

ISSUE. 114

THE JOURNAL OF

JUNE 2020

OSTOMY

NEW ZEALAND



**PREVIOUS HOBBIES
ARE IMPORTANT**

Ian Tibbles

COVID 19

Readers Stories

**HEALTH BENEFITS
OF TURMERIC**

12 Scientific Facts

New Zealand provides the Manuka Honey, we create the **BUZZ**



Aurum 
with Manuka Honey

Fully flexible convexity
for a secure, leak free fit



Get a **FREE** toiletry bag with any sample from our Aurum convexity range



Care Solutions



info@omnigon.com.au
NZ 0800 440 027 www.omnigon.com.au

NEW ZEALAND OSTOMATE MAGAZINE

is the official journal of
Ostomy New Zealand.

PUBLISHED BY: DPI

144 East Street
Ashburton 7700
New Zealand
Phone: (03) 308 7298
Fax: (03) 308 6023
Email: info@dpi.co.nz
Website: www.dpi.co.nz

EDITOR:

Jill Newton
2/68 Cameron Street
Ashburton 7700
Tel/Fax: (03) 308 1419
Email: newtj@actrix.gen.nz

DESIGN: DPI, Ashburton

NEW ZEALAND OSTOMATE:
is published for Ostomy New Zealand.

GENERAL: Reproduction of articles and materials published in NZ Ostomate in whole or part, is permitted provided the source and author(s) are acknowledged. However, all photographic material is copyright and written permission to reproduce in any shape or form is required.

LETTERS to the Editor should be signed and carry the writer's full name and address.

ARTICLES and information printed in New Zealand Ostomate do not necessarily reflect the opinions or formal position of the Ostomy New Zealand or the publishers, unless otherwise indicated. Articles are intended to interest and inform and are not intended as medical advice. This information should come from the health professionals involved in your treatment. All material published in New Zealand Ostomate is done so with all due care as regards accuracy and factual content. The publishers and editorial staff however cannot accept responsibility for any inadvertent errors and omissions which may occur.

N.Z. OSTOMATE

THE JOURNAL OF
OSTOMY NEW ZEALAND

CONTENTS

From the Editor	4
Have you Ever Wondered?	5
Taking a Trip	6
Life in Lockdown	7
Bouquet of the Week	8
Anzac Parade under Covid-19	10
Isabel's Story	11
Lockdown Level 2, 3, 4	14
Aunty Daisy's Covid Adventure	16
Peanut Butter or Vegemite	18
My Twelve Month Journey	22
Virus Prevention Tips	26
12 Scientific Benefits of Tumeric	27
Covid-19 Lockdown with Lindsay	30
Covid-19 Fit Tips	32
Richard's Lockdown Story	33
Useful Links	34
NZ Ostomate Trust Fund/	
Membership Subscriptions	35
Executive Officers of Affiliated Societies	36
Board Members	38

FNZOS MISSION STATEMENT

To enable member Societies to best work together with families, medical professionals and Health Authorities to ensure that, in New Zealand, all Ostomates and persons with related surgeries receive, free of charge, care and equipment that will enable them to lead normal lives of optimal quality.

FROM YOUR EDITOR

From the Editors Desk

It is beautiful sitting behind the glass but a very quick trip to the clothes line just proved to me that it is a very different story outside with a cold southerly wind in the air.

We have now graduated to Level 2 after a long few weeks of complete isolation for many but we still need to be responsible with our outings especially for those who are in the older age bracket or anyone who suffers from breathing difficulties of any sort. Many thanks to those folk who sent in Covid 19 stories for the magazine, your stories are all different, make great reading and can be found sprinkled throughout the magazine.

You will by now have had the news through correspondence sent to your society Secretary that the Training Day and Annual General Meeting planned for early August in Wellington has now been cancelled. This is a safest option for us at this time and we will instead be holding the Annual General Meeting via Zoom at 7.00pm on Friday 7th August with one delegate from each society being invited to take part. All societies will have now been notified of the details and we look forward to representation from all Societies.

A reminder that entries are invited for the Great Come Backs New Zealand and Australia Awards. If you know of an ostomate who has had and recovered from a difficult journey and is happy to have a nomination put forward, please get in touch with Richard McNair who can guide you in the correct procedure. There is also an award for a non-Ostomate such as a Nurse, Stomalthapist, Doctor or Surgeon and I am certain there are plenty of worthy recipients out there.

Nominations are also open for the recognition Awards.

The John O'Neill Award in recognition of exceptional service to Ostomates at a local level and **The Ruth Wedlake Award** recognizing outstanding service and performance by Non Ostomates such as Surgeons, Nursing staff and Stomalthapists. See your society Secretary for Nomination Forms or contact the Ostomy New Zealand Secretary secretary@ostomy.org.nz where Travel Certificates can also be obtained or downloaded from the Ostomy New Zealand website - www.ostomy.org.nz. These should be filled in by your G.P. and carried with your passport when travelling overseas.

A reminder also of the Ostomy New Zealand Freephone number – **0508 678 669**. This can be used if you have any queries or concerns relating to problems or if you would just like a friendly chat at any time.

In closing, I know I repeat this often, but the cost of producing the magazine is quite high so if anyone knows of, or has contact with a company or individual that would be prepared to sponsor a copy of the magazine please discuss this with Richard McNair who I am sure would be happy to steer them in the right direction.

Happy reading and good health to you all.

Jill Newton

President/Magazine Editor

HAVE YOU EVER WONDERED?

- **HOW OFTEN DO I NEED TO CHANGE MY APPLIANCE?**

The adhesiveness and durability of pouching systems vary. Anywhere from three to five days is to be expected. Itching or burning are signs that the wafer should be changed. Changing too frequently or wearing one too long may cause damage to your skin.

- **WILL I NEED TO CHANGE MY DIET?**

There may be some modifications in your diet according to the type of ostomy surgery. People with colostomy and ileostomy surgery should return to their normal diet after a period of adjustment. Introduce foods back into your diet a little at a time and monitor the effect of each food on the ostomy function. Chew your food well and drink plenty of fluids. Some less digestible or high roughage foods are more likely to create the potential for blockage problems (i.e., corn, coconut, mushrooms, nuts, raw fruits and vegetables).

There are no eating restrictions as a result of urostomy surgery. Urostomates should drink plenty of liquids each day.

- **WHAT ABOUT SHOWERING, BATHING AND SWIMMING?**

You may swim and bath with or without your appliance on. If you wish to take a shower or bath with your pouch off, you can do so. Normal exposure to air or water will not harm the stoma, and water does not enter the opening. Choose a time for bathing or swimming when the bowel is less active.

- **WHAT ABOUT MEDICATIONS? CAN I STILL TAKE VITAMIN TABLETS?**

Absorption may vary with individuals and types of medication. Certain drug problems may arise depending on the type of ostomy you have and the medications you are taking. Make sure all your healthcare providers know the type of ostomy you have and the location of the stoma. This information will help your pharmacist and other healthcare providers monitor your situation (i.e., time-released and enteric coated medications may pass through the system of ileostomates too quickly to be effective).

- **WHAT ABOUT SEX AND INTIMACY?**

Sexual relationships and intimacy are important and fulfilling aspects of your life that should continue after ostomy surgery. Your attitude is a key factor in re-establishing sexual expression and intimacy. A period of adjustment after surgery is to be expected. Sexual function in women is usually not impaired. Some men who have a urostomy may experience changes in sexual function. Discuss any problems with your doctor, stoma nurse and most importantly your partner. For women seeking to become pregnant their ability to conceive does not change and pregnancy and delivery should be normal after ostomy surgery. However, if you are thinking about becoming pregnant, you should first check with your doctor about any other health problems.

TAKING A TRIP

I received an invitation to attend a reunion dinner in Auckland. Looked good! We had all sailed together thirty years ago when we were all young and silly and living in Rotorua. Now living in Kawerau, a trip to Auckland, have a meal (*and a wine or two*) and drive home did not sound so good. (*Getting too old for that!*). Alternatively I stay the night as I have a sister in Papakura so there is a bed available – look out Auckland, here we come.

Cruising along at about Huntly I said to my wife “My stoma bag got put in didn’t it?” “You packed the car.” Oh hell! That is a predicament, no wipes, plates or bags, what do we do? We are not turning around, that is for sure. So we arrive at Papakura and my sister rings her Doctor whose advice is to ring Out Patients department at Middlemore Hospital who in turn said to ring the District Nurse in Papakura. The questions start – Where do you live, what’s your name and address, what’s your NHS number? That satisfied them – see you in 15 to 20 minutes at the centre so we are off.

What great people, couldn’t be more helpful. They did not have quite the same make of product as I am used to but a pack is made up to last me four days which included scissors and we are on our way.

Why am I telling this story? I had always wondered what would happen if you lose a bag or you run out of supplies. Find a District Nursing department as they usually carry a basic supply of bits and pieces and this applies to most countries in the world.

Cheers – Harry Sutcliffe, Kawerau Coordinator. *A good lesson learned – Ed*

WHEN SHOULD I SEEK MEDICAL ASSISTANCE?

You should call the doctor or ostomy nurse when you experience anything out the ordinary or have:

- ✓ Severe cramps lasting more than two or three hours
- ✓ A deep cut in the stoma
- ✓ Excessive bleeding from the stoma opening.
- ✓ Continuous bleeding at the junction between the stoma and skin
- ✓ Severe skin irritation or deep ulcers
- ✓ Unusual change in stoma size and appearance
- ✓ Severe watery discharge lasting more than five or six hours
- ✓ The ostomy does not have any output for four to six hours and is accompanied by cramping, nausea or vomiting.

LIFE IN LOCKDOWN - IAN TIBBLES WEST COAST

Friends have recently asked, how did I fill in my time during Lockdown?

My standard answer has been; drinking too much tea, eating too many homemade cakes and washing too many dishes. The week preceding lockdown included St Patricks Day which was celebrated with some apprehension and a suspicious glance at any strangers.

The Tuesday before Day 1 of lockdown we ventured to Hokitika for a picnic (without leaving our vehicle) and while travelling noticed the many trailers of building materials an ominous sign of the lockdown. In reality most builders ran out of materials very quickly.

Once the true lockdown started the process had a twilight feel to it as my wife continued work in the Grey Hospital kitchen (with additional safety procedures) which brought a sense of normality but introduced a certain amount of anxiety particularly when the hospital experienced the first Covid related death in NZ.

At home, daily routines continued much as usual and as my hobbies of model engineering and writing a history of West Coast sawmills both of which don't require me to leave our property so my hobbies continued uninterrupted.

At first the peaceful streets were a novelty but after a couple of weeks the sameness of each day became monotonous particularly when the endless procession of Covid 19 related media releases could easily lead one down a negative path.

Our local support group's maintained contact throughout the lockdown, our local Cancer Society co-coordinator maintained an entertaining correspondence/support email from behind the wire of his Kumara lockup while our local Stoma group secretary kept an eye on people by email.

Our small network of friends and family stayed in contact without resorting the gadgetry of modern social media and as we progressed through successively lower levels of confinement we look forward to the freedom of fish and chips at the beach or an acoustic music session at our local bar.

Regards to all

Ian

The next time you walk down the produce isle in the supermarket, let colour be your guide. The more intense the pigment of a fruit or vegetable, the richer it is in health promoting compounds. Blueberries, blackberries and strawberries give you the highest nutritional punch. They owe their vivid colours to generous portions of cancer-fighting pigments. Deep green vegetables like spinach and broccoli also score high, but even pale vegetables contain pigments that protect against heart disease and can also help to lower cholesterol.

BOUQUET OF THE WEEK

Wanganui Ostomy Society was established in August 1975.

The late John O'Neill was approached by his surgeon, the late Leo McCarthy, to help begin an ostomy support group. Our banner was constructed by two of the members in 2011, although it is not commercially made it is unique to our society.

We have monthly meetings, social gatherings and a weekly walking group.

Our first trained stomal therapist was Ann Foley, followed by Nicky Bates.

In the beginning there were four or five oncology nurses until the position was split into two sections - oncology and stomal therapist. Nicky has been the front line for many years. She is there to help before, during and after surgery. Does home visits and is a great mentor for wives, husbands and families during good and bad times.

Nicky also attends a meeting or two to keep everyone up with new equipment, ideas and reassures the ostomates that she is only a phone call away if needed. Nicky is a great help in getting our magazines out to people who do not want to be on the general mailing list.

She up skills her education by attending courses and going the extra mile to let us know what she's been doing and has learnt. Her dedication surpasses all expectations and has the greatest of respect from all concerned.

Photo courtesy of River City Press Wanganui.



The aim of the Ostomy Society is:-

To work together with families, all medical professionals and local authorities, to ensure Ostomates and persons with related surgeries of every age and culture in New Zealand and within our region, receive free of charge the best care and equipment that will enable them to lead lives of optimum quality

ARE YOU SIZING YOUR STOMA CORRECTLY?

The following link is a really good practical guide for sizing your pouch.

<https://www.facebook.com/ColoplastAU/videos/2615498405220657/>

**“I feel confident
with it on.”**

Rachel, SenSura® Mio Concave user

SenSura® Mio Concave

If your current appliance's adhesive creases and folds on your outward area, try the new **SenSura® Mio Concave**.

After Rachel developed a hernia, she couldn't get her flat appliance to fit without troublesome creases and folds forming in the adhesive. SenSura Mio Concave proved to be a better solution because it is specially designed for outward areas such as bulges and hernias. Its star-shaped baseplate increases the area of contact between the adhesive and the outward area.*

For more information and to get your free samples contact Ebos

 Call us on 0800 265 675

* Comparison of SenSura Mio Concave and standard flat appliance

SenSura Mio Concave has fit zones in both the centre zone and outer rim. These provide a flexible grip so the baseplate stays in place during movement.

There's a **Mio** for every body



 **Coloplast**

ANZAC PARADE UNDER COVID19 – BRENT HAMLIN

25th April 2020 over 35 people from our street were up at 6am for our own Dawn service. Was magical that so many attended and they all celebrated Anzac Day together as a street. We welcomed everyone and stated that this will be a service unlike any before and will be remembered for a long time to come. We started by playing the Last Post and then Kevin had pre-recorded an opening Karakia so it could be played through the speaker ensuring all could hear!! We had forewarned the street that we would be playing the music so hope not too many were shocked awake!!!



put
we

we were able to place a wreath in the centre of our street as the Last Post played. A special thanks to neighbour Rachel who had put together memories of her relatives onto a board. We listened to some songs and swayed to the music of "Stand by Me" as we remembered all those that had sacrificed so much, so many years ago.

It was a poignant reminder to our street that standing together helps us all both back then and now! We finished with sharing some stories about our relatives from the war and then Kevin did his closing Karakia. Felt so proud at the end that we had done something so special - Lest we Forget 2020.

Several days later we received this email: -

"Kia ora everyone,

I just wanted to say a huge thank you for the ANZAC Day ceremony at 6 am. Kevin and Brent, that was a really lovely arrangement. Thank you also Leanne for sending it through.

My father was particularly appreciative as for many years he has been able to attend the ANZAC dawn ceremonies in Foxton with our whanau, most of whom are or have served in the Army (Linton) or Airforce (Ohakea). Hearing Prince Tui Teka Waiata and both Karakia humbled us deeply. It enabled a sense of peace, drawing our memories back to the marches by the Maori Battalion Hall (in Palmerston North). - Nga mihi nunui"

Our street has certainly become a lot closer and stronger during this pandemic and long may it stay that way!!

Brent - President Wellington Ostomy Assn



ISABELS STORY

On the surface Isabel Andrew is just like any other smiling eleven-year-old girl, full of chat and laughter, but look a little closer and you will see her smile is not quite as bright as it could be.

This positive energetic child is living with the inflammatory bowel disorder Crohn's Disease and to say takes its toll on her life would be an understatement.



Isabel Andrew 11, enjoying the sunshine with her pet chicken Patricia

For Isabel having a good week is having only one day off school, it's a week where she can sleep through the night without waking up screaming in agony, one where the thousands of ulcers in her small bowel don't give her too much grief, or one in which her Crohn's induced arthritis doesn't make all her major joints feel like they are full of broken glass.

Even though Isabel is living with all of this she refuses to let it get her down, she remains as positive as possible and has chosen to go through her life with as much zest and energy as she can muster.

Another choice Isabel has been forced to make is to avoid sleepovers away from home. She worries her unpredictable digestive system could choose that particular night to flare-up and she doesn't want her friends to see her in so much pain. "It's heart-breaking to know that Isabel had to make that decision at her age," her mother Gemma Andrew said.

But the family work around it and friends come to her and hang out at her house instead.

Another saviour in the staying-away-from-home dilemma is her annual trip to Camp Purple Live – a camp where everybody either have or have extensive knowledge of Crohn's.

Camp Purple is fully funded by the Freemasons, apart from a fifty dollar administration cost everything else is covered including return flights from anywhere in New Zealand.

ISABELS STORY

The camp alternates each year between Christchurch, Auckland and Wellington. For 2020 it was the turn of El Rancho on Wellington's Kapiti Coast to host the seventy youngsters aged between nine to seventeen years from January 14 to 19.

Camp Purple is the ideal place for parents Gemma and her husband Nic to send Isabel.

"It's such a relief for us to know she'll be happy, safe, well supported and surrounded by children just like her who understand exactly what she is going through," Gemma said.

Also a relief for the pair is the knowledge that if something does go wrong there are plenty of fully versed medical staff on hand to help.

This is the second year Isabel has attended the camp. For her it is a chance to catch up with friends and to enjoy not being the odd-one-out for a change.

On offer at the camp were activities like a carnival day, complete with candyfloss that made Isabel feel sick, for no other reason than she ate too much of it, kayaking, rafting and a surprise trip to Wellington Zoo.

Isabel also got to experience a small scale wilderness survival course, where her and her 10 team mates had to build a hut, strong enough to survive a storm and build a fire.

"My favourite parts of the camp where the dunking station and the water-balloon fight," Isabel said.

She was particularly proud of how she managed to stay relatively dry during the water fight.

"Everybody else got wet, but not me."

The camp not only provides a brilliant fun-filled few days for Isabel, but it also gives her parents and twelve-year-old brother James, a well-earned break from the daily Crohn's routine.

"With Isabel away we get spend more one-on-one time with James, which is nice," said Gemma.

On top of Crohn's and arthritis, Isabel is profoundly deaf in her left ear and deaf in her right.

It's another complication attributed to Crohn's, which means another set of specialists and even more trips to Christchurch for medical appointments.

ISABELS STORY

With the cost of all these trips to Christchurch mounting up a dual income is a must. But due to Isabel's illness it is impossible for Gemma to work during the day.

"When Isabel's condition flares up I am often up all night with her and then looking after her at home the next day when she is off school recovering."

"It's normal for her to have one or two days off school a week due to pain and lack of sleep, so a day job is just not possible."

The answer is for Nic to work during the day and Gemma to work nights. This arrangement means the pair are like ships passing in the late afternoon, one is literally walking in the door as the other is walking out.

"In a way this is good thing as Isabel was getting really dependant on me, so this way Nic and I both get the chance to look after her."

Due to her sensitive digestive system pain relief is an ongoing issue for Isabel.

Which meant when a spider bite from the long awaited Australian holiday became infected and needed surgical attention Isabel was left with no choice other than to go with the no pain relief option.

A plastic surgeon had to cut the wound open and syringe the infected material out.

"It must have hurt like nothing on earth, but Isabel didn't really flinch. She's such a trouper, I was so proud of her. I was the one with tears on my cheeks not her."

"Mum was squeezing my hand harder than I was holding hers," Isabel added.

Gemma said the takeaway message out of all of this is for the family to get out and enjoy life, taking as many family holidays as they can, minus spiders.

"I try and look at the positives of it all."

This article was published earlier in the month by the Ashburton Guardian and has been used here with their permission

Heather Mackenzie

Photographers@theguardian.co.nz



LOCK DOWN LEVEL 2, 3, 4, - CINDY HILL RENNIE



Bottling Tomatoes. Put through a moulie it strains out all the seeds and skins, so suitable for Ileostomates. These are dwarf Scorsby tomatoes. Seeds specially sourced from Hawkes Bay (Seth's' Seeds). I know how to save seed now thanks to her book, and I have kept these tomatoes seeds for sowing next year. If anyone wants to try these seeds let me know.

Although my aim for the Lockdown was to completely tidy every room of the house and do ALL the gardening, I still haven't achieved that, as next it was the grapes that had to be harvested.

I made Pinot Noir and Albany surprise wine from my grapes.

During the Lockdown I was afraid really to go to the supermarket. I ran out of gluten free crackers, so I had a go at making my own. They turned out much better than anything I've bought at the shop. My sister's fresh pineapple relish, and my pinot noir wine. It made itself quickly, as the Yeast I tried to get during lockdown didn't arrive in the post for 7 days, and by then it was already wine.

Next I water blasted the outside fence over 3 days - a long fence!!

We live on a half-acre section in Paengaroa. I love trying to grow vegetables. I had a good take with my parsnips, as I once again kept my own seed from last summer.

Because of lockdown I had no plants to grow, so had to sow seeds. Turnips carrots leeks, spring onions, spinach all came up.

Speaking of Vegetables, I was looking for something to improve my Immune system, and so looked at improving my gut health (or what's left of it. Just my small intestine). I use the green leafy vegetables in my garden for sauerkraut. I made two



batches during Lockdown. The first had quite a bit of silver beet in it, and was actually a bit bitter, but I have a tablespoon at night with my meal. The next batch is with the dreaded Cabbage that we're all told not to eat because of gas/flatulence in your bag. Well so far the Cabbage, Carrot and garlic sauerkraut is very nice, tasty, tangy, salty, and crunchy and I have had NO air problems. There is a website that



very

sow

LOCK DOWN LEVEL 2, 3, 4, - CINDY HILL RENNIE

explains it all clearly with lots of pictures. But simply it's 800 grams sliced thin vegetables and 1 tablespoon of salt, and squash down in a jar with a lid and a weight on top so that the vegies remain under the liquid that forms for 20 days and it's made.



It bubbles away, ferments, and that's why there's no gas left in the cabbage by the time you eat it. Use this comprehensive recipe with its many step-by-step photos, helpful notes and useful tips when learning to make your first jar of sauerkraut. Other things I made for gut health were my own Kombucha Tea. I buy yoghurt. Prebiotic and Probiotic Pills. So it's possible to have some form of Probiotic with every meal of the day. I also cut heaps of green leafy spinach, silver beet, celery, capsicum, turnip greens boil for 30 minutes. Cool. Put through food processor and freeze in plastic cups.

Most days for lunch I have that as the stock for a "Maggi cup of soup". Delicious. My husband loves it too. So tasty, winter or summer and we're getting heaps of greens into our bodies.

My Inside hobbies are learning the songs I need to play on the piano for the Brainwave Singers Choir when it starts up again after lockdown. This is a choir of about 50 which started to help speech for Parkinsons Disease, also Stroke victims, but open to anyone to join. I hope this may help my own singing as I have lost my singing voice after my last operation.

I have also harvested my own Bananas, Mandarins, Feijoas and Macadamias.

A very busy few weeks of time well spent - Ed

Well Done New Zealand - *The past several weeks during Covid 19 lockdown have been a long and anxious time for man, particularly the elderly and those whose jobs were threatened or lost. Everyone across New Zealand has pulled together checking in with neighbours, helping with shopping and supporting each other with regular phone calls. However there are still challenges to come as we return slowly to "normality" and get back into a routine of more regular work hours and returning to playing sport again.*

AUNT DAISY'S COVID ADVENTURE

*On the whole, through Lockdown, she's been well behaved
although yesterday was the exception.*

*I thought it would be nice to go for a drive
in the country, for fresh air and reflection.*

**With husband as passenger, (and Aunt Daisy too)
we relished the freedom of Lockdown number Two.**

Old Lead foot here let it rip, in true style.

As we drove through the country, mile after mile.

*When we reached a small township I said
"Do you feel like an ice-cream, or something else instead?"*

*"Oh, no" says he, "I cannot alight, I'm only in slippers -
I look such a fright*

**I suddenly realised it was within our reach
to visit an old haunt which is actually a beach
Aunt Daisy was happy (or so I thought)
as we watched some youngsters, doing water sport.**

*Bumping along the sand track by the cove
I never gave it a thought*

*That my little car was not 4 wheel drive
And Aunt Daisy could become so fraught.*

**Suddenly we began to sink
into that black iron sand**

**It became apparent we would be there for good
without a helping hand.**

*There in the distance we spied two young men
about to head out for a surf*

*They looked our way and quickly realised
we were sinking rapidly below the turf.*

**They raced to our aid, tow-ropes in hand
as the husband leapt out of the car**

**"She's bellied out!!" he cried at great volume
Everyone heard him from near and far.**

*Aunt Daisy reacted appallingly and then
she gurgled and farted for all she was worth
Her timing could not have been worse, you know
leaving me with strangers and an expanding girth.*

**One of the young surfies standing close to me now
who, bless him, did not blink an eye.**

Said "put it in neutral, steer to the right.

Straighten your wheels and help is now nigh".

*We eventually made it out in one piece
as I thanked these young men with a smile
Thinking "My God, if I was 50 years younger
I'd have put you on speed-dial".*

Shelley McDougall May 2020

Taking the sting out of skin care



Niltac™ Sting Free Medical Adhesive Remover

Aerosol Spray
and Wipes

Silesse™ Sting Free Skin Barrier

Soft Pump Spray

Stomahesive® Seal

Mouldable, moisture-
absorbing skin barriers
designed to help protect
the skin from contact
with body fluids.

For more information or to obtain a FREE sample,
please contact our Customer Care Team on
0800 441 763 or visit convatec.co.nz

PEANUT BUTTER OR VEGEMITE?

During the course of a recent nutritional consultation, I had a discussion with a client that highlighted the dietary difficulty that is often experienced by ostomates – making a choice between the best food for health and the best food for comfortable stomal output. Sometimes the choice can be very straightforward and little consideration is required. However, on other occasions, it is necessary to weigh up the pros and cons of each particular food option a little more carefully.

In relation to the client with whom I was having this discussion, he was a 70 year old male who has had an ileostomy for 10 years. He was in semi-retirement and in very good health for his age and circumstances. However, he had recently been to see his GP who had reported that his blood pressure was a little high and should be addressed. His GP did not feel that medication was warranted but recommended that the client seek dietary advice to reduce his blood pressure.

My client contacted me as a source of dietary advice that is specific for ostomates, and we commenced the process of collaborating on what dietary changes were appropriate and favourable to reduce his blood pressure. As part of this process it was necessary to review blood test results to determine the status of his electrolytes and other minerals, an action which highlighted the fact that his blood sodium level was at the upper end of the normal range. (This is unusual as many people with an ileostomy struggle to maintain adequate blood sodium levels).

This finding on the blood test results led me to initially focus dietary changes around reducing salt intake as a means of reducing blood sodium levels and blood pressure. Alternative options to his current dietary choices were discussed. This is when the conversation that highlighted the dietary difficulty for many ostomates occurred.

The factors that needed to be considered

My client's usual breakfast regime included cereal and toast, and his toppings for the toast alternated between Vegemite and peanut butter according to whim.

Whilst on the surface it may appear that both of these toast toppings are harmless and therefore okay to consume, from my perspective the factors that needed to be weighed up and considered in this particular scenario were:

- Vegemite is very high in sodium (3,300mg per 100g) and therefore is not a good choice for people needing to reduce their sodium intake;
- Vegemite appears to have no impact on stomal output;
- Peanut butter is much lower in sodium (12mg sodium per 100g) and is therefore a better choice for people needing to reduce sodium intake;
- Peanut butter can make stomal output slow and sticky;
- Peanut butter is much higher in fat, which may increase stomal output for those with issues with fat malabsorption.
- The higher fat content of peanut butter may lead to weight gain over a period of time in those for whom fat malabsorption is not an issue.

In addition to the above, knowing what particular goal is being pursued in relation to stomal output is also important to help determine if a food is going to be beneficial or otherwise for an individual person. For example, a person who is experiencing high output from their stoma needs to be cautious about consuming foods that may increase the output. In this case, a person with high stomal output may benefit from consuming peanut butter as long as there are no issues with fat malabsorption, (which could further increase the output). Conversely, a person with slow, difficult output needs to be wary of foods that can make output even slower and more difficult to pass, which peanut butter may do on occasion.

As my client did not have any great concerns with stomal output, my recommendation for reducing his salt intake was therefore to focus more on peanut butter as a topping for his toast rather than Vegemite. However, I advised caution in this recommendation in terms of quantity of peanut butter as my client also wanted to lose a few kilograms of weight. He was happy with this advice.

Juggling dietary challenges and managing stomal output in conjunction with achieving individual health goals is a constant exercise for many of my clients, and a factor that I give considerable focus to during a consultation. However, with collaboration and negotiation, it is usually possible to find some middle ground that suits all scenarios and keeps everybody happy.

If you are having difficulty making choices to enhance your health and suit your stoma and would like assistance with this, please contact me to schedule a nutritional consultation.

**Wishing you good health and happy days,
Margaret**



Margaret Allan advises both ostomates and the public on diet and health-related matters. She is the director of the consultancy Nutrition for Ostomates. To contact her or read more nutrition articles supporting the health of ostomates, go to www.nutritionforostomates.com.au.



OMNIGON
connect

www.OmnigonConnect.com.au

*It's All About
You!*

At last a place where Aussie and Kiwi ostomates can connect

- An ostomate support program that offers benefits with all stages of stoma management
- A platform for the experts to share their tips, tricks and just good advice
- An online hub to share YOUR story, access valuable resources, credible advice and connect with Stomal Therapy Nurses



MY TWELVE MONTH JOURNEY

Hi my name is Ian Tibbles, a recent Ostomate. When our newsletter editor asked me to write something for the magazine I wasn't sure where to begin. But as Alice said to the White Rabbit, begin at the beginning, "go on' till you get to the end, and then stop.

Life Before - As a child I had a passion for steam engines and on reaching 15 years of age I joined the New Zealand Railways to work on the engines, however during most of my adult life I worked at the Shantytown Heritage Park. Working in various roles connected with the parks steam railway, I mostly enjoyed the work and continued past retirement age until approaching 70 I retired to happily pottering around in the garden or tinker with model steam engines in my man cave. I was starting to get my head around retirement when an occasional spot of blood in my urine caught my attention which was mentioned to my GP nurse during a routine visit to renew BP meds. I was told this was a side issue of the BP meds and keep an eye on the situation. Passing blood became more regular and another trip to the GP treated me for a Urinary Tract Infection. With no improvement this was followed in quick succession by a CT scan and a visit to the Urology specialist in Christchurch. As we left the GP's room she related an important piece of advice which I have carried and believed throughout this journey. This is your journey—you are in control. Imagine you are driving a bus, only take with you people who give out good vibes, if people give negative thoughts - put them off the bus.

Uncharted Territory - "You have a tumour in your bladder which we will remove (the tumour), to be followed by chemo to treat the cancer". This news shocked our comfortable world to its core. This was completely uncharted territory to us but never having been really ill I believed that this was a process and if you follow the words and music there will be a good outcome. To cut a long story short, chemo was 12 weeks of nausea, tiredness and finicky eating but NO vomiting. The chemo nursing staff are wonderful, they have a medication for everything.

The Christchurch Stay - We now fast forward to Feb 2018. The initial tumour had damaged the bladder wall so I was scheduled for a radical Cystectomy in Christchurch. Operation day came and with a few tears I stepped into the unknown. Emerging on the other side of the unknown my recovery progressed well enough until about day ten when I was introduced to solid food. My stomach wouldn't co-operate and while my bowel stubbornly refused to pass wind I was stuck with a nasal gastric tube for 2½ weeks living on jelly, clear liquids and IV food. Each day we named the new food bag as a chefs special i.e. roast of the day, pork stir-fry, fish & chips etc. It was a long three weeks watching buses pass along Hagley Avenue as the trees started to change to their autumn colours.

Eventually after enough X-Rays and CT scans to make me glow in the dark I turned a corner, my stomach settled and the NGT was finally removed and I ate my first real food in four weeks – spaghetti on toast. Yummy.

Off to the Pub - By this stage March 17 was just round the corner and as a keen follower of St Patricks Day celebrations I realised that this was likely to be the first Paddy's Day we were going to miss in 25 years but on the day the wonderful medical team arranged an afternoon release and we taxied to a suitable Irish bar for a couple of hours I even had a sip or two of Guinness. There was life after all, but I didn't realise just how far a full recovery was to be - a very long, long way.

Life After - At home life slowly returned to normal, week by week normal food was reintroduced, normal activities and tinkering in the workshop resumed. Kat Neiman our local stoma nurse called regularly until I was deemed to be free flying, the six monthly scans have now become twelve monthly as the latest scan has again given me the green light and we look forward to more clear scans in the future.

I'm sure the above narrative sounds familiar to many Ostomates and as individuals we all react differently to our new life.

As a retired person I have carried on with my previous interests, but perhaps in a less robust manner than previously. We have taken part in heritage steam engine rallies in Canterbury, holidayed with close friends in Dunedin, attended a concert in Auckland and continued a musical interest in an Irish style band.



All activities are managed around any restrictions which seem to arise most unexpectedly, like a leaking appliance or something you ate that didn't agree. I've found the easiest solution to these situations is to be up front with people, friends or strangers be up front about you needs, restrictions or accidents. People are very accommodating, but don't go into too much detail. If you are going into a situation where an adhesive failure will impact on the activity empty the bag frequently (less strain on the appliance) and/or change the appliance prior to the event/activity so the adhesive is fresh. And most importantly make sure your emergency bag is handy.

My worst faux pas to date occurred on Christmas Day just past. Staying in ChCh to visit M/Law in Rangiora for Xmas Dinner we left the city motel not realising that I had forgotten to close the bag drainage tap.

During the easy 20 minute drive to Rangiora the folds in the bag retained the contents, but as I stood beside the car on arrival at Mother in Law's I suddenly felt wet. Not your ordinary leak, this was WET. We rushed inside to use the bathroom and in a very short time the situation was recovered, wet clothes in the wash and I had Xmas Dinner in trackies and a T shirt. No problem, it could have been much worse!

MY TWELVE MONTH JOURNEY

The Help Desk

I would like to add that it is important to support your local support groups such as the Cancer or Ostomy Society as these organisations not only offer a friendly smile but also work behind the scenes to inform the public or engage in advocacy work and without that work our journey's might be on a different bus.

For those who feel a support group is a bit "old school", contact a group there may be less visible ways to help or seek support for you or your partner.

Remember that this is a team effort which affects partners, family, close friends and probably work colleagues.

Regards to All - Ian Tibbles

WATERPROOF OSTOMY PROTECTOR

This is a \$60. Plastic waist band that vacuum packs the bag on to your stomach for swimming. But wondered if it could be used while sleeping for some who are desperate for sleep and can't because of leaks. It can be viewed and ordered on this website:

<https://drycorp.com/products/waterproof-ostomy-protector>

It's called a Waterproof Ostomy Protector and available online at a Drypro. You can pick a size, with a sizing chart.

This is what they say about it: "DRYPro is the only ostomy protector with a watertight vacuum seal that protects both the stoma pouch and flange. The DRYPro ostomy protector has a snug yet comfortable fit during a shower, bath or even while swimming. No other product gives you the same confidence and security in the water.

- ✓ Vacuum Sealed Technology
- ✓ Completely Submersible Even for Swimming
- ✓ Airtight Seal Prevents Cover from Coming Off
- ✓ 1 Year Guarantee
- ✓ Durable material that Won't Rip or Tear
- ✓ "Easy Daily Use"



Tips for after you have your Waterproof Ostomy Protector - Stretch the waterproof ostomy protector over the ostomy or stoma until the site is completely covered, with at least an additional inch on either side. The top and bottom opening should be smooth and snug against the skin.

Thank you for this Cindy – a good find

NEW!

SALTS TRAINER APP

Stoma care at your fingertips



The NEW Salts Healthcare mobile app has been designed specially for ostomates. So now you can have essential advice for before and after your stoma operation, wherever you are.



Introducing new features



Tailored for colostomates, ileostomates & urostomates



Innovative pre-op training for all new ostomates



3D photo-realistic anatomical pre-op and post-op videos



Lifestyle leaflets FREE to download



Comprehensive FAQ section

DOWNLOAD our NEW App for iPad, iPhone and Android today! For free samples call Toll Free 1300 784 737 (NZ 0800 100 146) or visit www.ainscorp.com.au



© Registered trade mark of Salts Healthcare Ltd. © Salts Healthcare Ltd 2020. Products and trade marks of Salts Healthcare Ltd are protected by UK and foreign patents, registered designs and trade marks.

VIRUS PROTECTION TIPS



Wash hands. Passing your hands under a few sprinkles of water won't do it. Wet hands with clean running water, hot or cold, apply soap and work into a lather. Scrub all parts of hands for 20 seconds (two rounds of the Happy Birthday song). Rinse and dry with air or a

clean towel.

Avoid touching contaminated surfaces. Be aware that elevator buttons, door knobs, water fountain handles, all could potentially be contaminated.

Be careful in the kitchen. Wash fruits and vegetables, cook shellfish before eating. Don't prepare food if you're sick and for three days after you recover.



Alcohol gels. Their efficacy against norovirus is uncertain, but between hand-washings, they might help. They shouldn't be a substitute for soap and water.



Clean surfaces. Use bleach-containing disinfectant wipes or a solution of 5-25 tablespoons of household bleach per gallon of water to wipe down bathrooms, kitchen and "high-touch" surfaces such as doorknobs, phones, light switches, hand rails, remote control devices.

Wash laundry. Immediately remove clothing or bedding that might be contaminated with vomit or faecal matter. Handle carefully to avoid spreading the virus. Wash in detergent at the longest cycle length and machine dry.

Ostomates. If you get sick, stay hydrated. Drink plenty of fluids and get medical help immediately.

The best offense against any virus illness, health officials say, is a good defence

12 SCIENTIFIC HEALTH BENEFITS OF TURMERIC

12 Scientific Health Benefits of Turmeric and Curcumin – *By: Lauren Bedosky, Medically Reviewed by Kelly Kennedy, RD via Everyday Health, Diet & Nutrition.*

Copied with permission from INSIGHTS The Newsletter of the Ostomy Assn
of New Jersey January 2020

Like many spices, turmeric has a long history of use in traditional medicine. This flavour-filled spice is primarily cultivated from the rhizomes, or roots, of a flowering plant in India and other parts of Southeast Asia, and aside from giving curry its vibrant yellow colour, turmeric is also known for having potent anti-inflammatory and antioxidant properties, according to a past review.

The primary active component of turmeric — and the one that gives the spice its characteristic yellow colour — is curcumin. In fact, you can credit curcumin as the compound responsible for most of turmeric's potential health benefits. "Curcumin is a natural antioxidant that has anti-inflammatory benefits, as well as [possible] benefits related to slowing the aging process and preventing Alzheimer's disease, inflammatory bowel disease and potentially depression. Unfortunately, turmeric (and curcumin on its own) doesn't absorb well into the bloodstream, and having it in curry once a month is unlikely to give you the desired anti-inflammatory and antioxidant benefits. To reach the amounts of turmeric and curcumin shown to offer benefits in research studies, you'll have to turn to supplements. Still, you may be able to reap benefits by adding black pepper anytime you use turmeric, and/or taking a turmeric supplement that incorporates black pepper. There is a compound in black pepper called piperine that actually helps to make turmeric more bioavailable," Bioavailability refers to the amount of a substance that's absorbed or able to be used by the body. For instance, a past study found that consuming 20 milligrams (mg) of piperine along with 2 grams of curcumin increased bioavailability by 2,000 percent. Here, we outline the many potential benefits of turmeric and curcumin.

1. Curcumin Is an Anti-Inflammatory One of turmeric's main claims to fame is that it's commonly used to fight inflammation, and the bulk of turmeric's inflammation-fighting powers can be credited to curcumin. In fact, in the right dose, curcumin may be a more effective anti-inflammatory treatment than common inflammation-fighting medications such as Advil (ibuprofen) and aspirin, according to a past study. As chronic inflammation contributes to many chronic diseases, curcumin may help treat conditions like Crohn's Disease, ulcerative colitis, pancreatitis and arthritis.

2. Curcumin May Protect Against Heart Disease A past study shows that curcumin may improve endothelial function, or the health of the thin membrane that covers the inside of the heart and blood vessels. This membrane plays a key role in regulating blood pressure. Lower endothelial function is associated with aging and an increased risk of heart disease. Thus, curcumin may help protect against age-related loss of function and reduce your likelihood of developing heart disease. In one study, researchers compared the effects of an eight-week aerobic exercise program and a

12 SCIENTIFIC HEALTH BENEFITS OF TURMERIC

curcumin supplement in improving endothelial function in postmenopausal women. Both the exercise and the curcumin group saw equal improvements in endothelial function, whereas the control group saw no changes. Another study found that curcumin was equally effective at improving endothelial function in people with type 2 diabetes (heart disease is a common comorbidity of type 2) as the drug Lipitor (atorvastatin), a medication commonly prescribed to reduce the risk of heart attack and stroke. Still, more research is needed to determine if curcumin is a safe and effective long-term treatment strategy for people with heart disease.

3. Curcumin May Prevent (and Possibly Help Treat) Cancer As inflammation is linked to tumour growth, anti-inflammatory compounds such as curcumin may play a role in treating and preventing a variety of cancer types, including pancreatic, prostate, colorectal breast, and gastric cancers. In fact, research in mice suggests that curcumin may help slow the spread of tumour cells and may even prevent tumours from forming in the first place. It may do this in several ways, including disrupting the formation of cancerous cells at various stages in the cell cycle, interfering with cell signalling pathways, and even causing those cancerous cells to die. Whether curcumin can help treat cancer in humans has yet to be determined, but the research is ongoing.

4. Curcumin May Help Ease Symptoms of Osteoarthritis Thanks to its potent anti-inflammatory properties, curcumin may be a safe and effective long-term treatment option for people with osteoarthritis (OA). In a past study, people with osteoarthritis who took 1,000 mg/day of Meriva experienced significant improvements in stiffness and physical function after eight months, whereas the control group saw no improvements. Meriva is a proprietary treatment made up of a natural curcuminoid mixture (a chemical found in eggs, soybeans, and other foods), and microcrystalline cellulose (a refined wood pulp commonly used by the pharmaceutical and food industries).

5. Curcumin May Help Treat or Prevent Diabetes According to a past review of studies, curcumin may help treat and prevent diabetes, as well as associated disorders like diabetic nephropathy (also called diabetic kidney disease), which affects people with type 1 diabetes and type 2 diabetes. One drawback: Many of the studies have been done only in animals, not humans. Meanwhile, curcumin may help prevent diabetes through its anti-inflammatory and antioxidant properties, and improve many of the factors that contribute to diabetes, including insulin resistance, high blood sugar, and hyperlipidemia (a medical term to describe elevated levels of fat in the blood; one type of hyperlipidemia is characterized by high levels of LDL, or “bad,” cholesterol)

6. Turmeric May Help Delay or Reverse Alzheimer’s Disease Turmeric may even protect your brain against common degenerative diseases like Alzheimer’s. How? By increasing levels of brain-derived neurotrophic factor (BDNF), a protein found in the brain and spinal cord that plays a key role in keeping nerve cells (neurons) healthy, as well as regulating communication between nerve cells, which is critical for learning and memory. As common brain disorders like Alzheimer’s are associated with lower levels of

12 SCIENTIFIC HEALTH BENEFITS OF TURMERIC

BDNF, turmeric (curcumin in particular) may help delay or reverse brain degeneration.

7. Turmeric May Play a Role in Treating Depression Like Alzheimer's, depression is also associated with lower levels of BDNF. Thanks to turmeric's ability to boost levels of BDNF, the spice shows promise as an effective antidepressant. Meanwhile, in a study in humans that was published in the April 2014 issue of *Phytotherapy Research*, researchers randomly assigned 60 patients with major depressive disorder to one of three groups: one group received daily 20 mg of fluoxetine (Prozac is a common brand name), another received 1,000 mg of curcumin, and a third received a combination of the two. By the end of six weeks, the three groups saw comparable improvements, leading researchers to suggest that curcumin may be a safe and effective treatment for major depressive disorder.

8. Turmeric May Work As an Anti-Aging Supplement Currently, there's no evidence that turmeric or curcumin directly influence longevity, but thanks to their ability to fight inflammation, protect your body against free radicals, and potentially delay brain degeneration and other age-related diseases, turmeric and curcumin may be effective anti-aging supplements, according to past research.

9. Curcumin May Play a Role in Treating Rheumatoid Arthritis Curcumin shows promise as a treatment for rheumatoid arthritis (RA), a chronic inflammatory disorder that commonly affects the joints but may spread to other areas, such as the eyes, lungs, skin, heart, and blood vessels. RA causes a painful swelling of the joints that can cause the bones to erode over time and ultimately lead to deformities and physical disabilities.

10. Turmeric Protects Your Body From Free Radicals Antioxidants help protect your body against damage caused by free radicals, a class of highly reactive atoms that are generated in our bodies, as well as in environmental pollutants like cigarette smoke and industrial chemicals. Too much exposure to free radicals can mess with the fats, proteins, and even DNA in your body, which may lead to a number of common diseases and health conditions, including cancer, arthritis, heart disease, and Alzheimer's. Therefore, antioxidant-rich spices like turmeric may play a role in protecting you from free radical damage.

11. Curcumin May Prevent Eye Degeneration Glaucoma, a group of eye conditions, is one of the leading causes of blindness in people over age 60. And, unfortunately, once your vision is gone, it can't be restored. But preliminary research published July 2018 in *Scientific Reports* shows topical curcumin treatments may help protect the eyes against degeneration.

12. Turmeric May Improve Skin Health Thanks to its anti-inflammatory, antimicrobial, and antioxidant properties, turmeric may be an effective treatment for a variety of skin conditions, including acne, eczema (atopic dermatitis), photo aging, and psoriasis. Yet robust research is lacking.

COVID-19 LOCKDOWN - LINDSAY BRYANT, DUNEDIN

Being one of the many New Zealanders in the over 70 bracket and being an Illeostomate, I haven't found life to much different from my normal day to day practice, going for daily walks hasn't changed a great deal as I have tried to walk on a daily basis for many years, however I have missed the company of family during this time and I would usually meet up with my eldest brother once a week and my son a couple of times a week, these walks usually concluded with a Mocha and Muffin etc.



Shopping has been a new experience with social distancing and I do write a shopping list which is something I have never done before to help speed up my time in the Supermarket (I have kept my docket as they have the date and time on them in case the worst happens and it would help

in-tracing my whereabouts).

I have used this time to have a massive clean-up in my basement garage, sorting items into various containers i.e., scrap metal brass/steel etc., firewood, things to sell on Trade Me, items to take to St Johns etc and rubbish which has filled my Wheelie Bin each week. Also looking after my garden, cutting lawns and also my neighbour's lawn several times and spring (autumn) cleaning the house.

I am also interested in Genealogy and have spent many hours sitting at the computer on Ancestry.com and My Heritage.



One of the things I have missed most of all is getting away sailing in the Southern Lakes with my lifelong friend who lives in

Te Anau, we normally go away for 5 or 6 days exploring the wilderness areas and had planned a sailing trip down the Fiordland Coast late March/April for a couple of weeks,



but this is not to be, so for now I will carry on my new routine during COVID-19 lockdown.

Wishing all fellow Ostomates all best during these trying times.

Lindsay

COVID-19 FIT TIPS

Taking a Positive Response to a Negative Situation

Like many, I was heartened as we entered Alert Level 4, to hear our leader place so much importance on ensuring our communities remained active and physical in the outdoors.

Regular daily exercise and time outside in the fresh air has as much of a part to play in our health as staying free from nasty bugs. Being virus free alone, does not ensure our good health. There are many ways in which we can be unwell and at this time of uncertainty, financial insecurity and fear, our mental wellbeing can be severely undermined. Even for those who have never experienced concerns over their mental health, our current worldwide situation may be a trigger.

Research on the relationship between exercise, depression and anxiety, shows that the psychological and physical benefits of all forms of physical activity can definitely ease symptoms and make you feel better.

Exercising stimulates many health benefits including protecting against heart disease and diabetes, improving sleep and lowering blood pressure. The benefits of high intensity exercise are well documented but for most of us, the real value is in low-medium intensity exercise that can be sustained over time. This type of activity stimulates the production of nerve cells in the brain and it is this improvement in brain function that makes us feel better. Neuroscientists have noticed that in those suffering depression, the hippocampus (area of the brain that helps regulate mood) is smaller. Regular and sustained exercise supports cell growth and nerve cell connections in the hippocampus, which helps to relieve depression.

In addition, time spent being active outdoors will help to make you physically tired at the end of each day, stimulating improvements in sleep patterns.

Exercising (planned, structure, repetitive activity) for 30 minutes or more daily, for three to five days a week, may significantly improve symptoms of depression or anxiety. But smaller amounts of **physical activity** (work, household, leisure activities such as gardening etc.), as little as 10 to 15 minutes at a time, may also make a difference. The mental health benefits may only last if you stick with it over the long term but can also help keep depression and anxiety from coming back once you're feeling better. This is an important reminder to do what makes you happy and what fits inside your daily routines.

COVID-19 FIT TIPS

- **Be a problem solver** by analysing what's holding you back and finding some acceptable solutions. If you are stuck in a post-lockdown fug, you may need someone to help you look outside the square and find ways to be active that will reignite your spark.
- **Be realistic** about what you can do. Whether you are increasing your current exercise routine or starting a new one, it is important to progress gradually.
- **Make a mind shift** - consider your daily exercise as **investing in your health**. This is something that will help you get through tough times and improve your everyday living so don't treat it as a chore. The more you exercise, the more confident you will be in the knowledge that the feeling of 'doing' and 'done' outweighs the burden of 'must do'.

If you exercise regularly but depression or anxiety still interferes with your daily living, see your doctor. Exercise and physical activity are great ways to ease symptoms and give us back a sense of control over our lives, but they aren't a substitute for psychotherapy (counselling) or medication when needed.

Lee King, Fitness Leader and Ostomate



RICHARD'S LOCKDOWN STORY

I decided as soon as I knew that we were going to have to start self-isolating that the best way to get through this was to try and keep to as normal a program as was possible under the circumstances and also to have a big list of things to do so that I was not sitting around thinking what am I going to do next!

New neighbours moved into the rental next door who had a couple of large rather vicious dogs and that was the signal to start on the rebuild of the front fence as we only had an old farm type gate there for years. As I had some 18mm marine ply sheets of timber I picked up some posts and other stuff from Bunnings and set to work. Once the new bit (about 3mts wide) was up and concreted in I decided to paint the whole front fence and down the drive.

That was my major project however, I have done a lot of other jobs around the property which in some cases I had been putting off such as replacing the old tired rear steps, our good neighbour had some timber of the right size and let me have the amount that I needed and I spent a happy few hours demolishing the old steps and building the replacement ones. I have also done a heap of paperwork and stuff online and I have found that if you end the day feeling happy with what you have accomplished then the next day is even easier.

Interestingly enough I ended up in the middle of the Level 4 lockdown getting a blockage due to some dry food and not enough fluids at the same time and had to be put into an ambulance and carted off to the Tauranga hospital. Seven years ago I had to have Nasogastric tube stuck down my throat by a nurse who had to do it for the first time and it was not good however this time they were very efficient and I hardly even felt it. Ended up in a ward bed at 2am the next morning and the blockage cleared about 2 hours later and home again after lunch.

While I had a reasonable time there it was evident that elderly patients who had no access to family members were doing it really hard. It turned out that Dian Cheyne



our President was in a nearby ward with the same problem so we had a committee meeting in the morning before leaving to head to our homes.

Before anyone asks – The hole is a screened window for our cat Mollie to look through!

Richard McNair – Te Puke

USEFUL LINKS

NEW ZEALAND WEBSITE - <http://www.ostomy.org.nz> where you can download the NZ Ostomate Travel Certificate and find online copies of both the Living With Your Ostomy booklet and recent NZ Ostomate Magazines.

Interesting Websites: www.innovationbyyou.com and www.comfizz.com

The International Ostomy Association (IOA)
<http://www.ostomyinternational.org>

IOA is committed to the improvement of the quality of life of Ostomates and those with related surgeries, worldwide. The website has links to the regions ASPOA (Asia and South Pacific Region) EOA (European Ostomy Association) and OAA (Ostomy Association of the Americas). There are links to the 20/40 Focus of particular interest to those in the 20-40 age group.

IOA TODAY - An online quarterly newsletter bringing you Ostomy related information from around the world four times a year. Subscribe by connecting to website: <http://www.ostomyinternational.org/IOAToday>

APPLIANCE SUPPLY COMPANIES – All companies have useful information booklets and DVDs available and offer a FREE helpline.

3M	3.M. New Zealand, 94 Apollo Drive, Rosedale, Auckland 0632 Ph: 09 477 4040
HOLLISTER	58 Richard Pearse Drive, Airport Oaks, Auckland 0800 167 866 www.hollister.com.au
CONVATEC	ConvaTec (New Zealand) Ltd. PO Box 62663, Greenlane, Auckland 1546, New Zealand 0800 441 763
DANSAC	58 Richard Pearse Drive, Airport Oaks, Auckland 0800 678 669 www.dansac.com.au
COLOPLAST	PO Box 30216, North Harbour, Auckland 0751 0800 265 675 Freecall Customer Care www.coloplast.com.au
OMNIGON	PO Box 24139 Royal Oak Auckland NZ 1345 0800 440 027 Freecall www.omnigon.com.au
SALTS HEALTHCARE LTD AINSCORP PTY LTD	PO Box 16150, Sandringham, Auckland 1351 jayne.jacobsen@ainscorp.co.nz www.ainscorp.com.au Free call 0800 100 146

Crohn's and Colitis New Zealand

<http://www.crohnsandcolitis.org.nz/> They also have a site where appropriate toilet facilities can be found for those times when visiting in another town and you need to go now!! <http://www.toiletmap.co.nz/>

Other Useful Links:

www.libertymed.co.nz
www.bellybandz.nz
www.convatec.co.nz

www.Cavilon.co.nz
www.nutritionforostomates.com.au
facebook

NZ OSTOMATE TRUST FUND

This magazine is provided FREE to every Ostomate in NZ 3 times per year to help keep us informed of the latest appliances available, along with a variety of useful hints and information. If you would like to make a donation towards the cost of producing this magazine, please fill in the form below. With donations of \$5.00 and over, a rebate of 33 1/3 cents in the dollar can be claimed within the limits of the donee's taxable income. **Donations can also be made by Internet banking or Direct Credit to Ostomy New Zealand account 123011-0809378-01.**

Please send your email or postal address details to the Treasurer, as detailed below, if you want a receipt to be sent.

We give assurance that the name of anyone giving a donation will remain confidential and will not be made available to your local Society.

The Treasurer, Ostomy New Zealand
Richard McNair, 75a Dunlop Road, Te Puke 3119 Phone: 07 573 7443
Email: treasurer@ostomy.org.nz

Please find enclosed a donation of \$..... To: NZ Ostomate Trust Fund

Kindly forward receipt to:
Mr, Mrs, Miss, Ms

Please make cheques payable to: Ostomy New Zealand.

MEMBERSHIP/SUBSCRIPTIONS FOR THE 2020/2021 YEAR

If you are not a member of your local Ostomy Society and would like to join, please complete the form below and send it to the Society Treasurer whose contact details can be found on pages 36 to 37, or by contacting The Secretary, Ostomy New Zealand, Mrs Robyn Tourell, 98 Highcliff Road, Andersons Bay, Dunedin. 9013. By contacting one of the persons listed in your area, you can find out the amount of the Annual Subscription as these do vary for some Societies. As a member of an Ostomy Society you will enjoy the opportunity of being able to meet with other members at information evenings and social occasions if you wish to do so, along with developing lifetime friendships. You are encouraged to join a Society whether or not you wish to attend meetings as member numbers are needed nationally to allow us to get the best voice at Government level in order to provide the best service to all Ostomates throughout N.Z.

The Secretary,
..... Ostomy Society
.....
.....
.....
.....

Please find enclosed my
Subscription of \$.....:
Donation of \$.....:
Total enclosed \$.....:
for the 2020/2021 year.

Name:

Address:

Signature:

EXECUTIVE OFFICERS OF AFFILIATED SOCIETIES

As known at 31st May 2020

ASHBURTON:

President: Dennis Blincoe, 50 Princes Street, Ashburton 7700 03 308 3741
Secretary/Treasurer: Verna Woods, 65 Beach Rd East, Elgin RD 7, Ashburton 7700 03 930 0181
Email: tui33@hotmail.co.nz

AUCKLAND OSTOMY SOCIETY INC. All correspondence to:

President: Kallia Patching, 33 Blakeborough Drive, Forest Hill, Auckland 0275 575 122
Email: kalliapatching2@gmail.com
Secretary/Treasurer: Lynda McCarthy, 1/17 Lush Ave, St Johns, Auckland 1072 0276212700 or 09 5211184
Email: lyndarobin@slingshot.co.nz

CANTERBURY: PO Box 881, Rangiora 7440. www.ostomycanterbury.org.nz

President/Treasurer: Brent Silcock, 14 Canterbury Street, Ashley, RD7 Rangiora 03 313 5744
Secretary: Diane Bain, 1/16 Wyndham Street, Papanui, Christchurch 8053.
ostomycanterbury@gmail.com 027 416 4185

EASTERN BAY OF PLENTY:

Contact: Harry Sutcliffe, 14 Porritt Drive, Kawerau 07 323 6898
Email: thesutty@xtra.co.nz

GISBORNE/EAST COAST:

In recess

HAWKE'S BAY OSTOMY SUPPORT GROUP INC.:

All correspondence to Esme Chatterton, esmechat@farmside.co.nz
President: Hugh Thornton, 55 Te Aute Road, Havelock North 06 877 1553
Secretary: Paul Lister, 3/703 Roberts Street, Hastings 4122 06 876 5020
Treasurer: Esme Chatterton, PO Box 671, Hastings 4156 (06) 876 8112
Email: chat2esme@gmail.com

MANAWATU:

President: Len Johnston, 26/53 Brooklyn Heights, Kelvin Grove, Palmerston North 4414 06 357 5799
Secretary: Judith Collett, 662 Pahiatua /Aokautere Road, RD1, Palmerston North 4471 021 172 0560
Treasurer: Barbara McDonald, 14A Cecil Place, Cloverlea, Palmerston North 4412 06 354 4064
Email: marylen@inspire.net.nz

MARLBOROUGH:

In recess

NELSON:

President: Mr Eddy Shaw, River Terrace Road, Brightwater 7022
Secretary/Treasurer: Mrs Janis Baker, 44 Martin Street, Monaco, Nelson 7011 03 547 3800

NORTH HARBOUR:

President: Deborah Mallach, NHOS, PO Box 34684, Birkenhead, Auckland 0746.
Secretary: Mandy Little 021 0444 067
Temporary Treasurer: Mandy Little 021 0444 067
Email: nhos@hotmail.co.nz.

NORTHLAND:

President: Jill Connop, 24 A Speddings Road, Whangarei 0112
Secretary/Treasurer: Jac Cleary, Apt 251, 262 Fairway Drive, Kamo, Whangarei 0112 09 435-2035
Email: clearyjack62@gmail.com

EXECUTIVE OFFICERS OF AFFILIATED SOCIETIES

OTAGO:

President: Phil Elliot, 3 Hare Road, Ocean View, Dunedin 9035 03 481 1847
 Secretary: Fergus Meehan, 588 Brighton Road, Westwood, Dunedin 9035 03 481 1347
 Email: fameehan@hotmail.com
 Treasurer: Mrs Robyn Tourell, 98 Highcliff Road, Dunedin 9013 03 454 5330

SOUTH CANTERBURY:

President: Lee King, 15 Totara Place, Timaru. 03 684 3380
 Email: leeking39@hotmail.com.nz
 Secretary: Mrs Jill Newton, 2/68 Cameron Street, Ashburton 7700 03 308 1419
 Treasurer: Chris Brosnahan, 77 Dobson Street, Gleniti, Timaru 7910 03 686 2384

SOUTHLAND:

Contacts: Maree Shepherd, 146 Boundary Road, Invercargill 9877 03 216 9933
 Pam Wilson, 224 Princes Street, Strathern, Invercargill 9810 021 101 8575

TARANAKI:

Taranaki Ostomy Society, PO Box 853, New Plymouth 4340, www.ostomytaranaki.org.nz
 President: Shelley McDougall, P.O.Box 853 New Plymouth 4340 06 757 5500 0211 300 973
 Email: shelleymcdougall1951@gmail.co.nz
 Secretary: Jane Tobin, info@taranakiostomy.org.nz
 Treasurer: Alex McDougall, P.O.Box 853 New Plymouth 4340 0272 119 566

WAIKATO:

All correspondence to Secretary.

President: Brian Gordon, 139 Spinley Street, Te Awamutu 3800 07 871 3300 027 484 9143
 Secretary: Jan O'Leary, 17 Saxbys Road, Hamilton 3206 07 843 7505 027 727 2098
 Treasurer: Michael Sumner, 58 Cemetery Road, Hamilton 3289 07 829 3446 021 245 5064

WAIRARAPA ASSOCIATION:

Secretary: Edith Castle, 8a Kupe Drive, Carterton 06 379 9256
 Treasurer: Yvonne Etherington, 79 Oxford St, Masterton 5810 06 377 7262
 Email: thecastles2@xtra.co.nz

WANGANUI:

President: Mrs Jan O'Neill, 11 Alexa Place, St John's Hill, Wanganui 4500 06 348 7703
 Email: jj.oneill@xtra.co.nz
 Secretary: Marion Davenport, 52 Parsons Street, St Johns Hill, Wanganui. 06 347 8695
 Email: mariondav@xtra.co.nz
 Treasurer: Frances Wylie, 26 Moana Street, Wanganui East, Wanganui. 06 343 3157
 Email: franwylie49@xtra.co.nz

WELLINGTON ASSOCIATION:

All Secretary Correspondence to: PO Box 1142, Wellington 6140
 Email: wellington.ostomy@gmail.com
 President: Brent Hamlin, 35 Meadowcroft Grove, Johnsonville, Wellington, 6037 027 561 2704
 Email: brenthamlin02@gmail.com
 Secretary/Treasurer: David Barnes 027 472 5148

WESTERN BAY OF PLENTY / ROTORUA:

President: Dian Cheyne, 860B Pyes Pa Road, Tauranga 3173 07 5430598
 Secretary: Richard McNair, 75a Dunlop Road, Te Puke,3119 07 5737443
 Treasurer: Cindy Hill-Rennie 07 5331525
 Email: ostomybop@gmail.com

WEST COAST:

President: Mrs Jean Culling, 419 Main Road, Kaiata, Greymouth 7805 03 768 7036
 Minute Secretary & Treasurer: Mrs Thelma Efford, 110 Reid street, Blaketown, Greymouth 7805 03 768 6414
 Email: thelmaefford@gmail.com

(Please advise the Ostomy New Zealand Secretary AND the Editor of any changes)

Affiliated Societies and their Executive Officers and the Federation Executive members are welcome to forward their address to the Editor for publication.

I would request that these addresses be very clearly written as to content to avert error in publication.

Editor, N.Z. Ostomate

BOARD MEMBERS

OSTOMY

NEW ZEALAND

(A Registered Charity)

98 Highcliff Road, Andersons Bay, Dunedin 9013

Toll-Free Phone: 0508 678 669 (0508 OSTOMY)

www.ostomy.org.nz

www.ostomyinternational.org/newzealand.html

OstoMATES NZ www.facebook.com/groups/237390785093/

PATRON

Mr Graeme Roadley, MB ChB (Otago) FRACS (Gen Surg)

PRESIDENT

JILL NEWTON

2/68 Cameron Street, Ashburton 7700

Phone: 03 308 1419 Cell: 0274 547 388

Email: newtj@actrix.gen.nz

VICE PRESIDENT

SHELLEY MCDUGALL

1/25a Bracken Street, New Plymouth.

Ph: 06 757 5500, Cell: 0271 130 0973

Email: shelleymcdougall1951@gmail.com

SECRETARY

MRS ROBYN TOURELL

98 Highcliff Road, Andersons Bay, Dunedin. 9013

Ph: 03 454 5330 Cell: 027 477 4137

Email: secretary@ostomy.org.nz

TREASURER

RICHARD MCNAIR

75a Dunlop Road, Te Puke 3119

Phone: 07 573 7443 Cell: 027 474 9812

Email: treasurer@ostomy.org.nz

YOUTH

COORDINATOR

WEBMASTER

KALLIA PATCHING

33 Blakeborough Drive, Forest Hill, Auckland

Phone: 0275 575 122

Email: kalliapatching2@gmail.com

COMMITTEE

JAN HAINES

28 Kahikatea Grove, Newlands, Wellington 6037

Phone: 04 9729684 Cell: 0276850678

Email: janhaines4@gmail.com

OSTOMY NEW ZEALAND (INC.) IS A MEMBER OF THE





Feeling comfortable
in your own skin

Jen, Crohn's Hero

Introducing Dansac's 'Living with a Stoma' Online Learning Centre

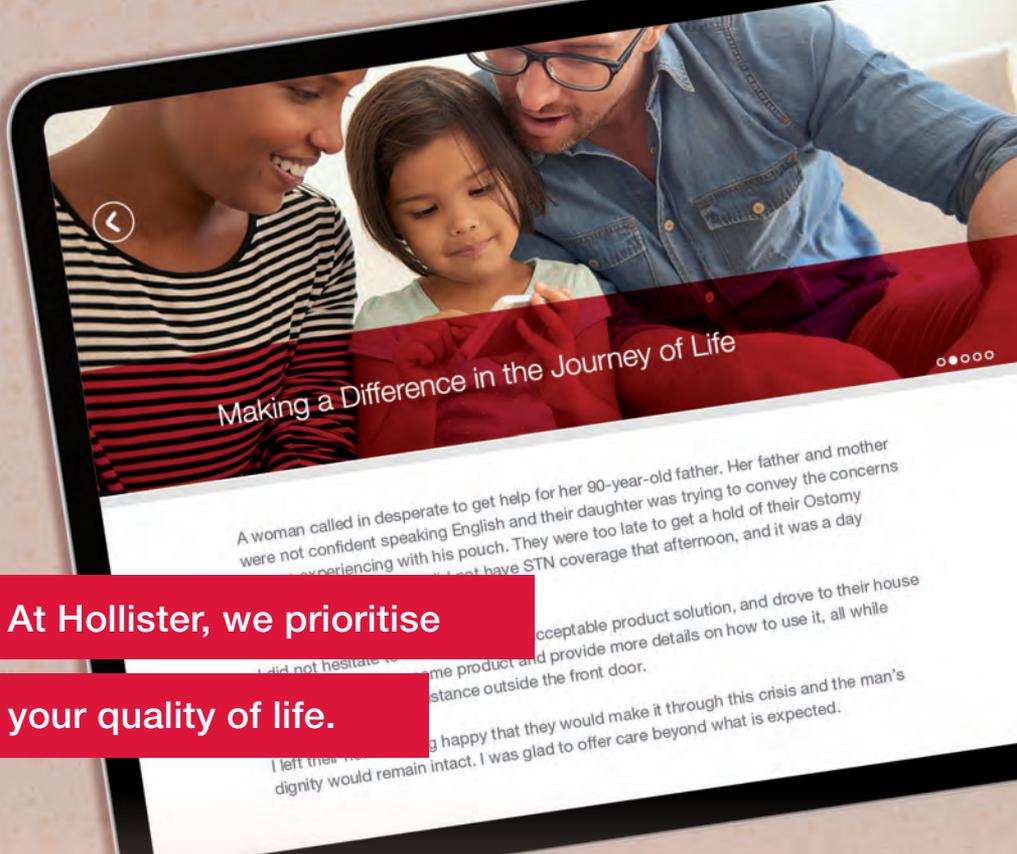
Visit www.dansac.co.nz/livingwithastoma

Having a stoma is a big change in a person's life. How you deal with it depends on your situation, and the information and support you need may differ from what others need.

Dansac is pleased to provide a hub of educational ostomy care resources to assist you in making life with a stoma better - before and after surgery, and as you are getting back into regular routine.

Take a look for yourself today!

**For further support, please contact our
Customer Service Team on 0800 678 669**



At Hollister, we prioritise

your quality of life.

Lately we've been finding new solutions to connect.

However the future evolves, we are unwavering in our commitment to support you on your journey from initial discharge through to living your best life.

For any needs you may have, we're here to help.

Please call Customer Service on
0800 678 669 or visit www.hollister.co.nz

The Hollister Logo and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated.
© 2020 Hollister Incorporated. AUH258. May 2020.



Ostomy Care
Healthy skin. Positive outcomes.