

ISSUE. 116

THE JOURNAL OF

MARCH 2021

OSTOMY



NEW ZEALAND

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



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NZ Ostomate Magazine

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Phone: (03) 308 7298
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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

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NEW ZEALAND OSTOMATE:
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COVER: When Maui fished up Te Ika-a-Maui (the North Island) the fish of Maui, he is said to have used a hook made from the jawbone of his grandmother, Murirangawhenua. (Land Information. New Zealand.)

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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.

GREETINGS FROM YOUR PRESIDENT

Welcome to our first magazine for 2021 and as we reflect on the many difficult months we all endured in 2020 we hope and pray that a new year will bring a new and safer beginning for us all. All members of the Ostomy New Zealand executive appreciate the extra effort that members have put in during what has been a very different year for us all.

As COVID-19 took hold, countries and cities across the world entered lockdown leading to a crisis of unprecedented proportions with the closure of schools, cultural and sports venues, social events had to be scaled down or cancelled, wearing a mask became part of everyday life outside the home, travel was severely restricted and all non-essential business put on the back burner.

It goes without saying that 2020 did bring with it many challenges like keeping in touch with family and friends for a coffee or catch up but it has also given many the opportunity to start a new hobby, read a book, or focus on their own personal development but with more vaccines being rolled out globally the community is being urged to work together and follow guidelines to help stop the spread of the virus.

For those of us relying on supplies for our daily living, things in New Zealand have not changed which is something we are all very grateful for and thanks must go to our supply companies for ensuring that life went on as usual. We must all remember however, that stockpiling supplies is not a way of ensuring we have plenty as they do have a shelf life, and do not like being stored in hot places like on the back shelf of the car.

Our conference and AGM is to be held in the sunny Hawkes Bay in early August so start planning now for what I am assured will be a great weekend of fun & learning. Maybe plan your holiday around this time and include it in your itinerary.

You will see a note from Richard McNair in this magazine announcing that NZ will be hosting the Asia and South Pacific Ostomy Associations congress in conjunction with the Ostomy New Zealand Conference and AGM in Rotorua in 2023. This will bring delegates from Australia, India, Vietnam, Jakarta, Manila, Mongolia, Korea, Tokyo, Indonesia & Singapore. It is an amazing opportunity for New Zealand and it is our hope that we can all come together and be able to make it a great success.

You will also note that World Ostomy Day will be celebrated in early October so let's all make a united effort to get the awareness message out into our communities.

Please keep the stories coming for the magazines, it is important that we provide a variety of articles in each issue in order to keep readers enjoying the magazine.

Additionally, welcome to Graeme Hamilton who has been co opted into the Executive. We look forward to sharing your contribution and experience.

Good Health to all and happy reading.

Jill Newton
President/Editor

THE IMPORTANCE OF BEING A SUPPORTER

I have been a supporter of the Wanganui Ostomy group for 30 years since my daughter Dawn became an ostomate. Fortunately for us, we both lived in the same city so I was able to be with her when needed. We were told of the Ostomy Society here and both joined. I decided to stay a supporter as 22 years ago I had bowel cancer and I thought I may end up going down that road as well.

We have attended many conferences and the friends we have made both here in Wanganui and other parts of New Zealand has been a wonderful journey. Ostomates are so brave and when they see the light at the end of the tunnel it must be the most wonderful feeling to know they have a new life ahead of them.

As a supporter that puts a big smile on my face. I have helped on the committee and did seven years as President here in Wanganui. During this time it's been a privilege to have known many ostomates and also been able to share their journey with them.

To new ostomates and their carers and supporters I would say join your local ostomy Society and enjoy the time. The coffee mornings, lunches and walks we share with ostomates is very rewarding. We would love to see more male ostomates and their carers and supporters join in and enjoy the company.

Dawn now lives in Auckland and belongs to that society. While living here she was Secretary for six years back in the 1990s.

Joining our Wanganui Society was the best thing and I was pleased that I was able to be a help and a support to many.

Lesley George
Wanganui Ostomy Society.



WORLD OSTOMY DAY 2021



World Ostomy Day 2021 - Saturday 2nd October

Since 1993 the World Ostomy Day WOD is celebrated every three years on the first Saturday in October. In 2021 we can celebrate a special anniversary: It's the 10th WOD and it again will unify ostomates and IOA member associations in the whole world.

For each WOD another of the three IOA regions takes the responsibility. This time the motto of

WOD 2021 has been brought up by the European Ostomy Association EOA. The motto is:

"Ostomates' Rights are Human Rights – anytime and anywhere!"

Why has EOA EC chosen this motto among nine different proposals?

The "Charter of Ostomates Rights", issued in its first version by the IOA Coordination Committee 1993, defines the needs and the care of ostomates to live a life in dignity. It is necessary that ostomates receive the information and care which will enable them to live a self-determined and independent life and to participate in all decision making processes.

In 2020 and presumably also in 2021 people in nearly the whole world faced the threat of the SARS-Cov2-virus (Covid-19) and its consequences for the health and the daily life. We know that many activities of ostomy associations couldn't be continued in the usual way.

Chapter meetings with personal contacts couldn't take place, the visiting service in hospitals had to be stopped in most cases. Conferences and congresses had been cancelled or postponed. Often the personal care by stoma nurses at home in the first time after surgery had been reduced. And we even heard about problems in some countries where the resources of the health system had been concentrated on Covid-19. The access to affordable appliances had been limited, a very big challenge for ostomates and the ostomy associations.

In these times it is one of our great concerns to put the focus on the Charter of Ostomates Rights: The defined needs and care are not anything at all! They describe necessary needs of a special group of disabled people. The rights of disabled people are an own right and all these rights are Human Rights. Disabled people matter, ostomates matter!

So with the WOD motto 2021 we will underline that Ostomates Rights are not negotiable. They must be respected by governments, politicians, healthcare authorities, companies and suppliers, by doctors and nurses, by every human and by every society – even in uncertain times.

On behalf of EOA,

Jon Thorkelsson.




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I CAN'T WAIT CAMPAIGN LAUNCH

DR RICHARD STEIN, CHAIR — FEB 3, 2021

In January 2017, 12 year old Nicole Thornton petitioned Parliament, seeking access to workplace toilets for people with medical conditions when no public toilet is available.

Nicole has Crohn's disease. Like the more than 20,000 New Zealanders with inflammatory bowel disease (IBD), diarrhoea and urgency are frequent symptoms.

Compounding all their medical challenges, fear of having an accident in public can be a major concern for people with IBD as well as for Ostomates. When the need arises, those with these issues often do not have time to explain their personal medical histories to a stranger and many business owners are unaware of the challenges they face. While CCNZ offers "I Can't Wait Cards" identifying those with documented medical conditions where urgent access to a toilet might be needed, many businesses still will not honour the card. As a



result, many people are simply afraid to leave home.

Nicole's petition went to a Health Select Committee where she bravely presented testimony. Unfortunately, a bill mandating that businesses provide toilet access to those with medical problems was not recommended. Instead, the committee strongly recommended publicising the "I Can't Wait" card and "encouraging business owners to allow toilet access via an education campaign".

On 9 December 2020, Crohn's and Colitis New Zealand, the Lower Hutt City Council and the Hutt Valley Chamber of Commerce, jointly launched a nation-wide campaign for toilet access. Merchants are being asked to prominently display a sticker in their window that they honour the CCNZ "I Can't Wait Card". The event took place at the Atrium

Café in Lower Hutt and received extensive media coverage. CCNZ Ambassador Nicole, CCNZ Chair Richard Stein, Lower Hutt Mayor Campbell Barry, and Chamber of Commerce CEO Helen Down spoke at the event. Numerous business throughout the city are already displaying the stickers.



I CAN'T WAIT CAMPAIGN LAUNCH



The campaign will be going into full swing this year. Three other city councils have already approached CCNZ to promote the stickers. Our goal is to have stickers in businesses in every city and town throughout the country so people with IBD and other medical problems will feel free to leave home without worry. Both the stickers and the “I Can’t Wait” cards are available at no cost.

If you would like to apply for an “I can’t wait” card, or if you are a business and would like to participate in this campaign by displaying a sticker in your business window, please email us on info@crohnsandcolitis.org.nz for more information.

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Extremely far out advance notice!

I know that this is a long way off however it has been my experience that time compresses when you are not looking! So I wanted to just let people know that the Western Bay of Plenty Ostomy Society Inc has taken on the task of hosting not only the 2023 New Zealand Ostomy Conference but also combining this event with the 2023 Asia and South Pacific Ostomy Associations congress.

This major event will be held in early September of 2023 which is sort of halfway between the normal dates for each organisation. As the convenor I can advise that already there is a venue being negotiated with, a huge number of potential sponsors being listed, speakers being approached, a short term congress website being developed, paperwork generated and a database being put together.

We are also in the process of approaching a medical group to ask if they would be interested in joining with us and also the NZ and Australia STN organisations.

The event will be held over four days, Thursday to Sunday morning and all will be welcome to attend all open sessions. It is intended to offer a Friday tour as normal and to also offer a three day tour of the central North Island i.e. Taupo, Hawkes Bay areas and finish in Tauranga with a BBQ? Meal.

I would like to think that as many NZ Ostomates and caregivers will attend and meet the ASPOA people. We will be inviting people from various parts of the world to attend so this is an event that you do not want to miss as it will never happen in New Zealand again!

Regards,
Richard McNair
Congress Convenor

I have been lucky enough to personally experience two of these Congress meetings and the atmosphere is simply amazing - Ed

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Mike, SenSura Mio Convex user



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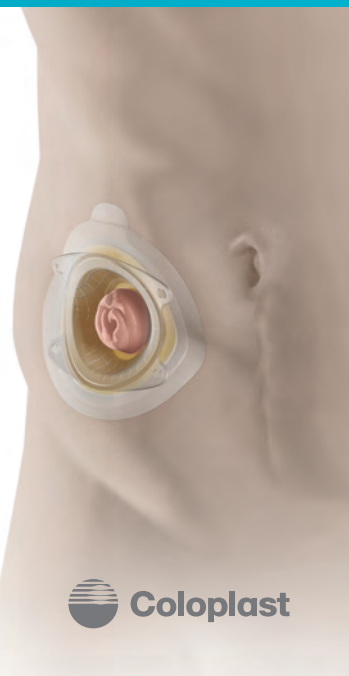
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FNZOS CONFERENCE & AGM

"FNZOS CONFERENCE & AGM - 6th, 7th & 8th August 2021 Function Centre, 30 Te Mata Road, Havelock North

Surname _____ First Name _____

Address _____

Email _____

Phone _____ Mobile _____

Society _____ Delegate: YES / NO

Preferred Name for Name Tag _____

Partners Name Tag _____

REGISTRATION	COST P/P	Number	TOTAL
FULL REGISTRATION	\$90	___	\$ ___
<i>Includes: Friday Evening, Saturday am & pm Tea/Coffee & Lunch, Sunday Light Lunch</i>			
FRIDAY EVENING ONLY	\$15	___	\$ ___
SATURDAY ONLY- Incl: am/ pm Tea/Coffee/Lunch	\$60	___	\$ ___
SATURDAY DINNER & DANCE	\$70	___	\$ ___
SUNDAY LIGHT LUNCH	\$15	___	\$ ___
TOTAL for PAYMENT			\$ ___

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Post Registration Form to: H B Conference 2021, PO Box 671, HASTINGS 4156
INTERNET BANKING: - 03-1355-0683159-01

Quote your NAME and 'CHALLENGES' as Reference.

CHEQUES written to: H B Ostomy Support Group Conference 2021

(A receipt will be sent by email if possible or will be available at the Registration Reception at the Function Centre Havelock North).

REGISTRATION RECEPTION OPENS: Friday, 6th August 2021 at 2pm

Attending AGM YES / NO Number attending ___

Do you require pick-up from the Napier Airport? YES / NO"

Arriving: Day _____ Flight _____ Time _____

Departure: Day _____ Flight _____ Time _____

Or a Coach Line Depot

Please give details _____

Enquires: Treasurer Esme Chatterton 06 876 8112 hbosgi@gmail.com

President Hugh Thornton 06 877 1553 hughandnorma@xtra.co.nz"

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In a few steps Havelock North Village offers a choice of Cafés.

Terms and Conditions - Credit card details are required to confirm all bookings, these are held on file and nothing is charged until departure.

Cancellations made 24 hours prior to arrival date will incur no charges.

Cancellation made after this time may result in a charge of one night's accommodation being charged to the credit card number held on file.

Check-in is available from 2pm on the day of arrival.

Check-out is 10am on the day of departure.

Early check- in and/or check-out is by arrangement only.

Our offices close at 9pm so should you intend arriving after that time, please contact us during the day.

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COMMON OSTOMATES ISSUES

Copied with permission from Osto-Hope, Oct-Dec 17.

Symptoms	Solution
1. No output from stoma for 4-6 hours with abdomen cramping, nausea & vomiting.	<p>This could be due to food blockage.</p> <ul style="list-style-type: none"> • Drink hot tea & increase your fluid intake. • Take a warm water bath and massage your abdomen, this should relax your abdominal muscles. • Sometimes just going down on all fours with your backside up in the air also helps. <p>If the problem persists for more than a few hours, seek medical advice from your doctor/ET.</p>
2. Bleeding from the Rectum with mucous	<ul style="list-style-type: none"> • Though very irritating, it's absolutely normal in case your rectum is still intact and its mucosal lining is still working. • Try wearing a sanitary napkin to avoid soiling your underwear. <p>If the bleeding is profuse please consult your doctor/ET.</p>
3. Odor/Bad Smelling bags	<p>Simple home remedies work here, two drops of mouthwash or Anti septic Dettol in your bag can eliminate bad smell.</p>
4. Bleeding Stoma	<ul style="list-style-type: none"> • Check if the bleeding is from stoma surface or internal. • If internal, then would recommend check with your doctor or ET. • If bleeding is from the surface of stoma, then it should stop rather quickly. Stoma is soft & moist like the inside of our cheeks, so even a slight cut/scratch can lead to bleeding. If the bleeding is profuse, then would recommend check with your doctor or ET. • Many times the Flange/skin barrier shifts and this too could result in bleeding, please use a micro pore tape to firm up the flange to your skin from all sides. This will prevent any shift.
5. Pain in Rectum	<ul style="list-style-type: none"> • Post colostomy, the body needs time to get used to the new plumbing done and sometimes old habits die hard! • You may still sit on the commode if it relieves pain as many would let you know, but it's a pointless exercise. • This pain goes away with time.
6. Stoma on the belt line	<ul style="list-style-type: none"> • Men face this more as many time the stoma is placed exactly on the belt line making it difficult to wear trousers requiring belts. • Stoma siting should be below the belt line. • Suspenders are a ready solution.

Never give up, have the passion, don't be afraid.

Disclaimer:

Please do not follow any medical advice given in this newsletter without first checking with your doctor or ET



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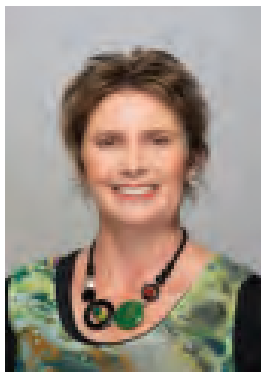


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ARE YOU DETOXIFYING EFFECTIVELY?



In today's society we are exposed to more toxic chemicals than our predecessors. Unfortunately air, water and food can now all be sources of toxic exposure. We also generate toxins within the body as a result of normal metabolic processes. For greatest wellbeing, it is therefore important that detoxification capacity meets or exceeds toxic exposure or ingestion.

The health focus for ostomates is generally on either the digestive or urinary systems, with good reason. These are the parts of the body that are usually impacted as a result of stomal surgery. Often there is little emphasis placed on the health and function of organs outside of these systems, unless there is a direct need. However, when it comes to the health of ostomates generally, it can be beneficial to consider

other organs and aspects of the body as well.

Let's talk about the liver

The liver is the largest organ of the body after the skin, and performs many functions. One of the main functions that comes to mind when we think of the liver is detoxification, and rightly so. The liver is one of the major detoxifying organs of the body, along with the skin, lungs and the urinary and digestive systems.

In the process of detoxification, the liver alters chemicals, foreign molecules and internal compounds to make them less active or less toxic. Alcohol, medications and hormones are all metabolised or detoxified in this way. This prevents excessive accumulation of these substances in the body and potential adverse effects.

The liver is a very metabolically active organ, meaning that it performs hundreds of functions every day, and it requires a lot of nutrition to perform these functions. An ample and varied diet is therefore very important for healthy functioning of the liver.

The most important nutrients for effective liver detoxification are B vitamins and amino acids, as well as some minerals. The highest food sources of B vitamins are considered to be whole grains, meat, fish, liver, dairy products, eggs, green leafy vegetables, nuts and seeds. Amino acids are sourced from protein foods such as meat, fish, eggs, dairy foods, nuts, seeds and legumes as well as many grains and vegetables.

Many vegetables also contain specific plant chemicals that are very supportive of liver detoxification. Broccoli, cauliflower, Brussel sprouts, cabbage and kale are considered good sources of these beneficial substances. If many of the above foods cannot be eaten regularly or in sufficient quantities, then liver detoxification processes may be affected.

ARE YOU DETOXIFYING EFFECTIVELY?

Common symptoms of reduced liver function

Indications that your liver is not functioning optimally, and therefore not able to rid your body of toxins adequately include:

- Fatigue and sluggishness
- Poor sleep and waking unrefreshed
- Recurring headaches
- Nausea
- Loss of appetite
- Adverse reactions to coffee, paint and petrol fumes, medications and other chemicals
- Abdominal issues such as bloating.
- Mood imbalances such as irritability and grumpiness
- Brain fog
- Hormonal imbalances
- Recurrent infections & Skin Issues

The importance of the digestive and urinary systems in detoxification

The digestive system supports detoxification by excreting the substances that the body no longer wants or cannot use. Regular bowel motions that rid the body of waste are therefore important for good detoxification. The intestinal tract is designed to be an absorptive surface; therefore the longer faecal contents are in contact with the intestinal lining, the greater the chance that substances in the faeces will be reabsorbed back into the body. This includes the toxic substances that were originally destined for excretion.

Constipation, in the form of infrequent passage of stools, excessively hard stools or the inability to evacuate the bowels without significant straining, can indicate that toxins are spending longer in the body than desired. Toxic residue in the colon can be reabsorbed and circulate through the blood to all parts of the body. This has the potential to cause fatigue, amongst other symptoms. Increasing the intake of fluid and fibre can be first line strategies in the treatment of constipation, depending on individual circumstances.

The urinary system serves to support detoxification by also helping to excrete substances that have no useful function in the body. Wastes that are excreted via urine include foreign substances such as drugs, environmental toxins and breakdown

ARE YOU DETOXIFYING EFFECTIVELY?

products from chemical reactions that occur within the body. Fluid helps to flush these toxins out of the body, and insufficient fluid intake can allow toxic substances to accumulate in the blood. Therefore, ensuring adequate amounts of fluid are consumed each day is essential for optimal elimination of all these substances via the kidneys and urinary system.

In the next issue of the journal Margaret will explain the primary reasons for poor detoxification in ostomates, and provide general strategies to maximise detoxification as an ostomate.

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



Recognizing and Treating Peristomal Skin Problems

- Make sure the surrounding skin is dry before applying your pouch
- Pouches will not adhere well to irritated skin so perform meticulous skin care in order to avoid irritation or bare skin.
- Pouches should be emptied before they become half full to avoid causing the weight to break the seal.
- Appliances do not last forever – keep some extra pouches on hand but not too many as the adhesive qualities can lessen.
 - Wafer melt out may cause leakages in hot weather.
- If folds and creases develop in the skin, and leakage occurs along the crease, wafer pieces or stoma paste can be used to build up the area in order to avoid this leakage.

If the pouch does not hang vertically the weight of the contents may result in an uneven twisting of the wafer and cause leakage.



Get 2021 right and avoid *unwanted surprises*



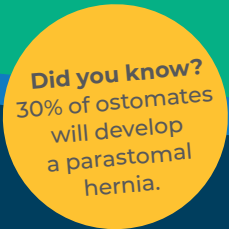
Following surgery to form your stoma, you are at increased risk of developing a hernia, whether your stoma is permanent or temporary. This could happen even after your stoma is reversed.

Wearing a support garment when doing anything physical, hanging out the washing, gardening, sport, playing with grandchildren, etc., can reduce the risk of developing a hernia by providing external abdominal wall support.¹

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¹Thompson M.J. & Trainor B. Incidence of parastomal hernia before and after a prevention programme. *Gastrointestinal Nursing* 2005; 3(2):23-27.



BLOCKAGES AN OSTOMATES NIGHTMARE

So hands up all those who have had a blockage? Probably a large percentage of you. When I was driving race cars we had a saying that there are only two types of race drivers, those that have hit the wall and those that are still going to hit the wall! The same thing probably goes for Ostomates and blockages and if you have had one then you are more likely to get another.

How many have heard the dreaded words "sorry but we are going to have to put in an NGT (Naso-gastric Tube)? These are one of the most horrible things to have to endure having fitted while you are awake that I can think of.

2020 has been a very bad year for the whole world but in my case I have had 4 blockages caused by food jamming up and three have resulted in a trip to the ED by ambulance.

In two of the cases I had to endure the dreaded NGT being fitted and when I had my last episode in late November I was fully expecting to have to endure this procedure once again but this time I struck a very enlightened doctor in the Tauranga hospital ED who said let's give you some more pain relief and anti-nausea meds and then I am going to try and free the blockage from the bottom end first! I always use a two-piece appliance so it was very easy to remove the bag from the flange (*ALWAYS TAKE A SPARE APPLIANCE WITH YOU ANYWAY*).

Once that was done he squirted a large amount of lubricating gel onto and into the stoma and then unpacked a Foley catheter which is a flexible tube made of rubber and coated the first few inches with gel and then very slowly inserted it into the stoma. As there are no nerve endings in the intestine there was no feeling at all until he got up to the blockage and I just felt a slight bump feeling.

He then picked up a large bottle of Fleet enema liquid (*something like the horrible stuff you often have to drink before an operation to clean you out*) and squeezed it down the tube, when it was all in he slowly removed the catheter and I clipped the bag back onto the flange, grabbed a couple of those dark grey paiper mache bowls that people vomit into and waited to see what happened.

Well happen it did and twenty minutes later I had two of these bowls full of output and more coming.

So next time they say that you must have an NGT fitted ask if they will try this way first as it saves a hell of a lot of stress and it does not hurt, just make sure you are up to date with pain and anti-nausea meds first.

Richard McNair

MANAGING CONSTIPATION

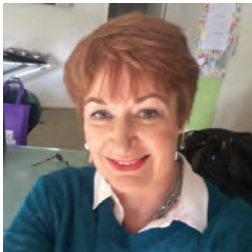
If there is no output from your colostomy for three days but you feel well increase your fluid intake and add fibre to your diet i.e. prunes, kiwifruit, dried apricots. If further assistance is required contact your STN or see your family doctor for advice.

- If there has been no output from your colostomy for three days or more and you feel un-well, i.e. nausea, bloating, abdominal cramps see your family doctor.

Managing Diarrhoea

- If you eat food that upsets your gut you may get diarrhoea and/or vomiting. You will need to change your pouch to a drainable one to contain the liquid output. Increase your fluid intake. If this continues for more than 24 hours or you are unable to maintain your fluid intake please see your family doctor.

Undergoing chemotherapy may also alter the consistency of your colostomy output which may require the use of a drainable pouch to contain liquid output.



To allow recovery you are strongly advised to refrain from heavy lifting for at least the first eight weeks after surgery. It is recommended that you discuss the value of using a support garment with your STN.

Lorraine STN, NZ

Attention all Eastern Bay of Plenty Ostomates and Caregivers.

We have a small but active core of Ostomates and Caregivers based in the Eastern BOP and now want to expand the group to include as many more interested people (Ostomates & Caregivers) as possible.

We are looking at the area from Kawerau to Opotiki including Whakatane and will hold regular coffee support groups functions as we increase the numbers.

Those interested can contact:

Richard McNair on 0274749812 or by email on ostomybop@gmail.com
and Harry Sutcliffe on 0210343703 or by email on thesuttys@xtra.co.nz

CYCLING WITH TWO STOMAS - DANNY, NETHERLANDS

Danny is 44 years old and lives in Rhoon, in the Netherlands. He struggled for years with Ulcerative Colitis. In January of 2013, he underwent an endoscopy. During the procedure, several areas of inflammation were detected, although there seemed to be no reason for alarm. But his symptoms continued, and in April Danny went back to the internal medicine specialist. Following a second endoscopy, Danny was diagnosed with intestinal cancer with metastases. The result was an ileostomy and a urostomy. He was quick to accept the new situation. Because, as Danny puts it, 'If you have the choice between life with two stomas and no life at all, then the decision is easily made.'

Back on his bike...

Danny has always been an active cyclist. Several months after the operation, he was back on his bike again. First, he went in search of a good bicycle seat, one which eliminates the chance of saddle soreness and he soon rediscovered the joy of cycling and noticed that he was recuperating nicely.

Together with a few partners, Danny has a customs shipping company in the Port of Rotterdam. The company's principal banker invited Danny to participate in the Alpe d'HuZes. This is a well-known Dutch challenge to raise funds for cancer research and improve the quality of life for people with cancer. On a single day, 5,000 people bike, walk or run up the 21 hairpin bends of Alpe d'Huez, climbing more than 1km each time, and doing it as many times as they can. The maximum is 6.

Danny was happy to accept this challenge, and the preparations started immediately. For an event like this, you must follow a rigorous training regime. Danny clocked up many kilometres, especially at the weekends, with rides between 80 and 100 kilometres. During the rest of the week, he added three hours of spinning to his training schedule. Combining it all with his work was not too difficult.

After participating the first time, when Danny succeeded in climbing the famous mountain three times, he was soon planning a second attempt with the Rotterdam Fundracers team. That was in 2019, and he ended up with four climbs. He had energy to spare, but unfortunately, he ran out of time for the fifth ascent.

This year he would have been on the starting line again. On Thursday, 4 June, to be exact. He hadn't defined his goal for this year, but he did drop a hint or two. 'My wife knows me by now, and she told me that I would want to aim for five climbs. I will have to start earlier than last year then and be sure I feel as strong as I did then. Because, a day like that easily requires a total of some 12 hours of cycling.'

Unfortunately, the 2020 Alpe d' HuZes has been cancelled as a result of the Coronavirus, but Danny plans to be back in 2021.

How does having 2 stomas affect Danny's cycling?

When asked to what extent the stomas hinder his cycling, Danny is resolute. He is hardly bothered by the stomas and certainly does not feel limited in any way. Drinking enough is always important – that is something that he must keep a very close eye on, especially now. And on the route, everything the cyclists need is

CYCLING WITH TWO STOMAS - DANNY, NETHERLANDS

provided with posts where they can eat and drink. Healthcare issues are handled by the team, and Danny doesn't require any extra help there. When it comes to emptying his bags, there are plenty of toilets available everywhere.

Danny knows precisely when he must stop to change his materials. 'If it's time to stop, I yell the word "leak" to the group.' In the world of cycling, this means a flat tyre, but his cycling mates know that for Danny this means his bags. On race and training days, he always checks his bags extra carefully and makes sure to bring along sufficient supplies. A toilet visit never takes too long; the ride can often be continued within a few minutes.

An added reason to cycle

The many banners along the route, especially for people who have already succumbed to this terrible disease, continue to make the greatest impression on Danny. 'That's when I always realise how well I came out of it. In fact, in my daily life, I no longer think too much about the period of my illness, because things are now going so well for me. I function just fine and do not have any more problems. For me, living with both stomas is not really a limitation.'

This is a nice segue to the forums that Danny belongs to on Facebook. There, he reads that many of his fellow ostomates often have issues with leakage. Luckily, this has not been his experience. His reason for participating in Alpe d'HuZes, but also for participating in this interview, is that he would like to show other people with stomas another side of the story, 'It is certainly not inevitable that you will be bothered by your stoma.'

Danny wants to use the money that he collects from next year's event to contribute to a world in which people no longer die of cancer. Anyone who wishes to support Danny in this effort can make a donation here up until one day before this cycling event.

This was originally published in the first issue of the Welland Nederlands newsletter, Hecht in 2020

Source: <https://omnigonconnect.com.au/story/cycling-with-two-stomas/>



UROSTOMY

A urostomy is normally performed when the bladder is either not functioning or has to be removed due to birth defects like spina bifida, illness such as cancer, malfunction of the bladder or because of an injury such as a spinal cord injury. Following urostomy surgery you will no longer have voluntary control over urination. Urine is produced by the kidneys continuously (approx 2 litres per day) with intermittent contractions of the bowel segment (ileum) forcing the urine to be discharged through the stoma in small spurts at regular intervals into a pouch worn over the stoma.

Pouches are odour free and available in various sizes and types from several manufacturers – what is suitable for one may not necessarily be suited to others so trialling different appliances is the best way to determine the best fit for individual needs. With the exception of jobs requiring heavy lifting, a urostomy should not interfere with or prevent normal working life.

Odour should not be a problem with the use of satisfactory appliances except maybe when an infection is present in which case there are odour-reducing products available as well as dietary help such as eating parsley. Cranberry juice or tablets and yoghurt are also helpful for the prevention of infections.

Sports and activity need not change following urostomy surgery providing a suitable appliance is worn. Swimming, netball, basketball, tramping, in fact any sporting activity can be continued as before. There are protection moulds available for more strenuous sports such as rugby and soccer and may be sourced through stomaltherapy nurses.

Clothing habits need not change - a good fitting appliance that is emptied regularly will not be seen under tight fitting clothing and there are swim suits available with higher waistbands for those who still prefer to wear a 2 piece.

There are normally no dietary restrictions following urostomy surgery but as with the alteration of any internal body organs, trial and error will soon sort out any problems. Drinking plenty of water as with all of us should be continued. Normal social and sex life should not be affected after urostomy surgery and should not prevent one from dating or having children. Travel can still be undertaken with care when packing to have some appliances in both hand luggage and checked-in luggage in the unfortunate event of checked-in luggage being lost or delayed. If travelling to warmer climates extra appliances may be required as perspiration could be a problem.

As with all types of ostomy, it is important especially when travelling overseas to carry

UROSTOMY

a Travel Certificate to avoid embarrassing stoppages when going through customs. These certificates are available through your local Society or by contacting the Ostomy New Zealand Secretary at 98 Highcliff Road, Andersons Bay, Dunedin.9013 secretary@ostomy.org.nz or Ph; Toll-Free – 0508 678 669 (0508 OSTOMY)

Most urostomates will find the use of a night drainage system beneficial to avoid broken sleep by having to get up at regular intervals to empty the appliance and also to prevent leakage caused by lying on a full pouch.

Urostomates who do not use a night-drainage system can increase the incidence of urine infection caused by urine backing up the conduit and into the kidneys. It is important to leave a small amount of urine in the pouch when connecting the night-drainage system to create a vacuum, which in turn keeps the pouch, empty all night. Place the night-drainage bag in a bucket or large container as an extra security in case of leakage. Reusable night-drainage bags should be cleaned thoroughly after each use to prevent the introduction of infection.

Leaks will happen at some stage, we have all been there at the most inconvenient times but in most cases if regular leakages occur there must be something wrong. Things to check for are an increase or decrease in weight which can cause an increase in skin folds, improper pouch angle, not emptying the pouch regularly, skin not being properly dried before applying a new pouch or excessive perspiration.

The most important thing to consider when you have a urostomy is the risk of urinary tract infections (UTIs). These can be avoided by: -

- Drinking plenty of fluids throughout the day (that's around 10-11 large glasses of liquid).
- Eating foods that are high in Vitamin C - this makes urine acidic and helps prevent infections.
- Cranberry juice can help reduce the formation of urine crystals in your urostomy and reduce the amount of mucus that your urostomy produces. If you don't like cranberry juice, cranberry tablets are available from supermarkets, chemists and health food stores.

Having a urostomy means that you don't have any particular food restrictions, so you can enjoy a normal diet. Some things worth bearing in mind, though, include:-

- Fish, onions, garlic and asparagus can make your urine smelly.
- After eating beetroot, your urine (and sometimes your poo) will often be pink but this is quite normal and nothing to be alarmed about.

EXECUTIVE PROFILE

My name is Brent Hamlin and I live in Wellington. I have been an ostomate for 17 years now. I am a born and bred Southlander and hail from the small town of Winton. Fortunately, attending Otago University, I soon realised that I needed to ditch the rolling "R" that we Southlanders are so famous for!

I am currently Head of Debt Management for the largest Ministry in New Zealand. This is a hugely challenging and demanding role which I thrive in.

Before this, I taught for 17 years, as a Primary school teacher which included being a Team Leader.

Following this I was promoted to Assistant Principal and then Acting Deputy Principal. During this time our School won not only the "Best Primary School in New Zealand" award but also the "Best School in New Zealand" award. This

was due to a programme that I was in charge of, a programme where no child or parent was left out of any assistance due to financial hardship.

I take this belief of social responsibility to my role as President of the Wellington Ostomates Association and wish to further this for all that we, as a Federation serve.

I have served on many organisations over the years. These experiences have given me a solid set of skills to negotiate different meetings with regard to what can be achieved through their operating environments.

I believe that we are never remembered for what we have done for ourselves but what we have done for others. Four years ago, I was at a wedding of a dear friend and had to give the first speech (Boy, was I on my best behaviour!!). After my speech the entrees were brought out by the staff and I was shocked when the waitress serving me said "I thought it was you Mr Hamlin!". My face dropped and she continued "Do you not remember me? It is Anna-May!" I had to think back 19 years to when I taught her as a 5 year old. We chatted away and I found out that she never forgot that I had always treated her with respect and kindness when she found learning so very hard. She was so proud to tell me she still remembered all the songs we sang in class and still had the reading books which I had hand made for her from the songs.

It is so important for all of us to remember that acts of kindness are remembered for a lifetime.

I look forward to helping all that reach out to us for help and support.



Brent Hamlin

It's All About You!

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.



Share your story

www.OmnigonConnect.com.au

A LIFE SAVER FOR ME WHILE TRAVELLING

Those of us who travel with a colostomy or an ileostomy will at times face some difficulties which we will overcome with initiative and determination. We also discover different ways of coping when meeting and talking to fellow ostomates, or those involved in associated medical professions or advisory bodies. I think that it is important to share that information amongst the ostomy whanau.

While visiting my daughter in Alaska in 2019 I continued to irrigate as per normal, only changing to the open bag system when I was out in the wilds doing the sorts of outdoor things that we do in Alaska. My daughter is a nurse in Anchorage's Alaska Native Medical Centre and is of course familiar with ostomies and caring for those who need assistance. I was very surprised to hear that no one irrigates in Alaska, even in the cities. (Yes, they have cities in Alaska!)

Ostomates use the open bag method, but with an intriguing addition to the process. Nearly everyone in that part of the world, my daughter assured me, uses a handy "squeezy" bottle with warm soapy water that is inserted into the bag and washes out the bag after use, making it fresher, and also boosting the user's confidence in the status of the bag.

If there are readers who use the "squeezy bottle" method, or there are those who would care to try this it would be very interesting to hear and share your thoughts and experiences.

I have provided a photograph of a suitable plastic bottle, which is about the size of a small tomato sauce bottle.

Happy trails!!

Sally Brown,

Geraldine.



OSTOMY



NEW ZEALAND

NATIONAL RECOGNITION AWARDS

Recognizing and rewarding outstanding contributions to the welfare of Ostomates

The **JOHN O'NEILL RECOGNITION AWARD** - given in recognition of exceptional service to Ostomates at the local and/or national level. Only Ostomates are eligible. The recipient will have given exemplary and outstanding service to the ostomy community and been instrumental in the advancement of the physical and social well-being of Ostomates in New Zealand. It may also be awarded for outstanding involvement in the International ostomy community over many years.

THE RUTH WEDLAKE AWARD FOR SERVICES TO OSTOMATES - has been established to recognise outstanding service and performance by non Ostomates, particularly medical professionals such as surgeons, and nursing staff in advancing the quality of life of Ostomates.

These awards are merit based, recognizing exceptional service to Ostomates and will be administered by an Awards Committee. They are not rewards for appointment or tenure of office but a form of recognition. These bi-annual Awards will only be awarded as warranted and not necessarily on a bi annual or regular basis. Both Awards will take the form of an engraved ornament with recipients being announced, and presentations made, by the President at the Ostomy New Zealand Conference Saturday night dinner or the Annual General Meeting following selection.

NOMINATIONS - Nominations may be received from any Member Society or the Executive of Ostomy New Zealand and must be submitted on the prescribed form obtainable from the Secretary of Ostomy New Zealand and endorsed by the President of the nominating society. The Nomination should provide detailed supporting history of the nominee with reasons why the Nominating Society believes the nominee should receive an award. The Awards Committee will consider the nomination, and if it is endorsed, will forward it with accompanying recommendations, to the Ostomy New Zealand President for final decision to confer or deny the award.

Nominations will close with the Secretary Ostomy New Zealand on 18th June 2021.

A VERY WORTHY RECIPIENT

Otago Ostomy Society Inc – Award Nomination

Recognition Awards – John O’Neill Award

Nominee – Mrs Robyn Tourell – Life Member Otago

Robyn joined Otago Ostomy Society in 1985 after surgery.

Robyn joined our committee at the AGM in 1986. After a short time Robin was elected to become our new Secretary of the Otago group.

Soon after this Otago hosted a NZ Conference in Dunedin, Robyn was a member of this conference committee. Robyn was elected Otago delegate to the next Federation Conference and from this was elected Secretary of the Federation of NZ Ostomy Societies. This position she held for many years.

During this time she was on the Otago committee. Robyn helped and organised the first Young Ostomates camp at Tautuku and a second Young Ostomates camp at Waitati. These camps were very successful.

Robyn went to an IOA Conference representing NZ in South America.

Robyn was responsible for the organising and raising finance for the last FNZOS Conference in Dunedin, she took over this position on the death of Barry Mayfield.

Robyn resigned as Secretary of the FNZOS.

Robyn was given a Life membership for 30 years of exceptional service to Otago, FNZOS and ostomates in general. Robyn is still a very active member of Otago and is helping Invercargill to sort things out and keep an Ostomy interest.

I would like to add to this testimony that Robyn was the main driving force behind getting the Southland Ostomy Society up and running again by having outreach meetings in Invercargill and also another meeting arranged for September 2020 in Gore or Invercargill with great credit to her.

We would also like to point out, as you already know that she was willing to take on the position of Secretary for FNZOS for another year.

We as a Society have no reservations in recommending Robyn for the John O’Neill Award.

Robyn is a hardworking diligent person and does all things well. Robyn took over the treasurer of Otago on the death of Heather Keen. Robyn does a lot of work for Ostomy above and beyond the commitments of whatever office she holds, from visiting ostomates, helping them with their problems and working for the benefits of ostomates.

A VERY WORTHY RECIPIENT

Robyn is a regular attender at Conferences and from discussions the members of the FNZOS call on her knowledge and experience.

I and Otago feel that Robyn Tourell is a suitable nominee for this award having given 35 years of devoted service.

I remain

Signed: G D Murphy Date: 08.07 2020

Past President - Life Member Otago Ostomy Society.

Signed: P K Elliot Date: 09.07.2020

President - Otago Ostomy Society

Signed: F Meehan Date: 09.07.2020

Secretary - Otago Ostomy Society



Ostomy NZ President Jill Newton presenting the Award.

FACEBOOK PAGE



A Facebook Group for NZ Ostomates

If you want some online company where you can discuss some of the finer points of having an ostomy, or just to share experiences, you might like to join the closed Facebook Group set up specifically for ostomates in NZ:

OstoMATESNZ: <https://www.facebook.com/groups/237390785093/>:

FACEBOOK RULES

- **Be Kind & Courteous** – We're all in this together to create a welcoming environment. Let's treat everyone with respect. Healthy debates arte natural but kindness is required.
- **Respect Everyone's Privacy** – Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.
- **No Hate Speech or Bullying** – Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will to be tolerated.
- **Photos** – Photos of your stoma or area around your stoma need to be in the comments if it is going to be showing content of what is in your pouch or what the stoma looks like.
- **Private Message** – Please do not private message new members unless you know them personally, this is an overwhelming time for some people and this is a place to share openly and not overwhelm each other.

Coeliac & Ostomy Friendly Macadamia and Ginger Cookies

1 ½ Cups macadamia nuts processed until smooth & buttery

1 Cup Castor Sugar

1 Egg beaten

125g finely chopped crystallized ginger

Handful of finely chopped macadamia nuts for decoration

Mix all ingredients together and place small mounds on a greased baking trays.

Flatten slightly and scatter chopped nuts on top. Bake 15 minutes at 170 degrees or until they are lightly browned. Leave on tray to cool and store in airtight container.

HELPFUL COLOSTOMY HINTS

Source: <https://omnigonconnect.com.au/advice/colostomy-helpful-hints/>

- Your colostomy is not sterile or infectious, normal hand washing hygiene is all that is required after emptying or changing your pouch. There is no need to use gloves or disinfectant.
- You may notice a little blood on the toilet paper when cleaning your colostomy – this is normal.
- Always ensure that you have a minimum of two weeks supply of your colostomy products. If your stock is running low and a delivery is not due, please contact your STN.
- Store your colostomy products in a cool, dry place. If you become over stocked with supplies, please contact your STN who will place a hold on deliveries.
- In case of an unexpected leak always carry a spare pre-cut pouch in a disposable rubbish bag with you.
- If you visit a hospital out patient's department or are admitted to hospital you MUST bring your colostomy supplies with you. The department that you are visiting may not be able to supply your individual product.
- You can shower or bath with your pouch off or on. There is no guarantee that your stoma will not work while you are bathing. Once you are recovered from your surgery your colostomy may establish a regular pattern of evacuation. Bathing can be worked around this pattern.
- You may need to shave around the stoma to improve the adhesion of your pouch. To protect your stoma from injury when shaving cover it with the inner cardboard tube from a toilet roll.
- In New Zealand, your initial community support will be from the District Nurse team who will be responsible for any wound care and with assisting you to become competent at colostomy care.
- Support needed after discharge from hospital will be discussed while you are in hospital. Community nursing services may be arranged if this is required. You can make contact with your STN if you have specific stoma related issues.

GIVE-A-LITTLE – RONALDO LORA

Help Get Ronaldo a New Wheelchair

Hi Everyone,

I have created a Give a Little Page in order to raise funds for our friend Ronaldo Lora who lives in the Philippines and as you can see from the post below, which is on the page, that he is not in anywhere as good a position as most of us are. The link to the page is below and if anyone feels that they can contribute no matter how large or small please go to the page listed.

<https://givealittle.co.nz/cause/help-get-ronaldo-a-new-wheelchair>

I am wanting to raise fund for a new wheelchair for a friend in the Philippines named Ronaldo Lora. Ronaldo is a young man who was injured in a motorcycle accident when he was much younger and is confined to a wheelchair and then due to medical misadventure has also ended up as an Ileostomate which means that he has to wear an external bag to collect body waste. Ronaldo and his wife are both very gentle people who do a lot to assist others in their country who suffer as Ostomates and never complain no matter how bad the circumstances. He often has to go into hospital for leg massage and for spinal ulcers relating to having to sit in a wheelchair for long hours and the costs are all born by him, including the costs now of the PPE gear that the nurses have to wear due to Covid. As he is only on an invalids benefit and his wife is in a low paying job this makes his situation extremely difficult. He is in desperate need of a new wheel chair as the one that he has suffers constantly from breakages and is very old. I assist him by sending spare Ostomy appliances when I am able but a new chair plus the cost of sending it is outside of my abilities so I am asking anyone who will help to chip in what they can to assist this project.



Richard McNair

LOOK AFTER YOURSELF

I've just reviewed my Fit Tips folder and there are 50 articles in it. I consider that a nice round number at which to retire my literary opinions on personal health and fitness!

So if this is my last ramble, what is the most important concept that I would leave you with? I think it is this...**Look after yourself!**

There is no other more important lifelong project to take on than taking your own health and wellbeing into your own hands. If you haven't made your best effort so far then begin NOW - if you are well in control then congratulations! For most of us, this is a constant work in progress. As we age and our bodies undertake their natural process of change, we are challenged to change our attitudes and approaches so we can continue to do what we love for as long as we possibly can.

One of my underlying philosophies is 'balance in all things'. That means, I don't subscribe to the deprivation theory but strive to maintain a healthy attitude to the things I love. Things which may not be so good for me in large quantities (gin/wine/chocolate desserts/movie watching/late nights), are just fine in small doses. So it's not about giving up what you love but ensuring it doesn't become your everyday 'norm'.

I aim to ensure I do most things on most days that will help me to maintain my best health status and allow me, at 62 years of age, to continue teaching gym classes 5 days a week. For me that has meant a progressive shift away from the high intensity, high impact activities and gym classes that have been my trademark for 40 years.

I now need more controlled weight based activities to maintain bone and muscle strength and yoga based workouts to ensure I remain supple and centred.

Consider for yourself, what hobbies or activities contribute to your happiness and health and what small changes you may need to make in order to ensure they either re-enter or remain in your life for as long as possible.

I also believe in the power of small steps. We can all do something, and something is always better than nothing. So no matter how small the change, if it's a positive move, then it's an important one. If you stumble a bit along the way, don't despair, just get up and keep on. It's all a part of the process, we are after all, just perfectly imperfect human beings.

As the saying goes, personal fitness is the best life insurance you can buy!

Good Luck with your life's work.

Lee King

24 years Colostomate, 40 years Group Fitness Trainer

CHARTER OF OSTOMATES RIGHTS



This Charter of Ostomates Rights presents the special needs of this particular group and the care they require. They have to receive the information and care which will enable them to live a self-determined and independent life and to participate in all decision-making processes.

It is the declared objective of the International Ostomy Association that this CHARTER shall be realised in all Countries of the World.

The Ostomate shall:

- Receive pre-operative counselling to ensure that they are fully aware of the benefits of the operation and the essential facts about living with a stoma.
- Have a well-constructed stoma placed at an appropriate site, and with full and proper consideration to the comfort of the patient.
- Receive experienced and professional medical support, stoma nursing care and psychosocial support in the pre-operative and post-operative period both in hospital and in their community.
- Receive support and information for the benefit of the family, personal carers and friends to increase their understanding of the condition and adjustments, which are necessary for achieving a satisfactory standard of life with a stoma.
- Receive full and impartial information about all relevant supplies and products available in their country.
- Have unrestricted access to a variety of affordable ostomy products.
- Be given information about their National Ostomy Association and the services and support which can be provided.
- Be protected against all forms of discrimination.



OSTOMY



NEW ZEALAND

RESPONSIBILITIES OF OSTOMATES

To use the appliance agreed between the Ostomate and the Stomal Therapist. This need not rule our trials of new appliances supplied by an Appliance Distributor or manufacturer to either the Stomal Therapist or Ostomate.

- To use appropriate Ostomy equipment in an efficient and effective manner.
- To work in conjunction with health careers to maintain a standard of health and hygiene which is appropriate to the Ostomate situation.
- In the event of an Ostomate developing problems to consult the Stomal Therapist without undue delay.
- To return to Stomal Therapist any faulty appliances complete with packaging.
- To maintain a reasonable supply of appliances, stored in the recommended manner. Use oldest appliances first.
- When using public/shared facilities to dispose of the contents of appliances in a manner that is hygienic, appropriate and acceptable to family and general public at large.
- To dispose of used appliances in a manner acceptable to family, neighbours and Local Authority.
- When appliances are no longer required they should be returned to the Stomal Therapist promptly.
- When a dispute or difficulty occurs that normal Crown Health Enterprises complaint procedure be followed.
- All Ostomates are encouraged to join their Local Ostomy Society.

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 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 301922, Albany, Auckland, NZ 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 cecelia.chote@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.Cavilon.co.nz

www.bellybandz.nz

www.nutritionforostomates.com.au

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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.

Trust Fund – The Treasurer, Brent Hamlin, 68 Tutaipatu Avenue Pegasus, Canterbury.

0275 612 704

Email: treasurer@ostomy.org.nz

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

Kindly forward receipt to:

Mr, Mrs, Miss, Ms

MEMBERSHIP/SUBSCRIPTIONS FOR THE 2021/2022 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 40 to 41, 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

.....

.....

.....

Name:

Address:

Signature:

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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: Sarah Craven-Jones, District Nursing Services, Garaway Street, Whakatane

GISBORNE/EAST COAST:

Kate Petro, Anna Veitch, Belinda O'Hara
Email: Ostomy.ContinenceTeam@tdh.org.nz

HAWKE'S BAY OSTOMY SUPPORT GROUP INC.:

All correspondence to Esme Chatterton, hbosgi@gmail.com

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: hbosgi@gmail.com

MANAWATU:

President: TBA
Secretary: Judith Collett 662 Pahiatua Aokautere Rd, RD1, Palmerston North 4471 021 172 0560
Treasurer: Val Rodgers, 9 Hoggs Road, RD 20, Levin, 5570 06 3626776
Email: judithcollett77@gmail.com

MARLBOROUGH:

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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: Ian Pasley, 11 A Princes Street, Whangarei 09 974-8911
Secretary/Treasurer: Jac Cleary, Apt 251, 262 Fairway Drive, Kamo, Whangarei 0112 09 435-2035
Email: clearyjack62@gmail.com

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@clear.net.nz
 Treasurer: Mrs Robyn Tourell, 98 Highcliff Road, Dunedin 9013 03 454 5330

SOUTH CANTERBURY:

President: Lee King, 15 Totara Place, Timaru. 027 459 4655
 Email: leeking39@gmail.com
 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
 Email: janoiam1st@gmail.com
 Treasurer: Michael Sumner, 58 Cemetery Road, Hamilton 3289 07 829 3446 021 245 5064

WAIKATO ASSOCIATION:

Secretary: Edith Castle, 6b Taft Place, Carterton 06 379 9256
 Treasurer: Yvonne Etherington, 43 Solway Crescent, Masterton 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: brenthamlin02@gmail.com
 President: Brent Hamlin, 68 Tutaipatu Avenue Pegasus 0275 612 704
 Secretary/Treasurer: David Barnes 027 472 5148

WESTERN BAY OF PLENTY / ROTORUA:

President: Dian Cheyne, 860B Pyes Pa Road, Tauranga 3173 07 543 0598
 Secretary: Richard McNair, 75a Dunlop Road, Te Puke, 3119 07 5737443
 Treasurer: Cindy Hill-Rennie 021 0863 6369
 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

EXECUTIVE MEMBERS



(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 KALLIA PATCHING
33 Blakeborough Drive, Forest Hill, Auckland
Phone: 0275 575 122
Email: kalliapatching2@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 BRENT HAMLIN
68 Tutaipatu Avenue, Pegasus, Canterbury.
Phone: 0275 612 704
Email: brenthamlin02@gmail.com

COMMITTEE JAN HAINES
28 Kahikatea Grove, Newlands, Wellington 6037
Phone: 04 9729684 Cell: 0276850678
Email: janhaines4@gmail.com

GRAEME HAMILTON
PO Box 4127, Highfield, Timaru 7942.
Phone 021 210 3404
Email Hamilton.Graeme@extra.co.nz

YOUTH COORDINATOR KALLIA PATCHING
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