



THE JOURNAL OF
OSTOMY
NEW ZEALAND

ISSUE 124

MAR 2024

NZ OSTOMATE MAGAZINE

Ostomies And
Bowel Cancer

In Loving Memory
and Honouring
Jill Newton

Call For Action
From The Government



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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.

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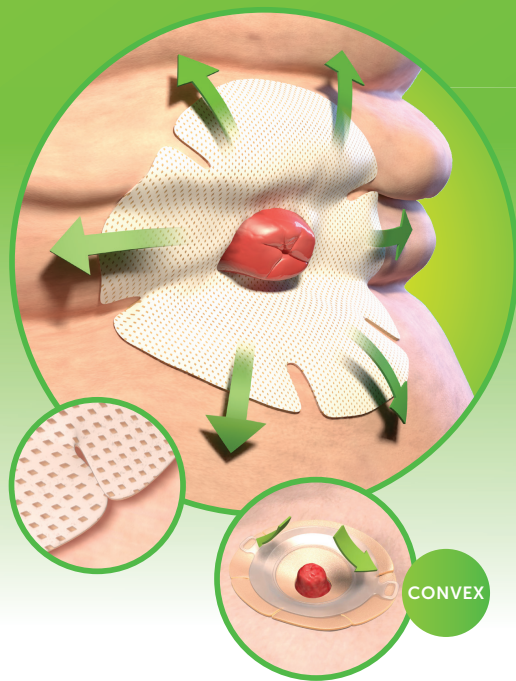
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PRESIDENT'S REPORT - MARCH 2024

Wow, can you believe that it is 2024, where have the years gone. Who remembers when it was going to be the year 2000, and people were panicking that all computers and phones were going to shut down, and that we would not be able to communicate around the world, as we were not ready to change from 1999 to 2000. Of course that did not happen, life went on just the same as always.

We have all lost someone we have loved/cared for over the years which is very sad, but this is what life is and we have to learn to cope the best way we can. I'm not saying that it is easy because it is not, it is okay to be upset or angry, nobody will judge you, we all cope in different ways.

On behalf of the New Zealand Ostomy Federation, we would like to acknowledge the passing of Jill Newton.

Jill has been very involved with Ostomy NZ, holding several positions on the Executive, and was President which she had to

give up due to her health. I know that it would have been a very hard decision for Jill to make.

Jill was also the Editor of the NZ Ostomate magazine for over 20 years, and had done a fantastic job.

There will be more about Jill in this magazine for you to read.

The Executive are working quietly behind the scenes to see how we can improve the way we can help all Ostomates, we are here for you all, if there is anything you might like us to look into, please feel free to ask us. We are only an email away.

We will continue to have Zoom meetings and report back to all Societies, so if you want to know what is happening, please ask your local Society.

The Executive and I would like to wish you all the best for new year.

Jan Haines
President FNZOS



A Remarkable Journey of Dedication

In Loving Memory and Honouring Jill:

Jill's profound dedication to the New Zealand Ostomy Society spans over five decades since her initial surgery in the early '70s. Her impact on the ostomy community is immeasurable, having served in various roles and dedicating her life to the well-being of others.

Over the years, Jill held significant positions within the Ashburton Branch, including Chairperson for an admirable 21 years, previously serving as both Secretary and Treasurer. Additionally, she contributed as the Secretary of the South Canterbury Branch for the past 16 years, showcasing her commitment to fostering support at the grassroots level.

Jill's involvement extended to the national stage as a member of the National Executive of the Federation of New Zealand Ostomy Societies for the past 18



years, where she currently serves as the National President. Her leadership has been instrumental in organizing vital initiatives, including the reprint of the FNZOS information booklets "Living With Your Ostomy." "Caring for an Ostomate". She played a pivotal role in fundraising projects and the coordination of successful camps for young ostomates aged 11 to 20.

In 2003, Jill embraced the challenge of becoming the Editor of the NZ Ostomate magazine, a role she fulfilled with enthusiasm until 2021. Her dedication to the magazine extended beyond New Zealand, reaching ostomates in Australia, England, the USA, India, and the Philippines. Jill's adept management ensured the magazine's quality, demonstrating her commitment to providing valuable resources and fostering a sense of community.

Outside the ostomy realm, Jill generously contributed her time as a volunteer lifeguard at the Ashburton Community Pool for an impressive 33 years. Her commitment to the Evening District Nurse spanned 34 years, and she dedicated 24 years to serving as a member of Ashburton Town Watch. Jill found joy in staying active, swimming daily, and engaging in regular walks, refusing to let any obstacle hinder her zest for life.

Jill's journey of the last 45 years has been a trial in many ways, yet she approached life with an unwavering spirit. Even after facing a severe illness, Jill's resilience shone through. Despite having to relinquish her roles as the Editor of the magazine and President of Ostomy NZ, she navigated the challenges with grace and focus.

Jill Newton lived a life of profound impact, touching the lives of ostomates around the world. As we gather to celebrate her

life, let us remember her as a fighter, a leader, and a friend who lived by the motto: "Life Is For Living, And I'm Living."

We extend our deepest gratitude to Jill for her unwavering commitment, and though she may no longer be at the helm of the Ostomy Table, her legacy will endure in the hearts of all who knew her

To our dear friend Jill, from ostomates in New Zealand and worldwide, we extend a heartfelt Thank You, Un Merci, Grazia, Arigatou (ありがとう), Hindi/Urdu, Thanks. In any language, Thank You doesn't seem enough for the time and hard work you've dedicated over the years.

**THANK YOU, THANK YOU,
THANK YOU.**

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[Rest in Peace my dear friend](#)

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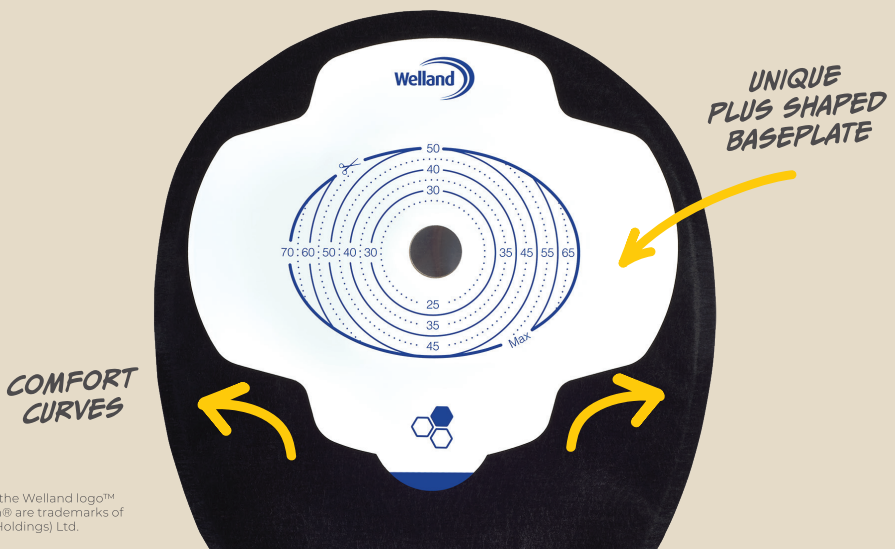


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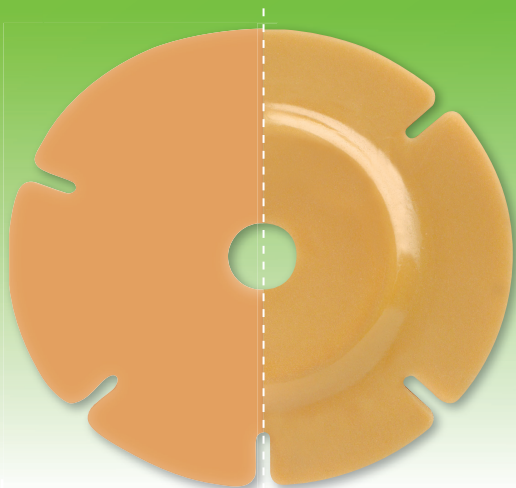
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Ostomies and bowel cancer

Hundreds of people of all ages undergo ostomy surgery each year as a result of complications from a variety of diseases and conditions. Some diseases, such as bowel cancer, may also require the surgical removal of affected portions of the bowel.

Chances are you were not too healthy before surgery, or a colonoscopy had revealed a problem. Waking up with a stoma and wearing a stoma pouch can be hard to take in, but it is a positive step towards health and recovery.

It can take a while to recover from your surgery and become comfortable with the stoma and ostomy pouches. People can find it helpful to name their stoma, and then it personalises it and makes it the stoma's fault if there is a problem.

You may wonder, "Can I return to work or still play the sports I enjoy? Will I be able to fly and travel? What can I eat? Will people know I've had this surgery just by looking at me?"

Over time, you may find you can return to many of the same activities you enjoyed before your surgery. You'll need time to heal and recover after your surgery, but you can return to work.

Returning to employment is a good way to transition back into a normal routine and can make you feel more confident. You might choose to ease back into it and decide upon a part-time schedule with your employer for a period of time.



“At the very least, Bowel Cancer NZ expects to see the bowel screening rollout accelerated for all Māori and Pasifika from age 50 to avoid further inequities. In the meantime, a clear fiscal and workforce plan must be developed urgently to lower the age to 45 years for all Kiwis.”

Professor Frizelle

Some people prefer to keep their surgery private; others will tell anyone interested. Who you tell is up to you, and you may find talking about it gets easier as you become more comfortable caring for yourself. You may want to tell those closest to you because explaining your surgery could help ease their fears and worries. Talking with loved ones can also help you cope with your emotions and feelings.

Bowel Cancer New Zealand is an excellent resource for those who had ostomy surgery due to a bowel (colorectal) cancer diagnosis. There are online support groups, a nurse helpline, downloadable resources, and free support services like counselling and physiotherapy.

Need support, or are you interested in learning more?

Contact their nurse on 0800 226 968, via email here4you@bowelcancernz.org.nz and their website bowelcancernz.org.nz



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Call for action from the government



Pressure is mounting on the government to prioritise bowel cancer detection and act on their election promise to lower the screening age to 45.

Professor Frank Frizelle, a Bowel Cancer NZ medical advisor, says, “It is disappointing to see no mention in National’s 100-day plan to lower the bowel screening age. This is concerning as the incidence of bowel cancer is dramatically increasing in the young population, and lowering the screening age will save lives.”

Bowel cancer is the second highest cause of cancer death in our country and is usually curable if caught early. Screening is an effective way of doing this. The rising incidence of this disease in younger people makes it an action that should have been included in the government’s 100-day plan. Their manifesto promised, “National will immediately commission work on a business case for progressively lowering the bowel cancer screening age to 50.”

Professor Frizelle says, “At the very least, Bowel Cancer NZ expects to see the

bowel screening rollout accelerated for all Māori and Pasifika from age 50 to avoid further inequities. In the meantime, a clear fiscal and workforce plan must be developed urgently to lower the age to 45 years for all Kiwis.”

When Doug White was first diagnosed with stage 3 bowel cancer at age 54, he thought, “Why me? How can this happen? I am fit and healthy. There were no real symptoms and nothing in the family.

“My tumour was quite a big one, and it had been sitting there for a couple of years. That’s why I want to see the screening age lowered because it would’ve picked my cancer up earlier, and I may not have needed treatment.”

Doug is currently undergoing chemotherapy and radiation and says, “It affected (my family) greatly, but we try to live a normal life as much as possible, take it day by day and not let the big C word become the main topic in the house.”

Bowel Cancer NZ wants to ensure political leaders understand that the New Zealand public wants to see them prioritise cancer and stand by their election promise to lower the bowel screening age.

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1. Salvadalena et al. "Lessons Learned About Peristomal Skin Complications Secondary Analysis of the ADVOCATE Trial". J Wound Ostomy Continence Nurs 2020;47(4):357-63. ©2023 Convatec Inc. All trademarks are the property of their respective owners. AP-64644-AUS-ENG-V2 0640 September 2023

Useful Links

FNZOS website: <https://ostomy.org.nz/>

Contains the Travel Certificate, the Living With Your Ostomy and Caring for Ostomates booklets, and recent NZ Ostomate Magazines.

Up to date contact details for local societies.

Suppliers

As well as listing their products and enabling you to request samples, these sites have useful information on living with an ostomy. Check their adverts for latest details.

Coloplast	0800 265 675	www.coloplast.com.au
Convatec	0800 441 763	www.convatec.co.nz
Dansac	0800 678 669	www.dansac.co.nz/en-nz/
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National Service Specification

<https://nsfl.health.govt.nz/system/files/documents/specifications/stormaltherapysvct3.docx>

Specific Support

Crohns and Colitis:	http://www.crohnsandcolitis.org.nz
Map of accessible toilets:	http://www.toiletmap.co.nz
Cancer Society:	https://www.cancer.org.nz/
Bowel Cancer NZ:	https://bowelcancernz.org.nz/

International

Colostomy UK:	http://www.colostomyuk.org/
Ileostomy Support Group UK:	http://iasupport.org/
Medical advice:	https://www.nhs.uk/conditions/ileostomy/
Medical advice:	https://www.nhs.uk/conditions/colostomy/
International Ostomy Association:	http://www.ostomyinternational.org/
Nutrition of Ostomates:	https://www.nutritionforostomates.com.au/

Federation of New Zealand Ostomy Societies Incorporated

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Mr Graeme Roadley, MB ChB (Otago) FRACS (Surgery)

Donations

This magazine is provided free by FNZOS to Ostomates in NZ to help keep you informed of the latest appliances available, along with useful hints and information. If you would like to donate to FNZOS, or to leave a bequest, it would be much appreciated.

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Membership

See the contact details for the member societies.

As a member you will have the opportunity to meet other members.

You are encouraged to join, whether or not you wish to attend meetings, to enable FNZOS to get the best voice at Government level to represent Ostomates. While you might not feel the need for support yourself, you may well be able to assist others.

Executive Members



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www.ostomy.org.nz

www.ostomyinternational.org/newzealand.html

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(Including Poverty Bay)

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Western Bay of Plenty **ostomybop@gmail.com****(includes Rotorua, Taupo, EBOP)**

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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 the publication.

- *Editor, N.Z. Ostomate*

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NEW ZEALAND

