



The ileostomy & internal pouch Support Group

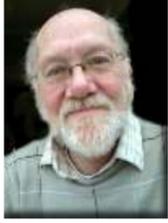
# IA Manchester

Registered Charity: 1039256

## Newsletter

## Winter-2012

## Issue-019



WELCOME Winter 2012 to all our Members - to this final edition of the Newsletter for this year. I hope this forthcoming Festive Season of 2012 and New Year into 2013 will be a happy and a healthy one for all.

Val and I, and all our Committee wish everyone a Happy Christmas and Prosperous New Year from Manchester IA

This has been a busy year for many of us - we have welcomed some 14 new Members and - sadly - lost 4 Members of many years of loyal Membership.

This has also been a busy year, for making our presence felt at a number of Open Days/Exhibitions - sponsored by Clinical Nurse Specialists, Manufacturers and Suppliers of Stoma Care Products and other Support Groups. Val and I, and our new motorhome - "Daisyll" have travelled to Rochdale, Wythenshawe Forum and Wythenshawe South Manchester University Hospital, as well as creating an initial presence at the Weekly Stoma Care Clinics held at Salford Royal Hospital which Marlene and I have instigated at the request of our Stoma Care Team at Salford - led by Sr Mandy Smith.

We have also attended our National Conference - held this year in a 'local' venue - Blackpool - held at the latter end of April as well as our own Annual general meeting held in May at Salford Royal.

We have events both planned and in the planning stage for this forthcoming Season; more of this later.

This edition of your Newsletter contains much information on these forthcoming events and changes to Subscription details, etc.

... Chris Ainsworth - Chairman

### Healthy Eating With A Stoma

What you need to know about Healthy Eating with a Stoma. There is no reason why you need to follow a 'special' diet when you have a stoma. The most important thing is to maintain a healthy, balanced diet.

#### Healthy Diet

A healthy diet contains a mixture of different foods, including plenty of fruit and vegetables and cereal based foods such as bread, rice and pasta. Protein rich foods like meat and dairy products should be eaten in moderation and foods containing high levels of fat, salt and sugar should only be eaten occasionally.

#### Individual Differences

Whether they have had stoma surgery or not, some people find that certain foods do not agree with them. The best way to establish this is to observe the effects your food intake has on you and then, if necessary adapt your diet. It is often worth trying a food several times before eliminating it completely. It may also be worth re-introducing it at a later date to see how it affects you.

#### Importance of chewing

Although there are no specific foods you should avoid, some foods should be chewed thoroughly, especially foods which do not break down during digestion and are recognisable when they are passed from the stoma. People who have had any kind of abdominal surgery can have adhesions (which may be thought of as fibrous scar tissue). These can lead to sections of the bowel becoming narrow and may cause large particles of foods to get stuck, if they are not chewed properly.

#### Fluid Intake

Along with food, it is also very important to maintain a varied fluid intake. You should aim to drink around 2 litres (roughly 8-10 glasses) of fluid every day. This intake can include water, fruit juice, squash and hot drinks, although alcohol and caffeinated drinks should be consumed in moderation.

#### Salt

Although it is not necessary to add extra salt to your diet, in cases of dehydration a rehydration solution containing salt may be recommended.

Once again - and probably for the final time this year - I have to emphasise that the Membership Subscriptions have increased slightly due to a Motion that was agreed and passed at the National AGM held At Blackpool in May 2012

Subsequent Subscriptions from January 1st 2013 will be as follows:

Age Over 60 (as at 01/01/13).....£10

01/01/13)...£15

Age Under 60 (as at

Payment for this subscription may be made by the following means:

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Please complete this Mandate and return it to the address below:  
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**PLEASE TRY TO ATTEND THE OPEN DAY  
ADVERTISED BELOW  
For Buffet Arrangements please telephone  
0161 798 8494 if you are attending**

**Meet  
Your  
Local  
IA  
Team**

**IA MANCHESTER OPEN DAY  
DECEMBER 8TH 2012**

From 11 am to 2 pm

Mayo Building

Salford Royal Hospital

**FOLLOW SIGNS FROM OPP. CAR PARK EXIT**

**MEMBERS AND NON-MEMBERS WELCOME**

**Meet  
Your  
Local  
Stoma  
Care  
Team**

**The guest speaker will be**

**Sr Rachel Meskell**

**(Enhanced Recovery Nurse - Bowel Disorders)  
Followed by Q A s**

**Travels With a Stoma - The Chairman**

**Reminiscence`s with a 42 year Stoma - Anne Cross**

**A Light Buffet**

**Meet  
And  
Chat  
With  
Friends**

**STOMA CARE APPLIANCE**

**SUPPLIERS IN ATTENDANCE**