

ISSUE. 115

THE JOURNAL OF

AUGUST 2020

# OSTOMY



## NEW ZEALAND



**OSTOMY NEW ZEALAND  
CONFERENCE & AGM  
HAVELOCK NORTH, 6-8TH AUGUST 2021**



**DETECTING  
& PREVENTING  
CARER STRESS**

**THE IMPORTANCE  
OF ZING FOR  
OSTOMATES**

**MORE COVID  
HAPPENINGS**

# “The pouch does its thing, and I do my thing.”

Walton, SenSura® Mio Concave user



## SenSura® Mio Concave

### Bodies change over time...

Walton first experienced leakage soon after getting his stoma in 2017. The reason was simple. After surgery, his body changed, and the appliance he was using no longer fit.

Walton's story is not uncommon. In fact, data shows that just over a third of people living with an ostomy have an outward body profile.<sup>1</sup> SenSura Mio Concave offers a solution with a design that fits bulges, curves and hernias - ensuring a secure fit during everyday movements.

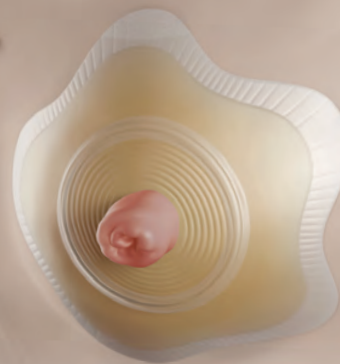
After five months of using SenSura Mio Concave - designed specifically for curved body profiles - Walton enjoys peace of mind, no matter the situation.

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1. Ostomy Life Study 2018/19, CPOC, CPPProf, Full publication

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*



## NZ Ostomate Magazine

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# N.Z. OSTOMATE MAGAZINE

THE JOURNAL OF OSTOMY NEW ZEALAND

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### Ostomy NZ 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

Where has this year gone!! It is so hard to believe that we are up to Issue 3 of the magazine already. A year that has been filled with many disruptions for a lot of people around the world. Although we can count ourselves lucky in New Zealand compared to many other countries, we still need to be vigilant with handwashing procedures and social distancing in order to keep ourselves and our loved ones safe.

Unfortunately our planned Training Day in Wellington at the beginning of August could not go ahead due to the Covid 19 circumstances but I know some societies have been able to continue meeting and supporting each other. Hawkes Bay Ostomy Society have planning well under way for what I know will be a great conference in Havelock North in August 2021 so if you are planning a holiday around that time try and include that in your schedule.

Ostomy New Zealand continue to be part of ASPOA and although the conference and House of Delegates meeting due to be held in India later this year had to be cancelled due to Covid 19, the meeting is scheduled to be held via Zoom on November 23rd with delegates from all 13 countries taking part.

Following an upgrade to a more “people friendly” website with more up-to-date information and regular updates, there has been an increase in visitor numbers with requests for information from both overseas countries and within New Zealand.

0508 678 668 (0508 Ostomy) – Please remember that this number is FREE to call and can be used by anyone at any time.

Thank you again to those who have responded to my plea for articles for the magazine and I look forward to seeing a full inbox with articles for Issue 1/2021 following the holiday break. Note: There is no longer a limit on the number of colour pages we can have so articles can be as colourful as you choose. Please remember though that copied articles do need the permission of the original author. As I have previously mentioned, the cost of producing the magazine is high so if anyone knows of an ostomate or sympathetic commercial sponsor who own a company and would be willing to work with us on a sponsorship type basis by paying for the printing of just one issue of the magazine each year please ask them to contact either Treasurer Richard McNair or myself for further information.

As this is the final Issue of the magazine for 2020, on behalf of your Executive committee we wish you a happy and safe holiday season.

**Jill Newton**  
President/Editor

# PREVENTING CAREGIVER STRESS AND BURNOUT

## **Tips to Detect and Prevent Caregiver Stress and Burnout**

by: Aimee Sharp via Shield HealthCare - Copied with permission from *INSIGHTS The Newsletter of the Ostomy Association of Southern New Jersey*

Caregiving can be a rewarding but demanding way of life. Sometimes it's easy for the caregiver to put aside his or her needs in the process of caring for a loved one. Without making the time to rest, relax and rejuvenate, the many stresses of caregiving can build up to a point where it's difficult to do anything let alone care for a loved one. Making the time to attend to your own physical and mental health is just as important as making sure your loved one takes her medication or gets to his appointment on time. Self-care plays a big role in avoiding burnout.

**What is Burnout?** Burnout is a term used to describe exhaustion and lack of interest in work or responsibility as a result of chronic stress.

### **What Are the Signs and Symptoms of Burnout?**

- ▶ Anxiety, depression, and/or irritability
- ▶ Feeling tired even after resting
- ▶ Cutting back on leisure activities
- ▶ Increased feeling of resentment
- ▶ New or worsening health problems
- ▶ Difficulty concentrating
- ▶ Neglecting other responsibilities

### **How Can I Prevent or Remedy Burnout?**

**Give yourself time to relax daily:** Schedule at least 30 minutes a day to do something relaxing and rejuvenating for you. This could be anything from sitting on the couch reading a book to going to get a pedicure.

**Accept offered help:** When friends or family members offer to help in any way, accept their offer and give them something easy to do. Even a small task can lighten your load.

**Find meaning:** It's important to have other activities to turn to that are meaningful to you. Learn to meditate, join a club, find a new hobby, pick up an old hobby, or try anything that you feel drawn to.

**Have a social outlet and don't stop doing things you enjoy:** Don't give up activities that are important to you. Find a way to incorporate them into your life. It is important to build and keep connections with other people who can bring joy into your life.

**Accept your feelings and talk about them:** Sometimes we resist our feelings because we feel guilty about having a certain emotion or feeling a certain way. Instead of feeling guilty about your emotions, accept that caregiving is difficult and that you are human. Acknowledge your feelings and talk to a trusted friend, family member, or counsellor about them. Talking can be energizing and a very effective way to release stress.

**Make time to stay healthy:** To take best care of your loved one, you have to make sure you are mentally and physically healthy. Eating nutritious meals, getting enough sleep, seeing a doctor regularly and exercising are all a part of maintaining your health. Even a small amount of exercise like walking a pet therapy dog can give you a boost of feel-good hormones!

**Grow your support network:** Having a strong support network to fall back on is useful and can bring peace of mind. Grow your support network by becoming a member of a support group, joining an advocacy group, or participating in a social group for caregivers (it's good to know you're not alone). For those unable to travel, online caregiver groups can also provide relief and support.

**Take advantage of resources:** Some communities offer care services, adult day care, or homecare. Research resources in your area and take advantage of these services so you can rest and recharge yourself.

**Watch for signs of depression and anxiety:** If you see signs of depression or anxiety developing in your daily routine, talk to a friend, loved one, and/or counsellor.

#### Helpful Hint to share.

"I had no stomach muscles after my operations, so undoing jars, cutting pumpkin, and sometimes even stirring mixtures in the kitchen became too hard. Here is a way to get lids off jars. My usual store-bought-rig failed. So Bob has a spare one of these oil filter changers in the shed. I washed it of course and now keep in my draw in the kitchen. It works well.

Just line it up carefully with the top of the lid and as you squeeze, it pops open. Hardly damages the lid so it can be re-used for preserves.

Kind Regards

Cindy, Treasurer Western  
BOP Ostomy Society Inc.





Stoma  
Skin  
Soul

Feeling comfortable  
in your own skin

Jen, Crohn's Hero

## NovaLife TRE ostomy barriers are designed to help keep your skin naturally healthy

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- Help absorb stoma output and perspiration to protect your skin
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For more information about NovaLife TRE skin barriers, please contact your Stomal Therapist. Alternatively, please call Customer Service on **0800 678 669** or visit **[www.dansac.co.nz](http://www.dansac.co.nz)**

\*2 Piece available October 2020

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# OSTOMY NZ CONFERENCE AND AGM 2021

## “Facing the Challenges” Ostomy NZ Conference and AGM 2021



The slogan for Ostomy NZ Conference and AGM 2021 is appropriately “Facing the Challenges” and this is what the Hawke’s Bay Ostomy Support Group are doing as they plan hosting a stimulating programme for the weekend 6th 7th and 8th August 2021.

Hopefully Covid 19 will be well gone by then.

We will hear relevant information on Ostomy related subjects, advances in surgery, appliance support, helpful Forum Topics and Motivation to uplift us all. We also intend to have some fun, because smiles and laughter are great medicine!

We look forward to welcoming you to a comfortable, relaxed and cosy atmosphere, at the Havelock North Function Centre, just a short walk through the boutique village from your accommodation Te Mata and Village Court Motels.

Of course there will be further notice about Registration and any personal needs early in 2021.

Havelock North Village lies alongside the landmark “The Sleeping Giant” Te Mata Peak, with its interesting Legend.

Please accept this as a personal invitation to join us as guest of the Hawke’s Bay Ostomy Support Group.





## HAVELOCK NORTH

### **A RECENT WINNER OF NEW ZEALAND'S MOST BEAUTIFUL SUBURB**

- ✓ Enjoy A wander around this quaint town nicknamed “The Village” and visit boutique stores from fashion to jewellers to op shops. You’ll also find an art gallery and plenty of cafes too.
- ✓ Get some of the best views in Hawkes Bay from the top of the 399m Te Mata Peak.
- ✓ Learn about the largest beekeeping operation in the Southern Hemisphere at The Arataki Honey Visitor Centre with interactive displays, beehives and tastings.
- ✓ Discover the art, textiles, sculptures and photographic canvases from around the Hawke’s Bay region at the Birdwoods Gallery and indulge in some sweet treats or a coffee at the Birdswood Café
- ✓ There are over 70 wineries in and around the Hawkes Bay with complimentary wine tastings at many of them.
- ✓ Visit the Keirunga Park Railway where you will be transported along the hillsides of gardens by a miniature steam locomotive.
- ✓ A mere 10-minute drive along Havelock Road will bring you to one of the bustling centres of Hawke’s Bay, Hastings where you can visit the best farmers’ markets in New Zealand, What’s more, it’s a cheap activity with lots of free tastings, live entertainment and lots of local goods to browse. Open every Sunday 8.30am to 12.30pm.
- ✓ For somewhere to get some exercise. Frimley Park is an excellent choice and interesting English style and collection of over 5,500 roses.



## VITAMIN D HELPS ELDERLY AVOID FRACTURES

*Copied in part with permission from Insights – The Newsletter of United Ostomy Assn of America August 2020*

Preventing broken bones as you age could be as easy as popping a vitamin D3 capsule 2 times a day.

It's especially important to prevent bone thinning and fractures in the elderly and to promote immune health. In fact, breaking the hip can even cause death in many elderly people, due to an increase in pneumonia or blood clots from being immobilized in bed.

Prior studies have shown that a combination of vitamin D and calcium can reduce fractures.

But researchers in a new study wanted to see if vitamin D alone would have the same effect. The results of this study were published in an issue of the British Medical Journal. Researchers studied more than 2,500 people 65 to 85 years old. Each took 5,000 IU of vitamin D a day — a high dose compared with the normal dose of 1,000 IU—or in the case of the study, a placebo.

People who took vitamin D were 22 percent less likely to have a fracture during the five-year study. They were also 33 percent less likely to have a fracture in areas of the body that are commonly affected by osteoporosis (hip, wrist, forearm, and vertebrae).

There were no side effects of vitamin D and the cost was nominal. If future research confirms that vitamin D is effective at preventing fractures, even when taken in smaller doses—this could be a welcome addition to staving off osteoporosis and the potentially serious health effects of this disease.

Vitamin D deficiency is common in IBD patients with ileostomy and is associated with low haemoglobin levels. Further studies are needed to evaluate vitamin D supplementation as a possible adjuvant in the treatment of anaemia of chronic disease in IBD patients.

You probably already know that the best source of vitamin D is the sun, something all of us rarely get access to on a daily basis. Without appropriate sunlight exposure, our vitamin D status decreases and our health follows. Vitamin D is essential for maintaining your health, but many people don't know just how important it is. Almost all of us at one point or another have experienced low vitamin D levels, whether we have realized it or not. Symptoms of low vitamin D levels can include: -poor energy, insomnia, compromised immune system, and mood imbalance.



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*\*Remois is a technology of Alcare Co., Ltd.*



**Ostomy Care**  
*Healthy skin. Positive outcomes.*

# WANGANUI SNIPPETS

**BellyBandz**

**CONFIDENCE SECURITY COMFORT**

**Focus on Life, not your Ostomy**

BellyBandz are designed to achieve a functional, secure yet discreet support garment, that looks and feels good too.

Proudly NZ Made from the highest quality stretch cotton and lycra. Styles include Everyday, Sports and Luxury.

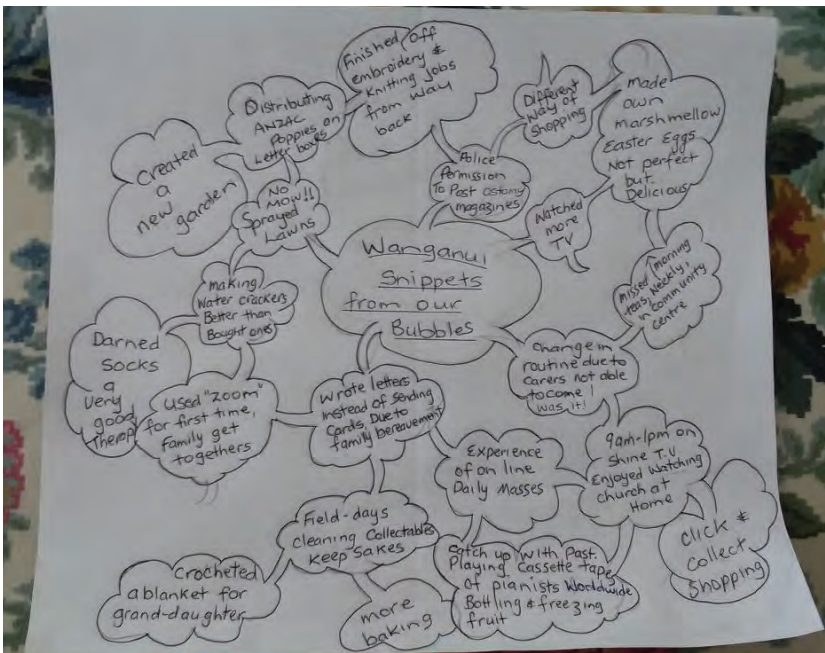
All styles are available in sizes S-XXL or larger sizes on request  
Priced between \$42.50 - \$47.60 per garment



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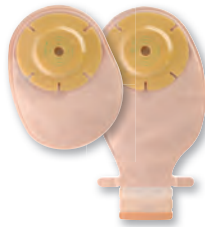


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ALOE VERA

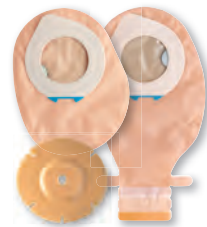
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## CONCERNS YOU MAY HAVE

- **WILL I ALWAYS BE WEARING THE SAME SIZE AND TYPE OF POUCH?**

The type of pouching system that was used in the hospital may need to be changed as the healing process takes place. Your stoma may shrink and will therefore require a decrease in the size of the opening of your pouch. Your unique lifestyle or peristomal skin sensitivities may prompt you to try another pouching system after a recuperative period. Today there are a wide variety of pouches that you can choose from and it is advisable to know your options. Keep in touch with your stomaltherapy nurse who can help with any concerns you may have.

- **CAN I STILL GO TRAVELLING?**

Many people with ostomies travel extensively, from camping trips to cruises to airplane excursions around the world. Take enough supplies to last the entire trip plus some extra, double what you think you may need. Checked luggage sometimes gets lost, carry an extra pouching system and other supplies on the plane with you. When traveling by car, keep your supplies in the coolest part, and avoid storing them in the boot or in the back window ledge where the sun can be that much hotter. Seat belts will not harm the stoma when properly adjusted.

When traveling abroad, take an adequate amount of supplies and ask your doctor for a supply of medication to control any diarrhea and stop the excessive loss of fluid and electrolytes. When going through customs or luggage inspection, ensure that you have your Travel Certificate with your Passport along with a note from your doctor stating that you may need to carry ostomy supplies and medication in your hand luggage.

*Travel Certificates are available from the website, your local Society or by contacting the Secretary of Ostomy NZ.*

- **WHAT SHOULD I DO IF HOSPITALIZED WHILE A WAY FROM HOME?**

Be sure to take your own ostomy supplies with you as the hospital may not have your particular appliance on hand. If you are in doubt about any procedure you may need to have, be sure to speak with staff so they understand things like whether or not you still have a rectum, let them know your normal routine and if you have a urostomy be sure that any urine specimens are taken using a catheter inserted through the stoma and not from the urostomy appliance to ensure it is a clean fresh specimen with no contamination from sitting in the appliance even for a short amount of time..

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## AUCKLAND/MANUKAU SURVEY

In Are you in the Auckland District Health Board (ADHB) or Counties Manukau District (CMDHB) area??

Are you over the age of 18 years? Do you have an end ileostomy or a loop ileostomy? Are you interested in being part of a trial of some exciting new devices that will help reduce skin irritation and prepare your bowel if you are having a reversal?

The Auckland University Medical team would like some enthusiastic participants to trial these devices.

Have a look at the attached flyer and make contact if you meet the criteria.

Good luck!

These devices will hopefully be available to everyone soon once the trials are complete and hopefully they will be funded!!

Thank you to the Auckland University and all the team involved in creating these to make our life a little bit easier!



The University of Auckland is looking for individuals over the age of 18 with a loop, end, or double barrel ileostomy who are willing to participate in the study of a new medical device.

The medical device works with a two piece ostomy bag to prevent leaks and skin irritation around the stoma.

To be eligible you must be within ADHB or CMDHB.

For more information please contact Emma Ludlow at [emma.ludlow@middlemore.co.nz](mailto:emma.ludlow@middlemore.co.nz)



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All the help you need



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## THE IMPORTANCE OF ZINC FOR OSTOMATES

Zinc is an essential mineral that plays an important role in all human living cells, as almost every cell in the human body contains zinc. As a result, zinc is involved in more bodily functions than any other mineral. It is distributed across all body tissues and fluids and is considered one of the building blocks for cells. It is also critical for a strong immune system.

Zinc is often overlooked and undervalued as a primary driver for health, and in the clinical setting a zinc deficiency is often under-recognised as a causative factor in many chronic signs and symptoms.



Some of the essential functions of zinc include:

- Enhancing the production of white blood cells, which strengthens the immune system so it can defend against pathogens such as bacteria, viruses and fungi.
- Supporting the production of hydrochloric acid in the stomach to assist with digestion of food;
- Metabolising carbohydrates and synthesising proteins, which are both important macronutrients for good health;
- Manufacturing part of the haemoglobin molecule, which transports oxygen around the body;
- Being involved in the production, storage and release of insulin which supports healthy blood sugar levels;
- Influencing the health of the thyroid gland, which is involved in many functions in the body itself;
- Assisting in growth and development throughout the lifespan;
- Balancing mood, so there are less ups and downs throughout the day;
- Helping to heal wounds such as cuts and grazes quickly and appropriately;
- Supporting behaviour and learning;
- Stabilising and strengthening cell membranes so cells can defend against damaging free radicals, and helping the body to dispose of these harmful free radicals;
- Synthesising the active form of Vitamin A, which is important for clear vision;
- Assisting with sense perception, such as normal taste and smell;
- Helping the body to detoxify alcohol;

As you can see, this is a very long list! Zinc is important for many functions in the body and supports good health in a multitude of ways.

Zinc deficiency is most prevalent in pregnant women, young children, the elderly and the poor, and I have to say it is the nutrient deficiency that I identify most frequently in my clinical practice. It is typically evident in all types of ostomates as well.

Moderate indications of zinc deficiency include:

- A weakened immune system, resulting in increased incidence and severity of infections.
- Loss of taste and smell, resulting in food appearing tasteless and consequently a desire for stronger flavoured foods;
- Loss of appetite, particularly in the elderly;
- Physical and mental fatigue;
- Poor wound healing;
- Rough, dry skin;

Indications that a zinc deficiency is more chronic and severe include:

- Hair loss;
- Weight loss
- Chronic unexplained diarrhoea;
- Problems with the eyes, such as poor vision, light sensitivity and dry eyes;
- Poor healing of ulcers
- Mood imbalances such as depression and /or irritability
- Skin issues such as dermatitis,
- Poor growth, especially in children;
- Anaemia;
- Joint pain.

The best sources of zinc in the diet (more than 5mg per 100 g of food) are red meats and offal such as beef, lamb and veal, as well as oysters which are particularly rich in zinc.

Healthy adults tend to consume approximately 5 to 15 mg of zinc per day via the diet, however less than half of this is absorbed in the gastrointestinal tract. Unfortunately zinc absorption is influenced by many factors, and consuming enough in the diet does not always guarantee adequate zinc status.

A calcium rich diet, for example, may lead to a zinc deficiency due to the two minerals competing for absorption in the intestinal tract.

Zinc deficiency can develop quickly when dietary intake is consistently low or impeded, over a matter of days or weeks depending on the age of the individual. Luckily, when the body is deficient in zinc, more is absorbed in the gastrointestinal tract and once zinc status is sufficient, less is absorbed. The human body is amazing in this way!

Zinc is available in plant foods as well as animal foods but the amount per gram of food is less, and degree of absorption is also reduced. For this reason, vegetarians can also be at risk of zinc deficiency. Pumpkin seeds, sunflower and sesame seeds contain good amounts of zinc, but these must be consumed very carefully by people with an ileostomy or colostomy in particular because excess consumption may cause a blockage.

Zinc deficiency can alter the structure and optimal function of the intestinal tract, and a prime clinical focus for me when working with all my patients, whether ostomate or non-ostomate, is to support the function of the digestive system so that optimal health is maintained as much as possible.

Zinc is absorbed in the small intestine, and as I stated earlier, even healthy individuals absorb less than half of the zinc ingested via the diet. Therefore, for those with intestinal issues such as small bowel resection as in the case of people with an ileostomy, or residual intestinal inflammation from a disease process which may be the case for some people with a colostomy, then malabsorption of zinc can be an even greater concern.

Also of particular concern for people with an ileostomy is the fact that chronic diarrhoea can lead to zinc deficiency, but zinc deficiency can also be a causative factor for chronic diarrhoea. Therefore, assessment of zinc status in this group of people is of prime importance to prevent further nutrient loss. Some medications can also interfere with zinc absorption.

A low zinc status can also lead to immune system deficiencies, and consequently an increased risk of infections of all types, i.e. bacterial, viral or fungal. Therefore, an adequate zinc status is important for all people with a stoma, including those with a urostomy, to defend against infections.

As the winter months are upon us, and the risk of viral infection is greater this year than ever before, strengthening the immune system to enable it to defend against viruses in particular and winter ailments in general is critical. During this time everyone with a chronic illness that weakens the immune system is more vulnerable to colds and flu's etc.



This certainly applies to the elderly in general and ostomates in particular, with those falling into both groups of considerable concern. Even mild zinc deficiency can lead to reduced immune system functioning,

Therefore, given that zinc is found in highest quantities in foods of animal source, hearty winter soups, stews and casseroles made from red meats and/or offal are valuable additions to the diet during the colder months. Consuming oysters as much as possible can also be beneficial if the taste appeals.

Alternatively, if dietary intake is consistently inadequate and clinical signs and symptoms of zinc deficiency are evident in yourself or a loved one, and increasing dietary intake is not easy, then supplementation may be required. This can be a simple and relatively inexpensive method of gaining adequate zinc status and therefore fortifying the immune system so that optimal health is retained, especially during the winter months.

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](http://www.nutritionforostomates.com.au)***





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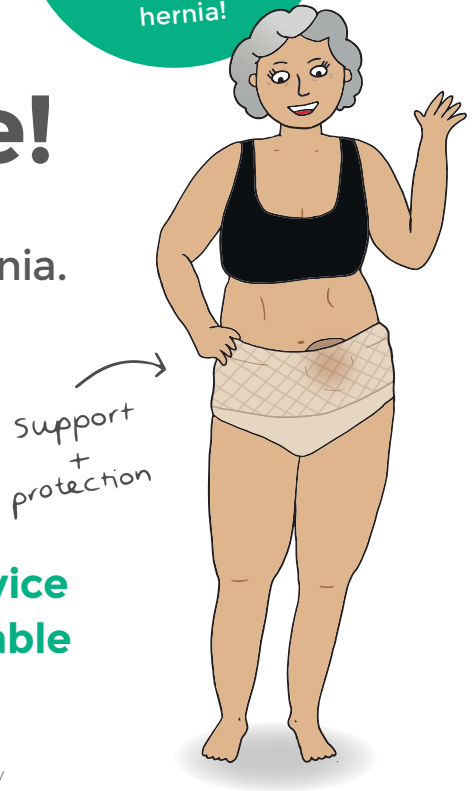
# Don't lose the battle of the bulge!

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1. Colorectal Disease © 2018 The Association of Coloproctology  
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**Did you know?**  
More than 50%  
of ostomates  
could develop  
a parastomal  
hernia!

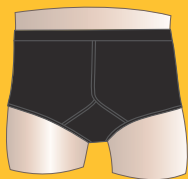


### **RATING 3.** **MODERATE**

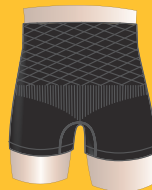
After surgery

Wear during light exercise

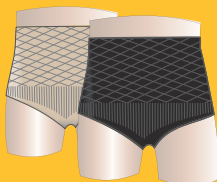
Prevent or support  
a small bulge



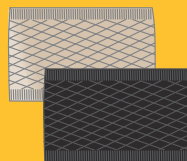
**Men's Support Pants**



**Diamond Plus Boxers**



**Diamond Plus Briefs**

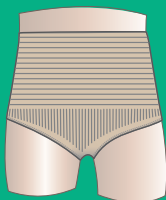


**Diamond Plus Support Waistband**

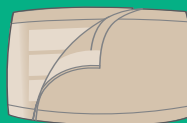
### **RATING 4.** **INTERMEDIATE**

Wear during daily activities  
(housework, shopping, golfing)

Support a more  
developed hernia



**Support Briefs  
for Her**



**IsoFlex  
Support Belt**

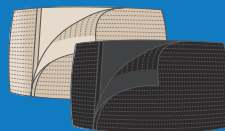
### **RATING 5.** **FIRM**

Wear during active work  
or sports

Support a more  
developed hernia



**Total Control  
Support Belt**



**KoolKnit  
Support Belt**

The chef hand delivering our home-cooked meal on our terrace table, yelling out “Hi”, waving and rushing off was my last memory of pre-covid life.

The local restaurants and take away outlets had already closed their doors and staff were busy cleaning out the last of their stock from shelves and freezers.

Like many others my husband Ian (who works full time) and I embraced lockdown with a little apprehension not knowing what lay ahead however this did not deter us from making productive use of our free time at home.

I made up what was to become a never-ending “in and around the house” job list for Ian and I to achieve during the following weeks. We set ourselves some goals and undertook in excess of 55 different jobs during level 4 and 3 lockdown. They ranged from cleaning sink plugs, computer mouse pads, cleaning the pantry, hot-water cupboard stove, fridges, cupboards, drawers, the bookcase and wardrobes. Ian took advantage of a break from work and the good weather and water blasted and painted the outside of the house, tidied our summer house and got rid of ever growing garden weeds, cleaned out the garage, cleaned inside and outside windows.

When we needed a break from chores (and the depressing news of the growing number of virus cases) we viewed the many funny (and indeed some very clever) isolation related videos on Facebook. There was everything from the toilet paper jokes, a lockdown song sung to the tunes of “The Sound of Music” to the fitter among us hanging upside down from walls as a form of lockdown exercise.

One clip that stands out in my memory was of a family, donned in dressing gowns, sitting around a very cluttered breakfast table when one youngster got up and began a dance routine on the kitchen floor. Eventually other family members joined in, even grandpa, and when the kitchen space ran out they all ventured outdoors in a paddock and after many practices perfected the routine and even the family dog got to join in the fun.

One very imaginative person even posted a cake made in the shape of a covid virus on Facebook.

People really did take the “be kind to each” other message seriously. We received so many heart-warming messages on Facebook including animated teddy bears and beautiful flower bouquets spreading words of love and hope as well as verses to encourage and inspire.

Even one of our regular taxi drivers pulled up in our drive one day to say “hi” (at a distance of course) and to see how we were doing.

My doctor also phoned to see if I was okay and if I needed any medical attention. .

During lockdown I read “Husna”'s Story”. Husna was shot dead during the Christchurch Mosque terrorist attack and her story was written by her husband Farid Ahmed (he was the man in the wheelchair who spoke at memorial services,) It could not have been a more appropriate book to read during lockdown.

Farid's philosophy of forgiveness, peace and love was totally inspiring especially the fact that he has forgiven his wife's killer saying: "I love him like a brother, but I do not support what he did."

Both Husna and Farid also forgive the speeding drunk driver who hit Farid in a street which resulted in him being confined to a wheelchair for the rest of his life.

I was so touched by Farid's acceptance of what life had dished out to him and his courage that I emailed him (via his publisher) saying how much I admired him and his late wife for the values they upheld. I was delighted to receive an e mail from Farid in reply in which he said: "Your email made me cry with joy. In this life not everything is bad so many things are good which we should be happy with."

When he is invited to be a guest speaker at various gatherings and functions, Farid says his number one message is to spread love not hate.

Back in our kitchen, Ian and I decided to whip up some old family favourites for our isolation meals. Among them were bacon and egg pies, quiches, home-made hamburgers and chips, Nana's special spicy corn fritters, fish pie, a beer broth for pre-bagged mussels in shells, hearty homemade soups, spicy egg sandwiches and we even had hard boiled eggs in egg cups with soldiers (which neither of us had had since childhood).

It was not a good time for our microwave to blow a fuse. We wondered if we could buy a new one during level 4 lockdown especially as we are not competent buying on line. Luckily we were able to buy a new one from a store using visa however we had to purchase it without seeing it but it was all good and we were soon back in action.

Even the cat did okay on the meal front with prawns somehow "flying out from the freezer and landing on his dinner plate (courtesy of his "dad".)

For me lockdown was also a time to reflect and be grateful for what we have in our own homes. We can indeed be resourceful by creating meals and comforts that we have at hand instead of rushing to the shops for things we probably don't really need.

I enjoyed making meals from ingredients we had, brightening the house with flowers we had in our garden, heating up left over lemon and orange halves to give the house a fresh, clean citrus scent and giving old winter clothes a refreshing look by digging out hardly-worn scarves and jewellery and matching them with various outfits.

Lockdown also made me realise how fortunate we really are. Most of us had warm houses to stay in, food on our tables, cell phones to keep in touch with our loved ones and time for extra rest and relaxation.

Unlike our forebears thousands who went hungry during depression years, who fought in atrocious conditions in wars, those who starved to death and who died from disease and torture in concentration camps.



In comparison ours was really a “lockdown of comforts”. We went without very little, (except on a lighter note being the cleaning goddess I am, I must admit I did miss not being able to buy Dettol).

My heart did go out to all the essential workers who no doubt had to work harder than ever during the crisis while others of us enjoyed the freedoms of home.

I also felt for the many businesses and retailers who either lost so much or had to close down due to the economic downturn caused by the virus.

I believe isolation served as a great lesson for all of us. We can indeed live much more humble lives where values such as humanity, caring for each other, making the most of what we have and treating others with respect and kindness rise above our yearning for materialistic things that don't really matter at all.

As the saying goes, there is really no place like home!

Sue Clements, Ostomate (Hawke's Bay Ostomy Support group member)

### **What does having an ostomy mean to you?**

- Good health, no pain, sharing experiences with caring and compassionate people – who have learned how to cope.
- Living through health problems that led to ostomy surgery, you no doubt gained strength and fortitude.
- Your ostomy won't break and neither will you. You may also discover bad hair days are more likely than bad stoma days.
- If you're not sure whether an activity is medically or physically all right for you to do, before you stop yourself from trying, ask your ET nurse or medical practitioner.
- Having an ostomy need not prevent you from working, traveling, swimming or hiking.
- Just as you adapted to the ways your body changed as you were growing up, as an adult, you can adapt again and resume living as millions of other ostomates have done.
- **Remember ostomy surgery is a life saver – not a life sentence.**

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# WHAT CAN I EAT?

*By Lorraine, Stomal Therapy Nurse from Auckland, New Zealand*

## **Early Days After Surgery**

**Diets are very individual and everyone is different. The following information is a guide only.**

- There is no special diet now you have a stoma, however, in the early days after surgery your bowel may be swollen which could narrow the passage of content, causing a blockage.
- During this early period you may prefer to eat small amounts more frequently, breakfast, morning tea, lunch, afternoon tea, dinner and supper rather than three large meals per day.
- Generally, 6 weeks after surgery people with a stoma can eat and drink what they can tolerate, this may be very like their diet before surgery.
- It is important to chew food well.

## **What food could cause blockages?**

It is wise to avoid stringy fibre foods for the first 6 weeks after surgery and then introduce these slowly. This helps avoid blockages. Depending on how you tolerate these foods, continue or discontinue as suits you.

Foods which swell in the gut or which are not particularly well digested are:

- Nuts, seeds and coconut
- Fruits and vegetables with skins and seeds (remove skins and seed)
- Celery, peas, bamboo shoots
- Sweet corn and popcorn
- Sausage skins and tough meats
- Passionfruit and berries

**Ileostomy: because some of these foods don't digest well they may be clearly identifiable in your pouch output. This is not cause for concern.**

## **What foods cause gas?**

Foods which cause gas in people with a stoma are the same as those that cause it in the general population.

**If gas is a problem avoiding the following may help:**

Minimize the intake of air by reducing:

- Smoking/chewing gum/talking while eating /eating too quickly

**Avoid foods and drinks which contain gas e.g.**

- Fizzy drinks (soft drinks, beer)
- Aerated drinks like milkshakes

**Source:** <https://omnigonconnect.com.au/advice/what-can-i-eat/>

### **Avoid foods that produce gas when fermented in the bowel**

- Cabbage varieties
- Dairy products
- Onions
- Cauliflower
- Legumes (lentils, peas etc)
- Dried fruit

This list is a guide only. Depending on how you tolerate these foods, continue or discontinue as suits you.

### **What foods may produce odour?**

Foods which cause odour in people with a stoma are the same as those that cause it in the general population. **If odour is a problem avoiding the following may help.**

#### **Foods which may cause odour:**

- Beans particularly baked beans and kidney beans
- Bran cereals
- Nuts especially peanuts
- Cabbage, cauliflower, broccoli
- Eggs
- Milk and milk products
- Onions
- Dried fruit
- Asparagus
- Fish

This list is a guide only. Depending on how you tolerate these foods, continue or discontinue as suits you.

#### **Foods that can prevent odour:**

- Blueberries or blueberry juice
- Parsley
- Cranberry juice
- Yogurt (*acidophilus*)
- Probiotic drinks (Yakult)
- Mint tea      **Source:** <https://omnigonconnect.com.au/advice/what-can-i-eat/>

### **What foods may thicken ileostomy output?**

Normal ileostomy output is between 300 and 800ml per day. This usually requires emptying the pouch 4-6 times per day when your pouch is ½ full.

# WHAT CAN I EAT

**Higher output requires higher fluid intake to avoid dehydration.** Signs that you are becoming dehydrated include dry mouth and/or skin, headache, nausea, low urine output and dark urine. Please seek immediate medical advice from your family doctor or STN specialist nurse should dehydration occur.

## **Foods that can thicken output:**

- Arrowroot biscuits
- White bread
- Marshmallows
- Starchy foods such as potatoes, kumara, rice, pasta
- Cheese
- Pectin containing foods apple sauce
- Sago and tapioca

## **Which foods affect the colour of stool?**

- Foods containing iron or iron medications will darken or make the stool black
- Beetroot, red peppers, tomatoes and drinks with intense colour (especially red colours). These can make the stool reddish in colour which may look like bleeding.

## **What changes the colour of urine?**

If enough fluid has been drunk, urine should be light yellow in colour and clear. Dark coloured urine indicates you have not drunk enough fluid. Urine maybe darker in colour first thing in the morning due to not drinking overnight.

- Beetroot can make urine darker in colour
- Vitamin supplements can discolour urine
- Asparagus can give urine a green colouring

*This information is a general guide only. Every one reacts to food differently and has their special favourites. Most people who have a stoma will return to eating their normal diet. If you have any concerns or questions please contact your STN specialist nurse, your family doctor or a dietitian.*

**Source:** <https://omnigonconnect.com.au/advice/what-can-i-eat/>

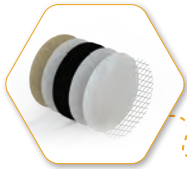


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## POST LOCKDOWN REFLECTIONS

Reflecting on the imposed time spent within the confines of my own space and conversations with others on how they managed lockdown has revealed a few key learnings for me.

There seemed to be a couple of different approaches; those who gave themselves permission to sleep in, stay in pyjamas for long periods and watch an endless stream of movies (one friend even said she really enjoyed watching the exercise classes on TV each morning - from the couch) and those who would use lockdown as an opportunity to become fitter, faster, stronger. If you fell into the second group but didn't know what to do then all you had to do was open your phone or laptop and there would be hundreds of people expounding the virtues of their favourite challenge!

Early on, our son issued a family Daily Burpee Challenge that he found online.

Three of us gave it a go with me providing advice on modifications to make it do-able for us all. By Day 17 I was

the 'last man standing' and realised that I had not stopped aching for 16 days! When I looked it up, the guy posting this said it was suitable for "anyone" at "any level" even though his workouts were highly advanced and in no way suitable for general use. I am 61, fit and pretty experienced in these things but still I fell in to the trap!



## POST LOCKDOWN REFLECTIONS



The internet is full of people giving advice but at the end of the day, whatever their topic, most of them are just telling you what's worked for them. Make no mistake, most of them know no more than that! Among all of this you will also find plenty of information from professionals but also remember, none of these people know YOU.

So... avoid blindly taking on what's worked for someone else and presume that it will work for you. We are all unique, with our own physical and emotional history so discuss your plans and goals with someone who knows you, understands your physical situation and in whom you trust.

In general, remember to start easy and build from there. It takes around 4-6 weeks for your body to adapt to new loads so you can expect that within a month or so, things should start to feel a bit more comfortable. If it just doesn't seem to be getting any easier over time (Eg. burpee challenge) that's your indicator to change it.

Changing any **ONE** of the following, will shift the load on your body up or down:

- Frequency (how many times a week/day you exercise)
- Intensity (how hard you are working or how much it makes you puff)
- Duration (how long each exercise session takes you)
- Type (what you are doing - varying what you do will provide you with lots of different benefits and help to avoid overuse stresses. E.g. burpee challenge!)

And remember the Aesop's Fable, it's the turtle that won the race, when it comes to remaining fit and active there is no hurry. We're in this race for LIFE. :)

Lee King

Fitness Leader and Ostomate

## MORE CONCERNS YOU MAY HAVE

- **WHO SHOULD I TELL? WHAT SHOULD I SAY ABOUT MY SURGERY?**

It is your choice who you choose to share with and how much information you are comfortable sharing. Some people are just curious and explaining that you had an abdominal surgery is more than adequate. Don't feel that you have to explain your surgery to everyone who asks. Sharing your story can be powerful however and help educate the larger community and your circle of friends that people with an ostomy are all around us living healthy lives. If you have children, answer their questions simply and truthfully. Depending on their age, a simple explanation may be enough for them. You may want to confide in your employer or a good friend at work. An ostomy is nothing to be embarrassed about and keeping it a complete secret could cause practical difficulties.

- **WILL I BE ABLE TO CONTINUE MY DAILY ACTIVITIES ONCE I RECOVER FROM SURGERY?**

As your strength returns, you can go back to your regular activities. Most people can return to their previous line of work; however, communicate with your healthcare team about your daily routines, so they can assist you in returning to maximum health as early as possible. People living with an ostomy, bike, swim, ski, jog, play team sports, do manual work, play with their kids, you name it, people with an ostomy can do it. A stoma guard may be a good idea for some contact sports. Check with a medical professional about abdominal strengthening as there is an increased risk of a hernia from some activity and search out information from other athletes with ostomies.

- **WILL I BE ABLE TO WEAR THE SAME CLOTHES AS BEFORE?**

Whatever you wore before surgery, you can still wear after surgery with very few exceptions. Many pouching systems are made today that are unnoticeable even when wearing the most stylish, form-fitting clothing for men and women. Depending on your stoma location you might find belts or some waistbands uncomfortable or restrictive. An option is to wear clothing with higher or looser waistbands. Women may enjoy the added support and security of cotton knits or stretchy panties or pantyhose. Men may find that jockey shorts help support the pouch. Women may want to choose a swimsuit that has a lining to provide a smoother profile. Stretch panties can be also be worn under a swimsuit to add support and smooth out any bulges. Men may prefer to wear a T shirt and shorts if the stoma is above the belt line. Some companies offer customized underwear and intimate garments designed specifically for the ostomate.

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## ROSANNE MEETS FRED

*By Rosanne, ostomate from Queensland Australia*

My story begins many, many years ago. I was born in New Zealand, a small town called Waipawa, in the Central Hawkes Bay area of the North Island in 1934. My health issues began in 1976, about three months after I married my husband of 40 years. I was diagnosed with cervical cancer and had surgery and radiation treatment. The troubles with my bowel started after that and for the next 25 years I was plagued by terrible bowel issues, frequently swinging between constipation and diarrhoea, urgency and often embarrassing incontinence where I would not make it to the toilet on time.

I had major surgery a few years after my cancer treatment, to reconstruct the vagina, but it did not go well and I had a three month stay in hospital, needing rehabilitation after that to recover. The bowel issues continued and I suffered from what I know now is Radiation Colitis, serious damage to my bowel from the radiation treatment for my cancer. I was forever fearful and always needed to know where the nearest toilet was.

I enjoyed lawn bowls and have a horrendous memory of my white bowls outfit after a terrible accident on the lawn green! Thankfully I had a wonderfully understanding husband who always loved me despite my many problems. In 1988, after my husband retired, we enjoyed the most amazing three month holiday back to his home country of Scotland. It was a holiday of a life time and I don't quite know how I managed, again, always looking for a toilet and forever fearing a bowel accident. In 2010, my husband and I decided to make the move to live in Queensland, Australia so we could both be closer to our family. Our children and grand-children are so important to us. We had a lovely home in Redcliffe, and I enjoyed indoor bowls and gardening. I would spend many days walking along the waterfront, leaving my husband in the car with his binoculars, watching the surfers!

Sadly I lost my husband in 2011, after only a year of being in Australia. In 2018 I moved from our home into a care facility. Not really what I wanted, but my family thought it best. This was very hard for me, as I also lost my driver's licence, bad eyesight issues preventing doctors giving me the medical clearance. I didn't like giving up my independence and freedom, after 57 years of driving it was a very sad day!



Over the years, I have had so many admissions to hospital with bowel obstructions, often caused by a twisted bowel. I have had many trips to the operating room for bowel resections, with the ends re-joined together each time. Still the bowel troubles continued to get worse, and life was a juggle of medicines to stop me going to the toilet (gastrostop up to 12 per day) and then some others to make me go when I got blocked. I have suffered with weight loss, and was down to 39kg at one point. For my 80th Birthday, my daughter and I took a well-earned break and went on a four day cruise...but sadly, my bowels really affected our time away, always looking for a toilet!

Two years ago I had a lovely GP refer me to see an also lovely colorectal surgeon and discussions about my bowel problems resulted in an offer to do a colostomy. After visiting with the surgeon and discussing having a stoma, my daughter and I met with the Stomal Therapy Nurse to talk about what life with a stoma would mean. I have severe arthritis and needed to know I could manage the products and stoma cares...I wanted to be sure I could maintain my independence. It was decided I would be booked for surgery in the coming weeks, but my bowel had other ideas, and that same day, in terrible pain, I was put in hospital with another bowel obstruction and woke up in ICU with my colostomy!

*After three days in ICU I was back in the ward learning to look after my new stoma... I now call him Fred and I have been looking after my stoma independently ever since.*

It wasn't easy getting used to things, and I thank the Stoma Nurses who helped me adjust to wearing a bag. I am fine with Fred now, and even though there are days he makes me go to the toilet so much I get very tired, he has certainly given me a better quality of life. I use a 2 piece with a stick on pouch, which is easier for my hands to manage, as recommended to me by my Stomal Therapy Nurse in hospital. Even though my bowel is still very active, and I am careful of what I eat when I go out to make sure he doesn't misbehave too much, I manage very well. I have had some problems with a parastomal hernia and Fred decided to prolapse too, so I now I wear a support belt when I am up and about. Fred lays low as long as I have my belt on! My belt sits by my bed at night and I slip it on before I get up in the mornings.

*I have wondered often, why someone did not offer me a Fred long ago.*

Last year, I had the most memorable of birthdays for my 85th. My wonderful daughter arranged all my favourite people to come for a lovely luncheon, and it was well worth celebrating since it had been a whole year without a trip to hospital or the need for any surgery. It was a truly great day of celebrations and happy memories.

**Source:** <https://omnigonconnect.com.au/story/rosanne-qld/>

## 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 and Caring for Ostomates booklets and recent NZ Ostomate Magazines.

**Interesting Websites:** [www.innovationbyyou.com](http://www.innovationbyyou.com) and [www.comfizz.com](http://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.

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<b>HOLLISTER</b>	58 Richard Pearse Drive, Airport Oaks, Auckland 0800 167 866 <a href="http://www.hollister.com.au">www.hollister.com.au</a>
<b>CONVATEC</b>	ConvaTec (New Zealand) Ltd. PO Box 62663, Greenlane, Auckland 1546, New Zealand 0800 441 763
<b>DANSAC</b>	58 Richard Pearse Drive, Airport Oaks, Auckland 0800 678 669 <a href="http://www.dansac.com.au">www.dansac.com.au</a>
<b>COLOPLAST</b>	PO Box 301922, Albany, Auckland, NZ 0800 265 675 Freecall Customer Care <a href="http://www.coloplast.com.au">www.coloplast.com.au</a>
<b>OMNIGON</b>	PO Box 24139 Royal Oak Auckland NZ 1345 0800 440 027 Freecall <a href="http://www.omnigon.com.au">www.omnigon.com.au</a>
<b>SALTS HEALTHCARE LTD AINSCORP PTY LTD</b>	PO Box 16150, Sandringham, Auckland 1351 <a href="mailto:cecelia.chote@ainscorp.co.nz">cecelia.chote@ainscorp.co.nz</a> <a href="http://www.ainscorp.com.au">www.ainscorp.com.au</a> 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](http://www.libertymed.co.nz)

[www.bellybandz.nz](http://www.bellybandz.nz)

[www.convatec.co.nz](http://www.convatec.co.nz)

[www.Cavilon.co.nz](http://www.Cavilon.co.nz)

[www.nutritionforostomates.com.au](http://www.nutritionforostomates.com.au)

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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

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## 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

.....

.....

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for the 2020/2021 year.

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### EASTERN BAY OF PLENTY:

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### GISBORNE/EAST COAST:

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### HAWKE'S BAY OSTOMY SUPPORT GROUP INC.:

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In recess

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(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**

## EXECUTIVE MEMBERS

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## Your ostomy community

A place to connect with your fellow ostomates who have shared similar experiences.

## Tell us more

Share how you became an ostomate, a specific experience or how this has impacted your lifestyle.

## Find your voice

Provide a positive outlook for ostomates especially those new to this lifestyle.



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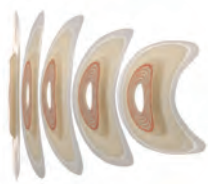


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