May 28 - Thursday, 6:30 pm - Ice Cream Social at the church hall (Community of Christ Church, 4710 8th Avenue. **"Bring your family", we would love to have you.** More information on page 7

June 13 (Saturday)
10:00 am - 3:00 pm
Spring Education Day (Living Your Best Life) held in Saskatoon



Image by Tanrica from Pixabay

Cont'd on page 4

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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
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Lunch & Mailing	Brenda Frohlick	306-949-2352
Newsletter & website	Deb Carpentier	306-536-3319
	Louise Laverdiere	306-536-5442
Webmaster	Yaser Nadeem	
Visiting Coordinator	Ruth Suderman	306-450-4690
Partner & Family Support	Bob Fearnside	306-924-5993

What's a Chat Room?

What's a Chat Room? It's not really a meeting but a chance to join up with others who live with an ostomy. Whether you have questions or hope to hear something you don't know yet, sign in with us on Tuesday, May 12th at 7:00. Don't be shy, you don't have to talk. You can pop in and leave any time you want. We'll throw out some ideas and some "tips & tricks" and see where the conversation goes.

CHAT ROOM ZOOM

Topic: Ostomy Saskatchewan Chat Room

Time: May 12, 2026 07:00 PM Saskatchewan



ZOOM Meeting Coordinates

<https://us06web.zoom.us/j/84458345444?pwd=Yi6iBuVUNbcgyesNftfqmhWkFiHBZX.1>

Meeting ID: 844 5834 5444

Passcode: 042858



Happy Spring - at least in theory! As I write this, a fresh dusting of snow reminds us that Saskatchewan likes to keep us humble. But when the sun peeks out, the warmth is real, and this morning I heard birds calling out the promise of spring. Keep your fingers crossed... but maybe keep your shovels close too.

We have some fantastic events coming up!

May 12: We'll be hosting another Chat Room—a chance for anyone across the province to join an online conversation. We can talk about anything you'd like. This space is for everyone: those newly adjusting after surgery and those who have lived with their ostomy for years and want to offer support. You'll find the login details in the newsletter.

May 28: For those in Regina and surrounding areas, come join us for ice cream sundaes and fellowship at the old church hall. Come for 6:30. It's been a while since Deb and I have seen you, and we're excited to reconnect. Everyone is welcome - spouses, children, grandchildren. And honestly... if you think I'm cute now, wait until you see me with ice cream.

June 13 – Education Day in Saskatoon: I hope many of you have seen the poster for our upcoming Education Day. Now I hope you're considering joining us! We have excellent speakers covering a variety of topics, all tied to **Living Your Best Life**. Thanks to sponsorship from NorDon's, the cost is only \$15, including lunch and snacks. We truly encourage you to travel—whether it's a short drive or a longer one - to spend the day with Deb, me, and a community of people who understand your journey. Years ago, events like this were held across Canada, and people loved reconnecting with old friends and meeting new ones. Do any of you remember those trips? Carpooling is an option... though it's a shame I won't be in your car, because I do love a good round of carpool karaoke. If transportation is a challenge, please reach out to Deb or me. We may be able to help.

October 3rd – time for another **STEP Up for Ostomy**. Put it on your calendars, it's a great way to get together and celebrate life and living and each other, for everyone living with an ostomy.

*Believe in Yourself
Do What You Want
Enjoy the Moment
Dance in the Rain
Discover the World
Always Be Yourself
Never Stop Dreaming
Live Your Best Life*

CONCERNS OR PROBLEMS WITH YOUR OSTOMY?

If you have questions or a concern about your ostomy please contact the Ostomy and Wound Clinic that you frequent in Regina, Saskatoon and Prince Albert. After hours you can leave a message and they will contact you as soon as possible.

If you have an emergency with a blockage or obstruction after hours you will need to go to Emergency at one of the hospitals.

Regina Ostomy & Wound Clinic - 306-766-2271

Saskatoon Ostomy Clinic – 306-655-2138

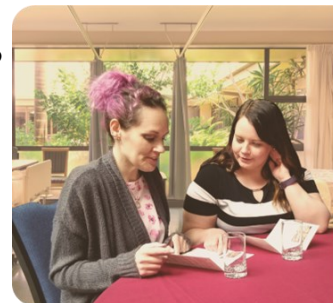
Prince Albert Ostomy Clinic - 306-765-6276



**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



Article Con't from Front page

again. But dietitians don't practice that way. Most dietitians figure out what's best for you, and how to balance what you like with healthy choices.

5. A desire to understand or improve your relationship with food Emotional or stress eating is another issue that comes up often with clients. Dietitians help people understand their relationship with food and develop better habits. Talking to a dietitian about emotional eating early on can help prevent it from becoming a more serious issue.

What should you expect when you see a dietitian? Every dietitian operates a little differently. Typically, the first appointment with a new client is spent learning more about them. The dietitian asks lots of questions to get the full idea of what is going on. The dietitian learns about their health status, current habits, lifestyle and nutritional intake. There are questions about stress levels and mental health because every-thing is connected. The dietitian will go through some basic nutrition education with the client and by the end of the appointment there will be some small tailor-made goals based on the client's needs.

What are the benefits of seeing a dietitian? Talking to a real human and a professional is a relief for a lot of people. If you go online, you're going to find every single answer for every single question. Talking to someone can be a lot easier and less stressful. Dietitians encourage individuals to learn more about themselves and their bodies and help them understand their relationship with food and how it affects their health. The goal is to help clients feel better, more confident and live more balanced lives.

Source: (edited) by Andrea Yu (interview with Registered Dietitian Rebecca Minshall, via Lumino Health, November 4, 2021, via Stratford Ostomy News, October 2024; Ostomy Saskatchewan



Image by Andreas Stumpf from Pixabay

ICE CREAM SOCIAL

EVERYONE IS WELCOME TO ENJOY A COMPLIMENTARY ICE CREAM SUNDAE AND FELLOWSHIP

Thursday, May 28
6:30 p.m.

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Every Season is the Season for Travel

via UOAA Articles to Share, Spring 2025 By Ellyn Mantell, morethanmyostomy.com ; Ostomy Association of North Central Oklahoma, May 2025; Title modified by Ostomy Saskatchewan from Summer is the Season for Travel

I continue to get questions regarding travel, since the summer seems to beckon us to all types of places. Wanderlust is not lost on ostomates, and I am happy to report that at our Support Group meetings, there is a great deal of curiosity about preparations for a trip.

Here are a few thoughts I can share:

- Bring three times the supplies thought to be necessary for a trip. As I have stated many times, ostomy supplies are not readily available, and certainly one doesn't want to waste precious vacation time looking for supplies that are sitting in a closet at home.
- TSA is not something to be feared. Most agents are trained regarding ostomy pouches and treat ostomates with kindness and respect. For the few who may not, be patient and cooperative. They are doing their job. I have experienced everything from knowledgeable agents to curious ones. Carry and show a travel communication card available to download from United Ostomy Associations of America (UOAA) at <https://www.ostomy.org/ostomy-travel-and-tsa-communication-card>. Do not panic. In the worst-case scenario, an agent will ask you to wipe your garment over your pouch and wipe your palm to be sure there is nothing dangerous. **NOTE:** The Canada Airport Security (CATSA) has well trained people who treat you with respect.
- Bring snacks and purchase water for the plane. Gas can build when hungry, and that can make us very uncomfortable. And dehydration is an awful feeling, and one we need to avoid at all costs. Add Liquid IV to your water for extra protection.
- Bring Gas X if you tend to gas for air changes in the plane. I have never personally experienced that, but others have and it is a wise suggestion.
- Try to stay on schedule. That is a mantra we should follow wherever we are. The delicate balance between our stomas and the rest of our anatomy is one to be respected. Sleep and eat on your normal schedule as much as possible.
- Enjoy yourself! We have all fought so hard to thrive and this is a wonderful time to enjoy the fruits of our efforts!



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Now What???

We have been running this column for just over a year now with the hope that you'll find some tidbit that will help you in some way. We know when you're going through the first weeks and months and even years, as some of us veterans know, of living with an ostomy there are moments that can feel a bit overwhelming.

In this edition we have some tips and tricks to share with you. If you have questions please send us an email or phone so that we can talk about it or address in the next issue. Past editions of the newsletter are on the website so don't hesitate to go find the other articles.

<https://ostomysaskatchewan.ca/newsletters/>

- The medical support group you had in hospital will have likely sent you home with a package of information that can help you through these early days. Take a look for that little package.
- Scotchgard sprayed on an elastic ostomy belt will keep it clean longer and help to hold its shape.
- Pecans, cashews and walnuts are softer and easier to digest than peanuts.
- Put a piece of tape down the entire length in the centre of the pouch to reduce rustling noises.
- Antihistamines in allergy medications can slow down bowel motility (spontaneous movement of the digestive track). If you become constipated while on antihistamines, your physician might suggest an alternate medication.
- Lengthy sitting in one place can force the pouch contents upward around the stoma and cause leakage. Getting up occasionally and moving around will help.
- If you wear a two-piece snap-on appliance, make sure the pouch is securely snapped to the flange. Give a little tug on the pouch to test its 'lock'.
- Use a hand mirror for a better view of the stoma. It's a great way to see under the stoma.
- When changing your appliance, for better adherence, warm the flange and peristomal skin 30 seconds before applying the flange. Then, with gentle pressure, hold your hand over the entire appliance for about 5 minutes for an even better seal; the warmth of the hand helps with adherence also. By taking the time to do these two things, you may actually get an extra day or more wear-time from your appliance.
- In an airplane or car, place the seat belt above or below the stoma. Don't leave the belt unbuckled or excessively loose (1" maximum slack is recommended). Shields are available to protect the stoma.
- When emptying your pouch, slip the clip under your watchband, into the side of your shoe or top of your sock or hose so that it doesn't fall into the toilet or elsewhere. Carry an extra clip with you.
- Some foods can change the colour of your stool. Bananas may turn it black; beets and tomatoes may turn it red; dyes in many foods (like in Jell-O, licorice, etc.) may turn it red, black or green.

*Compiled by Chris Demeuse of Green Bay Ostomy Support Group May/June; via Oshawa & District Jan/Feb 2026
modified by Ostomy Saskatchewan March 2026*



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Ostomy Canada Society / Société Canadienne des Personnes Stomisées

A lady goes to her doctor for a checkup. The doctor asks her if she is having any problems. "Yes, doctor," she says. "I have to fart a lot. Fortunately, no one can hear them or smell them. In fact, I've farted twice since you came in and they were silent and odorless." The doctor nods and says, "I can treat this problem with an over-the-counter medication, a prescription, and a referral. The medication will help your body produce less gas. The prescription will help you recover your sense of smell. I'm giving you a referral to an audiologist to see if they can help you hear better."



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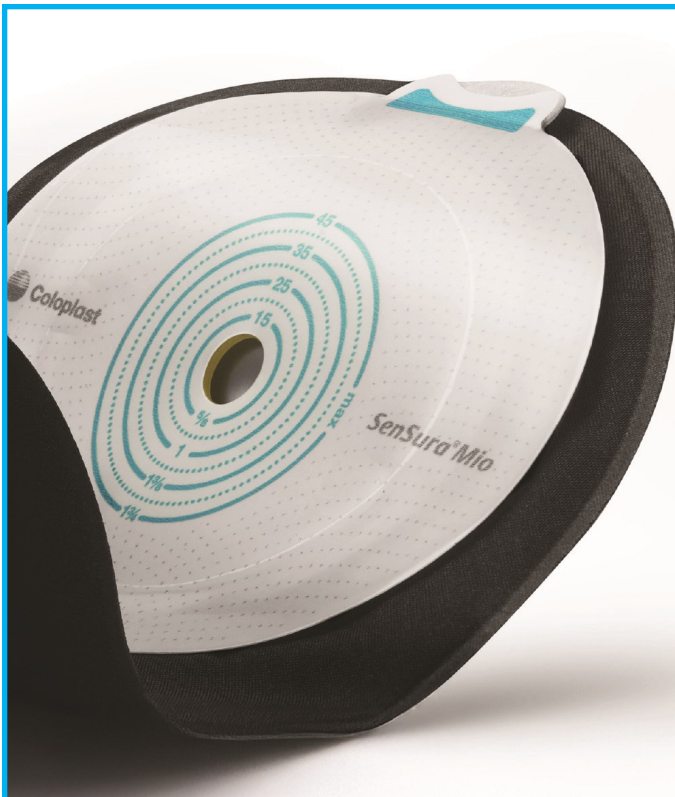
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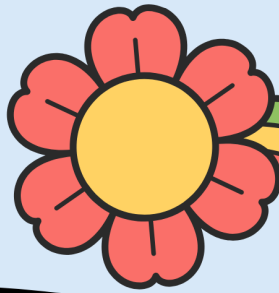
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I Can't Stop Itching!! — Brenda scratches right where it itches with Humor

Brenda Elsagher is a Keynote National Speaker, Author and Comedian all rolled into one who brings hilarious laughter with an inspirational message to health-care professionals, women, cancer related, and general audiences. Oh yes, and she's also a colostomate.



I've had my share of itching. I have a wooded backyard, and if I see a wood tick, I have a psychological urge to keep scratching. In my early Camp Fire Girls days, I once climbed into a patch of poison ivy and the pink splotches on my legs soon turned into an itchy mess.

It seems the more you feel that mosquito bite, the more you are compelled to scratch it. Unfortunately, it never helps. I did some very thorough "research" through friends and family to ask for their remedies for a never-ending itch. Rub coconut oil on the tops of strawberries on the itch. Basil, peppermint or aloe vera leaves work for some folks, too. Apple cider vinegar got a couple of nods, along with drinking several beers. Eat bananas and watermelons and then rub their skins on your itches. In a pinch, oatmeal paste or clay will do too. And there you have it.

Of course, none of these proposed home remedies would work well for itchy skin underneath an ostomy barrier. Putting any of these on the peristomal skin could interfere with the barrier's ability to stick to the skin, and the outcome of that could be worse than the itch!

Early on with an ostomy, I used to have terrible itches under my pouch and I hated changing it so I just left it. This was not a great plan. My skin suffered a lot from my irregular stoma, cutting my pouches too big, and products that didn't agree with me. It was trial and error for a very long time. After I had a couple more surgeries, the combination of antibiotics gave me a yeast infection around the stoma to contend with. At that time, I used a lot of paste, but there are so many better products these days. It's been a long time since I had an itch around my stoma. The best thing to do if you have an itch is to probably check out your flange/barrier to see if it's been compromised. Once stool or urine gets on the skin it can wreak havoc. I've also found that having your hands down your pants in public is just not a good look. People will wonder about you.

I'll leave you with one last tip I read about on the internet: press a charge card along the itch and it will go away. I have my own theory about that. I went shopping while suffering from an itchy sunburn, took the charge card out, bought a new purse, some makeup and a cute dress and forgot about the itch altogether. The card tip really worked!!

- Big Sky Informer, Great Falls, MT, Ostomy Association; The Pouch July- August 2021 River; Vancouver Ostomy High Life July/August 2022

THE DANGERS OF DEHYDRATION *(Ostomy Vancouver Highlife, July August 2025)*

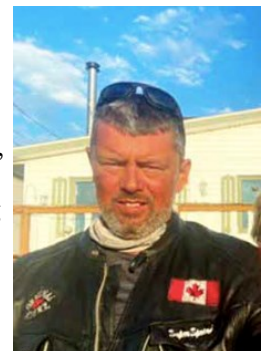
I was hoping to be reporting back on the great holiday my wife Sue and I had but that would be a lie... We left for Cuba on April 5 for 10 days, but 3 days into our trip I started to get sick. At first I thought I had a partial bowel blockage, so I increased my steroids and started to drink more as my ostomy was high output. By the end of the week I had become seriously dehydrated but wasn't sure how since I was drinking so much. I later learned that since I was only drinking bottled water, I was flushing all of my electrolytes out which caused me to become extremely weak. It was at this point that I had to be rushed to the hospital. We arrived home yesterday (at the time of writing this).

I'm sharing this as I didn't realize how easy it was to get dehydrated while drinking water - you still need to add electrolytes to that water, especially while in a high output situation. I also didn't know how deadly it can be till it happened to myself.

I encourage everyone to find some type of electrolyte drink or powder mix and keep extra on hand. If you're leaving Canada on vacation, be sure to pack some of the small powder sachets in your carryon to add to water as you travel. I'm glad to be home. I'm still very weak, but I'm getting better by the day. I do apologize for missing our April meeting but I was still in hospital at the time. I want to thank everyone for all the messages, prayers and love our way - it was greatly appreciated. Thanks for your support

Jim

Jim Fitzgerald, President Toronto Ostomy





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WHY DO SOME PEOPLE GET MORE LEAKS THAN OTHERS??

Any time two or more ostomates get together to compare notes, their experiences will always vary! Why do some people rarely get leaks, and others

get several in a month? Reasons vary but the most common are:

Your stoma may be too short. Most surgeons will try to give you a stoma of reasonable length -- not too long, not too short. But despite their best efforts, the healing process is not always 100% predictable, or the surgeon may not have had much remaining length of bowel to work with. Ideally, the stoma should protrude a half inch to an inch from your body. If it is shorter than this, it will be difficult for waste of any type to exit the body and fall cleanly into the bag.

Wrong type of flange for your stoma type. Stomas that are too short or flush with the skin should have a convex flange. This is a faceplate that is formed in such a manner that when applied, it gently pushes the peristomal skin down, giving your stoma more of a chance to expel waste into the bag rather than under the flange.

Lumpy tummy. Many of us have lumps, bumps, cellulite, stretch marks, old scars, pot bellies, dimples, and hair, plus we gain weight and lose weight. All that can add up to quite a challenge for the best of products. A flange sticks best to an even, flat surface, so if you have an irregular tummy, you may need to even it out with paste, or if things still don't stick, consider Eakin seals.

Men need to carefully shave abdominal hair around the stoma. Abdominal hair, if too coarse or thick, can interfere with flange adhesion. Electric shavers or razors can both work -- try what you use on your face first. If that doesn't get things smooth enough, switch to the other method. It goes without saying that you must protect the stoma from sharp blades. An empty toilet paper roll is ideal for this purpose.

Stoma Placement. Some stomas are more challenging to manage than others. Sometimes the placement of the stoma is in a difficult spot, i.e., too low for an overweight patient to properly see or too high where clothing interferes. Sometimes they are placed too close to folds of skin, navel, or other irregular abdomen areas. Ostomies should be sited by a qualified NSWOC nurse prior to surgery, but sometimes this is not possible.



Surgeries may be done on an emergency basis (i.e., rupture, serious injury to the bowels), or the patient may not have had access to NSWOC personnel in their area. A poorly placed stoma will require more care and vigilance to avoid leaks.

Consider using an ostomy belt. An ostomy belt, especially if used in combination with a convex flange, can really help. It should be tight enough to make the flange sit a little more snugly to your body, but not so tight you're uncomfortable and always thinking about it.

Are you emptying often enough? Just emptying more frequently is often the easiest and most simple solution. Weight on the flange can increase the risk of a leak. Empty before your pouch is a third full, or sooner if you can. Put it this way -- you have to urinate multiple times during the day (and possibly at night if you're like me) Empty your pouch when you pee. You're in there anyway, why not?

How active are you? You will want to rest and sleep when you get home after surgery. It stands to reason that a lot of lying down will increase the chances of waste staying near the top of the bag and getting under the flange. As you become physically active again, some positions that involve bending or twisting can cause a flange or bag to loosen or pop off. Consider using paste or Eakin seals under the flange, tape around the outer edges, or an ostomy belt.

Is your changing technique correct? You may forget what you learned in the hospital, misunderstand, or think you have it down pat and get careless. Or you may have been in a hospital with no NSWOC staff and minimal post op ostomy training. It's wise to see a qualified NSWOC a few weeks after your surgery to review appliance management and correct any poor techniques you may have fallen into.

EDUCATE YOURSELF ABOUT PRODUCTS! There are many different brands and models out there - you don't have to stay with the same brand and model you were discharged with! Go online. Ask your NSWOC. Ask another ostomate. Learn what else is out there that might work better for you! Some brands fit some patients better than others. Don't put up with an appliance model that isn't right for you.

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Ostomy Saskatchewan Membership Donations/Bequests

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 striving to be the voice for people living with an ostomy in Canada.

A minimum \$30 "supporter" donation will give you all the benefits of membership. \$25 will go to Ostomy Canada and any amount above \$25 will be for Ostomy Saskatchewan, which allows us to continue to support our group with support and advocacy. No donation is too small or too big. You will receive a tax receipt for your entire donation. Memberships are for a calendar year so we will remind you it's time to renew late fall and early in the new year.

Your financial contribution supports many initiatives including the youth camp, an education fund for ostomy nurses, the visitor's program, educational seminars, outreach and training programs. We have regular get togethers and updates will be listed in the newsletter and/or on the website (<https://ostomysaskatchewan.ca>).

ONLINE, e-TRANSFER or CHEQUE - Income tax receipts will be issued for entire donation.

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

Credit/Debit: Go to the Saskatchewan donate page, Ostomy Saskatchewan - Ostomy Canada Society Fill in the details. Choose "Saskatchewan" under "Fund Area". Mark yourself as a "Supporter".

E-transfer: etransfer@ostomycanada.ca and be sure to state Saskatchewan & your name in the comments section. If you are a new member can you please send an email ostomysask@gmail.com with name, address, email and phone number.

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

Colorectal Cancer Canada is the nation's non-profit colorectal cancer patient organization. They are dedicated to colorectal cancer awareness and education, supporting patients and caregivers, and advocating on their behalf. Their goal is to reduce the incidence and mortality of colorectal cancer in Canada and to improve the quality of life for patients, their families and caregivers.

Email: info@colorectalcancercanada.com Website: <https://www.colorectalcancercanada.com>

**Have a Great
Summer!**



DISCLAIMER

PLEASE CONSULT YOUR OWN DOCTOR, NSWOC OR MEDICAL PROFESSIONAL BEFORE ACTING UP ON ANY INFORMATION THAT IS CONTAINED IN THIS NEWSLETTER

Ostomy Saskatchewan is not liable for any errors or omissions or for the misappropriation of information