



INSIDE OUT



SEPTEMBER 2022

THE NEWSLETTER OF THE WINNIPEG OSTOMY ASSOCIATION, Inc. (WOA)

WED. SEPT. 28, 2022
WOA “HYBRID” Chapter Meeting
7:30pm



OR



Randy Hull is inviting you to WOA's regular, fourth Wednesday of the month, Chapter Meeting. This will be a “hybrid” meeting—*In Person* or via *Zoom*.

IN PERSON option:

Rooms 202 & 203 — 825 Sherbrook St.
 NOTE: There may not be refreshments at the *in-person* option, this is yet to be determined. Masks are optional, yet recommended by Manitoba Possible who lease us the space. Free Parking is available, off McDermott.

OR

ZOOM option: the remote option of logging in through our Zoom weblink is found below.

Join Zoom Meeting

<https://us02web.zoom.us/j/89540215027?pwd=SDZnRGt1YWdOMEV4bDV2TUQ2UG1kQT09>
Meeting ID: 895 4021 5027 **Passcode:** 687112

No computer or tablet or Smartphone? You can dial in by your location. In Manitoba, dial 1-204 272 7920 Canada

When dialing in you must use the following information:
Meeting ID: 895 4021 5027 **Passcode:** 687112



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THE RIGHT THING TO DO

By Raymond Miller, via *The New Outlook*, Chicago, IL.

A male acquaintance of mine has a colostomy. When asked why he did not join our local ostomy support group, he said, “*I have adjusted just fine. I do not need the group*”. His complacency set me back a bit. Maybe he does

(Continued on page 4)

WHO WE ARE

The *Winnipeg Ostomy Association, Inc. (WOA)* is a non-profit registered charity run by volunteers with the support of medical advisors. We provide emotional support, experienced and practical help, instructional and informational services through our membership, to the family unit, associated care givers and the general public. Our range of service and support covers Winnipeg, Manitoba and North Western Ontario.

MEMBERSHIP

Anyone with an intestinal or urinary tract diversion, or others who have an interest in the WOA, such as relatives, friends and medical professionals, can become a member.

WHAT IS AN OSTOMY?

An ostomy is a surgical procedure performed when a person has lost function of the bladder or bowel. This can be due to Crohn's disease, ulcerative colitis, cancer, birth defects, injury or other disorders. The surgery allows for bodily wastes to be re-routed into a pouch through a new opening (called a stoma) created in the abdominal wall. Some of the major ostomy surgeries include colostomy, ileostomy and urostomy.

VISITING SERVICE

Upon the request of a patient, the WOA will provide a visitor for ostomy patients. The visits can be pre or post operative or both. The visitor will have special training and will be chosen according to the

patient's age, gender, and type of surgery. A visit may be arranged by calling the Visitor Coordinator or the ostomy nurse (NSWOC) by asking your Doctor or nurse. There is no charge for this service.

WHAT WE OFFER

MEETINGS: Regular meetings allow our members to exchange information and experiences with each other. We also run groups for spouses and significant others (SASO) and a young person's group (Stomas R Us).

INFORMATION: We publish a newsletter, *INSIDE/OUT*, eight times a year.

EDUCATION: We promote awareness and understanding in our community.

COLLECTION OF UNUSED SUPPLIES: We ship unused supplies to developing countries through *Friends of Ostomates Worldwide (Canada)*.

OUR MEETINGS

Chapter meetings are held from September through May. There are no scheduled chapter meetings in June, July, or August. A Christmas party is held in December.

**Meetings are held on the
FOURTH WEDNESDAY
of the month.**

7:30 pm—9:30 pm

**Manitoba POSSIBLE Bldg.
825 Sherbrook Street,
Winnipeg, MB
Rooms 202 & 203**

FREE PARKING:

Enter the SMD parking lot to the south of the building just off Sherbrook and McDermott Ave.

UPCOMING EVENTS



**FOURTH
Wednesdays
of the month**

**September 28th
October 26th
November 23rd**

**Meetings open at 7:10 pm
for random discussions
Meeting Starts at 7:30 pm**

ARE YOU MOVING?

If you move, please inform us of your change of address so we can continue to send you the newsletter and Ostomy Canada magazine.

Send your change of address to:

**WOA
204—825 Sherbrook St.
Winnipeg, MB R3A 1M5**

LETTERS TO THE EDITOR

The Editor, *Inside/Out*
1101-80 Snow Street
Winnipeg, MB R3T 0P8
Email: woainfo@mts.net

All submissions are welcome, may be edited and are not guaranteed to be printed.

**Deadline for next issue:
Friday, October 7th**

WEBSITE

Visit the WOA Web Pages:
<https://www.ostomy-winnipeg.ca>
Webmaster:
webmaster@ostomy-winnipeg.ca

DISCLAIMER

Articles and submissions printed in this newsletter are not necessarily endorsed by the Winnipeg Ostomy Association and may not apply to everyone. It is wise to consult your Enterostomal Therapist or Doctor before using any information from this newsletter.

WINNIPEG OSTOMY CHAPTER VOLUNTEERS

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Vacant

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SASO:

Vacant

**FOWC: Friends of Ostomates
Worldwide (Canada)**

**UNUSED SUPPLIES PICK UP
"NEW" 204-237-2022**

**Please leave a message
Or**

Email: rossbingham@gmail.com

CHAPTER WEBSITE:

<http://ostomy-winnipeg.ca>

CHAPTER EMAIL:

woainfo@mts.net

The Winnipeg Ostomy Association is a registered non-profit charity run by volunteers. The WOA was incorporated in August 1972.

BRANDON/WESTMAN OSTOMY SUPPORT GROUP:

Contacts:

Marg Pollock 204-728-1421

OSTOMY SUPPLIES

**HSC MATERIALS HANDLING
59 Pearl St. , Winnipeg, MB.**

**ORDERS: 204-926.6080 or
1.877.477.4773**

**E-mail: osupplies@wrha.mb.ca
Monday to Friday 8:00am to 4:00pm**

**PICK-UP: Monday to Friday
8:00am to 11:00pm**

FROM the PRESIDENT'S DESK

Hi Folks,

Well, since my last message, we have had record rainfall in the spring, leading into a late start to summer. Yet now we celebrate having had a good summer. A summer that continues to linger well into September. There were plenty of warm days, average rainfall to keep gardens and crops growing. More importantly mosquitoes have been kept to a minimum here in Winnipeg. I know in rural areas it is a different story.



Winnipeg Ostomy Association Board meets the second Wednesday of the month, to tackle issues of the association and the needs of the membership. Our central focus is to maintain an active and resourceful association that supports ostomates and their families. Some of our discussion focuses around finances, but I am please to say we are in a healthy position in all of our accounts. This is because members continue to support WOA with donations, as well as keeping up their membership. We have also been blessed with a few sizable donations over the last few years.

The Board is also trying to keep our meetings informative and fun. Covid 19 has limited us to Zoom meetings over the web, for two plus years. But starting this September we will welcome members back in person to our Chapter meetings the 4th Wednesday of the month. Details of the meeting with a Zoom link can be found in this newsletter. We will continue using Zoom for all our meetings, because we welcome and value the participation for all our members province wide. It also allows local members to stay home if sick, yet join us for the meeting via Zoom. Remember, we will continue to draw for \$50 gift cards at our Chapter meetings until the end of our 50th Anniversary Year.

I will have a full update of our discussions at the Board meeting during our September Chapter meeting. Please mark your calendars today, so you do not miss the meeting.

As I always say, "We are only as strong as our membership involvement allows us to be." To that end, I must let you know we are seeking 4 to 6 new bodies for the Board next year. Please consider joining us. You can even sit in on a meeting of the Board at any time to see what it is all about!

I remain open to your comments and/or questions, through my email address, r.hull@shaw.ca

Take care everyone!

Randy,



An Opportunity to Give Back - Become an Ostomy Visitor

When new to the game of managing an ostomy, wouldn't it be great if everyone received some good advice from an experienced ostomate? Despite assurances from doctors, nurses and others concerned with the person's complete recovery, there is no substitute for the visual proof provided by a well-adjusted individual. Visitors do not give medical advice. But talking with a person who has had ostomy surgery and who demonstrates an ability to live a normal active life, has been proven to assist in the psychological and social rehabilitation of the person.

MORE VISITORS ARE NEEDED

Our referrals from the hospitals are increasing and we need to build up our list of visitors.

Approximate number of visits per year is around five.

TRAINING SESSION for NEW VISITORS:

DATE: Friday, October 21, 2022
TIME: 5:00pm to 9:00pm
PLACE: Manitoba POSSIBLE building,
 825 Sherbrook St. Rooms 202 & 203
PRESENTERS: Ostomy nurses: Ashley Craig &
 Stacy Abrahamson,

FREE PARKING

A light meal will be provided

QUALIFICATIONS: Visitors....

- Are men and women of all ages and backgrounds whom all have the common bond of having had intestinal or urinary diversions OR they are part of the ostomy support network.
- Are well-adjusted and comfortable with their ostomy
- Are members of the WOA (can sign-up at the training session). \$40 per year.
- Attend chapter meetings (4th Wednesdays of Jan to May & Sept to Nov)
- Attend retraining session every five years.

Interested in becoming a New Visitor?

Contact Lorrie Pismenny at **Tel:** 204-489-2731 or **Email:** pismel@mymts.net to register and/or get more information.

NOTE: For those who have already indicated your interest, if you haven't received an email or call from me by the time you read this newsletter, please contact me again to refresh my memory and list.

Lorrie

(Continued from page 1)

not need our support group. Whatever that means. However, our group needs him. We need well-adjusted people with ostomies who walk around, flat-tummied, and non-odorous; - people who look good and feel good!

An ostomy group is not like a halfway house. We do not come together to feel sorry for ourselves or to talk exclusively about all the problems that arose because of our operations. We get together because we want to help each other or obtain some advice with some little issue that has been bugging us.

We may have some questions our doctors and nurses cannot answer for us, but another person with an ostomy can. We want to prove to all those skeptics and people without ostomies who may think an ostomy is the end of the world, that it is not. What is most unusual is that ostomy surgery is a wonderful beginning. All of us are alive because of ostomy surgery. Isn't it wonderful?

Source: OSG of Middle Georgia *THE OSTOMY RUMBLE* July 2017

TRICKS and TIPS



Skin Prep rubbed or sprayed on your hands before you use a garden rake or hoe helps prevent blisters. If you have mosquito bites, rub some skin prep on them. It seals the bite and takes away the itch.

Time-release pills will dissolve all at once if taken with alcohol. You'll receive a heavy dosage of medication all at once.

Source: Town Kayara via Vancouver Ostomy HighLife July 2013.

August 10, 2022 via email

Hi all,

We hope that you are all having a wonderful summer. Ostomy Canada Youth Camp was a lot of fun! We filled all of our available spots. It went by so quickly, everyone stayed healthy and we all had a great time.

The volunteers and the camp photographer have uploaded all of the pictures and videos to the Ostomy Canada website. Please follow the link below to watch the fun and see the enjoyment on all of the kids and volunteers' faces.

[Ostomy Youth Camp - Photos 2022 - Google Drive](#)

Ostomy Canada Society and all of the campers are deeply appreciative of all the donors, sponsors, chapters and fund-raising efforts from everyone involved. Fund-raising and donations are the only way that Ostomy Canada can continue to ensure that every child living with a bowel or bladder condition receives this life-changing experience. Many campers will return to camp year after year until they graduate at age 18. Let's continue to make sure funds are always available for any child needing financial assistance.

Lisa Gausman - Camp Administrator
Janet Paquet, Camp Coordinator

(edited in part for content)



Editor's note:

Lisa Gausman has provided me with some awesome pictures of our own campers. I hope to get some stories from the campers and will post them in the October newsletter along with their photos.

A warm welcome to new chapter members:

***Marlene Laycock
Charles Stevens***



In MEMORIAM

Hana Stern

We extend our sympathy to her family and friends

“We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about.” - Charles Kingsley

BE YOUR OWN ADVOCATE

By Bobbie Brewar, GAOA ATL, UOAA Update 9/2012

Consider: Emergency Room Visits

Speak up and let all the medical staff know that you have an ostomy. You may have to give a quick medical explanation of ostomy surgery and the changes that have been made to your systems (intestinal or urological). Ask about all of the procedures and/or medications that are offered and their impact on your ostomy.

Severe diarrhea in individuals with an ileostomy quickly becomes a dehydration problem and requires immediate infusion of fluids and electrolytes.

Intestinal blockages requires a determination of the difference between in a food blockage or for some other reason. A quick x-ray of the abdomen can help establish the cause and thus the solution. Most food blockages will pass with time, with fluid and with pain medication and possibly a nasal-gastric tube if nauseated.

If you are unable to communicate your concerns, be sure to have another knowledgeable person with you to speak for you.

Medications: Make sure all your healthcare providers know the type of ostomy you have, including your physician and your pharmacist. Absorption may vary with individuals and type of medications.

For individuals with an ileostomy, medications in the form of enteric-coated tablets, time-release capsules or long acting meds, may not be absorbed and therefore no benefit received. Before the prescription is completed by the physician, inform or remind him of these limitations. A pharmacist can assist in choosing the form of medication that will be best absorbed.

**Remember to speak up and ask questions.
A well informed advocate is best!**

Source:

The Ostomy Rumble - Publication fo the OSG of Middle Georgia

Urostomy Care

The urinary ostomy requires three kinds of preventative attention: care of the stoma; care of the skin around it; and care of the kidneys.

Your routine care of kidney function includes:

1. Drinking at the very least - one quart (1litre) of liquids daily.
2. Having your urine tested every six months.
3. Having an x-ray taken (IVP-intravenous pyelogram) of the kidneys every two years.

And observations: a) stoma –for changes in size; b) skin - for signs of irritation; c) kidneys - check the nature of urine (if dark - drink more liquids; unpleasant odour may be sign of infections - check it out with your physician.

Source: The Ostomy Rumble of the OSG of Middle Georgia—**March ??**

There is only one thing wrong with going through a second childhood. You can't blame your parents.

How to Burp an Ostomy Bag

Ostomy Care and Tips by Eric Poisonelli at — [How to Burp an Ostomy Bag \(w/ video\)](#) | [VeganOstomy](#)

***Note:** Since gas is a problem that people who have an ileostomy or colostomy may experience, this article is geared towards them. Urostomates won't find any of this information useful but might enjoy the read.*

What Does It Mean to “Burp” an Ostomy Bag?

“Burping” means to manually remove gas from an ostomy pouch either through the outlet on the bottom or by a small gap between the flange on a two-piece appliance.

“But shouldn't the filter on an ostomy pouch already do that?”

In an ideal world, yes. Unfortunately we don't live in an ideal world! Most ostomates find that the filter on their appliance tends to either not work at all or clogs up quickly and stops working soon after. When this happens, gas builds up in the bag and that can cause “ballooning”, which can lead to leaks and/or a very noticeable bulge under clothing.



This is not a full ostomy bag – this bag is full of gas! Note: I would NOT attempt to burp a bag this full.

Usually an ostomate who has a ballooned pouch often has to visit the bathroom and empty their appliance, often times when it has no output in it. This can be annoying and time-consuming, which is why burping your appliance can be a great little shortcut to use.

A Few Warnings

Like most shortcuts, burping an appliance isn't without risks. I'll highlight some important ones below.

- **Smell.** There's no escaping this one, although some pouch deodorants can help. When you release gas from your ostomy pouch, it's pretty much like farting out in the open. There will be an odor, often times quite strong, so be mindful of where you do this. I recommend heading for a bathroom.
- **Leaks.** Burping your appliance may cause output to escape your bag. If done correctly, this should never happen.
- **Messy coupling.** You may not get a leak, but opening up the coupling of your two-piece appliance may cause stool to get between the plastic rings of both your bag and wafer. Sometimes this can lead to odors or even stain your clothes.
- **Projectile poop!** When the velocity of gas escaping your pouch meets with a soiled bag, you can sometimes get poop splatter. I'm being serious. If you plan to burp your appliance and it's really full of gas, take toilet paper and place it right on top of where you're opening the coupling to catch anything that flies out.
- **Full pouch ejection!** Some two-piece systems work better than others, and the ones that don't work well with burping often cause this catastrophic failure. If your two-piece coupling uses stiff plastic (i.e. [Coloplast Sensura Click](#) or [Sensura Mio](#)), then you won't be able to easily open just a small crack for gas to escape. I would strongly recommend against burping if you're using an appliance like that.

How to Burp an Ostomy Bag

There are two main techniques for burping an ostomy bag, which I will explain below:

Two-Piece with Mechanical Coupling

My preferred method of burping involves a [two-piece system](#) with a mechanical coupling. I find that the [Hollister New Image two-piece](#) is one of the best for this, but you can experiment with other brands to see which work best for you.

The idea is to just slightly open the top part of your two-piece coupling enough to allow gas to escape.

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If done carefully, burping a 2pc appliance can be easy.

This works best while standing and you can also apply gentle pressure to your pouch to help move the gas along.

If you plan to do this while on your back, I would highly suggest making sure that no output has collected around your stoma or you'll have a leak.

Tip: I do not recommend using this technique with adhesive coupling systems as they are more prone to getting leaks and the adhesive weakens every time you reapply it. An example of an adhesive coupling system would be the **Cymed 2pc**.

One-Piece Systems

While this technique is geared towards ostomates who don't wear two-piece systems, it can also be used when the two-piece system isn't ideal (i.e. adhesive coupling or stiff plastic coupling).

This technique involves opening the outlet at the bottom of your drainable bag to release gas.



Gas can easily escape from the outlet of any drainable bag.

The only easy way to do this is to lay on your back and lift the tail of your appliance up so that any stool will fall towards the top of your appliance (and away from the outlet).

When you are sure that no output is near the outlet, you can carefully open the outlet and allow gas to escape.

While on your back, point the outlet upwards to allow gas to rise up and output to slide down.

You may apply gentle pressure to your pouch to direct gas outwards, but use caution as this may cause stool to escape.



Once that's done, you can close the outlet and stand back up.

Bonus: Osto EZ-Vent

If neither technique works for you, but you still want to burp your appliance, I would suggest looking into the Osto EZ-Vent.

The Osto EZ-Vent is a product that you can apply to just about any ostomy appliance and it allows you to vent gas easily.

The Osto EZ-Vent allows for an easier way to burp your ostomy pouch.

Editor's note:

Google Osto EZ-Vent to get more information on this product.



(Continued on page 12)



FOWC REPORT:

August 27th found seven members sorting and packing more supplies from our storage room. In just a couple of hours they managed to clear out the storage room to the point where we could see bare shelving.



Work starts by separating the supplies into the three main manufacturers - Hollister, ConvaTec & Coloplast. Any used items, or liquids, are discarded. Single items (pouches & flanges not in boxes) are put aside for sorting & distribution later. The supplies are then packed in boxes according to the corresponding manufacturer. The boxes are then sealed, marked, and stacked, ready for shipment to the collection depot in St. Catharines, ON. Medical supplies are also separated and put aside for delivery to International Hope.

We almost have enough boxes packed for another shipment to Ontario.

A big thank you to Rhona Recksiedler and her friend Jackie, who took home three boxes of single items, sorted, packaged, and labelled them for shipping down east.

ATTENTION PORTAGE la PRAIRIE:

If you, or a family member have supplies to donate, we have a team leader in your area who is willing to pick them up from you and arrange for delivery to the city.

Please contact:

Gerry Gascoigne
Tel: 204-857-9516
Cell: 204-870-1045
Email: sas01@mymts.net

MEANWHILE in BRANDON:

Marg Pollock has been quietly gathering donated ostomy supplies for several years in Brandon and calls the WOA when the supplies start to pile up. She is willing to accept dropped off supplies. Please leave a message for Marg on her phone or email and she will get back to you to make arrangements for delivery.

Please contact:

Marg Pollock
Tel: 204-728-1421
Email: margpollock@msn.com

NOTE: If there is anyone else in the province who would like to do something along these lines, contact Ross Bingham at Email: rossbingham@gmail.com or Tel: 204-889-9554 to discuss this possibility in greater detail.

A BIG THANK YOU to Ross, Gerry, Marg, and everyone who works to keep these valuable products out of the landfills and shared with needy ostomates overseas.

PS. Team leaders are still needed in Winnipeg.

POWDER YOUR STOMA?

By Donna Hoffman, PLN, ET, Blue Water MN UOAA UPDATE 1/2014

Powder is normally not required during the routine maintenance of a stoma. As a matter of fact, most modern disposable barriers are designed to adhere to the skin themselves. Powder is used to treat irritated skin or a fungal infection. Yeast (fungus, Candida) infections are very common, especially during the summer or when one perspires during regular exercise.

Micro granulated anti-fungal powder is used only when there are signs of a yeast infection: i.e. an itchy rash and raised red bumps. Use the powder until the infection clears, then discontinue.

Pectin-based powders, such as Hollister's Stoma Powder, ConvaTec's Stomahesive or Karaya type powders, are used to treat irritated skin. To apply any kind of powder, clean the peristomal skin well with plain water and then dry. The skin should

be completely dry before applying the powder. Dust the skin with the powder, gently rub it around and then brush off the excess. The barrier can be applied directly over the powder. You may also seal in the powder by applying a skin sealant over the powder and allowing it to dry. Be careful. Skin sealants retard the adhesion of the new extended wear barriers and are not recommended. If you use a standard wear barrier, then the barrier is applied over the sealant covering the powder.

TRAVEL TIPS

Sources: Convatec, (me+ the author via OAGC), UOAA, TSA; Via the NEW OUTLOOK, Ostomy Assoc. of Greater Chicago, April, May, June 2017

Take your shoes off. Take off your belt, your jacket and your watch. Take your laptop out of your luggage and empty your pockets.



Airport security is complicated. And now that you have an ostomy, it can be even more challenging. But there are tips and tools to ensure your easy passage through security. Extra security precautions are being taken at airports and other transit hubs worldwide. A little pre-planning and understanding of both security rules and your right to privacy can help you avoid problems in transit and enjoy your travels. In particular, remember that all airport screenings must be conducted with courtesy, dignity and respect. You may request screening in a private area at all U.S. airports and most international destinations. A few additional tips to keep you on the go.

Carry a statement from your healthcare professional stating your need for ostomy supplies. You can also download and print the UOAA discreet TSA card to show to security officers with questions. * TSA rules state that you can be screened without having to empty or expose your ostomy; however, you may need to conduct a self pat-down of the ostomy, followed by a test of your hands for any trace of explosives. During heightened security levels, you may experience a rather intrusive pat-down due to the pouch appearing on the x-ray as a square near the groin area. If you are travelling to a foreign country, bring this information written in the appropriate language. (Google Translate may be helpful with translations). If you find you need additional supplies while travelling, a local pharmacy is a great starting point. The local pharmacy should be able to provide you with the necessary supplies and/or refer you to a local clinic/hospital for support.

Pre-cut all cut-to-fit barriers at home. Although current United States Transport Safety Administration (TSA) rules allow curved point scissors with blades less than 4" in length in your carry-on luggage, keeping your ostomy scissors in your checked luggage may avoid delay and extra screening. Or, use Moldable Technology™ skin barriers. They mold directly around your stoma and don't require scissors.

Consider purchasing travel insurance that guarantees getting you to a hospital if necessary.

When it comes to supplies, OVERPACK! Better safe than sorry. Be prepared for anything by packing supplies in your carry-on luggage and in your checked luggage. Pack at least three days' worth of ostomy supplies in your carry-on luggage - just in case your checked luggage is misplaced. Pack one of everything you need into a small tote or purse so you can get to it easily in the airport or on the plane without digging through your luggage. Plus, airplane restrooms are tiny, so you don't want to wrestle a backpack or roll-aboard in with you.

Take extra supplies, in case of delays and/or non-availability at your destination.

Check the weather forecast for your destination. Warm weather may affect how your skin barriers adhere to your skin, by making the adhesive between your pouch and skin weaker. Be aware of the weather at your destination and prepare accordingly.

Drink, drink, drink. Nothing slows down a vacation more than dehydration.

If travelling by car, take advantage of rest areas. Stop and empty your pouch regularly; you never know how far it will be until the next one! Packing one of everything you need into a small tote applies here also!

Pack ostomy-friendly snacks.

Keep a set of clean clothes hand whether in your carry-on luggage or in the trunk of your car. Carry a few plastic bags and wet wipes for quick cleanup.

* Editor's Note: For Canadians, you can go to Ostomy Canada Society's website (see link below) to download the Traveller's Communication Card.

[Travellers-Card-2015.pdf \(ostomycanada.ca\)](https://www.ostomycanada.ca/Travellers-Card-2015.pdf)



July Visitor Report

Surgeries: Ileostomy 4; Colostomy 1; Urostomy 1

Hospital referrals: HSC 2; STB 4;

Valued Visitors: Paula Sturrey (2), Bonnie Dyson (3), Georgette Dobush 1

August Visitor Report

Surgeries: Ileostomy 1 Colostomy 3

Hospital referrals: STB 4;

Valued Visitors: Marg Pollock, Bonnie Dyson, Randy Hull, Sandy Owsianski,

Submitted by Bonnie Dyson,
Visitor Coordinator



TAKING CALCIUM SUPPLEMENTS

For maximum benefit take your calcium supplement at bedtime, recommends Morris Notelovitz, a professor of obstetrics and gynecology at the University of Florida.

Taking calcium supplements to prevent osteoporosis, a bone-threatening disease affecting millions, has been widely advised. Dr. Notelovitz has discovered that when the dosage is taken does make a difference in how much calcium is absorbed and used.

It is best to take calcium at bedtime because it is stored during the day and lost at night. Stored calcium in the bones is required for aid in blood clotting and heart muscle contractions. At night, when no food is being taken in, the skeleton is the only source of calcium. By taking supplements at night, your blood level of calcium can be maintained without depriving the bones.

Calcium should not be taken on an empty stomach, Dr. Notelovitz recommends. Have a glass of milk or some yogurt first, he suggests. As well as being excellent sources of calcium themselves, the lactose in these products also helps calcium absorption.



Source: S. Brevard (FL) Ostomy Newsletter, Regina Ostomy News, May/June 2005 via Vancouver Ostomy HighLife - Sept/Oct 2022

ASK the NSWOC

How do sugar treats impact the ostomy?

By Karen Kinaschuk



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 two 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 this 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 jams on breads or crackers; or banana with yogurt are good examples.

Source: Regina and District News - Sept/Oct 2022

Notice in a farmer's field:
THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

Notice in health food shop window:
CLOSED DUE TO ILLNESS

Thank you!

**In Memory of Hana Stern &
Joseph Lawrence Coughlan
John Kelemen**

**STOMA ANNIVERSARY
Marion Reid - 2 Years!**

GENERAL

**Chris Marquardson
Anonymous #1
Anonymous #2**

***Your generosity is
greatly appreciated!***

(Continued from page 8)

Some people might like the convenience of using the Osto EZ-Vent over burping the usual way, but they do need to be installed on your ostomy pouch BEFORE you wear it.

Closing Thoughts

Burping your ostomy appliance can be a convenient way to relieve your pouch of ballooning.

While you can burp just about any appliance using various techniques, you'll still want to be mindful of the smell it can produce and the risks of leaks (or worse).

Source: Vegan Ostomy website by Eric Polsinelli - Canadian ostomate.

<https://www.veganostomy.ca/about-me/>

As an Ostomate How Long Might You Live

By L. Wruble, M.D. via *Mailbag* Jacksonville, FL

Well, prepare for good news! There have been only a few long-term studies of the postoperative life of an ostomate. The findings that have been made known were mainly done during the past 10 years. What do you think is the ultimate outcome? What may an ostomate expect in terms of health and life expectancy? The studies that have been done indicate that the health of an ostomate is exactly the same as that of anyone else. And, of more importance, there is no difference in your life expectancy from the general population.

Every part of the intestinal tract works in harmony, so it might be expected that the removal of one part, such as the colon, might affect the rest. But the studies reveal no indication of this. Diseases of the intestinal tract such as gallstones and peptic ulcers are not found to be in higher incidence after ostomy surgery. There is, however, an increase in the formation of kidney stones in the ileostomate, possibly because of the increase in the absorption of certain chemicals that can form stones.

Source: The Ostomy Rumble of the OSG of Middle Georgia - Sept. 2018

Adhesions & Other Pain That Cramp Your Style



Some people form adhesions, bands of tough string-like fibrous tissue, more easily than others. Adhesions may form spontaneously but are more common after surgery.

If adhesions interfere with normal motion of the intestine, a blockage may occur, with food, liquid or even air unable to pass the blocked area. Severe bloating, abdominal pain, vomiting and constipation may occur. In such a serious situation, call your doctor immediately.

In many cases the possibility of adhesions wrongly gets the rap for abdominal pain. A frequent cause for such pain is a spasm of the muscles responsible for peristalsis, which propels the "bolus" through the intestines. A muscle spasm in the calf is referred to as "Charlie horse." Spasms in your intestine are essentially the same thing but assume the name "irritable intestine."

Give the Gift of Dignity



For over 35 years, Friends of Ostomates Worldwide Canada (FOWC) has sent free ostomy supplies to more than 52 countries. Recently, we have sent supplies to ostomates in Kenya, Ukraine and Iran where ostomy supplies are scarce and expensive. Local groups re-distribute these precious supplies to those in need.

FOWC's goal is to raise funds to enable us to ship these supplies. Just one shipment to Kenya was \$8,500.



You can help by sending a cheque payable to FOWC mailed with the form below to the address listed. Online donations are accepted through www.fowc.ca.

This man was referred to Stoma World by a social worker in Kenyatta National Hospital. He used plastic bags until he received ostomy products supplied by FOWC.



"We need help!" quote from the Iranian Ostomy Society. For the past three years, FOWC has provided supplies to the neediest in Iran, including children, through the Iranian Ostomy Society.



*I would like to improve the life of needy ostomates worldwide by making a donation.
Je souhaite faire un don pour aider les personnes stomisées du tiers-monde.*

Individual: \$30 Individual Patron: \$50 My Donation/ Mon don: _____

Name/Nom: _____

Address/Adresse: _____

City/Ville: _____ Province: _____ PC/CP _____

Tel: _____ Email/Courriel: _____

Mail to/faire parvenir à:

Friends of Ostomates Worldwide Canada
P.O. Box 158, Pine Falls, MB, R0E 1M0



Official tax receipt will be issued/Un reçu officiel aux fins d'impôts sera émis

PAYING YOUR MEMBERSHIP or MAKING a DONATION

e-Transfers now available



Use *e-transfers* to make a donation towards a Memorial Gift, the Youth Camp Fund, Stoma Anniversary, General Funds, or paying memberships

e-transfer instructions:

Email: treasurer@ostomy-winnipeg.ca

Message box: Be very clear to say what the transfer is for.

Security Question:

What is the middle word of WOA?

Answer: Ostomy (note: first letter "O" is upper case)

STOMA ANNIVERSARY CLUB

The anniversary date of my stoma is _____ and to celebrate my second chance for healthy living, I am sending the sum of \$ _____ per year since I had my ostomy surgery.

NAME: _____

AMT. ENCLOSED: _____

Official receipts for tax purposes are issued for all donations, regardless of the amount.

My name and the number of years may be printed in the "INSIDE/OUT" newsletter. YES _____ NO _____

Clip or copy this coupon and return with your donation to:

Winnipeg Ostomy Association
204-825 Sherbrook Street
Winnipeg, MB R3A 1M5

Proceeds from the Stoma Anniversary Club will continue to go towards the purchase of audio & video equipment to promote the Winnipeg Ostomy Association and its programs.



**Winnipeg Ostomy
Association**

**204 - 825 Sherbrook St.,
Winnipeg, Manitoba, Canada R3A 1M5**
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*For pick-up of unused ostomy
supplies please contact the*

*Winnipeg Ostomy
Association*

"NEW" 204-237-2022

Leave a message and your call will be returned.

Or Email: rossbingham@gmail.com

WINNIPEG OSTOMY ASSOCIATION MEMBERSHIP APPLICATION

Current Members—PLEASE WAIT for your green membership renewal form to arrive in the mail.

Your renewal date is printed on your membership card.

New Members: Please use this form. The following information is kept strictly **CONFIDENTIAL**.

Please enroll me as a new member of the Winnipeg Ostomy Association.

I am enclosing the annual membership fee of **\$40.00**.

To help reduce costs please send my copies of the *Inside/Out* newsletter via email in PDF format. YES ___ NO ___

NAME: _____ PHONE: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

EMAIL: _____ YEAR of BIRTH: _____

Type of surgery: Colostomy: ___ Ileostomy: ___ Urostomy: ___ Other: _____
Spouse/Family Member: _____ N/A: _____ (Please indicate type if other)

May we welcome you by name in our newsletter? Yes ___ I'd rather not ___.

Please make cheque/money order payable to: **"Winnipeg Ostomy Assoc."** and mail to:
Winnipeg Ostomy Assoc. 204-825 Sherbrook St. Winnipeg, MB R3A 1M5