

The Mail Pouch

VOLUME 17, ISSUE 10

October 2012

A Publication of the Edmonton Ostomy Association (EOA)

Join us in November

The next meeting of the Edmonton Ostomy Association (EOA) will be on **Tuesday, November 6, 2012**, at the St. Andrew's Centre in the multi-purpose room. .

Our guest speaker will be Robert Lang, a long-time ostomate who will be sharing his experiences with us at the meeting.

Join us also as we discuss the upcoming Christmas Party on December 4, 2012 at the Chateau Louis.

The EOA meets on the first Tuesday of each month at the St. Andrew's Centre (12720-111 Avenue) starting at 7:30 pm, unless otherwise noted.



Upcoming Dates

Nov 6, 2012: EOA meeting
Dec 4, 2012: Christmas Party!

Inside this issue:

Rebuilding Balance After Ostomy Surgery	4
Mark Your Calendar! Christmas Party and Auction Dec 4	7
Ask Me About My Ostomy!	7
UOACconnection	7
October Meeting Highlights	8
UOAC Executive Committee and Board of Directors	8
Ostomy on the Internet: Intense Intestines Foundation	8
Research from Blood Tests to Detect Bowel Cancer	11
Shedding a Light on Ostomy	12
Visitors Program Workshop	12
World Ostomy Day 2012 in Halifax	13

President's Message by Peggy Thiessen

Hello everyone! I trust you all had a wonderful Thanksgiving with lots of turkey and trimmings. Thanksgiving marks the beginning of the holiday season for many of us. Preparations for Christmas cake and pudding and all the goodies are commencing. Dieting is in full swing, as we all know what happens as we overindulge on all those holiday goodies!!!

There is another holiday in November that in the minds of many receives short shrift or little notice. That holiday is Veteran's day or as many of us know it as Remembrance Day. In some ways it doesn't really matter what we call it just remember our veterans and what they did for all us. If you can't attend a service, a

few minutes of silence is very little to ask of each of us.

Like most of you, I received a notice that my \$30 annual membership fee. Please note that the notice does not reflect our new treasurer Angie Topilko's address. If you are mailing in your fees, please send them to the address on the form at the back of this newsletter:

The Edmonton Ostomy Association
#144, 3-11 Bellerose Drive
St Alberta, AB T8N 5C9

On another note, one of our members has moved to Sherwood Park and is looking for a ride to our meetings. If you can help out, call Corrine at (780) 400-3675.

The November Meeting will

be held in the multi-purpose room behind the sliding glass doors. This should be the last meeting we have in this room as we are booked in our regular boardroom for the rest of the year.

I hope you join us at our November meeting. I am looking forward to hearing Robert Lang, who has lived a very productive life as an ostomate. We will also be really getting down to business discussing our Christmas Party and silent auction this meeting. I am sure Fred will be looking for volunteers to help.

I hope you have all enjoyed good health this month and I will see you at the meeting.

Peggy Thiessen

Editor's Note

We are making some changes to our printing and distribution processes in order to serve you better.

Please direct any address or membership changes to Angie Topilko, our Treasurer/Membership chair. Angie will be maintaining the central membership list as well as printing out the labels for *The Mail Pouch*. Her phone number and email address are listed below under the Executive Committee contact list; her address is also on the membership

form on the back page of *The Mail Pouch*.

Remember to renew your membership to the EOA by the end of the year. Membership forms are included on the back page of each issue of *The Mail Pouch*. Please ensure that you include your email address, so that we can send you the electronic version of the newsletter (which include links to other useful websites).

Happy reading!

IMPORTANT NOTICE

Articles and information printed in this newsletter are not necessarily endorsed by the Edmonton Ostomy Association or the United Ostomy Association of Canada may not be applicable to everybody.

Please consult your own doctor or ET nurse for medical advice.

EOA Executive Committee 2012-2013

President

Peggy Thiessen 780.434.9118
pmthiessen@shaw.ca

Vice President

Allie Korpesio 780.463.2645
akorpesio@yahoo.ca

Treasurer/Membership

Angie Topilko 780.994.9623
angietopilko@yahoo.ca

Secretary

Eileen Broberg 780.454.2523

Visiting Coordinator

Elizabeth Cloutier 780.452.3965
clemliz@telusplanet.net

Newsletter Editor

Stella Varvis Grossman 780.451.1970
themailpouch@gmail.com

COMMITTEES

Special Events Coordinator

Fred Hermary 780.463.4746
redpumper@shaw.ca

Meeting Host

Joan Currah 780.488.9761

Greeting Cards

Janet Nichols 780.437.4160 janichols@shaw.ca

Spouses and Significant Others (SASO)

Shirley Dool 780.789.2659
Adeline Eggen 780.418.2028

Website

www.ostomyedmonton.com

Enterostomal Therapy (ET) Nurses & Medical Advisors

Royal Alexandra Hospital: Donna Weiss, Samara Rao

Sturgeon Community Hospital: Shelley Sluser, Rebecca Colborne

Misericordia Community Hospital: Guen Kernaleguen

Grey Nuns Community Hospital: Camille Ream

University of Alberta Hospital: Sandy Allen, Sharon Goodhelpsen and Sandy Bressmer

Homecare Edmonton SW, Leduc: Melody Yaceyko

Dorothy Phillips (Independent ET nurse; Health Canada, First Nations & Inuit Health Branch, Home and Community Care Program)

Medical Advisor: Dr. R.J. Bailey

Red Deer Ostomy Association

President

Vic Strycki 403.342.0018
vstrycki@shaw.ca

Vice President

Secretary

Colleen Graham 403.347.0115

Treasurer/Membership

Barry Bowkett 403.347.8821

Publicity

Visiting

Crystal Lynch 403.342.2851
slynchc@telus.net

Hostess

Mae Thompson 403.782.6116

Enterostomal Therapy (ET) Nurses

Maureen Coe 403.341.2121
maureen.coe@albertahealthservices.ca

Annette Paradis 403.341.2122
annetteparadis@albertahealthservices.ca
Fax 403.346.2610

The Red Deer Ostomy Association meets on the second Tuesday of every second month at Millerdale Pharmacy (5201-43 Street) at 7:30 pm.

The next meeting is scheduled for December 11, 2012.



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Rebuilding Balance After Ostomy Surgery *by Sharlene Baergen-Fladager*

The special guest speaker at the October 2, 2012, meeting of the EOA was Tracy Rollo, from Tracy Rollo Fitness (www.personaltraineredmonton.com). The following are my notes from her presentation on the importance of balance and rebuilding your balance after an ostomy surgery:

Balance is important, especially in this climate with all the ice and snow. Improving your balance will decrease your risk of falling and subsequent injuries. Tracy's first recommendation was to NOT use the stationary equipment at a gym, as these types of exercises do not help your balance. She also recommended NOT doing stomach crunches (sit-ups) as these can be hard on your back and again do nothing to improve your balance. It is important to do exercises while you are standing as this is our normal position in day-to-day activity, not lying down.

The first question Tracy asked was if we knew if our abdominal muscles were cut or just separated during the surgery. If you do not know, you can ask your surgeon. If you do not know, the same exercises apply but if muscles were cut, there is greater trauma and it may take longer to strengthen those muscles.

Suggested exercises to improve balance include:

Standing on one foot – when you first start be near a wall or chair to prevent falling. It is best to do this exercise with bare feet or in socks, not in runners. Runners and shoes provide too much support and our muscles do not have to work to maintain our position, therefore leading to weaker muscles. Start with just a few seconds each side and slowly increase your time. Start with your weakest side, and then do the same length of time on your stronger side. This is important to keeping your body balanced. Doing other exercises, such as bicep curls with light weights, while standing on one leg.

Use a bosu ball (www.bosu.com) for various exercises, eg standing on one leg, squats, planks etc. A bosu ball looks like a ½ ball. It creates instability that the body needs to correct for, which improves your balance and increases muscle strength.



Use an exercise ball to sit on, and do other exercises on. DO NOT buy the cheaper balls at Costco etc. You are better off buying a good quality one from medical supply stores (yes, where you get your ostomy supplies!)

Tubing – attach to a door and do different arm exercises (this may also be available where you buy your supplies—if you have access to the internet check on line for various exercises).

Step ups – using any set of stairs where you live, step up one foot then the other, then step back down. It is important to press through the heel of the foot rather than the ball of your feet.

A really effective exercise is “the plank”. Start on your knees with your hands on the ground in front of you. It is important that your body be as “straight as a plank”. Initially you may only be able to hold this position for a few seconds—but with practice, slowly increase this time. Once you master this first stage, move to balancing on your toes and hands; and then to increase the difficulty of this exercise, use your elbows instead of your hands. NOTE: DO NOT do this exercise if you have high blood pressure.

If you have specific concerns or issues, consult a personal trainer for a personalized exercise program to meet your needs.

NOTE: The above information is the view of the presenter and not that of the Edmonton Ostomy Association. Always consult your physician before starting an exercise program.

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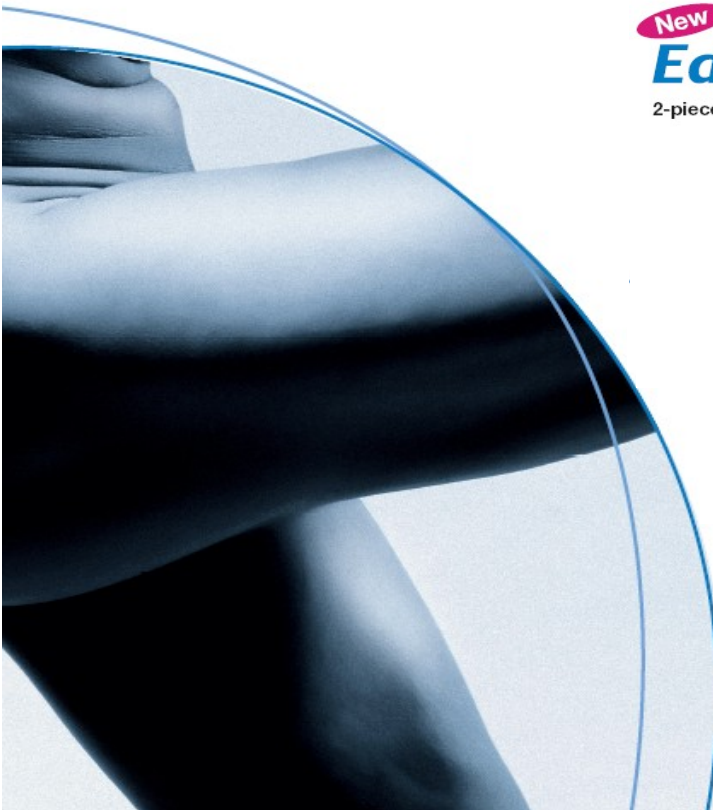
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Mark Your Calendar! Christmas Dinner and Auction on Dec 4



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Remember to bring an unwrapped item that can be auctioned off as this is our only fundraiser of the year.

Note: There will a signup sheet at the November meeting and you can pay at the door. If you can't make the meeting and would still like to attend you can phone Peggy at (780) 4434-9118 or Fred at (780) 463-4746.

Deadline for signing up is **Tuesday, November 20th.**

Ask Me About My Ostomy!

At the October meeting of the EOA, Vice-president Allie Korpesio was wearing a hoodie that said "Ask Me About My Ostomy", which definitely got the attention of many people in the room. You too can order an "Ask Me About" hoodie or tshirt from The Great Bowel Movement (www.thegreatbowelmovement.org) for \$12 (tshirt) or \$26 (hoodie). Other available sayings include: "Ask Me About My Colitis", "Ask Me About My Crohns Disease", "Ask Me About My J-Pouch", as well as "My ____ has Colitis" or "My ____ has Crohns Disease" (you can fill in the blank with mother, father, sister, cousin, aunt, etc. to show your support for a loved one). You can order directly from the website by clicking [here](#).



These t-shirts help empower patients and friends to start a conversation about IBD—and starting the conversation allows others with Crohn's and Colitis to know that it's ok to approach you and talk to you. Sometimes, those who need to talk the most are the ones who believe they are alone with their disease. A few minutes of open conversation can literally change a life. It's also a great way for your family, friends, classmates, co-workers, clients, doctors, etc to get involved—because we know that even those who don't have IBD are still affected by it.

UOACConnection-October Issue



The October issue of the *UOACConnection* is now available online! To view it, press the "Ctrl" key and click on the link below:

[October 2012](#)

The October issue includes updates from various ostomy associations across Canada, as well as information about the national organization.

The three most current issues of the *UOACConnection* are available online at:

<http://www.ostomycanada.ca/publications/uoacconnection>

You can subscribe on the UOAC website to receive the newsletter each month.

October Meeting Highlights

by Eileen Broberg

- Peggy reminded everyone that we are looking for a co-editor for the newsletter.
- Liz Cloutier stated that there will be a **Visitor Training Workshop** on **November 17** at the Unitarian Church at 10804-119 Street. Adeline Eggen attended the visitors training workshop at the Toronto Convention and received a visitors card that is good for three years.
- The annual Christmas Party and Silent Auction will be held on **December 4, 2012** at the Chateau Louis. Fred Hermary is in charge of the arrangements. Remember to bring your item for the silent auction, as this is the EOA's major fundraiser for the year.
- The next meeting will be held on November 6, 2012 in the Multi-Purpose Room at St. Andrew's. After this meeting, the rest of the EOA meetings will be held in the usual room until November 2013. Fred Hermary will make signs to let members know how to get to the proper room.
- A suggestion box will be on the back table during the meetings.
- Peggy reported on the Chapters President meeting she attended. The goal is to make members more aware of how they fit into UOAC.
- Guest speaker was Tracy Rollo, a personal trainer, who gave a talk on exercising after ostomate surgery.

UOAC Executive Committee and Board of Directors

At the 2012 UOAC Toronto Convention, a new executive committee and board of directors was elected. The executive committee is:

President - Janet Paquet (Hamilton, ON)

Vice President—Peter Folk (Saskatoon, SK)

Treasurer - Gene Zapf (Edmonton, AB)

Secretary - Ferne Oliver (Fredericton, NB)

The Directors are: Delilah Guy (Gander, NL), Ann Ivol (Hamilton, ON), Andy Manson (Vancouver, BC), Mary Penner (Toronto, ON), John Molnar (St. Catharine's, ON) Ed Tummers (Halifax, NS), Anne-Marie Vorkampff (Victoria, BC) and Carol Wells (St. John's, NL).

Ostomy on the Internet: Intense Intestines Foundation

Tumblr is a microblogging platform and social networking website which allows users to post multimedia and other content to a short-form blog.

You can find [The Intense Intestines](http://www.intenseintestines.com) Foundation on tumblr, which is committed to helping and connecting those with Crohn's Disease and ulcerative colitis, One Adventure at a Time. Brian Greenberg, the founder of I.I.F., was diagnosed with Crohn's at age 11. Throughout his ongoing battle he remains dedicated to overcoming the often debilitating obstacles in his path. Now he wants to help and connect others with these conditions to assist them in overcoming Inflammatory Bowel Diseases. To connect with others who suffer from IBD, you can visit www.IntenseIntestines.com. Brian's tumblr can be found at www.briangreenber.me—he is currently biking from New York City to Boston to raise awareness of IBD and ostomies. You can also follow him on Twitter: @BrianIIF.

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Research from Blood Tests to Detect Bowel Cancer

(Published in The St. Albert Leader on May 24, 2012, submitted by Adeline Eggen)

A team of Australian scientist says it has identified new genes that show identifiable changes in the blood of people with bowel cancer.

The group says the discovery not only "has the potential to underpin a new cost-effective blood test that would signal the early stages of bowel cancer," but "could potentially save thousands of lives by supplementing existing screening programs and encouraging those at risk to have a colonoscopy."

They presented their research on May 20 - the result of five years of collaboration - at the Digestive Disease Week 2012 Conference in San Diego USA.

A new blood test for bowel cancer based on these discoveries is now being developed and is currently being tested with patients from Australia, the United States and Europe, the researchers say. The Australian team is hoping to attract interest from other clinicians and scientists around the world to help them further validate the test.

Dr. Lawrence LaPointe, the CEO of Australia's Clinical Genomics, said the tests have shown a high detection rate for bowel cancer while also demonstrating a false positive rate of about five per cent in samples from a high-risk population.

"These clinical trial results are highly promising but we need to go one step at a time. The next step is to seek help from other groups and researchers to cast the net more broadly to see what we can achieve with a larger number of tests drawn from a sample of the general population," Dr. LaPointe said in a statement. "There is still some time to go before a blood based test of this nature might be broadly available to a community but the technology is clearly worthy of broader, rigorous testing."

Graeme Young, a professor at the Flinders Centre for Innovation in Cancer at Flinders University in Adelaide, Australia, said early detection of bowel cancer is crucial.

"One of the key questions is how a test like this might complement existing screening efforts in a cost-effective way to save even more lives in the future," Young said.

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Shedding a Light on Ostomy

From The Spokesman-Review, Sept 25, 2012 (accessed online [here](#))

It's something most people don't want to talk about or even think about. The squeamish blanch at the details; for others the subject is just too intimate to discuss. But the 700,000 people in the U.S. living with a permanent ostomy don't have the luxury of ignoring the subject of bodily waste elimination. Simply put, an ostomy is a surgical procedure that creates an artificial opening for the elimination of bodily wastes. The waste is collected in bags or pouches. There are three types of ostomies – colostomy (descending colon), ileostomy (ascending colon), and a urostomy (bladder). Some people need to wear two bags – one for urine and another for solid waste.

Oct. 6 is International Ostomy Awareness Day. This year's theme is "Let's be heard," and Cheney resident John (Gus) Hall isn't shy about discussing his surgery.

In 1996, Hall was diagnosed with colon cancer. "I'd had trouble with bowel movements," he said. "I went to the doctor and they found a growth in my colon." The growth was cancerous and Hall, who had a hunting trip scheduled, opted for immediate surgery. He knew better than most what this diagnosis could mean. His father-in-law spent three years battling colon cancer before succumbing to it.

Hall has always been an active man. While in college in 1948, he trained for the Olympic cross-country and ski-jump teams. A car accident, in which his leg was severely injured, ended his quest for Olympic glory. "Talk about being fortunate," said Hall. "They were able to rebuild my leg and I went right back to skiing." He faced this latest health challenge with the same grit – determined that it wouldn't slow him down. His surgeon gave him two options: "He said you can have a bag or you can have a diaper," Hall said. He shrugged. "I said, 'Give me the bag. How quick can you do it? I want to go hunting.'"

That was 16 years ago, he hasn't slowed down much. He finally retired from the insurance business at age 78. "I didn't want to," he said. "But my daughter told me, 'It's time for you to stop working and take good care of mother.'"

Hall and wife Pat have been married for 61 years. And while he's maintained an active lifestyle despite the occasional annoyances of living with colostomy bag – cancer wasn't done with the Hall family.

"Our youngest son Rich was diagnosed with colon cancer at age 42," said Hall. He grew quiet, and then took a deep breath. "He died in 2010. He was 45 and left two sons."

The year before Rich's death, infection and cancerous cells caused Hall to lose the leg injured in that long ago accident. But neither grief, nor being an amputee slowed him down for long. He's spent his past two birthdays waterskiing with a group from St. Luke's Rehabilitation Institute.

Connecting with other ostomy patients proved vital to Hall and his wife. They attend a monthly ostomy support group at Providence Sacred Heart Medical Center. "We also go to an amputee group," Hall said. He grinned. "You get enough support groups and you've got a social life!"

"It's not a big deal. You gotta poop in a bag. What's so bad about that?" Hall looked at his wife and smiled. "I think I'm the luckiest person in the world."

VISITOR TRAINING WORKSHOP

Interested in helping support new ostomates or patients waiting for ostomy surgery? Please join us for a Visitor Training Workshop!

Date: Saturday November 17 2012

Time: 10 am to 2.30 pm (approximately)

Location. Unitarian Church of Edmonton, 10804 119 Street, Edmonton AB T5H 3P2

Lunch will be provided. Coffee and tea will also be available.

People who take the training need to be members of The Edmonton Ostomy Association or other Canadian Ostomy Association. Spouses and significant others can take the training course.

For more information or to register, please contact Liz Cloutier at (780)452.3965 or clemliz@telusplanet.net.

World Ostomy Day 2012 in Halifax *From the Ostomy Halifax News, Oct 2012*

It was drizzly, then damp, then it rained, and then it poured and then it eased up.

It didn't matter to a hardy group of members of Ostomy Halifax who laughed, smiled, ate and walked their way through World Ostomy Day 2012 on September 29 at Victoria Park. "Nothing was going to stop the celebration from going forward," said event chair Wanda Bernard, huddled under an umbrella, but encouraging everyone to enjoy the day.

And enjoy they did. There were at least 25 chapter members, friends and family who braved the day. Music was on the agenda, too, but the band, ready to go, decided the wet weather would damage their instruments (true) and they could get shocked from dampness meeting the electric power needed to run their gear. (VERY true).

Fine weather had been guaranteed by chapter member Joel Jacobson at the September 9 meeting but his prayers went unanswered as the big day approached.

Nonetheless, those attending had a great time, waving banners and placards, walking through the park, and enjoying refreshments provided courtesy of their suppliers.

For more information on the Ostomy Halifax Society, join their Group on Facebook (search Ostomy Halifax Society, UOAC).



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The Back End (The Halloween Edition)



Nuns vs Vampire

Two nuns, Sister Mary Agnes and Sister Mary Vincent, are traveling through Europe in their car, sightseeing in Transylvania. As they are stopped at a traffic light, out of nowhere, a small vampire jumps onto the hood of the car and hisses at them through the windshield.

"Quick, quick!" shouts Sister Mary Agnes, "What should we do?"

"Turn the windshield wipers on. That will get rid of the abomination," says Sister Mary Vincent. Sister Mary Agnes switches on the wipers, which knock the mini-Dracula around. But he hangs on and continues hissing at the nuns. "What shall I do now?" she shouts.

"Try the windshield washer. I filled it with holy water before we left the Vatican," replies Sister Mary Vincent. Sister Mary Agnes turns on the windshield washer. The vampire screams as the water burns his skin, but he hangs on and continues hissing at the nuns.

"Now what?" shouts Sister Mary Agnes.

"Show him your cross," says Sister Mary Vincent.

"Now you're talking," says Sister Mary Agnes. She then opens the window and shouts, "Get the hell off our car!"



**COMMENTS?
SUGGESTIONS?**

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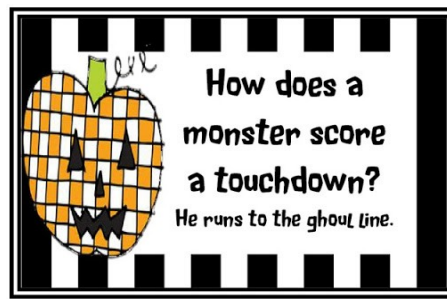
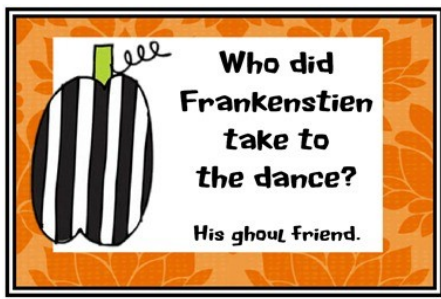
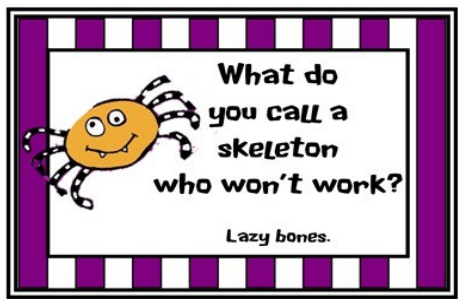
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Watch for the following new features and articles in upcoming issues:

- ◆ *EOA Programs*
- ◆ *Christmas Party*



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