



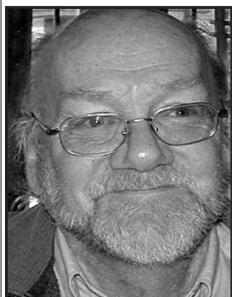
The ileostomy & internal pouch
Support Group

IA Manchester

Registered Charity: 1039256

newsletter autumn

issue 03-09



A Word from Your Chairman and Editor

Hello every-
one and wel-

come to this - our 8th issue of our
local quarterly newsletter.

Sadly, I must tell you of the passing away of our past previous Chairman Ian Hay. It is with great sympathy and condolences to his wife Cath and their Family that we extend our thoughts at this time. Ian, a true Scot, succeeded Anne Pennington as Chairman and in his own inimitable way not only made a lasting impression on the Membership and Committee during his Chairmanship, but also carried out a sterling and much needed 'shake-up' of our Finances and current Audits. For this we are indebted to both Ian and his widow Cath. It has been a pleasure to have known Ian in the

short time I have been a Committee Member and a sad thing to say goodbye to such an honourable and lifelong friend and a true Manchester IA Member.

And so we move on to this issues' topics.

Membership - continues to grow and has now reached close to 250

Your Committee meets regularly with a variety of topics under discussion; Open Days, Social Events, Visits, Finance, etc.

Would we favour a Christmas-time gettogether ?- we think so but what are your views ?

Most of all we need YOUR input; please send us your comments and letters and emails.

Looking forward to your greater involvement and participation in issues of Manchester IA

Regards - *Chris Ainsworth*

NEWS FROM YOUR COMMITTEE

Journal Distribution

*You will see from the Committee contacts box, elsewhere in this Newsletter that the Committee has changed - very slightly. Tom Fleming - the latest Member to join the Committee - has taken over the job of Journals Distributor. This means that the National Office send to Tom the required number of Journals and inserts for the Manchester Membership. If you have any information/letter/points for discussion in our local Newsletter - then please send them to the Chairman - address elsewhere, or email BEFORE the 20th of each quarter-end month; ie August, November, February, May - this will ensure that all information reaches the final publication dates.
Many thanks*

NOTES FOR YOUR DIARY

MANCHESTER MEMBERSHIP AUTUMN MEETING

SATURDAY OCTOBER 10th 2009 FROM 10.00AM

MAYO BUILDING HOPE HOSPITAL

A SPEAKER-APPLIANCE STALLS & more

COME ALONG FOR THE CHAT AND TO MEET AND SOCIALISE

No News yet on our VISIT - SALT's HEADQUARTERS - IN BIRMINGHAM IN THE AUTUMN- WATCH THIS SPACE



RADAR -

The National Key Scheme (NKS) offers

independent access to disabled people to around 7,000 locked public toilets around the country.

All Ostomates are entitled to a key which may be obtained free via your local Council - or by contacting your Stoma Nurse

IA MANCHESTER NOTICE BOARD

Remember to visit the IA Manchester Noticeboard now in place in the General Wating area - Area 1 - of Hope Hospital

*IA Manchester Committee are still seeking suitable, interested and qualified members to fill the vacant position
Treasurer - Local Branch
Young IA Representative;
Interested -? contact Chris Ainsworth
on 0161 798 8494
chairman@ia-manchester.com*

VISITING - NEW MEMBERS AND CURRENT MEMBERS

Our visiting co-ordinator, Marlene Evans is growing our "Visiting" role and is there for anyone wishing to discuss any issues or difficulties that they are experiencing from their everyday stoma appliance.

Please remember those who live on their own near to you and may feel lonely – you may know of an Ileostomist near you who may have problems and could benefit from a visit - a kind word can mean so much! Please let Marlene , your Visiting Co-ordinator know; as she continues to roll out the visiting/ counselling service and this seems to be getting very good reviews. Keep up the good work Marlene.

*a christms social gettogether....?
sounds like a good idea....any evening from 6th december to 24th....
location ...North,South or Central Manchester ?*

*Drop me a line, phone , email,
ormaybe a christmas lunch would be a better idea...?*

*0161 798 8494 (answerphone)
07711578876 - (mobile)
chairman@ia-manchester.com*

KNOW YOUR STOMA NURSE

A new article that I propose to introduce is that of a potted history, photograph and contact information of your local Stoma Nurses



Amanda Smith
BSc, ENB 216,
RGN, RSCN
Amanda Smith
has been a Stoma
Care Specialist
nurse for

over 14 years. She currently works at Salford Royal Hospitals Foundation Trust in the North West of the UK in Salford, where she provides care for ostomy patients from their initial consultation throughout their entire lifetime. Amanda is especially interested in the management of peristomal skin problems and believes that all ostomy patients should be actively encouraged to return to their pre-surgery lifestyle. Please contact the Stoma Department at Salford Royal Hospitals Foundation Trust.

Come along to the regular Stoma Care Clinics - Area 1 - Hope Hospital - no appointment required; Clinics held during the afternoon every Thursday

Questions taken from ‘www.c3life.com/ostomy’ - a UK internet-based Ostomy Community Connection Centre. On their Forum site they post various ostomy-related questions to which other members with similar experiences write the answers; here are two such questions and their answers:

Q.:“I am wondering if anyone could explain to me why I am gaining so much weight since my recovery from ileostomy....I am so fat I can hardly move....I am really depressed too....I think I am not absorbing my thyroid medicine.? I don’t know what to do...I starve myself and exercise and lose nothing...it is so frustrating..I have gained almost 100 pounds for no reason...I eat the same exercise the same and the doctors have no answer.....except they did say I had too much insulin.....ughh...I need some advice”

A: “You did not mention why you had the ileostomy surgery but if it was due to inflammatory bowel disease (IBD) then it is possible that you are eating more than you use to, or due to IBD, absorption of food was less in the past than it is now. I’m assuming that your doctor tested your thyroid level and found it to be normal. It might be worthwhile for you to talk with a dietician to see if they can get you on a diet that works for you. I empathize with your problem.”

And yet again the completely opposite problem:

Q: “Since having my ostomy I can’t seem to eat enough. It’s a far cry from when my crohn’s was bad, I used to never want to eat. Now I can eat all day and have big meals still. HELP! I’m gaining weight which I personally dont like, and its not nice with the ostomy to have extra fat around the tummy. Does anyone know of any food that will make you full longer? Or does anyone else have this problem?”

A: “ Your problem is not unique following ostomy surgery especially following IBD. There are foods that delay emptying that may help reduce your hunger pangs. Here are just a few: bananas, applesauce, pizza, breads and other heavy starches like rice, gnocchi, potatoes, etc.

Unfortunatly, many of these foods also can cause a gain in weight. When you are hungry try to drink lots of water, but NOT at mealtime as it just may make you hungrier.

At least the hunger is a positive sign for you that you are healthy.”

For those who are internet based visit www.c3life.com/ostomy

A further website packed with ostomy-related information can be found at 'www.meetanostomate.com/index

Here is an article published by the Administrator of this world-wide site

"We, at MeetAnOstoMate.com, firmly believe that the ostomy surgery should not be known as the 'secret surgery', but rather as the 'life-saving surgery' which allows millions of people around the world to continue enjoying the beauties of our lives.

The goal of this website is to help everyone free their minds from negative thoughts and to discover the strength of our bodies, the love in our hearts and the beauty of our souls. We should be grateful to be alive, be able to laugh, have friends and families, travel the world, contribute to the society and do good. What brings us all together here is not our surgery, but the fact that we are great, diverse, fun and loving people. We have members on this site from all walks of life, different ages and cultures, with variety of interests, jobs and understandings. Our wish is that all of us, when we come to our little online world, leave all bad things behind and enjoy the company of other members, make friends, talk about interesting things and connect in all other possible ways.

And most of all, let's not forget that if we want to be able to openly speak about our surgery with friends and loved ones, we should make the first step and proudly tell the world about who we are and what we have overcome.

Yours,

MeetAnOstoMate.com administrator"

Travel certificates

In view of the current security restrictions being imposed on travellers, IA suggests that it is advisable for all ileostomists and internal pouch patients to carry a travel certificate with them at all times.

Travel certificates are available from IA National Office for IA members (phone 0800-0184724, or e-mail info@iasupport.org), and many of the ostomy equipment manufacturers (can also supply them. IA travel certificates are available both for patients with an ileostomy, or with an internal pouch - please specify which you require.

***A NOTE FOR YOUR DIARY
- OPEN DAY FOR OSTOMATES -
TO BE HELD AT WYTHENSHAWE
FORUM WITH THE STOMA CARE
DEPARTMENT FROM
WYTHENSHAWE HOSPITAL
REPRESENTED
FRIDAY 4TH SEPTEMBER 2009
PLEASE SPEAK TO THE STOMA
DEPARTMENT FOR THE TIM-
INGS OF THIS EVENT***

A LITTLE OSTOMY TEST

With kind permission of Cleveland Ostomy Association Newsletter

1. Your appliance has been on for 2 days and you experience a burning, uncomfortable sensation around your stoma. You:
- Ignore it. It seems to come and go anyway.
 - Wait until the designated day to change your appliance.
 - Take a cool bath.
 - Change your appliance immediately.

The answer is d. Ideally, your appliance may stay on for five to seven days. However, if you experience burning or itchiness around the stoma, discomfort or pain around the stoma or discoloration of the adhesive, change your appliance regardless of the day. These signs usually indicate leakage. Stool or urine on the skin is very irritating. In addition, itching or irritation under the pouch can be due to dehydration. If you are pretty sure the appliance is not leaking and there is nothing externally wrong with it, try drinking a few glasses of water instead of removing the appliance. Don't be a hero. When it bothers you, change.

2. When you remove your appliance, you notice the skin around the stoma is reddened. To treat it, you:
- Apply cool compresses for a short period of time before reapplying your appliance.
 - Apply a protective powder such as Stomahesive or Karaya to reddened skin areas, remove any excess, and continue with reapplying your appliance.
 - Apply a soothing cream or ointment to the reddened skin areas.

- d. Use an alcohol wipe on your peristomal skin.

The answer is b. It is important to observe the skin around the stoma. Use a mirror to help observe the skin and stoma. If the skin appears reddened, irritated or weepy, you may require a protective powder. You may need to change your appliance every two or three days until the skin heals. While creams and ointments may be a reasonable solution for skin irritation in other areas of your body, they may not be useful around your stoma because your appliance will not adhere to moist or oily skin. Cool compresses may be soothing but cannot heal the skin. Alcohol will dry the skin which may cause it to itch.

3. Your friends invite you for a swim on holiday. You:
- Decline the invitation since you cannot swim with an ostomy.
 - Limit your fluid and food intake for 12 hours prior so your stoma is not active.
 - Accept the invitation.

The answer is c. If you enjoyed swimming before the operation, continue to swim after. For extra security while swimming, you may want to picture-frame the adhesive part of your appliance with paper or waterproof tape or apply a skin sealant, for example—Sween prep, directly over the adhesive. Printed rather than solid colored bathing suits help to camouflage the outline of the appliance. Some women prefer bathing suits with skirts and some men prefer boxer-style trunks, but snug fitting suits may be worn to hold the appliance firmly in place. If you have an ileostomy, limiting food and drink will not stop your ostomy from functioning. When the stomach is empty, the discharge is liquid, highly acidic and gassy. Skipping meals or limiting fluid intake leads to dehydration and/or electrolyte imbalance.

**An Article by Marlene Evans
Visiting Co-ordinator and
Deputy Chairman
Manchester IA**

Our Membership Database stretches from Wilmslow in the South to the Rossendale Valley in the North, East to Ashton, Hyde, Stockport and West as far as Wigan. Comprising some 245 members, and growing, we are desperate to increase our complement of qualified visiting officers to support the Stoma Nurses in our Regional Hospital Stoma Departments. So what does it mean :

The Value of an IA Visitor

IA has been providing visitors to patients pre- and post-operatively since it was founded. Visiting is one of the most important services IA offers, as it allows patients to meet and talk to someone in complete confidence who has experienced a situation similar to their own. All patients and visitors are matched as closely as possible in terms of age, sex, type of surgery, occupation and interests.

IA offers a variety of training to its members who are suitable to visit. The training ranges from one day introductory sessions to the three-day 'Counselling Skills for IA Visitors' course, which is endorsed by WECT (UK) and the Royal College of Nursing Gastroenterology and Stoma Care Nursing Forum.

If you are interested please contact
Marlene Evans for an informal chat on
0161 790 9380

(All information is strictly confidential)

**IA MANCHESTER
EXECUTIVE COMMITTEE**

**Chairman: Mr Chris Ainsworth
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chairman@ia-manchester.com**

**Secretary: Mrs J Rose
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secretary@ia-manchester.com**

**Distribution : Mr Tom Fleming
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**Visits : Mrs. M. Evans
Tel: 0161 790 9380**

**Committee : Mrs Anne Cross
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**Newsletter/Website
Mr Chris Ainsworth
Tel: 07711578876
0161 798 8494**



NACC -

**Improving life for
people affected
by Colitis & Crohn's
Disease (IBD)**

**NACC has 30,500 members, 70
local Groups and over 1,000
active volunteers. NACC's infor-
mation and support services are
available to anyone affected by
IBD:**

**Weekdays from 1pm to 3.30pm
and 6.30pm to 9.00pm.
0845 130 3344**

SOME NEWS FROM ABROAD



World Ostomy Day 2009 will be celebrated on the 3rd October 2009 and the theme will be “Reaching Out” The aim of World Ostomy Day is to improve the rehabilitation of Ostomates worldwide by bringing to the attention of the general community and the global community the needs and aspirations of Ostomates and their families.

Activities to promote awareness may include: educational programs, seminars, support meetings and demonstrations/displays; electronic information networks, newspaper and magazine announcements/advertisements and articles. Publication of informative handout materials and brochures: audio and video announcements and films; personal visits and lobbying activities; official government proclamations and joint activities with allies agencies and professional health Associations

Once again the Coloplast Merit Award will be an integral part of World Ostomy Day. The aim of the award is to encourage the spread of enterprising initiatives of national Ostomy Associations to member Associations around the world. The award has been developed in cooperation with IOA and has been presented since 1991. There will be 3 regional contests

UK JOINT INITIATIVE -WOD 2009

A Joint Initiative to celebrate World Ostomy Day within the UK is being held by the IA, CA and other related bodies at the TRAFFORD Centre Shopping Mall on 3rd October 2009, open during the complete shopping day. Representatives from the IA Head Office will be in attendance. This is one of many such Open Days being held around the UK to celebrate this event.

This is a world-wide campaign designed to highlight both to the general public and the global community the challenges faced by Ostomates, their fears, needs and aspirations.