

June 2017

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Resource Centre

Ostomy Toronto's Resource Centre is located at 344 Bloor Street West in suite 609. This is on the north side of Bloor, just west of Spadina. There is street parking and Green P lots within walking distance, or you can take the subway and get off at Spadina station.

As our Resource Centre is operated by volunteers, we advise that you call or email before coming to ensure that there is someone there to receive you. Our telephone number is 416-596-7718, and the email address is info@ostomytoronto.com.

Why come to the Resource Centre? We have lots of great informative material and people you can talk to. We can also make you a cup of tea!

So, once again, our info is:

Ostomy Toronto's Resource Centre
344 Bloor Street West, Suite 609
416-596-7718
info@ostomytoronto.com

Looking forward to seeing you there!

President's Letter

June is here. What an amazing year it truly has been. From new faces, fun food adventures and amazing guest speakers; it goes without saying that I am truly proud of the year that has passed.

I want to share a bit about my Ostomy Toronto journey with you as it never stops amazing me how much we have grown and how much we have maintained.

At a very young age my father found Ostomy Toronto and took me to a meeting. In those years social media, email, and even cell phones were not running our fast-paced world. Meetings were held at a lovely church near Lawrence and Yonge, treats were never ending and made by the short bread queen Muriel, and I was the sassy little one who decided the coolest place in the world was the Ostomy Toronto monthly meeting. I was hooked. I would prance around sharing how fun life was, "played" the piano (hit the keys and sang off key), and never understood how this magical place of accepting individuals existed. My parents found comfort in the strength of others and also hoped to inspire more to join. Fast forward almost 30 years and Ostomy Toronto is truly a place I call home.

I have been fortunate enough to not only meet but also be inspired by each and every member and contributor. Each year celebrated comes with more pride, strength and passion as I see generations coming together and growing in the pride of the medical successes they have lived. I cannot emphasize enough how truly motivated I am to see change and growth as well as hope for an amazing future alongside Ostomy Toronto.

THIS YEAR WAS AMAZING! We are growing, educating and creating a buzzing change around our community. So thank you. Each member, supporter, family, friend, and stranger. It is because of you that we are all able to say with pride that we are part of this diverse and amazing group.

Products and methods mentioned in this newsletter are not endorsed by Ostomy Toronto, and may not be applicable to everyone. Please consult your own doctor or ET. for the medical advice that is best for you.

President's Letter, cont.,

That we will fight for our rights, our fears and our successes together. Most of all we will continue to try our very best in supporting those in need. So cheers to an amazing year and let's get rolling on this year...
WHY YOU ASK?

This year marks our 59th year. 59 years of empowerment. 59 years of breaking stigmas. 59 years of life. So I ask you to join me in the year of IMPACT. This year will be set for success with new team members, more ideas, and most of all stability for you our membership. A year from now I would like to close the year saying we reached 60 with impact that is unmeasurable. So join me in creating that buzz and stepping forward with strength and pride.

I would like to now do a massive shout out to my team. You are the true silent heroes in this year's success. Hours, days, time, stress and patience is really how this beast runs. It is with all the blood, sweat ,and tears that we are able to turn pages in the newsletter, have funds to send kids to camp, and feed our bellies with great food locations. So thank you. YOU are Ostomy Toronto's back bone.

Our members. It is with tears running down my cheeks that I say thank you to you. It is because of you that we are inspired. It is because of you that we fight for what is right. And it is because of you that we see a future of strong, independent and proud ostomates. You are the soul of Ostomy Toronto and I want you to know that I am honoured to be part of this community. YOU are Ostomy Toronto.

Love you all to pieces, have a safe and fun summer and I cannot wait to show you the amazing year we have planned ahead!

Love love,

Maria-Jose Bouey

Monthly Meeting

Ostomy Toronto

Wednesday, June 21 at 6:30 p.m.
Sick Children's Hospital
555 University Ave., Room 1250

Join us for our Annual General Meeting at Toronto Sick Children's Hospital. Paid parking available underground via Elm St. The nearest subway stations are Queens Park and St Patrick.

For further details on directions visit www.sickkids.ca or call 416-813-7500

Other Events

Here are the planned events for June 2017. If you are interested in attending, please see our website at www.ostomytoronto.com or call the office at 416-596-7718 for more information.

Saturday June 24: Let's Eat: Dinner at The Hot House between 6 - 8:30 p.m. Let's meet to eat at The Hot House, located at 35 Church St. Please RSVP to jennyg.ostomytoronto@gmail.com.

Wednesday June 28: Peer-to-Peer, RSVP required. Details will be given upon RSVP confirmation. Please email info@ostomytoronto.com or call 416-596-7718

Please check our facebook page for any summer events. We will be back with regular meetings in September!

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Stella's Corner

Hi, I'm Stella. I am 11 years old and have an ileostomy. I got my ostomy when I was eight after being diagnosed with IBD at age three. I think that it is important to have a kids' voice in the newsletter so that there is something other kids can relate to.

I like swimming, drawing, programming, music and reading! I have a little brother named Luca and a sister named Mia. My favorite colours are pink, purple and yellow. I like eating sushi, ice cream, bhel puri and burgers. My favorite place that I have been to is Italy, which is where my grandparents live. I like making short movies. I play piano and ukulele. My favourite singer is Alessia Cara.

Two years ago I started to go to Camp Horizon (ostomy camp). It is in Calgary and is one week long. I love it. We go treetop climbing, geocaching, swimming, movie making, camping and rafting. There is a dance and every year there is a different theme.

Having an ostomy can be annoying because sometimes you wake up in the middle of the night because of leakages, but usually I don't notice it. So it is not very different than before. I don't remember what it was like before I had my ostomy. I can still do everything I want.

If you are a kid who wants to talk or who has any questions for other ostomates please email info@ostomytoronto.com with Stella's Corner in the subject line, or you can send a letter to Ostomy Toronto, Stella's Corner, 609-344 Bloor St W., Toronto ON, M5S 3A7.

Note: Ostomy Toronto is starting it's summer break at the end of June. Please watch for Stella's Corner in the next newsletter after the summer break. Have a good summer!

Beat the Heat with an Ostomy

From <https://www.180medical.com/blog/post/2014/7/23/beat-the-heat-with-our-summer-tips-for-ostomies> and <https://health.clevelandclinic.org/2014/07/dehydrated-these-7-foods-will-satisfy-your-thirst-and-hunger/>

Summer is almost officially here! For many people, that means vacation plans, fun outdoor activities, swimming, biking, hiking, and more.

However, others, especially those new to living with their ostomies, may be dreading that summer heat and all the water activities that often go with it. But there's no need to count yourself out of fun in the sun! With a few precautions and tweaks to your ostomy routine, you should still be able to join in on summer activities with your friends and family.

Getting Wet



If you want to participate in water sports like swimming or water-skiing, but you are scared your ostomy pouch may loosen or fall off, remember that many people with ostomies are able to enjoy the same activities now as they were before their surgeries. The majority of ostomy appliances have water-resistant adhesives that should seal well.

This is helpful not only for showering, bathing, and normal sweating of the skin, but it should also keep water from affecting the seal during swimming.

Getting Sweaty



Of course, with summer months comes that hotter summer weather, and most people will find, especially if they go outdoors, that they are perspiring more than usual. Pouches are designed to stay sealed to the skin and stay intact for 3-4 days, even with the typical daily moisture such as normal showers, baths, and sweating. Finally

after a few days, the seal will start to loosen a little. On av-

cont., over

Beat the Heat, cont.,

erage, people tend to change their pouch every 4 days and reapply. However, in the summer time, it's almost expected that you will change your pouch a little more often if you're outdoors often, as barriers may melt or wear out a little faster in high heat.

If you've been changing your pouch more often and the skin surrounding your stoma has become more irritated (redness, chafing, bumps, etc.), you may want to look into a powder to absorb perspiration.

As always, please consult with your treating physician or an Ostomy Nurse for specific care if you find skin irritation, rash, or discoloration around your stoma.

Getting Thirsty



It is easy to get dehydrated in the summer heat. But the best way to combat this is to make sure you get enough hydration before dehydration strikes. This means carrying water or an electrolyte drink with you at all times, avoiding caffeine, ensuring that you are drinking something at least every hour when outside, or even every half an hour when exerting yourself in the heat, and checking in with how you are feeling every once in a while. If you notice you are getting a headache, feeling nauseated, have stopped producing urine, or are faint, you may need to seek medical attention asap.

There are also foods that you can enjoy that stave off dehydration. These include watermelon, cucumbers, and strawberries. However, make sure you tolerate these foods before indulging.

The bottom line is you can enjoy the summer with your ostomy. But if you have any questions, please contact your physician or ET nurse.

Have a great summer!

Saying Goodbye to a Beloved Nurse



June marks the last month that Debbie Miller, a beloved and well known nurse, will be found at Sunnybrook Health Sciences Centre.

Debbie has been caring for ostomy patients since the early 1980's, when she discovered her passion for caring for this patient population. She started caring for ostomates during her third year as a nursing student when she was assigned to a floor at Mt Sinai Hospital in Toronto that housed patients having urinary diversions. She then worked for eight year at Mt Sinai on the GI surgical unit where she met patients having surgery for rectal cancer and inflammatory bowel disease. Later, she became certified in Enterostomal Therapy Nursing.

Her professional achievements are great, including obtaining a Masters in Nursing and holding lecturer status with the Lawrence S Bloomberg Faculty of Nursing at the University of Toronto, but the one she is most proud of is the Annual Education Event for Individuals with an Ostomy - a program she created, and one in which Ostomy Toronto has participated several times. This unique program not only includes ostomy related presentations, but gives patients and their family members the opportunity to interact with various vendors and ostomy product manufacturers who attend the event.

With plans to travel, spend time at the cottage, and indulge in her love of cooking post-retirement, Debbie leaves us with a poignant piece of advice: it is very important to live your life to the fullest as an ostomate. She also advises that if you are ever in doubt, contact your ET nurse via phone or set up an appointment, particularly if you notice any changes to your stoma or peristomal skin.

Ostomy Toronto would like to take this opportunity to thank Debbie for all that she has done for OT, and ostomates in general. You will be greatly missed and leave a legacy of care and compassion. Good luck with this new chapter in your life. And keep in touch!

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Changing Your Appliance

When it's time to change their ostomy appliance, most people will gather their supplies and prepare to do the change fast. Why? Because ostomies are often unpredictable, leaving the ostomate with a bit of a mess to clean up if caught in the middle of a, um, movement.

When to do a Change

Some claim that the best time to change without any output is when a person first wakes. If you stop eating a few hours before bedtime and get a full night's sleep, output should slow down enough for you to get a change done. If you must eat upon waking but before a change, try a nutrient-packed food that will raise your blood sugar but not cause any immediate output, such as a spoon of peanut butter or a hard-boiled egg.

If changing in the morning isn't possible, wait a few hours after eating to increase the chance of catching a "slow" period, during which the stoma won't be as active.

Changing After a Leak

Leaks happen, and they are often a result of a over-filled pouch or an increase in output or gas. Ileostomates are more prone to these type of leaks, but colostomates can face this if they experience diarrhea. However, whatever the cause, it is during these times that having fast hands is a benefit.

The best thing to do is get everything - flanges/one-piece systems, paste or rings, adhesive removers, etc. - out of their packages and ready to go. Always have some absorbent material, such as toilet paper, paper towel, or non-woven medical sponges available to cover the stoma and catch some of the output that the stoma may produce while the pouching system is off. Sometimes waiting for a pause in output pays off and allows for a fast clean and a speedy adherence of a new appliance.

Do you have any tips on completing a fast and complete change without stress? If so, please share your tips at info@ostomytoronto.com.

Membership Application

Personal Information			
Name		Cell Phone	
Street Address		Email Address	
City		Year of Birth	
Postal Code		Year of Surgery	
Home Phone		Languages in which you are fluent	

Type of Diversion Surgery		
<input type="checkbox"/> Ileostomy	<input type="checkbox"/> Colostomy	<input type="checkbox"/> Pelvic Pouch
<input type="checkbox"/> Urostomy	<input type="checkbox"/> Other	

Newsletter Delivery
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Once completed, send this form to Ostomy Toronto, 609-344 Bloor St W, Toronto, ON M5S 3A7. Alternatively, you can call the office at 416-596-7718 or 1-866-285-5948 to pay by credit card over, or complete a membership form at www.ostomytoronto.com and pay via PayPal. **Note:** no one will be refused attendance to meetings due to inability to pay the membership fee.

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