

## A LIVELY LILA AT 100 YEARS

By, Joel Jacobson



"I'm doing OK. I have problems like most people do when they get to this age," smiles Lila Shiers.

"Most people" don't get to be Lila's age. The mentally-astute Dartmouth resident is 100 years old, a milestone she reached March 20, 2015 and celebrated twice so both her children could honour her.

The first birthday party was very near the actual date. Her son Steven, living in Ontario, and his family, were supposed to be there but were snowstormed out. That led to a second gathering April 18 when the Ontario clan plus daughter Ann MacLean and her family were all present.

"The second party was a total surprise," says Lila. "I

thought I was going for a walk in the (retirement complex) corridor but there they all were."

Lila Shiers has been an ostomate since 1955 when she was 41. She was in her 30s when she developed ulcerative colitis. Finally, ileostomy surgery was recommended.

Ostomy surgery was in its infancy and Lila admits she was totally unaware of what was involved. She knew she needed help to alleviate the discomfort of her colitis.

"I was one of the first in this area to have the surgery and only had my doctor and my family to explain it to me, no support group of others with an ostomy to lean on," says Lila.

Lila recalls meeting a woman soon after her surgery who told her not to tell anyone she had an ostomy. She believed the woman, and stayed home for a few years.

"A friend finally persuaded me to go out and I picked up my life," smiles Lila. "I applied to Sears for a telephone order job and they took me (Lila had worked in sales at Eaton's before she had children). I worked at Sears for 21 years, retiring at age 65, and proudly says, "I think I went home only one day because there was a problem with my (ostomy) appliance. The people there knew of my ostomy and it couldn't have mattered to them."

In 1978 Lila discovered there were many others with ostomies. She joined the Halifax chapter and worked on the telephone committee.

Lila recalls the first ostomy appliance she had was heavy, with a metal casing, but "I didn't stay with it very long. I found a supplier in the States who was very efficient and shipped duty-free. But without MSI in those days, we had to pay for it ourselves and it was expensive. Finally, I met a man in Dartmouth who ran a health supply store and arranged for ostomy supplies for me."

While husband Tom was there to help if needed, Lila always did her own changes until about two years ago when her eye problems made it difficult for her to manage. She receives assistance now with her changes.

"I hate to depend on anyone else," says the independent and determined woman.

Still sharp as a tack mentally, and moving ably with the occasional use of a walker, Lila says she misses reading and watching television because of macular degeneration that only allows her to see faces.

*Continued on pg 8*

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### Next Meeting

May 3, 2015  
Bethune Building  
VGH Site, QE11  
2:30 pm

Ask the E.T's  
&  
Kevin Arenburg  
of Hollister

Ostomy Halifax Society is a registered Canadian charity that seeks to achieve the highest quality of life for ostomates in Nova Scotia.

### Our Vision

Achieve the highest quality of life for ostomates in Nova Scotia

### Our Mission

We are a not-for-profit volunteer organization dedicated to all people with an Ostomy and their families, helping them to live life to the fullest through support, education, collaboration and communications.

**Ostomy Halifax Society**

President: Elaine Jeffery 902-465-3533  
 Vice-President: Graham Thomas 902-832-5955  
 Treasurer: Theresa Mason 902-861-4917  
 Correspondence Secretary: Barbara Barrett 902-443-8274  
 Recording Secretary: Florence Farrell 902-444-0657

Past President: Ed Tummers 902-425-0894

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 Jean Hiltz 902-883-9679  
 Programs: Ruth Kenney 902-434-7521  
 Emery Fanjoy 902-479-3974

Refreshments: Alyson Walsh 902-435-2539  
 Telephone: Paulette Vilvorder 902-445-3832  
 Room Bookings: Mike Woolridge 902-883-2438

**Mutual Support and Caring**

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 Cards: Barbara Barrett 902-443-8274  
 Scrapbook: Ann Dease 902-861-3268  
 SASO: Betty Woolridge 902-883-2438  
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 Youth Camp: Mike Woolridge 902-883-2438

**Awareness and Communications**

Education: Gail Creelman ET 902-470-6977  
 Information: (Cell Phone) Irene Stagg 902-473-0414  
 Library: Ann Dease 902-861-3268  
 Newsletter Editor: Jean Hiltz 902-883-9679  
 Asst Editor: Joel Jacobson 902-479-0442  
 Mailing: Mike Woolridge 902-883-2438  
 Canada Ostomy Day: Wanda Bernard

**Special Events: (Anniversary)**

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**Operations:**

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 Membership: Betty Woolridge 902-883-2438

**Charter Members:**

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 Ruth Kenney ET 902-434-7521

**Satellite Presidents:** Annapolis Valley East

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*Message from our President*

Well, I think we can be cautiously optimistic that Spring will actually arrive after all. I had hoped that would be the case last month, but the reality has been slow to materialize. This week I did find three little green sprigs poking up through my garden. I have seen robins and even a flock of ducks flying north. The ol' groundhog really underestimated with his six more weeks of winter prediction this year!

While the weather has slowed down a lot of activities, Ostomy Halifax has been very busy. It has been a spring of grateful appreciation as the estate of Simonne MacKintosh has finally been settled and OHS has received over \$60,000 to support ostomates and their families. At the April meeting, Emery explained how our original endowment of over \$195,000 has already allowed the organization to use more than \$155,000 toward Ostomy Halifax projects like sending kids to camp and expanding our outreach programs. Through careful management, the endowment fund today has \$255,000 - more than when it started even after contributing so much. The funds from the estate of Simonne MacKintosh will be added to the endowment to continue to allow Ostomy Halifax to support its members and others living with an ostomy.

Your Executive and Business Committees have worked to launch the new web site, to begin plans to enhance the Facebook page and to look at upgrading a Twitter account. We are moving into the world of mass communication with the help of several new members who are helping with planning for a new 20 – 40 group. These younger members are keen to support people in their own age group and to work with children facing the challenges of having an ostomy. Many of them have had ostomies or illness since they were very young and they see an opportunity to help others. Our newsletter continues to keep our members up-to-date with entertaining and informative articles come rain, or snow, or dark of night.

Work with the Governance Committee is continuing to follow the investigations and changes being made at a national level. This will not be a quick process, but hopefully both the national office and the local chapters will be stronger as we complete this exercise. The By-laws committee is working on proposed updates, but some of these will have to wait until the national structure is finalized.

The ET Nurses, supported by volunteers from our chapter, will be participating in their annual conference in Halifax on May 21 – 24. We have had wonderful support from our ETs and appreciate their new direction to provide certificate-granting training as part of the conference to ensure their members are as up-to-date as possible.

*Continued on pg.8 column 1*



## **Ostomy Halifax Minutes**

### **Minutes of the Monthly Meeting, Sunday, April 12, 2015**

The regular monthly meeting of the Ostomy Halifax Society opened at 2:30pm.

President Elaine Jeffery welcomed members, new members, Jonathon Grady and Charlene MacLean and guests, Mandy Richard and Lynn Richard.

Barbara Barrett led the Ostomates Prayer.

**Cards:** Barbara Barrett read a card sent by the Yarmouth chapter sending their condolences on the passing of our member Bette Yetman. Also condolences were offered to Irene Stagg on the loss of 2 brothers this past year. And get well wishes sent to Nan Fanjoy as she recuperates at home. Get well wishes also are sent to Jean Hiltz, a valued member of our chapter who is not feeling well.

**Membership:** Betty Woolridge reported there were 51 members in attendance at today's meeting, and we have 245 members to date.

**Birthday Bottle:** The Birthday bottle is on the table up front each month, for anyone wishing to donate in their Birthday month, the proceeds go to helping send youth to Camp this summer in Alberta. All donations in excess of \$10.00 receive a tax receipt.

Elaine discussed the anti-smoking ad campaign and the negative view it sends out to the public regarding ostomies. There is a petition on line for members and anyone else who would like to sign it, asking that the ad be removed. Also, there are fliers on the table with information available to anyone who would wish to take one.

**Stoma Stroll:** The Stoma Stroll will be held on October 4<sup>th</sup> this year in conjunction with World Ostomy Day. Denise Nicholson is calling for volunteers to lend a hand on various committees. Also, Paulette Vilvorder is asking for volunteers to phone members, once a month to remind them of the meeting.

Ruth Kenney is asking for volunteers to serve on the program committees.

**AGM:** There will be a National Annual General Meeting to be held in 2017 and another in 2018. Elaine asked members if anyone would like to join a committee to help host this meeting.

**Bequest:** Emery Fanjoy gave his report on a bequest from the estate of Simonne MacKintosh, each of the four charities, one of which is the Halifax "Ostomy Society, will receive just over \$66,000. These funds will become a part of the Founders' Endowment Fund. Special thanks are extended to the members who helped move the process through the courts, and a special thank you to Darlene Daigle at MacInnes Cooper for the pro-bono legal assistance to make the donation a reality.

**Next Meeting:** The next meeting of Halifax Ostomy Society will be held on May 3<sup>rd</sup> at 2:30, the program will include Ask the ET and a demonstration of the latest products from Hollister.

Lunch for the May meeting will be provided by members:

Sandwiches: Judy , Barbara and Diane

Sweets provided by Judy & Arthur,

**Program:** Ruth Kenney introduced Dr. Barry Clark, who gave a very informative and interesting presentation on Healthcare for the Elderly and explained Polypharmacy to the members. A question and answer period followed.

Ruth thanked Dr. Clark and a round of applause followed.

Mr. Greg Cromwell the Coloplast Representative for Atlantic Canada, gave a short presentation on Coloplast products and had a table with samples and order forms for members who wished to order samples from the company.

Ruth Kenney thanked Greg for coming and Elaine thanked all who attended.

Lunch and fellowship followed.

Respectfully submitted, Florence Farrell  
Secretary

## National Volunteer Appreciation Week

Capital Health hosted a volunteer recognition breakfast at the Westin Hotel on Tuesday April 14 to mark National Volunteer Appreciation Week. Our thanks to Volunteer Services for organizing this event. Representing Ostomy Halifax were our President, Elaine Jeffery accompanied by Tom Pin-sent, Ruth Kenney, Irene Stagg, Florence Whitby, Ed and Sandi Tummers. We were proud to see volunteers from Ostomy Halifax recognized for long service.

15 years: Joel Jacobson and Anne Ray

20 years: Mike Veres

25 years: Cathy Kilcup and Mort Kelly

## REMOVE TOBACCO COLON CANCER ADVERTISEMENT

Hello Chapter Presidents and Board of Directors,  
I'm not sure if you have seen television advertisements regarding smoking and colon cancer, but there is one advertisement that has a cancer survivor named Julie who shows a colostomy bag and how she was disgusted to wear it. This really is in opposition to our efforts to pro-mote ostomy awareness and to promote the idea that having an ostomy allows us to live life to the full. Many of our members have complained, and I have sent two letters to the Centers for Disease Control and Prevention (CDC) who put this ad on the air and on their website and YouTube. They re-

plied with two very nice letters, but are not backing down and are not removing or changing the ad.

I have also been in contact with the UOAA leadership and they had similar actions and replies. We are now calling our members to action if they think the ad is offensive. Here is one action that I have started and ask that you do so if you agree.

I just signed the petition "Centers for Disease Control and prevention: Remove Tobacco Colon Cancer Advertisement" and wanted to see if you could help by adding your name. Our goal is to reach 2,500 signatures and we need more support. You can read more and sign the petition here.

<http://tinyurl.com/prz9cd6>

(By signing the online petition, you can also send a similar email to your friends, etc., share on Facebook or Twitter).

We already have 1,897 signatures!

Peter Folk—President, Ostomy Canada Society

<http://www.ostomycanada.ca>

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# Notice Board

## Birthday Greetings for April

Ralph Halliday ,Bernard Connolly .  
Greg Cromwell ,Larry Gibson ,  
Claire Nicholson ,Shirley  
Scanlon ,Betti Ann Smith  
Malcolm Silver ,Darlene Morris ,  
Wayne Mitchell, Carl Cunningham  
Michael MacDonald, Paula Saulnier  
Michael Callaghan

## Welcome New Members

Charlene MacLean, Gail Banfield,  
Maureen McLennon, Rinse deBoer,  
Jonathan Grady

## In Memory

## Note To Readers

Products and methods mentioned in this Newsletter are not endorsed by the Ostomy Halifax Society and may not be relevant to everyone. It is wise to consult your doctor or E.T. nurse before deciding to use any of these.

## Letter to the Editor

Do you have a beef, a bouquet, or simply a suggestion for topics you wish discussed or covered in the newsletter or at meetings? If so, please write to me, the Editor, and I will pass along your comments or concerns or try to find articles of interest to cover the topic you wish discussed.

Please write or email to:

Jean Hiltz

52 Hurshman Rd.

Dutch settlement, NS, B2S 2K8

E-Mail: [jhiltz65@eastlink.ca](mailto:jhiltz65@eastlink.ca)

*This is your newsletter and we hope it reflects, your interests and concerns.*

## Upcoming Events.

June 7/15 Pot Luck Banquet

## Business Meetings ...

The next monthly business meeting will be held Monday April 20, 2015 at 2:00 pm in Room 5132 of the Dickson Building. Business meetings are open to all members and are normally held on the third Monday of each month. There will be no business meeting in December

## “No Scent” Policy

Ostomy Halifax respects the **No Smoking & No Scent** policy of the Capital Health Authority. Thank you for remembering your fellow members.

## Ostomy Supplies & Discounts

Please remember to show your membership card when requesting a discount from participating firms.

## Change of Address?

**Let us know, if we don't know your address then we can't find you!!!**

## Help Please !

If you are aware of any of our members who are sick or in hospital, please take a moment to notify us.

## Our New Web Site

Please check out our new web site at [www.ostomyhalifax.ca](http://www.ostomyhalifax.ca)

## Cell Phones

A friendly reminder to turn off your cell phone during the meeting as a courtesy to our presenters, members and their guests.

## Visits for March 2015

6 Colostomies, 5 Ileostomies, 1 Pre-Op via telephone

Thank you to all visitors

## Please consider receiving our Newsletter by email ~

There's something in it for both of us! As a member you will receive your newsletter in a secure PDF format just as soon as it is ready & you get it in colour. For us, the savings are considerable both in postage and labour costs. In addition, we all benefit from contributing to a more sustainable environment. Interested ? Please send along a note to Jean Hiltz. [jhiltz65@eastlink.ca](mailto:jhiltz65@eastlink.ca)

## E.T. Nurses

### Enterostomal Therapy Nurses

QE II Health Sciences Centre  
Victoria General Hospital Site.

### Enterostomal Therapy Services

Victoria General Hospital ET Clinic  
(Self-referral) 473-7503

IWK Health Centre

Locating 470-8888,

Pager # 1893 Office:470-6977

**To qualify for ET designation**, a candidate must attend a specifically designed program, and successfully complete it through very specialized exams.

## Submissions for Newsletter

All Submissions must be received by the **15th of each** month, entries received after the 15th will not be included until the following month.

## Meeting Date Reminders!

If you wish to be called, to be reminded of our meetings, please contact: **Paulette Vilvorder** at 445-3832 to have your name added to the contact list.

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## OSTOMY AWARENESS DAYS TRI COUNTY AREA YARMOUTH, NOVA SCOTIA

**MARCH 26<sup>TH</sup> AND 27<sup>TH</sup>**

Spring has not shown its face in our area yet. However, South West Nova Scotia Ostomy chapter members are getting ready to go into the communities to create awareness that our chapter is seeking ostomates in the Tri-Counties.

We have 26 members and are looking for more to join this month. Members are setting up displays in Meteghan, Barrington and two in Yarmouth town. We hope to meet people with ostomies that need similar people with whom to share their lifestyle. Coloplast and Hollister have supplied us with appliances and products to put in our displays where we will have a couple of members of our chapter to assist.

A special thank you to Annette, Blair, Susan, Alphonsine, Brenda, Sandra and Ann for assisting with the displays.



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<sup>1</sup>Scott V. Research D, Kennedy G, Heise C. Prospective assessment and classification of stoma related skin disorders. Poster presented at: 41st Annual Wound Ostomy and Continence Nurses Society Conference, June 6-10, 2009 Orlando, Florida.  
<sup>2</sup>Hofstede A, Gray D, Allen B, Shi Cry D. A prospective multicenter evaluation of a moldable stoma skin barrier. Ostomy Wound Manage. 2009;55(5):62-69.

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## AND THE COUNTDOWN BEGINS

150 Days to go

UOAA 2015 National Conference

St. Louis

Gateway to a New Life

5th Annual Conference

Sept 1-6, 2015

Hyatt Regency

St. Louis

### Dr. Barry Clarke

Dr. Barry Clarke spoke at our meeting on Monday about Polypharmacy. This was an excellent talk by a very relaxed Dr who spoke without notes. Very entertaining with lots of great info for those on a lot of medications.



From left to right. Florence Whitby, Dr Barry Clarke and Ruth Kenney

*Continued from pg 2*

Training to certify our visitors takes place on a regular basis. A new initiative under the External Visitors' Program is being developed to help OHS to reach individuals who may or may not be members but who need assistance dealing with their ostomies and related issues. It is again time to prepare to send our youngest members off to camp this summer in Alberta. This wonderful experience allows children to have fun with other children who also have ostomies. They can play and share; build confidence and self-esteem that will help them all through their lives.

As you can see, there has been a lot going on during the winter. Ongoing efforts to support both our ostomy community and the wider community were recognized at the Health Mentors' Appreciation Event and at the Capital Health Appreciation Breakfast. Thousands of people volunteer across the city and across the province to improve the quality of life for our neighbours. I was proud to see members of Ostomy Halifax recognized at both of these events. At the Capital Health event, our members Irene Stagg and Ruth Kenney were recognized for volunteering for longer than the formal 25 years acknowledged by the program. Both Ruth and Irene have volunteered with Capital Health for close to 40 years! Well done and many thanks!

You will see a notice later in the newsletter about an anti-smoking campaign launched by the Centre for Disease Control (CDC) in the US. In one of the ads a woman, Julia, talks about getting colon cancer from smoking and encourages people to quit. This is an excellent message. Unfortunately, Julia then goes on to talk about how awful her ostomy is. How she is confined to her home in shame. This message is not only negative, it is untrue for most ostomates. A letter-writing campaign and a petition are underway to have this ad cancelled. I would ask that you review the ad and if you agree that this is not the way the campaign should be run, please sign the petition and write an email to the CDC.

I wanted to take this opportunity to give you an update on some of the things going on across Ostomy Halifax this year in addition to the regular monthly meetings and many interesting guest speakers. I invite you to participate with a committee or special project to make the organization even stronger and better able to help ostomates live their lives to the fullest.

Enjoy every day as we move into warmer weather and watch for those first flowers of Spring.

Be well, Elaine

*Continued from pg. 1*

Always a voracious reader, she uses an audio reader to devour several books a month.

"My vision has deteriorated a great deal so I receive discs and audio books from CNIB and the library each month. For

a person who's read all her life, it's a great loss not to be able to hold and read her own books."

"Music and books have always been my passion. I'd read late into the night, long after (husband) Tom went to bed." Tom passed away in 2004 after he and Lila had been married 65 years.

Born in 1915 in Halifax's north end, Lila is one of the few remaining survivors of the Halifax Explosion. She recalls her parents telling her of the disaster but of course, has no direct memory of it.

With a laugh, Lila says, "Being 100 doesn't feel any different. I really didn't give it that much thought. I just take one day at a time."

Daughter Ann lives in the area and visits regularly and Lila is in constant contact with her son in Ontario. Lila has five grandchildren and three great-grandchildren.

## Chemotherapy and Your Ostomy

If you are taking chemotherapy, you should be aware of many chemo agents that affect the body differently. Below are listed basic side effects of chemo that an ostomy patient should be aware of.

**Stomatitis**—Is an inflammation that can develop anywhere in the gastrointestinal tract. It may appear as white ulcers in your mouth, on your stoma or elsewhere in your GI tract. You must be very careful in caring for your stoma, using care in gentle removal of the pouch and barrier, and using plain tap water to cleanse the stoma.

**Dermatitis**—Is an inflammation of the skin. Skin reactions are worse when you are on chemo; therefore, if leakage occurs, change your pouching system as soon as possible. Again cleanse your skin with tap water only, making sure to get it clean. Look for areas of increased redness, weeping areas, or a red rash that may have a white head on it. If the skin is open, or you identify a rash, see your doctor or ostomy nurse.

**Diarrhea**—This can be a severe side effect for an ostomy patient, especially an ileostomate. The ostomy needs to keep track of the amount of fluid he/she is able to drink versus what is expelled.

**Dehydration**—This is a big risk because it affects both fluid loss and loss of sodium and potassium. If a Colostomate develops diarrhea, discontinue irrigations (if you normally irrigate). Eat foods that slow the bowel down, such as bananas, rice, applesauce, tapioca, or yogurt. Notify your doctor if diarrhea occurs. He/she may prescribe medications to slow bowel activity.

*Continued on pg. 9, Column 2*

## SOME ILEOSTOMY DON'TS

Don't fast. Fasting can lead to serious electrolyte imbalances, even when adequate fluid intake is maintained. Don't limit fluid intake. Ileostomates are always slightly dehydrated due to the constant outflow of fluids, so maintaining fluid intake at all times is a must.

Be cautious about giving blood. A constant state of dehydration places enormous stress on the kidneys when blood is given. Serious damage can occur. Giving blood is not recommended practice for Ileostomates, but if you want to do it, consult your own doctor first.

Don't eliminate salt from your diet. Because salt is also lost with the fluid outflow, even those with high blood pressure should not eliminate salt altogether. Consult your doctor for your recommended salt intake when physical problems are a consideration.

Don't put anything in your stoma. Don't allow anything to be put in your stoma without your own doctor's personal supervision. Doctors have sometimes incorrectly given routine orders in hospitals—for enemas, for example. Question any procedure that intrudes on the stoma, including suppositories. Don't take any medication unless you know it will dissolve quickly and be fully absorbed. Before filling new prescriptions, be sure to ask your pharmacist whether or not it will dissolve in the stomach quickly. Coated and time-released medications will not be absorbed and will pass through without benefit.

If in doubt, purchase only six pills and try them before getting the rest of the prescription. Women should be especially alert when taking birth control or estrogen replacement medications.

Don't take any vitamin B-12 product for granted. Have your doctor check you B-12 level whenever you have a blood test taken. Some Ileostomates with short bowels may require B-12 injections when they do not absorb enough of the vitamin.

Source: Winnipeg Ostomy, *Inside/Out* April/May 2015

*Continued from pg.8, Column 2*

**Constipation**—On the opposite end of the spectrum, some agents can cause constipation. If this occurs, contact your doctor. He/she may want to give you a laxative or stool softener. Remember to increase your fluid and fiber intake if you are constipated. Chemotherapy can be taxing on you. Nutrition and rest are essential. Do your routine stoma care when you are well rested.

*No man has ever been shot for doing the dishes.*

*If at first you don't succeed,  
skydiving is not for you.*

*Think of it—  
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### Flushable

Our liners make emptying your pouch clean and easy - simply remove the liner, place in the toilet and flush away.

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Our liners can help your ostomy appliances last longer, helping you save money.

### Value Priced

Why pay more? Our liners come packaged in boxes of 300 and are much more affordable than other liners on the market.

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### Editors Please Note

Items in this Newsletter may be copied for use in others newsletters, providing proper credit given concerning the source of the material, as indicated in "Source" at the end of some articles.

### In Appreciation

Thank you, to Lawton's Drug Stores for providing space in the storeroom of their Westphal Store for accepting and storing supplies for FOWC until a shipment is ready to be packed and sent to the Collection Site in Montreal.

### Bequests & Donations

We are a nonprofit association and welcome bequests, donation and gifts. Acknowledgment Cards are sent to next-of-kin when memorial donations are received. Donations should be made payable and addressed to:

**Ostomy Halifax Society,  
PO Box 8476,  
Halifax, NS B3K 5M2**

### Editor

Jean Hiltz,  
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### Ostomy Halifax Society Member of Ostomy Canada

**Membership - \$28.00** annually, which entitles a member to receive 9 issues of the "Ostomy Halifax News" and 2 issues of UOA of Canada Inc. publication, "Ostomy Canada". **Must be a chapter member or member of a subscribing chapter to receive the newsletter.**

**Donations** - Receipts are issued promptly for income tax purposes.

**Advertisers who give discounts** on the purchase of Ostomy products:

**Lawtons Home Health Care**-Bayers Road Shopping Centre, Halifax 453-8847

**Lawtons Home Health Care**-90 Main St., Westphal, Dartmouth - 462-7400

**Lawtons Home Health Care**-5991 Spring Garden Road, Halifax - 423-9430

**Lawtons Home Health Care** - 6155 North Street, Halifax - 453-8852

**Lawtons Home Health Care** - 157 Cobequid Rd. Sackville - 864-3005

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**Shoppers Drug Mart** - 5595 Fenwick St. Halifax - 421-1683

**D.F. Kyte, Pharmacy Ltd.**- 920 Cole Harbour Rd., Dartmouth, NS - 462-4187

**Courtesy** - New Ostomates visited in hospital by our certified visitors will receive 2 issues of this publication.

### Ostomy Canada

Suite 501,  
344 Bloor Street West,  
Toronto, Ont. M5S 3A7  
Phone: 416-595-5452  
Fax: 416-595-9924  
**Toll Free - 1-888-969-9698**  
**(Courtesy of Hollister Limited)**  
E-mail: uoacan@astral.magic.ca  
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Dr. Ricardo Rendon, a Halifax urinary surgeon, performs up to 40 urinary diversions

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**DSS Representative**

**VACANT**

### Membership Application - UOA of Canada Inc. - Ostomy Halifax Society

**Membership** includes annual subscription to chapter newsletter and the official UOAC publication, "Ostomy Canada". The following information is kept strictly **CONFIDENTIAL**. Membership is open to ostomates and non-ostomates. ☐ New Member ☐ Renewal ☐ Change of Address

**(Please Print)** Name: \_\_\_\_\_

Address \_\_\_\_\_ Apt.No. \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_ Phone(s) \_\_\_\_\_

Birth (day/mo/yr)    /    /    /    E-Mail: \_\_\_\_\_

Languages Spoken \_\_\_\_\_

☐ Colostomy ☐ Ileostomy ☐ Urinary Diversion

☐ Continent Ileostomy ☐ Continent Urostomy ☐ Ileoanal

Other (Specify) \_\_\_\_\_ ☐ Spouse/Family Member \_\_\_\_\_ ☐ M.D., E.T. Supplier, Etc.

Enclosed are my annual membership dues of \$28.00 \$ \_\_\_\_\_ ☐ Donation (tax deductible)

☐ I am unable to pay at this time but would like to be a member.

Signature: \_\_\_\_\_

**Make cheque payable to Ostomy Halifax Society and mail to;**

Membership Chair, Betty Woolridge, 103 Alderney Drive, Enfield, NS B2T 1J9

**NOTE - Other Maritime Chapters, send directly to your Treasurer.**