

# Edmonton Ostomy Association Newsletter December 2017

## PRESIDENT'S MESSAGE

**HO HO HO Greetings:** It's that time of the year when we start thinking of Christmas and the Holiday season. It's also a time when we think of those that are less fortunate, so do give generously.

How time goes by quickly. It's time for our annual **Christmas Banquet and Fund Raiser**. Again this year we will be at the Chateau Louis Hotel and Conference Center. The price of the dinner is \$25.00 per person.

We will be having: Buns, salad, roast turkey with mashed potatoes, gravy, seasonal vegetables, cranberry, fruit flan, tea and coffee.

For those that have dietary restrictions, **PLEASE**, let us know when you make your reservation.

As for the Live and Silent Auction items, Please bring one or two new, unwrapped items. This year we are trying out a new form of silent auction system. We are calling it "The Luck of The Draw" where you can purchase tickets and deposit them in a small bag by the item you would like. At the close of the bidding, a ticket will be pulled from each bag. Those with the corresponding number will be the winner. Tickets will be available for purchase through out the evening. The live auction will be the same as usual.

The final date for making your reservation or cancelation will be **November 30, 2017**. For cancelations after that date will be your responsibility for payment as we get charged for your plate.

If you have any questions or concerns, call Fred at 780-463-4746.

See You there.

Fred Hermary,  
President,  
Edmonton Ostomy Association.



Edmonton Ostomy Association Executive and Committees 2017

<b>Executive</b>			
President	Fred Hermary	780 463 4746	redpumper@shaw.ca
Vice President	Dorothy Hermary	780 463 4746	beneficence@shaw.ca
Treasurer	Katherine Dziwenka	780 922 0944	
Secretary	Corrine Krishka	780 454 4334	ckrishka@shaw.ca
<b>Committees</b>			
Greeting Cards	Janet Nichols	780 437 4160	janichols@shaw.ca
Friends of Ostomates Worldwide Canada (FOWC)	Daryl & Adeline Eggen	780 418 2028	www.ostomyedmonton.com
Meeting Host	Diane Currah	780 488 3590	
Membership	Vacant		
Newsletter Editor	Janet Nichols	780 437 4160	themailpouch@gmail.com
Public Relations, phoning	Marjorie Leviene-Watson	780 487 4273	
Special events Coordinator	Fred Hermary	780 463 4746	redpumper@shaw.ca
Spouses and Significant Others (SASO)	Adeline Eggen	780 418 2028	
Visiting Coordinator (temporary )	Dorothy Hermary	780 463 4746	beneficence@shaw.ca
Medical Advisor for EOA	DR. R.J. Bailey		
Edmonton Ostomy Association Web Site			<a href="http://www.ostomyedmonton.com">www.ostomyedmonton.com</a>

Enterostomal Therapy (ET) Nurses - Edmonton and area

Grey Nuns Community Hospital	Edmonton	Camille Ream & Rahimah Moosa
Misericordia Community Hospital	Edmonton	Martha Patry & Beth Beaudoin
Royal Alexandra Hospital	Edmonton	Deborah Bates
University of Alberta Hospital	Edmonton	Sandy Allen, Sharon Goodhelpsen Sandy Bressmer, Samara Rao
Stollery Children's Hospital	Edmonton	Guen Kernaleguen
Sturgeon Community Hospital	St. Albert	On-call ET; phone the hospital for ostomy- care inquiries 780-418-8200
Westview Health Centre	Stony Plain	No ET on site; phone the facility for information to get ET ostomy-care 780-968-3737

HOME CARE (ET NURSES) - EDMONTON & AREA

Edmonton N.E. & Strathcona and Fort Saskatchewan	Karen Napier
Edmonton S.W.	Melody Yaceyko
Leduc, Devon & Thorsby	Carleen Norton
St. Albert, Morinville and outlying areas and part of Edmonton N.E.	<u>Christine Powles</u>

*Adeline Eggen – SASA Rep for EOA, compiled on May 12, 2017*

**Please note:** Any registered ostomate at home can now access Home Care services by themselves by phoning the general Community Care Information Line at 780-496-1300.  
No referral is needed from an ET or a doctor.



*What do you get when you cross a Christmas tree with an iphone?  
A pineapple.*



**Edmonton Ostomy Association**  
**Annual Christmas Banquet, Social & Fund-Raising Event**

- Date: Tuesday December 5th. 2017
- Where: Chateau Louis Hotel Conference Centre  
11727 Kingsway N.W. Edmonton, AB T5G 3A1
- Cost: \$25.00 per person for the meal
- Deadline for meal orders Thursday November 30th.
- Event Doors open at 5:30 p.m. Keyboard music by JONATHAN
- Details Cash Bar opens at 6:00 p.m.  
Supper at 6:30 p.m.

New Feature: 'LUCK OF THE DRAW' will replace the Silent Auction. You are welcome to bring a maximum of 2 (unused) items per person for this feature. Tickets will be available for the 'Luck of the Draw.'

Live auction and door prizes- we welcome donated items.

Contacts: Fred Hermary – meal & dietary orders, live auction info.- 780-463-4746

Daryl Eggen - event draws information - 780-418-2028

Please note – all transactions to be paid for by cash or cheque.

Thank You!

**EVERYONE IS WELCOME TO ATTEND !**



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\* Coloplast clinical study, 2014. Data on file.



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The Edmonton Ostomy Association Usually Meets At  
St. Andrew's Centre  
12720 – 111 Ave  
Edmonton Alberta  
on the **FIRST TUESDAY** of the month at 7:30 PM

However

December 5, 2017 is at The Hotel Louise for our **Christmas Banquet**  
And  
We don't meet in January or February to give you time to have a holiday  
So  
Our next regular meeting will be *Tuesday March 6, 2018*



Knock Knock,  
*Who's there?*  
Hanna!  
*Hanna who?*  
Hanna partridge in a pear tree!



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- Mark Ferbey, Owner  
Market Drugs Medical

### MARKET DRUGS MEDICAL

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**New Market Drugs Medical Web Store**  
We are please to announce the launching of our new web store at [www.marketdrugsmedicalltd.com](http://www.marketdrugsmedicalltd.com)

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[www.aspenhealthcare.ca](http://www.aspenhealthcare.ca)



### Red Deer Ostomy Association (Satellite of EOA) Executive 2017 -2018

President	Crystal Lynch	403 342 2851	slynhc@telus.net
Vice President	Vacant		
Secretary	Colleen Graham	403 347 0115	
Treasurer/Membership	Barry Bowkette	403 347 8821	
Publicity	Vacant		
Visiting	Crystal Lynch	403 342 2851	slynhc@telus.net
Hostess	Vacant		

### Enterostomal Therapy (ET) Nurses Red Deer Area

Tina Beckerton	Phone 403 341 2122 Fax 403 346 2610	<a href="mailto:Tina.Beckerton@AHC.ca">Tina.Beckerton@AHC.ca</a>
Michele Graham	Phone 403 341 2178	<a href="mailto:Michele.Graham@AHC.ca">Michele.Graham@AHC.ca</a>



The Red Deer Ostomy Association  
 meets on Saturdays  
 Please call Crystal 403-342-2851  
 for the next meeting date.



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*be confident*

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## What makes your Gut tick or rather *wave*?

**Peristalsis** is defined as successive waves of involuntary contraction passing along the walls of a hollow muscular structure (such as the esophagus or intestine) and forcing the contents onward.

"Motility" is a term used to describe the contraction of the muscles that mix and propel contents in the gastrointestinal (GI) tract. The gastrointestinal tract is divided into four distinct parts that are separated by sphincter muscles; these four regions have distinctly different functions to perform and different patterns of motility (contractions). They are the esophagus (carries food to the stomach), stomach (mixes food with digestive enzymes and grinds it down into a more-or-less liquid form), small intestine (absorbs nutrients), and colon (reabsorbs water and eliminates indigestible food residues). Abnormal motility or abnormal sensitivity in any part of the gastrointestinal tract can cause characteristic symptoms.

But what can happen when things don't go as planned in the intestines and colon?

### Intestinal Pseudo-Obstruction - Disorders of the Small Intestine

Normally, nerves and muscles work together to produce wavelike contractions that push food through the intestines. In intestinal pseudo-obstruction, nerve or muscle problems prevent normal contractions. As a result, people with the condition have problems with the movement of food, fluid, and air through the intestines.

Intestinal pseudo-obstruction is a rare condition with symptoms like those caused by a bowel obstruction, or blockage. But when the intestines are examined, no blockage is found. Instead, the symptoms are due to nerve (visceral neuropathy) or muscle (visceral myopathy) problems that affect the movement of food, fluid, and air through the intestines.

### Small bowel bacterial overgrowth Disorder of the Small Intestine

Too many bacteria in the upper part of the small intestine may lead to symptoms of bloating, pain, and diarrhea. Symptoms occur immediately after eating because the bacteria in the intestine begin to consume the food in the small intestine before it can be absorbed. Small bowel bacterial overgrowth is a result of abnormal motility in the small intestine.

### Constipation Lower GI Disorders

Chronic, long-term or recurring, constipation is more challenging to treat than common simple constipation.

Irregularity or simple constipation now and then may happen for many reasons. Common factors such as diet or food changes, or inactivity, will usually respond to simple lifestyle measures.

But, constipation that is long-term (chronic) or that keeps coming back requires more effort to diagnose and treat.

### Diarrheal Lower GI Disorders

Diarrhea is defined as passing frequent and/or loose or watery stools. Acute diarrhea goes away in a few weeks, and becomes chronic when it lasts longer than 3–4 weeks. If no specific cause is found after a thorough investigation and certain criteria are met, a diagnosis of functional diarrhea may be considered.

*Information from International Foundation for Functional Gastrointestinal Disorders website*

Don't let this information frighten you. *If you have a problem see your doctor.*





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## HINTS and TIPS

If your **Stomahesive® Paste** becomes hard and won't push through the end of the tube, heat half a glass of water in the microwave oven for 45 seconds. Remove it and place the tube cap-down in the water. Let it stand for a few minutes and then dry it. You should now be able to push the past out easily.

**For colostomies:** if you use just a pad instead of an appliance, use a little K-Y® Jelly over the stoma to keep things soft and lubricated. If you irrigate, allowing too much water to enter the stoma too quickly may cause a sudden evacuation of waste, leaving much of the feces still in the colon, along with most of the water. Periodic evacuation may follow. This is not diarrhea, but is simply a delayed emptying of the colon.

**For ileostomies:** usually ileostomates experience hunger more often than other people. When this happens, they should drink fruit juice or water, eat soda crackers followed by a meal as soon as possible. If you do need to eat a snack at bedtime or during the day in order to ward off nausea, try to cut down on calories somewhere else in the daytime. Otherwise, you'll gain weight. Never skip meals in order to lose weight. An ileostomy keeps working whether the ostomate has eaten or not.

*Source: Pittsburgh Ostomy Society. "T\_h\_e\_\_T\_r\_i\_a\_n\_g\_l\_e\_"\_Feb. 2015*



What do you call Santa living at the South Pole?

*A lost clause*

What nationality is Santa Claus?

*North Polish.*

When the sleigh is in the shop what kind of a motorbike does Santa ride?

*A Holly Davidson*

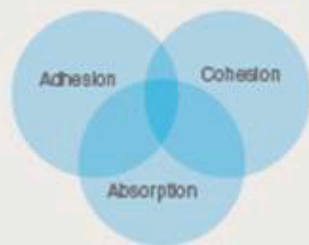
# CeraPlus

## “Did you know?”



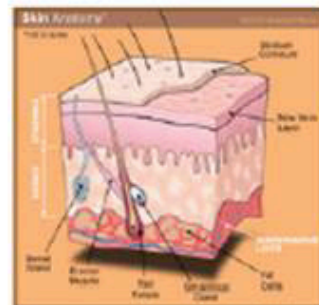
### CeraPlus - 1st 'Functional' Skin Barrier

Standard Barrier Expectations



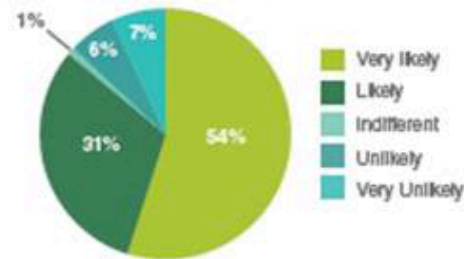
### Optimal Skin Health

- Within the stratum corneum there are components called **Ceramides**.
- Ceramides are a natural component of human skin, consisting of a waxy lipid molecule. Just like a brick wall needs mortar to keep it strong and firm, **your skin needs ceramide to link the cells of the outer skin together to form a waterproof / protective barrier.**
- Skin needs **approximately 10% moisture** content to be healthy (preventing water loss and keeping irritants out)



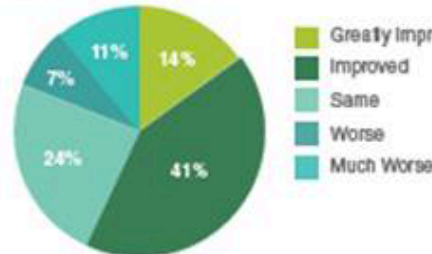
In a recent survey among your peers, the following results were found:

#### Likelihood to use/recommend



- **85%** were either **Likely** or **Very Likely** to use/recommend this product (Top 2 Box)

#### Skin condition after removal



- **56%** said the skin condition was **Improved** or **Greatly Improved** after the CeraPlus skin barrier was removed and **24%** stayed the same

## Edmonton Ostomy Association 2018 Membership Form

Membership fees are \$30.00 per year from January 1 to December 31.

Your membership to the Edmonton Ostomy Association entitles you to 2 magazines from the Ostomy Canada Society, 8 newsletters and attendance at 8 monthly meetings.

Please make cheques payable to ***The Edmonton Ostomy Association***

Mail your cheque and completed form to  
Membership Edmonton Ostomy Association  
c/o J. Nichols  
5607 – 114 A St. NW  
Edmonton, Alberta T6H 3M8

Or better yet bring it to the **Christmas Banquet on Tuesday December 5, 2017**

Name \_\_\_\_\_

Address \_\_\_\_\_

Is this a new address                      yes                      no

Phone \_\_\_\_\_                      Email \_\_\_\_\_

Are you              A New Member?                      A Renewal?

What format would you like to receive The Mail Pouch?      Paper                      e-mail?

What type of surgery did you have?

Colostomy                      Ileostomy                      Ileo Conduit



We at the Edmonton Ostomy Association would like to wish you

# Merry Christmas

Joyeux Noël *in French*

Buon Natale *in Italian*

God Jul *in Swedish*

Nadolig Llawen *in Welsh*

Christmas MobArak *in Farsi*

Kirismas Wacan *in Tagalog*

Feliĉan Kristnaskon *in Esperanto*