



Welcome

To this Autumn edition of
your quarterly
Newsletter

A number of New Members have joined us and we welcome Helen, from Partington, Susan from Stockport, and Dr Joshipura from S. Manchester,

Social Events: In my last Newsletter I mentioned that we are planning a number of social events, or gettogethers or less formal gatherings than the traditional group meetings, where we can meet in a relaxed environment. Following the request for members to take up our offer of a day trip out to Cheshire Oaks and Blue Planet we were very disappointed to hear from only ONE member who would have been happy to come along. Sadly, and leaving the offer open as long as we could, it wasn't viable to continue with this trip.

Other Events However, following discussions with the Stoma Care Team based at Salford Royal NHS Trust Hospital, led by Sr. Mandy Smith we will offering our Services by attending with our Display Stand on a monthly basis at their 'Walk-In' Centre based I in the Hospital. Secondly, Marlene Evans, our Vice- Chairman and Visiting Co-ordinator, is also in discussion with our Stoma Care team looking at the possibility of holding an informal gettogether and discussion with members, and held I Salford Royal, on aspects of stoma care. Watch this space....

My wife and I continue to enjoy our 'Travels With a Stoma' in a new Motorhome - which we took delivery of some three weeks ago. Recent visits have included a wet week in Leek! - a damp day or two in Delamere Forest and mixed Summery weather in Trearddur Bay in Anglesey.

We hope many of you, as well as us two, are enjoying a Summer Holiday away from this not-so-clever " Summery weather' !

We continue to support various Open Days and Sponsored events around our Membership area - although, traditionally, this period is normally our quietest for Suppliers'/Organisations' Open Days.

Chris Ainsworth - Chairman . E: Chis Aittsuyox.tit - aitaikait

Many times I am asked questions on '...how do I..?..'get rid of a blockage -? ` , or `....can I go swimming with a pouch, etc...?' As much as I appreciate not all Members have access to the Internet - there is a wealth of information from many sources related to a lifestyle with an Ileostomy. From a particular Forum at MeetAnOstoMate.org: an International Ostomy-related web-site here is just one of the latest Forum topics:

Blockages

Remember to always chew your food properly swallowing. Drink plenty of liquids.

The shorter your bowels the higher the chance for blockage. For example, you stand a greater chance to experience problems if you have an ileostomy than other forms of Ostomy surgery.

Be careful when eating oranges (or any other citrus fruit), since the skins/pith, etc can cause severe blockage. Instead, you can try canned fruit where the such skins, etc. are much softer. Avoid fresh raw pineapple !! it may cause severe blockage.

About oranges: you can try slicing the orange into thin slices (leave the peel on) - then cut the slice into half-moons to eat. This breaks up the pith, etc. very well. This works for any citrus fruit.

Fresh veggies (onions, lettuce, celery, carrots, tomato etc.) nuts, mushrooms and other hard-to-digest foods may cause blockage as well. It is not the same for everyone. You should carefully try and see how it works for you. Most blockages are caused by food that was not processed properly by your digestive system. Make sure to chew the food well or to cook it till soft.

If you experience blockage you can drink some mineral oil. It makes things slide out. You should also drink plenty of liquids.

In case of blockage you can also try massaging the abdomen and the area around the stoma as this might increase the pressure behind the blockage and help it to "pop out." Most food blockages occur just below the stoma.

If nothing works, call your doctor or Stoma Care Nurse and report what is happening. If you cannot reach them and there is no output from the stoma for over a day, go to A & E locally, immediately.