



OSTOMY
Care & Supply Centre
Excellence in Ostomy Care

Newsletter

Summer 2017



Andy



Arden



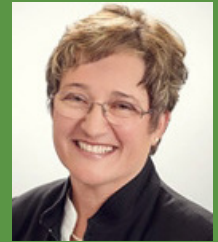
Christina



Laurie



Lisa



Lucy

VISIT US AT MYOSTOMYCARE.COM



LOCATED IN THE WEST END MEDICINE CENTRE

2004 8th Avenue, New Westminster, BC V3M 2T5

Free parking at rear of building

Easy access from 22nd Street SkyTrain Station

HOURS:

Monday to Friday: 9:00am - 5:00pm

Saturday: 9:00am - 1:00pm

CONTACT US:

Phone: 604-522-4265 or 604-540-0390

Toll Free: 1-888-290-6313

Email: nurses@myostomy.com

Facebook: Ostomy care and supply centre

Twitter: @ostomy_care

Complimentary visits with an ostomy nurse are by appointment - 6 days a week

Free Delivery Throughout BC

ANDY'S MESSAGE

BY ANDREA (ANDY) MANSON RN, BSN, ET, NCA



Welcome to our new look!

We thought it was time to update and put some colour in our message. We have had wonderful comments about our newsletter, the content and information in it. Our newsletter is to inform you about new products, let you know about ostomy events, tell you a little bit about us in our staff profile column, and add a cartoon or joke to add some sunshine and a smile to your day.

My bags are packed, are yours?

What are your holiday plans for this year? Feeling a bit nervous about travelling with an ostomy?

Some people find it helpful to start slow, an Alaska cruise leaving from Vancouver, a day trip via BC Ferries to an island, an overnight getaway at Harrison. A trial trip like this is good to see how you manage away from home and help you gain confidence. People with ostomies have travelled all over the world, using various methods of transportation (think trains, planes, boats, automobiles, tuktuks, elephants). And have used all types of toilet facilities. I have heard that Japan has the best toilet facilities for people with an ostomy. Hmmmm, worth a trip to Japan to investigate, I will let you know.

For me, part of the travel adventure is the different types of toilet facilities worldwide. It makes for interesting stories. Another person who loves to cruise told me that when they go on a cruise, they put up a notice to have an ostomy meeting on board. A great way to meet people, find out about ostomy supplies where they live and swap stories. They also mentioned that they have helped out by sharing their supplies when other people forgot their supplies or ran out.

When I travel I often research ahead of time to see if there are any ostomy groups in the area I am going to. Every country in the world would have people with an ostomy and it is interesting to see how they manage, listen to their stories, and see the types of equipment they use. Check out ostomyinternational.org, or Google ostomy groups in the country you are going to. For example, there is a Hong Kong Stoma Association or in the UK check out Stoma Support groups. WCET (World Council of ET) nurses have a listing of ET ostomy nurses around the world. www.WCET.org.

Another good resource is looking up your manufacturer distributor in the country you are going to. For example, Hollister has a listing of Hollister offices and subsidiaries globally from Argentina to Vietnam. One of the many tips we give you is to take double the supplies you usually use and take your supplies in your carry-on luggage. Just in case your supplies get lost or you run into problems knowing that your manufacturer may have an office in the country you are visiting or an ET nurse or the local ostomy group may be able to help you can help you enjoy your trip even more.

At our last Education Day, we had a very informative talk about travel insurance. It is a very complex subject and so individual. The company was Tugo Travel Insurance.

If you are unsure or hesitant or have questions about travelling with an ostomy, please give us a call. We are here to help you get back to enjoying all of what life has to offer!

OSTOMY CARE AND SUPPLY CENTRE

F.A.Q.S

BY ARDEN TOWNSHEND RN, BSN, ET



When to see an ET Nurse

After ostomy surgery, your focus is on getting better. Once you are back in the swing of things, life is busy. Your ostomy may not be your top priority, and sometimes it's easy to get "used to" things you shouldn't have to tolerate. We want to help you live your life to its fullest - without any ostomy complications.

Take a look at the list below and see if any of these items apply to you. If so, please come in and see one of our expert ET nurses - there is no reason having an ostomy should mean pain, leakage or odour!

1. *Do you have a new ostomy?*
2. *Do you have regular leaks that prevent you from going out, or force you to change your activities?*
3. *Are you getting less wear-time than you used to?*
4. *Does the flange "not stick" to your skin?*
5. *Has the shape or size of your stoma changed since your surgery?*
6. *Is the skin around your stoma often raw or red?*
7. *Are you ordering powder and skin wipes or spray film frequently?*
8. *Are you restricting your diet because of the ostomy?*
9. *Do you have questions about how to better conceal your pouch with clothing?*
10. *Do you have questions about swimming or using the hot tub?*
11. *Has it been more than a year since you last saw an ET nurse?*
12. *Do you have or think you have a hernia around your stoma and wonder how to manage it?*
13. *Has the shape of your abdomen changed? Have you gained or lost more than 10 lbs?*
14. *Do you want feedback on how you are changing your pouching system, or how often?*
15. *Are there sores or wounds around your stoma that won't heal?*
16. *Do you have questions around intimacy when you have a stoma?"*
17. *Have you had your stoma for a while, and wonder what's new in ostomy care?*
18. *Are you a caregiver to someone with an ostomy and want to learn more?*
19. *Is your ostomy stopping you from traveling, playing sports or socializing?*
20. *....or do you just need a little TLC?*

EXCELLENCE IN OSTOMY CARE

OUR FOUNDER - OUR MENTOR

Helen completed her nursing degree in 1953 at St. Paul's Hospital. Subsequently Helen underwent ostomy surgery herself and soon realized the important role that nurses could play in ostomy health. Helen's passion fueled her pursuit of greater expertise and culminated as the 100th graduate from the Cleveland Clinic's Enterostomal Therapy Program.

Helen returned home as one of British Columbia's first ET nurse specialists and became a pioneer founding the ostomy clinic at St. Paul's Hospital in 1973 and at Surrey Memorial Hospital in 1980.

Helen soon realized that people with ostomies require lifelong care and that her expertise needed to be more assessable to all. Helen joined The West End Medicine Centre in 1985 and The Ostomy Care and Supply Centre was born. Helen's compassion and expertise resulted in overnight success, reaching out and helping people with ostomies.

Under the guidance of her successor and daughter, Andrea (Andy) Manson, the centre has become one of British Columbia's largest ostomy supply companies providing excellence in ostomy nursing care.

Andrea is a visionary committed to people's lifelong ostomy care with the same passion and compassion as her mother.



Helen Manson, RN, ET

Ostomy Group Meetings

Learning about life with an ostomy from someone who has been there is invaluable. These groups have formed to help people connect with others with an ostomy, share tips and tricks, and offer a portal for support.

Vancouver Ostomy Group

Remaining Meetings in 2017
Sept 23, Saturday 1:30pm
Collingwood Neighbourhood House
5288 Joyce Street, Vancouver

Vancouver 20-50 Group

Meeting dates TBA – dates will be posted on the Vancouver Ostomy Group website
1255 Main St

Buzz#18, go to social room (2nd Floor)
RSVP: unitedostomy2017@gmail.com

Fraser Valley Ostomy Group

Sept 12 and Nov 7, 6:30pm
Meet at Ricky's, 19219 56 Ave, Surrey
Contact Gurjit: fraservalleyostomates@hotmail.com

Chilliwack Ostomy Group

3rd Monday of each month at 1:30pm
(except Jan, July, Aug)
Atchelitz Thresherman's Assoc., Canora Building
44146 Luckakuck Way (Heritage Park), Chilliwack

OSTOMY CARE AND SUPPLY CENTRE HOT DOG DAY!



**COME AND JOIN OUR
STAFF & OSTOMY
VENDORS FOR A FUN
AFTERNOON WITH
HOT DOGS &
HAMBURGERS!**

WHEN: SATURDAY, AUGUST 19, 2017

**WHERE: OSTOMY CARE AND SUPPLY CENTRE
2004 8TH AVE, NEW WESTMINSTER**

TIME: 11:00 AM - 2:00 PM

**RSVP: TO OUR FRIENDLY STAFF IF ATTENDING
604-522-4265 OR
NURSES@MYOSTOMYCARE.COM**

*** LOTS OF FOOD, REFRESHMENTS, PRIZES, AND FUN!***

OSTOMY CARE AND SUPPLY CENTRE