

ISSUE. 118

THE JOURNAL OF

SEPT 2021

OSTOMY

NEW ZEALAND



ORGANIZING COMMITTEE OF CONFERENCE 2021
HELD IN HAVELOCK NORTH

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WOMAN

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1. Maria Teresa Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V.Cabral, MS, FNP-BC, CWOCN-AP; and Karin Holzel-Priontek, RN; The Effects of Using a Mouldable Skin Barrier on Peristomal Skin Condition in Persons with an Ostomy: Results of a Prospective, Observational, Multinational Study, *Ostomy Wound Management* 2014;60(12):16–26.

2. Consumer sampling survey, N=61, ConvaTec Inc, February 2021, data on file.



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Peter Ide - Gillian Murray - Hugh Thornton - Harry
Marett - Darryl Hook (rear) - Marice Campbell - Paul
Lister - Seated: Sue Clements - Esmene Chatterton.
Inset - Hazel Knight

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N.Z. OSTOMATE MAGAZINE

THE JOURNAL OF OSTOMY NEW ZEALAND

CONTENTS

Outgoing President/Editor Report	4
Are you Eating Mindfully	6
Are You Aware that ALL Info is FREE	10
Potassium – an Important Mineral	12
2023 ASPOA Congress & ONZ Conference	14
A Changed Women	16
Basics of Good Skin Care	18
Ballybanz	19
Sue's Experience on Conference Committee	20
2021 Conference Report	24
Camp Purple	28
The Ostomate as a Total Person.	31
Helpful Hints Following Surgery	32
Controlling Odour	33
Reasons for Skin Breakdown	34
Fungal Rashes	35
Hints & Tips From Here & There	36
New Years Resolutions for Ostomates	37
Useful Links	38
NZ Ostomate Trust Fund/	
Membership Subscriptions	39
Society Contacts	40
Ostomy New Zealand Executive Member Contacts	42

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.

OUTGOING PRESIDENTS/EDITORS REPORT

Hello Fellow Ostomates & Friends,

The past year has been one of change and challenges for us all and I really appreciate the way all societies have done their very best to support ostomates in their areas and help make life as easy as possible.

My ostomy journey began in early 1970 following my Urostomy surgery and I have enjoyed an interesting and rewarding involvement with Ostomy New Zealand in a variety of ways. I have attended all but five conferences in that time.



Having held various positions over those years including Chairperson of the Ashburton Branch, a position I held for almost 21 years having previously served as both Secretary and Treasurer and also held the position of Secretary of the South Canterbury Branch for 18 years and have been part of the organizing committee for Ostomy New Zealand Conferences and AGMs held in both Ashburton and Timaru.

I have been a member of the National Executive of Ostomy New Zealand for the past 18 years. During this time I have organized two reprints of the Ostomy New Zealand information booklet "Living with Your Ostomy" and the production of a "Carers Booklet" for rest home staff, carers and family members, all of which are available FREE to societies and members at any time. I have been involved in fundraising projects and helped with the running of two very successful camps in the Otago region for young ostomates between the ages of 11 and 20 years.

Major highlights in that time include being a finalist in The Great Comebacks Awards in Australia in April 2017, having the opportunity to attend meetings of the ASPOA in Australia, Frankfurt and Korea, being invited to join the Executive committee of the ASPOA in 2020 and being the recipient of the John O'Neill Award at the recently held Ostomy New Zealand conference held in Havelock North.

Membership in some areas has declined but I am confident that given time and the excellent work being done by our Youth Coordinator Kallia this trend can be overcome. Ostomy groups across New Zealand are made up of Ostomates of all ages and stages of life who understand what you are going through and have experienced your fears and concerns. We want to help you understand that life with an ostomy does go on, is full and satisfying and in many cases, need not restrict your daily activities. We offer you an empathetic ear, a friendly smile and living proof that an ostomy operation may just be a new beginning for you and not an end.

My heartfelt thanks must especially go to Robyn Tourell and Kallia Patching who have gone well beyond the call of duty by picking up extra work over the past

month and to other members of the Executive Jan Haines, Graeme Hamilton and Brent Hamlin for their work and support over the past 12 months.

Ostomy New Zealand Patron Graeme Roadley has been an outstanding support to me over the past few years and I thank him for this.

Members of the executive are all only a phone call away and are happy to be contacted at any time should you have any queries or concerns. Details of these members can be found on page 42 of this magazine.

I accepted the challenge as Editor of the NZ Ostomate magazine in 2003 and have continued to look forward with enthusiasm to producing each issue however due to changed circumstances the August 2021 issue will be my final magazine and it is my hope that whoever takes on this challenge from here on in gets the same enjoyment as I have in researching and producing the magazine.

I would like to thank all supply companies who continue to support the magazine with regular advertising. Without the support of these companies the magazine would certainly not be able to be produced. However, the cost of producing the magazine is quite high and we have been very fortunate to have only had one price increase in 12 years so if you know of a business or company who would be willing to sponsor the printing of an issue once a year, please contact one of the members of the executive who can discuss this further with you.

Please remember that the magazine belongs to you and needs to include stories and articles of interest to you all so please continue to contribute articles, personal stories and Society happenings for inclusion in future copies. Details of the new Editor will be made available through correspondence from Ostomy New Zealand Secretary Robyn Tourell.

In closing I wish you all good health and happy reading.

Jill Newton

Outgoing President/Magazine Editor

I wish to thank Jill Newton, Editor of NZ Ostomy Magazine for her years of professional service. She has gone beyond what is expected and given that thoughtful and personal elusive special something that we all respect and aim for. I wish you the very best Jill and hope for a successful and speedy recovery.

Suzanne O’Kell, Founder Bellybandz

AS AN OSTOMATE, ARE YOU EATING MINDFULLY?



There are many factors to consider when you are an ostomate that can contribute to your sense of wellbeing. Being confident in managing your stoma on a daily basis, using an appliance that suits your lifestyle and activities, and keeping on top of your emotional state are several components of a successful life after stomal surgery.

As an ostomate, the manner in which you eat your food may also be a good area to examine, as it can have a significant impact on how well and how extensively you absorb and utilise the nutrients in the foods being consumed. This in turn can have a significant impact on your health and the level of ease and comfort you enjoy with your stoma.

The topic of eating style is a common one during my nutritional consultations with ostomates, as it has a significant bearing on the health and wellbeing of the individual. If you have been reading the articles published in the Ostomy Australia Journal over the years or have attended a nutritional presentation that I have given, you will know that my mantra to ostomates is to ALWAYS CHEW FOOD REALLY WELL (*I am using capital letters here to emphasise the importance of this statement and how strongly I feel about it!*) The reason I focus on this so frequently and emphatically with ostomates is mainly to reduce the likelihood of a blockage. However the benefits of chewing food for ostomates can extend far beyond this.

There's no denying that compared to times gone by, life is much more fast-paced in today's society. Everyone rushes here and there whilst juggling many things at once with minimal rest and relaxation. There is very little time to stop and smell the roses! As part of this fast-paced lifestyle, meals are often quick, rushed affairs or food is grabbed whilst on the run. In the city I often see people walking and eating at the same time, not even allowing themselves the luxury of sitting down to consume their food.

Unfortunately this way of living is not good for health or for digestion, and is especially detrimental to ostomates.

Many ostomates experience dietary restriction or reduced food intake, and so it is important to maximise absorption of the nutrients in foods that are able to be consumed for greatest benefit. Digestion starts well before food reaches the stomach, and there are many lifestyle strategies that can support and even enhance the digestive process, which will enhance nutrient absorption and overall health. This includes mindful eating.

AS AN OSTOMATE, ARE YOU EATING MINDFULLY?

What is mindful eating?

Mindful eating is the process of slowing down when eating and chewing food really well whilst being focused and attentive to the food being consumed.

It has many benefits and advantages for the human body in general and ostomates in particular. Mindful eating starts before any food is consumed. It starts with food selection and preparation. It starts by engaging all the senses in the process of chopping, cooking and serving food. It includes setting a nice table for dinner, so food can be enjoyed in a pleasant environment.

Mindful eating involves turning off the TV, mobile phone and any plug-in devices and removing all distractions from the enjoyment of eating. It also involves being aware of your emotions, and not eating when you are stressed, angry, distracted or worried. Mindful eating brings awareness into the present moment and focusses attention on the food on the plate, and it encourages appreciation of the food about to be consumed.

Once the meal is commenced, mindful eating is deliberately paying attention to the food you are eating. It brings focus to the food in your mouth so that you taste it more fully, enjoy it more thoroughly and benefit from its ingestion for a longer period. Mindful eating is putting down your knife and fork for a minute during the meal, taking time to chew each mouthful and experience the tastes and sensations that are evoked. It engages all the senses so the meal can be enjoyed unconditionally. Mindful eating includes breathing and relaxing during the meal so that digestion is able to occur more completely. Mindful eating brings extra seasoning to a meal that is not available in a bottle or a jar!

How do you eat mindfully?

Mindful eating is more about the manner in which you eat rather than the food you are eating.

It is about removing distractions and focusing more fully on the single task of consuming food. Eating slowly and mindfully brings you more in touch with the process, so you are more in tune with what your body is experiencing and desiring.

My top tips for mindful eating are:

- Select food that is fresh, nourishing, appealing and appropriate for your stoma.
- Prepare the food attentively and lovingly
- Set the dinner table with nice cutlery and crockery
- Turn off any devices that will create distraction during the meal
- Play some pleasant background music that will enhance the enjoyment of the meal

AS AN OSTOMATE, ARE YOU EATING MINDFULLY?

- Once food is on the table, take a minute to pause and reflect on the beauty and abundance in front of you and give thanks if you feel it is appropriate
- Look at the colours and smell the aromas of the food on your plate
- Eat slowly and chew every mouthful fully, enjoying the tastes and sensations in your mouth
- Put down your knife and fork and pause every now and then so that you can breathe and relax during the meal
- Only eat as much as you desire, and stop eating when you feel full.

It takes time for the brain to catch up with the body and register the fact that you have eaten, so mindful eating can have benefits beyond just a more relaxed meal environment.

What are the benefits of mindful eating?

For people with an ileostomy or colostomy, mindful eating can certainly reduce the likelihood or risk of a blockage, but all ostomates can benefit from mindful eating.

Many ostomates experience compromised digestive function due to the surgical process, which reduces nutrient absorption. Mindful eating enables the digestive 'juices' to flow more freely before and during a meal, which facilitates more complete digestion of individual nutrients in food. This can help to support and enhance digestion so that some of that function is regained. This can lead to greater health and therefore benefit from the food being consumed.

Enjoyment of food is also increased, as you have a direct experience of eating a meal that lingers in your mind and body and increases your feelings of appreciation and satisfaction. This can help with achieving or maintaining appropriate weight levels. If lack of appetite and weight are a concern since stomal surgery, mindful eating can stimulate the senses which in turn can stimulate appetite. Visually focussing on food whilst preparing and eating it may encourage saliva to flow in the mouth, which may increase hunger signals and appetite.

On the other hand, if excess weight is an issue that is causing problems with your stoma, then mindful eating can help by reducing the amount of food being consumed. Drenching the senses with the sight, smell, aroma and taste of food registers more completely in the brain that food is being consumed, which satisfies the body more fully. Many people who wish to reduce their weight are often hesitant to engage more completely with food as they feel it will increase their total food consumption. However, the opposite tends to be true.

Eating mindfully results in greater enjoyment and satisfaction from a smaller quantity of food so that, over time, a more appropriate amount of food for the body's needs and type is consumed.

AS AN OSTOMATE, ARE YOU EATING MINDFULLY?

Mindful eating is more about how you eat than what you eat. It is about savouring food so that your mind and body can benefit. So take time with your meals. Set up an environment in which there is no rush. Engage your senses and enjoy the luxury of tasting your food fully and completely. Your body and your stoma may benefit in ways you did not expect.

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



Hints from New Zealand's First Stomaltherapist Ruth Wedlake

- *Don't be afraid to take a bath or shower without your appliance*
- *Don't be afraid of new foods but do be cautious initially of nuts & dried fruits.*
- *Don't 'get caught short on ostomy supplies.*
- *Don't hesitate to call your doctor of stomaltherapist if in doubt about anything.*
- *Don't be afraid of the word pregnancy – lots of female ostomates have had children.*
- *Don't let your ostomy rule you.*

ARE YOU AWARE THAT ALL INFO IS FREE

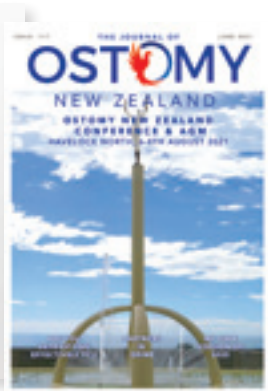
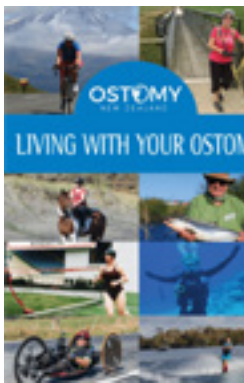
DID YOU KNOW THAT ALL OSTOMATES IN NEW ZEALAND

REGARDLESS OF MEMBERSHIP STATUS ARE ENTITLED TO AND SHOULD RECEIVE AT NO COST THE MOST SUITABLE APPLIANCES FOR THEIR INDIVIDUAL NEEDS ALONG WITH A FREE COPY OF THE NZ OSTOMATE MAGAZINE?

For a nominal membership fee with a \$5 capitation fee going to Ostomy New Zealand to help give a National voice to advocate for cost free supplies for the ostomates in New Zealand we can offer:

- Support group meetings throughout the year and an opportunity to meet with representatives from the appliance companies.
- A friendly smile from someone who knows how you are feeling and one on one support as needed.
- Regular newsletters and FREE copies of: -
- "NZ Ostomate Magazine" – an information booklet with a variety of stories, hints and tips and information from supply companies produced 3 times each year and circulated to every Ostomate in New Zealand.
- "Living with Your Ostomy" booklet - an information booklet that explains your operation in simple language.
- "Caring for Ostomates" booklet – a practical guide for carers and Ostomates.
- Various information booklets produced by supply companies specific to your type of ostomy.

**DETAILS OF ALL GROUPS CAN BE FOUND ON
PAGES 40 & 41 OF THIS MAGAZINE.**



“After using Brava® Protective Seal, I have not experienced any leakage - everything is more secure.”

Sean, 52

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Proven to significantly reduce leakage compared to other seals on the market¹

Brava Protective Seal delivers a **50% reduction in leakage** under the seal after 24 hours¹

A better fit means greater confidence

Creating a tight seal between your stoma and baseplate is key to preventing leakage and protecting against skin issues. Brava Protective Seal moulds into skin dips, creases and folds to improve appliance fit by sealing the gap between your stoma and baseplate, for a more secure fit. Brava Protective Seal is easy to shape, stays firmly in place, comes easily and cleanly away, leaving minimal residue behind.

As stomas and bodies come in various shapes and sizes, we've added two extra-wide seal sizes to the range. An extra-wide seal may be a good fit if:

- you have an irregular stoma shape
- your baseplate adhesive breaks down
- you require a greater area of coverage
- your surrounding skin area is moist
- your surrounding skin area has scarring or deep creases and folds



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1. TM7064 Leakage test. Coloplast. Data on file. Data from 2019. VV-0283280

POTASSIUM IS ALSO AN IMPORTANT MINERAL

Eating foods like apricots, bananas, kidney beans, pears, potatoes, oranges, spinach and tomatoes every day not only add flavour, fibre and fluid to your diet, they may also help add up to longer life. The good news is that you can replenish your sodium and potassium levels by eating certain foods. Canned soups, broth, canned tuna and salmon, V8 juice, and low-sugar sports drinks are good ways to replenish your sodium levels. You can also up your potassium intake with bananas, avocados, orange juice, milk, and nut butters. These foods are excellent sources of potassium, a mineral that has been linked to decreasing blood pressure and helping decrease the possibility of having a stroke.

According to medical research, people who eat a diet rich in potassium were the least likely to suffer a stroke. In addition, those whose doctors prescribed a potassium supplement along with a diuretic to treat hypertension were at a significantly reduced risk for a stroke.

If you are not taking a diuretic, you should not take a potassium supplement because you can get a toxic dose of the mineral. But if you do take a diuretic for hypertension (*high blood pressure*), that is potassium wasting, talk to your doctor about a prescription for potassium.

Adding fruits and vegetables to your diet is always a safe way to increase your intake of vital nutrients that can help you protect your health. Avoiding a stroke is just one more reason to increase your intake of these power packed foods.

If your output is high, you could run the risk of losing sodium and potassium, two important electrolytes. Signs of low sodium levels include cramps, drowsiness, feeling faint, feeling cold in the arms and legs, and a loss of appetite. Low potassium levels, on the other hand, can show up as fatigue, feeling gassy or bloated, muscle weakness, shortness of breath, or reduced sensation in the arms and legs. However, if you are on a low-sodium diet because of other health conditions, consult your doctor before adding additional sodium into your regimen.

Dehydration and electrolyte imbalance can also be a problem especially for ileostomates. A certain amount of water is required for the body to function properly, and electrolytes or minerals like sodium, calcium, potassium, and magnesium that are found in our blood, urine, and tissues — help to regulate the amount of water in the body. Watch for the following symptoms - Dark or decreased urine, dry mouth, excessive thirst, muscle or stomach cramps, feeling lightheaded, diarrhoea or increased stoma output or fatigue.

Note: *If you have kidney disease, check with your doctor before increasing your potassium intake.*

Want help to minimise leakage and create a custom fit?



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Adapt CeraRing™ Barrier Rings

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Code	Product Description	Box QTY
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8815	Slim thickness – 2.3mm	10
Adapt CeraRing – Round Convex Rings		
89520	20 mm – can be stretched to 25 mm	10
89530	30 mm – can be stretched to 35 mm	10
89540	40 mm – can be stretched to 45 mm	10
Adapt CeraRing – Oval Convex Rings		
89601	22 x 38 mm	10
89602	30 x 48 mm	10
89603	38 x 56 mm	10

- **Fill dips and creases** around your stoma, for a smooth surface to improve barrier fit
- Create the **added depth** you need around your stoma
- Create a **secure seal** to minimise leakage



Oval Convex Ring



Round Convex Ring



Flat Ring

2023 ASPOA CONGRESS & ONZ CONFERENCE



2023 Ostomy New Zealand Asia and South Pacific Ostomy Association Congress Rotorua New Zealand

As the coordinator of the 2023 Ostomy NZ and Asia & South Pacific Ostomy Association combined congress which is being held in Rotorua from the 7th to the 10th of September 2023 I would like to get expressions of interest from Ostomates and caregivers along with any other interested people anywhere in NZ and as such I am starting a database of people who would be interested and in due course will be sending out information on the event.

Anyone who wishes to be added to the database please advise Richard McNair, richardmcnair02@gmail.com, of their name, email, cell phone or address.

Regards,
Richard McNair

“I didn’t know it would be so big”

This is the number one comment we hear from people who have developed a parastomal hernia.



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A CHANGED WOMAN

Gosney a changed woman after fitness classes - Copied with permission of Ashburton Guardian 5th March 2021



The health and well-being of a Mid Canterbury woman has been transformed after reaching out to a Sport Canterbury staffer.

Now Teresa Gosney is wanting others who have faced similar struggles to take heed of the possibilities. "I am absolutely thrilled with how my life has changed," she said.

Crippled by anxiety and other medical conditions, the day-to-day routine had not been easy for Gosney.

As a result, she previously struggled to venture out into the world, often hiding behind her husband. Her doctor

subsequently referred her through to Sport Canterbury's Green Prescription service last June where she engaged with Mid Canterbury Healthy Lifestyle Advisor Aimee Cosgrove.

It was decided that Gosney try one of the Evolve group fitness classes at the EA Networks Centre. "Due to Teresa's severe anxiety I attended the first class with her," Cosgrove said.

She thoroughly enjoyed the class and her first major breakthrough was being able to attend the class alone the following week.

Since that first introduction, Gosney has been attending classes weekly with many people around her noting drastic changes, in both her physical and mental health since attending the class. Her husband, doctor and family have all observed her progress including improved relationships and increased confidence levels.

Gains have been made physically also. "I'm now doing things I never thought I would be able to do, if I can do it, anyone can," Gosney said. "I'm sharing my story because I want to help others who have struggled like I have."

Sport Canterbury said Gosney was a completely different woman. "She was never able to attend any groups; she is now able to go out and attend other groups without the need for a support person," Cosgrove said. "She has also become more active and is often out walking I am really proud of Teresa and how far she has come."

Teresa is a member of Ashburton Ostomy Society - Ed

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LOOK AT SOME OF THESE AMAZING PRODUCTS THAT ARE MADE RIGHT HERE IN NEW ZEALAND.

SUZANNE HAS AN AMAZING STORY FOR HOW SHE STARTED HER SMALL BUSINESS AND NOW SHE WANTS TO SHARE HER LOVE WITH ALL OTHER OSTOMATES IN NEW ZEALAND SO THEY CAN LIVE LIFE WITHOUT ALWAYS THINKING ABOUT THEIR OSTOMY OR A POSSIBLE LEAK

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LEARN SOME OF THE TOP TRICKS TO HELP HIDE YOUR OSTOMY POUCH SO YOU CAN FEEL CONFIDENT AND BE IN CONTROL EVERYDAY

Belly Bandz are designed to make you feel confident and in control. They are made from the best fabric which is comfortable and breathable. Every aspect has been considered when designing these that some ostomates just simply cant go a day without wearing them. It helps them live their life to the fullest as they feel secure and comfortable.

STOMA GUARDS are often talked about by those who play sport or those who need that extra bit of security for everyday purpose. Here is the perfect solution!

The newest product that Suzanne has designed and made due to her own experiences is the Moisture Control Filter. Now this is something A LOT of people WILL BE talking about because not only does it help absorb a possible leak, but it will also absorb ANY moisture and help protect your skin! Check them out by making contact with Suzanne as she would love to help you live your life freely and confidently!

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THE BASICS OF GOOD SKIN CARE

Caring for the skin around the stoma is an important part of basic ostomy care. Good skin care around the stoma (*the personal area*) is not very different from caring for the rest of your skin. Healthy skin protects us from the environment, produces vitamin D, provides a tough, flexible foundation to hold the rest of your body, regulates body temperature, insulates the body from cold and trauma, and provides an avenue for sensation and grip.

Normally the skin is acidic in pH, approximately 5.5. This natural acidity discourages bacterial growth, helps to absorb moisture, and keeps the cells closer together to prevent cracks in our protective layer.

As we age, the skin changes. It becomes thinner, making it more susceptible to injury and changing the way our body reacts to temperature, pain, pressure and chemicals. It becomes less flexible and often sags. It heals half as quickly as before and becomes drier with visible cracks which harbour bacterial growth. Good skin care can delay many of these natural aging processes and aid in keeping the skin healthy. The basics of good skin care include:

- 1. Clean the skin with a good cleanser** - Normal skin can handle this well, with the skin regaining its normal acidic pH within 20-30 minutes.
- 2. Frequent washing irritates skin** - Soap and a facecloth are the worst enemies of fragile and/or damaged skin. Washing with just plain water and gentle friction is all that is needed.
- 3. Air drying is beneficial if time permits.**
- 4. Apply moisturizer to skin** (*except under pouching adhesives*) after bathing to take advantage of open pores. Look for moisturizers that contain one or more of the following ingredients: liquid paraffin, lanolin, castor oil, cetostearyl alcohols (*To help soften the skin*).
- 5. Check the Ingredients in your skin care products and know what they are for** : Emollients soothe and soften the skin. Examples: almond oil, aloe vera & Antimicrobials eliminate microbes and reduce skin infections; kill normal skin flora as well as unwanted bacteria. The normal skin flora re-colonize. One to two hours after the use of an antimicrobial. Humectants prevent drying; soften and moisturize damaged skin by binding moisture to the skin.

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SUE'S EXPERIENCE ON CONFERENCE COMMITTEE

Hawke's Bay Ostomy Support Group member Sue Clements shares her experience being on the national conference organising committee and attending a conference for the first time:

Those blessed goodie bags! I am still agonising over them in my dreams!

How to go about filling these 100 bags with items of interest from Hawke's Bay was the big question facing the two of us appointed to this task, what was to become, a very time-consuming task.

Asking myself what places of interest would I like to visit/learn about if I were a visitor to this district, was a good place to start. The information centre was an obvious first choice and I got off to a good start with lots of information pamphlets and postcards.

My council contact (*I represent our stoma group on the Disability Reference Group*) proved a great source of ideas and came up with 100 each of three different items. But I soon discovered it was not so easy approaching business firms and others for freebies especially when requiring 100 of a single item. Some simply stared at me blank faced when I did the "what is an ostomate" spiel. They didn't have a clue what I was talking about.

Others said they would like to support us but were not in a financial position to do, mainly due to Covid. One firm, who said they had nothing to offer, were even very anti when I decided (*because it was a popular place for both locals and visitors*) to create my own publicity for them. It was all above board but still they said they would not give me permission to use it. I was stunned as had they had to pay for the publicity, it would have cost them hundreds of dollars. What an opportunity missed! Some saw the conference as an opportunity to get rid of their damaged or outdated products which we discreetly had to abandon. Then there were those sympathetic to our cause and who gave very generous donations.

One contact I approached who admitted knowing very little about ostomates, went onto the internet to learn more about us and afterwards told me she would be only too happy to support us. I thought that showed great initiative. She then set about hand making some of her healthy specialist soaps for us, all beautifully wrapped and presented.

With many of my contacts, I followed up a personal visit with emails outlining who we were, what the national conference was about and what we needed the goodies for.

However due to some slow email responses I had to re -email some folk three or four times to find out if they could support us or not, so I could report my progress back to our committee.

Securing items for our raffles and spot prizes proved much easier since people were more willing to donate one or two items instead of 100 of each which is understandable.

Between the two of us we contacted 50 businesses in Hastings and Havelock North

SUE'S EXPERIENCE ON CONFERENCE COMMITTEE

for goodie bag, raffle and spot prize items.

Among the goodie bag items donated to us were drink bottles, hand sanitizers, cans of fruit from our own Watties firm, notepads, pens, health cards, pamphlets about Hawke's Bay, postcards, lotto caps and mugs (*from our very own luckiest lotto shop in the land - Peter Dunkerley*), fridge magnets, honey farm information and discount voucher, fruit diffusers, food and other vouchers and the very well received chocolate brownies...100 made by a Havelock North cafe and individually wrapped. Whilst goodie bags have been a tradition at most national conferences, I think, due to difficult economic times (*which are likely to get worse*) we need to consider another option in the future. It's simply too much to ask a firm to donate 100 items of one product.

Helping to secure a guest speaker for the conference, happened by chance for me. I had read Christchurch mosque terrorist attack victim Farid Ahmed's book "Husna's Story and thought he would be a good inspirational speaker for our conference. So I sent him an email (*via the publisher*) and he wrote back to me saying he would be honoured to talk to us.

Likewise, I approached my own cancer surgeon to be one of the medical speakers. Sadly he had to pull out fairly late due to medical commitments, which unfortunately left us trying to replace him at the last minute.

Having a contact at the local newspaper proved valuable as I was able to approach her for publicity about the conference and our support group in general. I had no idea of the mammoth task they lay ahead of us when I joined the committee. There were simply so many items we had to organise between us. a venue, menus, accommodation, a programme, guest speakers, medical speakers, publicity, a band, finances, fundraising, flowers, notepaper and pens for the tables.....

Indeed we did share some laughs among us but there were disappointments too when things didn't work out as we had hoped.

Planning the conference certainly created a comradeship among us which I found very valuable. It was great learning from those who have organised and participated in conferences before. I certainly have a renewed appreciation of all the work they do and of course, it's all voluntary.

Some facts re our conference committee:

- We began planning for the conference two years prior.
- Eight of us were appointed to the committee.
- We each attended in excess of 23 committee meetings.
- Between us all we would have devoted well over 1200 hours to planning the conference.

Thank you all so much for all your work, I can appreciate the occasional frustration.



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2021 CONFERENCE REPORT

Conference Report by Sue Clements for Hawke's Bay Ostomy Support Group

Escorting Prince William through the massive rapids of the Nile, losing his wife who was shot during the Christchurch massacre and sharing his personal urostomy journey.



These were among the topics guest speakers addressed the 97 members who attended the Ostomy New Zealand Conference and AGM hosted by the Hawke's Bay Ostomy Support Group and held at the Havelock North Community Centre this August 6 to 8. This year's theme was "Facing the Challenges."

The conference opened on the Friday evening with speaker Cam McLeay, who now runs Cape South Holistic Health and Wellness Retreat in Havelock North, speaking about the challenges he and his team faced on his expedition to locate the source of the Nile in the early 1980's. There were gasps of dismay among the audience as Cam shared his videoed experiences battling

heavy rapids in Murchison Fall National Park, having his raft flipped over, escaping attacks from dangerous wildlife and having their motorised craft and support aircraft wrecked. He spoke of how in one village young boys, often naked, coated themselves in cattle dung and ash to sleep with their cattle, no doubt to protect their herds.

"They looked like ghosts walking out of the mist." But worse was the death of one of his team during an ambush by the RLA - a rebel group notorious for abducting and enslaving children. The death of the team member, prompted the traumatised and grieving team to abandon the journey however they returned to complete it six months later in the knowledge that their deceased team mate would have wanted them to do so. As well as escorting the Future King of England through the Nile (whom he feared returning him home without his hair during the rugged journey!) Cam, who has had a life time interest in rafting stemmed by his father, has also led a number of well-known identities including English actress Joanna Lumley on the expedition. "

A couple of lucky guests among the audience would have got to learn more of Cam's Nile adventures having won copies of his book "Ascend the Nile" in spot prizes drawn throughout the evening.

The evening concluded with drinks, finger food and a mix and mingle session.

Among the highlights of Saturday's session, which featured 17 different items on

2021 CONFERENCE REPORT



the agenda, included a very moving address from victim of the Christchurch mosque terrorist attack Farid Ahmed . Ahmed's wife Husna was shot while trying to rescue her husband Ahmed, who is in a wheelchair, from the mosque on that fateful day March 15, 2019.

Farid began his speech by saying all human beings were "like beautiful flowers in the same garden." "The massacre was a tragedy for all of us however New Zealand emerged as a nation of compassion which the entire world admired."

He said the event was still very painful for him and his daughter Shifa and they continued to shed many tears following the tragedy. However they agreed they had two choices - they could be sad and bitter for the rest of their lives or they could turn their energy into a positive forum by "motivating others to do better things." They chose the latter and Farid has since travelled the country addressing various organisations and groups where he spreads his philosophy of forgiveness, peace and love. "Forgiveness is the biggest healer. It gave me freedom and it didn't cost a cent." Farid's late wife Husna shared her husband's passion for forgiveness. When a drunk driver hit Farid while he was crossing a road many years ago, which left him in a wheelchair for life, Husna said of the offender: "He must have been having a bad day". This was despite the heartache, operations and suffering they both endured throughout his recovery.

Ostomates were able to get Farid to personally autograph his book "Husna's Story" of which copies were on sale at the conference.

During the morning session, there was a standing ovation as acting Ostomy New Zealand President Kallia Patching paid tribute to the outstanding work of outgoing National Ostomy President and The Journal of Ostomy Editor Jill Newton who has retired from her roles after many years' service to the society. Jill, who was unable to attend the conference, was bestowed The John O'Neill Award given in recognition of exceptional service to Ostomates at both local and national level.

During the morning/afternoon tea and lunch breaks, ostomates got to view the many appliance firm tables which featured the latest in ostomy bags, equipment and information booklets. Among the popular giveaways were the brightly coloured green and purple Bowel Cancer NZ pens which Nurse Support Coordinator Victoria Thompson assured us "would never go missing." She said that rates of younger people being diagnosed with bowel cancer was increasing.



2021 CONFERENCE REPORT



Saturday afternoon's break-out group discussions were well received by both ostomates and non-ostomates. The sessions included question and answer sessions for colostomy, ileostomy, Urostomy patients and supporters. Unfortunately the break-out group for reversals was cancelled due to their being no-one to run the group at the last minute since the leaders had other urgent business to attend.

I was in the colostomy group led by General Surgeon Graeme Roadley. Among the topics discussed were the impact immune disease has

on stoma reversals, hernias, adhesions, irrigation, pancaking, increase in stoma sizes, ventin stoma and the Lynch syndrome familial. It was a learning curve for me. I did not even realise that a stoma was in fact a hernia!

Next on the agenda urostomate Tuariki Delamere presented a very honest and often humorous account of his journey with bladder cancer. His presentation included some videoed images of his operation and a demonstration of him changing his bag. He "dodged a bullet" since his cancer was discovered early and he urged the audience "to get checked if they feel things were not right".

Later in the afternoon Hawke's Bay Ostomy nurse Maree Warne spoke about common skin conditions experienced by ostomates and ways they could be resolved.

This was followed by an address by Kallia Patching entitled "Demystifying the Importance of Social Media." which aroused some debate among ostomates, many "old school" who still preferred to send letters and cards via post. Although most of the audience acknowledged that social media was indeed the way of the future.

Throughout the programme, medical professionals including Urologist Mr David Mason, General Surgeons Graeme Roadley and Mr Bertrand Jauffret spoke on their various specialist areas. David Mason stated how smoking was the major cause of bladder cancer. Stoma reversals was the theme of Graeme Roadley's address which featured illustrations of how reversals were carried out.

It was a history lesson for many of us when general surgeon Mr Grant Broadhurst spoke about his journey through the Kokoda Track, Papua New Guinea. The track marks the course of one of the most important battles for Australians in the Second World War. It is a single-file foot thoroughfare that runs 96 kilometres overland and 60 kilometres in a straight line. It's an intense trek but is known for its beautiful



2021 CONFERENCE REPORT



jungles, pristine rivers and creeks. Carriers were well paid to carry trekker's packs throughout the long journey.

Back at the conference many donned their finest attire for Saturday's night's dinner and dance which was well attended and enjoyed by all. Many took to the floor to dance to the tunes of "The Boston Tea Party" band.

Sunday's programme got off to a later start, since the executive decided to cancel the morning's Open Forum which had been scheduled to begin early that morning.

At Sunday's AGM it was encouraged that all groups get behind and support this year's World Ostomy Day on Saturday October 2.

The conference concluded with the following officers being elected to the executive: President: Kallia Patching, Vice President: Jan Haines, Secretary: Robin Tourell, Treasurer: Brent Hamlin, Committee: David Barnes, Jan Haines and Brent Silcock.

Sunday's programme got off to a later start, since the executive decided to cancel the morning's Open Forum which had been scheduled to begin early that morning.



CAMP PURPLE 2021



An eloquent quote from one of our young Camp Purple Live attendees from 2021 reads “It’s not the disease that defines you, but you that defines the disease”. This ‘call to strength’ epitomises the value of Camp Purple Live; to find knowledge, unity, community and understanding following the diagnosis of Crohn’s disease or ulcerative colitis. They are lifelong and life changing diseases, also known as “Inflammatory Bowel Disease” or simply “IBD”.

Camp Purple Live is an annual summer camp that is free for the young attendees [aged between 9 and 17 years of age] who share a diagnosis of Inflammatory Bowel Disease. For most of the young campers, the chronic, unpredictable course of their disease

has resulted in hospitalisations, invasive medical procedures, harsh drug regimens and, for some, major surgeries. As a result, most of the young people will have experienced extended absences from school and time away from their peers. The resulting impact on their wellbeing and quality of life can be huge.

Camp Purple offers an avenue for managing the psychosocial wellbeing of young people with IBD by fostering social connections with those with both shared and differing experiences.

This week-long camp, filled with fun activities, provides young people with IBD opportunities to be themselves, safe in the knowledge that those around them ‘get them’. Having a great time is the focus of the camp experience, made possible by a caring group of volunteers and medical professionals who ensure a safe and accepting environment. Many hours go into to planning fun and exciting activities that offer the children and teens to step outside their comfort zones and have new experiences.



This year was particularly challenging with Covid and the fact that the camp took place in Auckland. We were unsure what alert level Auckland might be in when camp began in January, so extra precautions were put in place. We had to cancel our “away day” and, to keep the camp “bubble” under 100, children were dropped

CAMP PURPLE 2021



at the door and parents weren't allowed on site.

This year we also introduced a new activity which the children aptly named "Sessions with Hollie". Each group of campers had time with Registered Psychologist, Hollie (who has a diagnosis of IBD herself) and an IBD Nurse Specialist. The purpose was to encourage the young people to educate themselves and freely ask questions about their disease. This also provided a safe opportunity for young people to express their unique struggles of living with IBD and explore some of the difficult thoughts and feelings they have. In so doing, the campers were able to see they were not alone. They had the chance to directly give and

receive support and share coping strategies with their peers.

The camp also increases the campers' confidence in interacting with medical professionals. Experiencing the medical team in an informal setting, outside the "hospital environment" "[and in a voluntary capacity] shows them that their medical teams really care about them as people. If this takes the medical team dressing in costume, telling jokes, getting 'soaked' in a water-balloon fight, being dunked by the children in the water tank or showing their best 'moves' on the dance floor, then that is what they will do.

One of the key components of the Camp Purple Live program is the Parents Seminar. This two-day seminar for parents and caregivers has been a part of each camp since the first camp in 2015. This was the first year that the seminar was held offsite (due to our Covid bubble precautions). The seminar focused on education and dealing with the challenges of being a parent of a child with IBD. There were interesting talks such as the impact of technology on our children's lives, a stimulating presentation focusing on breathing and meditation, and a very well-received talk on managing the ups and downs of being diagnosed with IBD as a young person. But, most importantly, the seminar facilitated networking and interaction among the parents who share so much in common.

Based on feedback from this year's format, the next Parent Seminar in January 2022 will also be held "off-site", but close to camp. A series of topical, interesting, and relevant presentations is currently being prepared. We anticipate another exciting, successful and well-attended seminar.

CAMP PURPLE 2021

Camp Purple Live is run by Crohn's and Colitis New Zealand Charitable Trust with the support of charitable grants, personal donations, and generous financial contributions from organisations such as Ostomy NZ, who last year donated a large sum thanks to Kallia Patching and her Team OKK. Without support such as this, Camp Purple simply would not be possible.

Camp Purple Live 2022 will be held from Saturday 22nd to Thursday 27th January 2022 at Living Springs, in Christchurch.

The Parents Seminar for 2022 will be held on Saturday 22nd and Sunday 23rd of January at a hotel near the Christchurch airport.

The tentative date for our "Experience Camp for a day" (tailored for children too young to attend camp or those who are not sure they want to attend the entire six days) is 26th of January 2022.

If you have any further questions or would like to attend Camp Purple Live 2022, our Parent's seminar, or Experience Camp Purple Live for a day, please email campenquiries@crohnsandcolitis.org.nz to request more information.

To find out more about Camp Purple Live, watch the video at "https://www.youtube.com/watch?v=uin88vOE7_s

Or head over to our webpage www.crohnsandcolitis.org.nz



THE OSTOMATE IS A TOTAL PERSON

The ostomate as a total person includes the worker, the family member, the social being, the sexual being and the physical active being. To achieve this totality after surgery, the ostomate needs doctors, nurses, friends, family and his or her own individual will to become a total person. A mixture of optimism and realism is needed. Some modifications may be needed in one's lifestyle. It's alright to be upset by this drastic change, but it depends on how well this mixture is worked out, whether the person adjusts well or not.

Ostomy support groups can help with this. Immediately following surgery, most people feel like a small person attached to a large stoma and everything seems to revolve around that stoma with daily care, adjustments and even the simplest of movements. Participating in an ostomy support group does not need to invade the individual person's privacy. Their wishes will be respected by the group. It is perfectly all right for an ostomate not to tell everybody they have had ostomy surgery, as long as this does not progress into hiding at home to avoid facing reality.

As days go by however, the ostomate begins to feel like a person, but this time with a stoma. Adjustment has begun. This may take a long or short time, depending on the person.

Anger and depression after stoma surgery is perfectly natural.

Becoming a trained visitor is one of the best ways for the ostomate to adapt to his or her own surgery, as well as being helpful and able to provide support to another new ostomate. Each visit helps to reinforce the visitor's own attitude toward the situation, while providing positive reinforcement for a new patient. The spouse or another family member can be present when things are explained to the patient. They will all be involved and should be included. The family also requires some adjustment to the ostomy surgery. Questions can be answered privately if needed. Most people have some difficulty in making changes in lifestyle or body image. This is to be expected. However, if progress is not being made in a reasonable timeframe, then outside help such as counselling may be needed. If a relationship can be established with a counsellor before surgery, it can be a smoother transition to new life after surgery. Of course this situation is not always possible, as some surgeries are done in an emergency without prior knowledge of the illness.

Different types of ostomy surgery may result in impotency and/or sterility. One's sexuality need not depend on one's capacity to perform sexually. There are many forms of sexual expression. One's sexuality depends on how one views of themselves.

Ostomates want to share and help others as well as maintain their own personal space. They may not wish to discuss their surgery with everyone. It is up to each person to decide who knows about their surgery. In the beginning, an ostomate may feel that 'everybody will know' but this is certainly not the case. Remember that every day there are new ostomates that could use your help.

HELPFUL HINTS FOLLOWING SURGERY

Some helpful hints for getting on with life after surgery

- Remember that no question by a new ostomate is a silly question.
- Be patient – there is an adjustment to get used to.
- Learn to take care of yourself from the start.
- Appreciate the fact that you are one of the lucky ones.
- Do not begrudge the extra time necessary for personal cares.
- Keep the bathroom shareable.
- If changing your appliance seems to take forever, with practice it will soon become a small part of your normal day.
- Continue to do things that you want to do but think you can't.
- Keep yourself neat and presentable as you always have.
- Appreciate the help offered by family and friends.
- Urge fellow ostomates to see people, go places and do things.
- Live all day and every day with a positive outlook.
- Appreciate and give credit to modern medicine
- Give support and help to others wherever you can.
- Be of good cheer and grateful for present health.
- Join a support group and invite family members to go along with you where you can talk to others and bring your fears and concerns out into the open by taking advantage of the knowledge of others.
- Remember to order supplies before they get too low.
- If using night drainage for a urostomy – remember to leave a small amount of urine in the appliance to create a vacuum before connecting the night drainage bag. This will allow free drainage throughout the night.

CONTROLLING ODOUR

From an article in Evansville Ostomy Newsletter, February 2010

An important part of an ostomates rehabilitation is learning to control odour. It is important to feel good about oneself and be secure in relationships with others. The ostomate can be extremely sensitive to odours and the reactions of those around them, especially family, friends and work colleagues.

Colostomies tend to emit more odour than Ileostomies or Urostomies because of the bacterial abundance in the colon. Some sigmoid and descending colostomies are routinely irrigated, so persistent odour is less of a problem than with a transverse colostomy where semi-liquid drainage tends to be rather malodorous.

Ileostomates experience almost continual peristaltic waves which sweep the ileum and prevent stagnation of the intestinal contents, thereby eliminating the major cause of odour, i.e. bacterial growth. Extreme and persistent odour from an ileostomy could be an indication of a secondary problem, such as a stricture or blockage.

Certain food will affect the odour of both faeces and urine. Avoiding such odour producing foods will help. External and internal deodorants are available, but two important aspects of odour control are good personal hygiene and appliance cares. For faecal ostomies, use an odour proof appliance. Change the appliance immediately if a leak occurs.

Eliminate from your diet such odour producers as cabbage, onions, fish, spicy foods and eggs, do not eat parsley and yogurt. Internal deodorants that can be taken by mouth which help control odours by absorbing the toxins. Ostomates should consult their Dr before taking these tablets. *(Note; - Some ostomates do not have any food restrictions and can tolerate a full diet)*

Urine has a characteristic odour, but a foul odour could be a sign of infection due to an overgrowth of bacteria. Urinary ostomates should clean their appliances periodically with such agents as Uri Kleen etc.

Vinegar solutions have fallen into disfavour because they tend to damage certain appliances. Avoid eating asparagus, onions and parsley and drink Cranberry juice. Deodorants are not used for Urostomates because they would mask the odour which could signify the presence of an infection.

With proper care of the appliance, personal hygiene and dietary precautions, odour should not be a problem for ostomates.

Always seek advice from your Stomaltherapist if in doubt at any time.

REASON FOR SKIN BREAKDOWN

Skin breakdown is one of the most common problems ostomates encounter, but can be avoided by proper care and management. Skin breakdown may be due to one of three causes:

Allergy: An allergy may be due to the adhesives, cement, or the material of which the appliance is made. Fortunately, Karaya itself is so inert, that it is extremely rare for a person to be allergic to it. If there is any suspicion of allergy, the ostomate should test whatever material he seems to be allergic to on a part of the body remote from the stoma, say the chest or arm for example. One can do this by putting a small amount of tape or cement or suspected material in a patch in the area and observe for further effects. Should the skin break down here, it will not interfere with adherence of the appliance. Sometimes an allergic response can be eliminated simply by switching to another brand. But again, this is best determined by trial, using the patch test as suggested.

Exposure of Skin to Digestive Enzymes: This problem is more common to ileostomates than to colostomates or to people with urinary diversions, since the ileal excretions are rich in digestive enzymes whereas the other two fluids are not. Prevention also begins with a sufficiently protruding stoma for the ileostomate. If skin breakdown is present, there are a number of substances which can be used to promote healing and an enlightened physician or ET can handle this problem.

Infection with Bacteria or Fungus: This problem often gets started from one of the other two problems, especially when there is a poor fit to the appliance, and leakage occurs. Two very good agents for handling this situation are Mycostatin Powder and Kenalog Spray. Mycostatin kills the fungus (yeast) and the Kenalog Spray contains cortisone which permits healing of the skin. Neither of these agents has any greasy components to interfere with adherence of the appliance

Note: Each of these requires a Doctor's Prescription.

Different problems arise for ileostomates, colostomates, and urinary diversions, but no matter what the disorder or whom it affects, prevention is always much easier than treatment at late stages. For this reason, the ostomate should give particular attention to the state of the skin and take immediate steps if he or she notices anything unusual. This is especially important because good, healthy skin makes for a better fitting appliance which, in turn, makes for a good, healthy skin.

FUNGAL RASHES

Fungal rashes are more prevalent in late spring and summer. This rash is the same as the one that can sometimes appear on your feet, in the groin and any moist skin fold. This is the perfect place for this natural body organism to flourish, commonly called a yeast infection.

People who have high blood sugars or eat higher quantities of sweets than normal, those with diabetes or people who take prednisone type medications are often more prone to a fungal rash. Ostomates are also more prone to these infections due to the combination of body heat, perspiration during the warmer months and the plastic from appliances.

Faecal irritation, product sensitivity and yeast are certainly the more common reasons for redness around the stoma.

Yeast infections tend to be bright red (in the initial stages; the color will change as the infection resolves), have irregular borders or edges, and will likely have smaller pink dots on the skin away from the main part of the redness /infection.

Yeast will sometimes start after someone has been on antibiotics.

The old adage of “an ounce of prevention is worth a pound of cure” come to mind. If you know you fit into the above mentioned groups with these indications, then take action before you get the rash. Some helpful tips you can do to help are:

- Reduce moisture by making sure your pouching system fits properly around your stoma
- To avoid a fungal infection, always remove your appliance gently, and always dry your skin thoroughly before replacing your pouching system.
- Ensure the wafer that sticks to your body is kept dry after showers, baths or swimming – using a hair dryer set to cool to dry this area is helpful.
- Use a pouch cover between you and your appliance remembering to change the cover as it becomes moist or it too can grow fungus.
- Use anti-fungal powder to absorb moisture from broken skin and treat the fungal infection brushing off the excess before applying your new appliance. Stop using powder once the skin is healed, is no longer moist to the touch and the rash is resolved
- If you do develop a rash, do not use cream on your skin area that is under your wafer as the wafer will stick to the cream and not to your body.
- You may need to change your appliance more frequently until the rash clears. It should clear in one or two changes.
- If in doubt, always consult with your stomaltherapist.

HINTS AND TIPS FROM HERE & THERE

Ileostomy

- Hydration and electrolyte balance is of vital importance. Be sure to drink enough to maintain good hydration.
- Due to the absence of the colon and altered transmission time through the small intestine, the type of medication taken must be carefully considered. Medication in the form of coated tablets or time release capsules may not be absorbed and therefore no benefit is received.
- The best type of medication for an ileostomate is in the form of uncoated tablets or in liquid form.
- Never fast or take laxatives after ileostomy surgery as these can cause severe fluid and electrolyte imbalance.
- Drinking tomato juice can help eliminate odour and is a tool to retard dehydration and keep the electrolytes in balance.

Colostomy

- A colostomy diet is fairly normal. You will discover which foods may not agree with you by trying everything a little at a time. If it doesn't work the first time, wait a few weeks and try it again.
- If you are irrigating and having problems with leakage between irrigations, try using less water which may be contributing to the leakage.
- If you have trouble with constipation, a glass of apple juice in the morning and the night before irrigating may be helpful.
- Do not hurry through irrigation, anxiety, frustration and spillage may result in a little or no return.
- Fats of all kinds should be kept to a minimum as fats induce and increased flow of bile into the intestines making body waste more liquid and harder to control.

Urostomy

- Train yourself to shut the pouch valve as soon as you have emptied the pouch to save the embarrassment of a wet spot.
- Vitamin C taken according to the directions on the bottle may help to acidify the urine as alkaline urine on the skin is irritating.
- Asparagus generates a strong odour in the urine. Yogurt, Cranberry juice, parsley and buttermilk help to combat urinary odour.
- Avoid letting the pouch get too full, ideally 1/3 to 1/2 full is a good measure.

Speak to your Stomaltherapist at any time to clarify any concerns

NEW YEARS RESOLUTIONS OF AN OSTOMATE

- To be patient
- To keep myself neat and presentable at all times.
- To remember my own early days and realize that no question by a new ostomate is a silly question.
- To value the help and cooperation of my family.
- To not begrudge the time necessary for my personal care.
- To live all day every day as I did before.
- To try and do the things I want to do, but think I can't.
- To help others whenever I can.
- To be grateful for my present good health.
- To urge my fellow ostomates to see people, go places and do things.
- To keep my bathroom shareable.
- To always be of good cheer.
- To give full credit to modern medicine.
- To renew my pledge on the first of each month.

HAPPY NEW YEAR – May the New Year bring you peace, happiness, health and prosperity. When in despair remember, that tomorrow is a new day filled with hope and opportunity.



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.

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 678 669 www.hollister.co.nz
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.co.nz
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 jayne.jacobson@ainscorp.co.nz www.ainscorp.com.au Free call 0800 100 146

Crohn's and Colitis New Zealand

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

Other Useful Links:

www.libertymed.co.nz

www.bellybandz.nz

www.convatec.co.nz

www.Cavilon.co.nz

www.nutritionforostomates.com.au

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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,
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CANTERBURY:

www.ostomycanterbury.org.nz

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Secretary: Diane Bain, 1/16 Wyndham Street, Papanui, Christchurch 8053.
ostomycanterbury@gmail.com 027 416 4185

EASTERN BAY OF PLENTY:

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Email: Ostomy.ContinenceTeam@tdh.org.nz

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Temporary Treasurer: Mandy Little 021 0444 067
Email: nhos@hotmail.co.nz

NORTHLAND:

President: TBA
Secretary/Treasurer: Jac Cleary, Apt 251, 262 Fairway Drive, Kamo, Whangarei 0112 09 435-2035
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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

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www.ostomyinternational.org/newzealand.html
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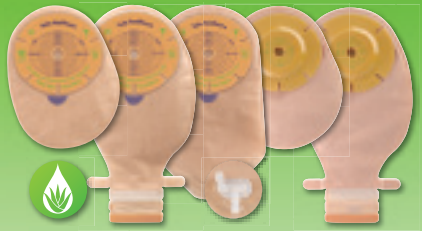
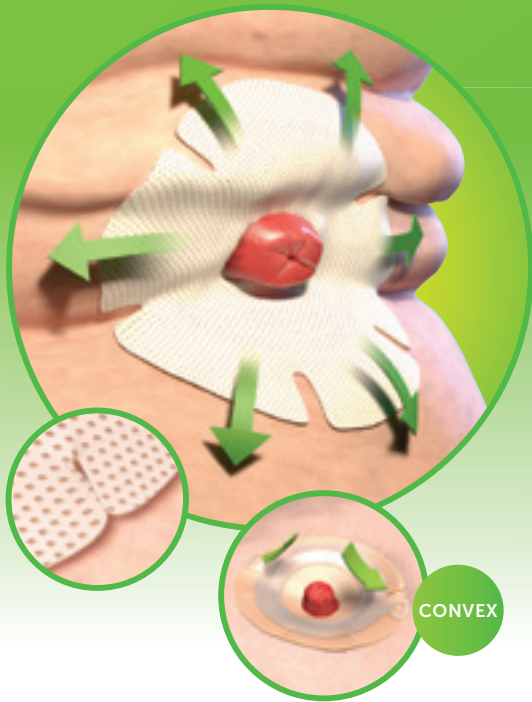
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