



CANTERBURY STOMY SOCIETY INC

Patron

Prof. Frank Frizelle
MDCHB, MMedSc
FACS, FASCERS, FNZMA

President/Treasurer

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Secretary

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Newsletter 408

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Hello everyone, I'm pleased that we are now out of lock down, at Level One, and can go about our business in a fairly normal manner, apart from overseas travel of course. I was able to work from home remotely and was surprisingly kept busy with the phone calls and email communications. It was a difficult time for patients awaiting new dates for surgery. We have only just finished rebooking the 100 or so patients for the surgeons I look after that were cancelled late March onwards. It's been a bit bonkers. I hope you all kept well and were able to communicate with loved ones even if it wasn't in person. The blessings were that the weather was kind and there was no traffic when I went out on the bike.

Because of the COVID lockdown, and after confirmation with the Charities Services, we have held our AGM this afternoon in conjunction with our usual committee meeting. I have attached the President's and Treasurer's reports for the 2020 AGM which had to be cancelled. Our committee remains the same and we are pleased to welcome back Del Hunt who has agreed to carry on as Assistant Treasurer. The full committee is:

Patron	Professor Frank Frizelle	MBCHB, MMedSc FACS, FRACS, FASCERS, FNZMA
President	Brent Silcock	03 313-5744
Vice President	Geoff Booth	03 317-9090
Treasurer	Brent Silcock	03 313-5744
Asst Treasurer	Del Hunt	385-7258
Secretary	Diane Bain	027 416-4185
Asst Secretary	Andrew McCombie	027 262-6111
Committee	Margaret Higham	359-4068
	Jilly Poulson	351-9545
	May and Merv Ridder	322-7189
	Brenda and Brian Sinclair	03 312-7888

The New Zealand Federation AGM will be carried out via a Zoom meeting in August. Brent, our president, will be the Canterbury representative for any discussions.

MEETINGS GOING FORWARD

Our popular coffee mornings were cancelled from April and we are keen to reinstate them in early July. I hope you can make some of these as they are very casual get togethers; you can stay as long as you want, chat and enjoy good food/coffee at both venues:

COFFEE MORNINGS FOR THE NEXT FEW MONTHS

- **Tuesday 7th July Artisan Café - Rangiora @ 10 am**
- **Wednesday 5th August Kidd's Cakes - Cranford Street @ 10am**
- **Tuesday 1st September Artisan Café - Rangiora @10am**
- **Wednesday 7th October Kidds Cakes - Cranford Street @ 10am**
- **Tuesday 4th November Artisan Café – Rangiora @ 10am**



We are also very keen to book in some luncheons to get us all together again.

Midwinter Luncheon

Come along to the **Bistro at the Kaiapoi Club on Sunday 26th July 2020 at 12 noon** for lunch. We've been there before and they have a delicious menu. We would need numbers by 20th July so please let Del on 385-7258 or Brenda on 03 312-7888 know if you want to be booked in.

Ostomy Day Luncheon

Another favourite of ours is the **Papanui Club** where we have also had lovely luncheons. They have changed their set up now with no buffet but we will keep in touch with them to see if they can help closer to the time. We are looking to book this in for **Sunday 4th October at 12.30pm** to celebrate Ostomy Day. We don't need numbers yet but please put this in your diary to "save the date".

Christmas Lunch

Finally we will try and get our Christmas luncheon back to the **New Brighton Club**. You will recall they were undertaking earthquake repairs last time and we couldn't go there. I will pencil in **Sunday 6th December at 12.30pm** but will advertise and ask for names in a later newsletter.

Dates for the 2021 February meeting and AGM will be advertised in a later newsletter as we are not doing a contact card this year.

EMAIL COMMUNICATION



If you are receiving the newsletter via post and do have an email address could you let me know as I post out about 40 newsletters each time and it would be great to have as many members as we can on email as it's easier and faster to get news to you. Thanks!

***If you require transport to a meeting, luncheon or event,
please contact a committee member from the contact details on page one
We are more than happy to help out***



CANTERBURY OSTOMY SOCIETY INC

President's Report 2019-2020

Events through the year included regular coffee mornings alternating between Christchurch and Rangiora, mid winter lunch at the Papanui club, Ostomy day lunch at the Kaiapoi club, Christmas lunch at the Cashmere club and an evening meeting where we had a very entertaining talk on the history of ostomys and ostomy appliances given by Stomal Therapist Jackie Hutchings. This was also attended by Nicola Wathne from Coloplast who showed a selection of Coloplast products.

Highlight of the year was the FNZOS conference in Hamilton which I attended as a member of federation executive. After the federation meeting on Friday I met up with Diane Bain, May and Merv Ridder and Jackie Hutchings for dinner and together we attended the conference on Saturday and the Federation AGM Sunday morning.

Membership this year has increased, which I think is due to our policy of zero subscription fees.

Finally let me thank the committee, especially Di who even though very busy working also seems to be able to keep up with the secretary work and making sure I do my part.

Thanks

Brent Silcock - President

Treasurer's Report 2019-2020

The Canterbury Ostomy Society recorded a loss of \$1899.61 for the year ending 29/02/2020. Most of the income is from interest. The most significant expense was related to the FNZOS conference in Hamilton. Interest income was down on the previous year because one of the term deposits is on an 18 month term and did not mature in the 19-20 financial year so there is an interest payment due on 21 August this year of \$1292.57.

The other significant expense is, as always, the cost of stationery and postage. Printer consumables are getting more expensive every year and we may need to investigate purchasing a more economical printer. There is not much we can do about postage except to encourage everyone to receive newsletters by email.

Given the fact that conference is every second year and with the lower interest received this year the loss we have recorded is not a cause for concern.

Total current assets of \$69,285.95 include a total of \$65,731.31 spread over four term deposits.

Further income and expenditure details/breakdown is available upon request.

We finished the year with 54 financial members including 3 associate (non ostomate) members and a further 23 life members. This was an increase of 12 financial members.

This report was prepared by:

Brent Silcock - President/Acting Treasurer

Focus On Urostomy (from previous NZ Ostomate magazine)



I thought I'd share this again from a few years back as I've struggled in the last few weeks with a urine/kidney infection. I have an ileal conduit which is a catheterisable channel with a stoma but no bag. Although my surgery was back in 1996 it's a good reminder of how to keep clear of these incidents...

- Drink plenty of fluids to keep urine clear and free from bacterial growth
- Cranberry, blackcurrant juice or yoghurt will help combat urinary odours, can help reduce the amount of mucus and increase the pH in the urine and help slow down the frequency of infections
- Vitamin C taken according to the directions on the bottle may be helpful to acidify the urine as alkaline urine may irritate the skin
- Asparagus should be avoided by urostomates as it can produce a strong odour in the urine
- If you change the appliance first thing in the morning or three hours after fluid intake, there is less chance of it misbehaving as you do the change.
- Empty your pouch when it is approximately one third full
- In hot weather a cotton pouch cover may help the development of a heat rash

Wise Words (extracted from Urostomy Association Journal England)

People with urinary diversions no longer have a storage area (bladder for urine). Therefore, urine should flow from the stoma as fast as the kidneys can make it. In fact, if your urinary stoma has no drainage for even an hour it is time for serious concern. The distance from the stoma to the kidney is markedly reduced after urinary diversion surgery. Any external bacteria have a short route to the kidneys. Since kidney infection can occur rapidly and be devastating, prevention is essential. Wearing clean appliances and frequent emptying are vital. Equally important is adequate fluid intake, particularly fluids that acidify the urine and decrease problems of odour. In warm weather with increased activity, or with fever, fluids should be increased to make up for body losses due to perspiration and increased metabolism. It is important you are aware of the symptoms of kidney infection:

- Elevated temperature
- Chills or rigors
- Low back pain
- Cloudy, bloody urine
- Decreased urine output

All ileal conduits normally produce mucus threads in the urine, which give it a cloudy appearance. Bloody urine is a danger signal. Thirst is a great index of fluid needs; if you are thirsty, drink until you are satisfied. With any of these symptoms you should arrange to see your GP quickly, taking a urine sample direct from the stoma with you.