

# OSTOMY

SPRING 2018

NSW LTD



# eakin® Cohesive® Seals COMPETITION



**Simply mould a figure that starts with each letter from EAKIN.**

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OF \$2,500!**



## HOW TO PARTICIPATE

1. Call our Customer Service team to get some Eakin Cohesive Seals.
2. Mould one figure starting with any letter from the word E-A-K-I-N.  
e.g. Egg, Apple, Kangaroo, Insect or Nose.
3. Take a selfie with your figure.
4. Email your selfie to Elise  
[elise@omnigon.com.au](mailto:elise@omnigon.com.au)

Competition ends 31 October 2018.

\*Terms and conditions apply, please email [info@omnigon.com.au](mailto:info@omnigon.com.au) for details.



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## CONTENTS

Regional Meetings Noticeboard	Page 4
Stoma Education Day in Nowra	Page 6-8
What you told us - Nowra	Page 10
Youth Inclusiveness – ACSA Conference	Pages 11-12
We want to hear from you	Page 12
Cathy's story	Page 13
Tracking your postal orders	Page 16
Justan's story	Page 18
History of Ostomy NSW	Page 20-21
New postage rates	Page 21
Hello from the clinic	Page 22
Upcoming events	Page 26

## PRINT DEADLINES

Summer Edition	November 1
Autumn Edition	February 1
Winter Edition	May 1
Spring Edition	August 1

## PHONE: 02 9542 1300

### ORDERS

#### WE ARE UNABLE TO ACCEPT PHONE ORDERS

Please email orders to: [orders@ostomynsw.org.au](mailto:orders@ostomynsw.org.au)

Please fax orders to: 02 9542 1400

Please post orders to: PO Box 3068,

Kirrawee NSW 2232

## PICKING UP ORDERS:

### COUNTER HOURS OF OPERATION

We are open four days a week

Monday to Thursday

9:00 am to 2:00 pm

(Please place orders 48-72hrs before desired pick-up)

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Warehouse Counter - Unit 6, 18 Monro Ave, Kirrawee

## PAYMENTS

Payments can be paid by bank transfer (EFT) to:

Account Name: ONL

BSB: 112879 (St George Bank)

Account Number: 45 664 3389

Reference: Your Member Number and Surname

## SPRING 2018

**President: Tom Flood**  
**Telephone: 02 4333 4727**

**Vice President:**  
**Stephen Grange**

**Treasurer: Tracy Black**

**Director: Ian Denney**  
**Director: Greg Doyle**  
**Director: Perry Johnstone**  
**Director: Michael Rochford**  
**Director: Helen Richards**

**Manager: Stephen Lardner**

**YOUR ONL TEAM:**  
**Operation Supervisor:**  
**Colleen**

**Warehouse Supervisor:**  
**Steve**

**The Team:**  
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**Carol-Anne, Cheryl, Frank,**  
**Kim, Luke, Matt, Natalie,**  
**Rhys**

## PLUS OUR DEDICATED VOLUNTEERS

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## REGIONAL INFORMATION MEETINGS 2018

### ST GEORGE AREA

**DATES:** TUESDAY 18 SEPTEMBER (3RD TUESDAY OF EVERY MONTH)  
**TIME:** 10:00-12:00 – MORNING TEA  
**ADDRESS:** RAMSGATE RSL (MEET IN FRONT FOYER) CNR RAMSGATE RD & CHUTER AVE SANS SOUCI NSW  
**ACCESS:** CLOSE TO PUBLIC TRANSPORT AND FREE PARKING  
**ABOUT:** EVERYONE WELCOME – PLEASE RSVP FOR CATERING PURPOSES TO YOUR STN OR CLARE JACOBS ON 0400 921 901.

### FORBES

**DATES:** FRIDAY 21ST SEPTEMBER  
**TIME:** COMMENCING AT 10:00AM TO 3:30PM  
**ADDRESS:** FORBES SERVICES MEMORIAL CLUB 41 - 43 TEMPLAR STREET FORBES

### SHOALHAVEN SUPPORT GROUP

**DATES:** WEDNESDAY 7TH NOVEMBER  
**TIME:** 2PM  
**ADDRESS:** NOWRA COMMUNITY HEALTH CENTRE, 5 - 7 LAWRENCE AVENUE NOWRA.  
**ABOUT:** THE STN IS BRENDA CHRISTIANSEN. PH. 02 44246300  
E. BRENDA.CHRISTIANSEN@HEALTH.NSW.GOV.AU

### NEPEAN EDUCATION STOMA SUPPORT GROUP

**DATES:** 28 SEPTEMBER 7 DECEMBER  
**TIME:** 2-3:30PM – AFTERNOON TEA  
**ADDRESS:** 63 DERBY ST, PENRITH (UNIVERSITY OF SYDNEY MEDICAL SCHOOL)  
**ACCESS:** THE BUILDING IS OPPOSITE NEPEAN HOSPITAL'S EMERGENCY DEPARTMENT. ENTER VIA THE SIDE PATH TO THE CLINICAL SCHOOL'S OUTPATIENT WAITING ROOM.  
PLEASE WAIT UNTIL 2:00 PM WHEN YOU WILL BE DIRECTED TO THE MEETING ROOM.  
**CAR PARKING:** EITHER ON THE STREET OR IN THE MULTI-STORY CAR PARK ON SOMERSET STREET, KINGSWOOD (FREE FOR PENSIONERS FOR THE FIRST 3 HOURS)  
**ABOUT:** FAMILY AND FRIENDS ARE MOST WELCOME. ANY ENQUIRIES PLEASE CONTACT NAOMI HOUSTON ON 4734 1245

### GOULBURN COMMUNITY STOMA SERVICE

**DATES:** FIRST WEDNESDAY OF EACH MONTH  
**TIME:** 9AM TO 3PM  
**ADDRESS:** GOULBURN BASE HOSPITAL. 130 GOLDSMITH STREET, GOULBURN, NSW 2580.  
ENTER VIA THE EMERGENCY DEPT AND ASK AT RECEPTION FOR THE STOMA CLINIC.  
**ABOUT:** THE STN IS KELLY TAYLOR RN STN M. 0402 250 475  
E. KELLY@COMMUNITYSTOMASERVICE.COM  
KELLY WILL PROVIDE INDIVIDUAL CONSULTATIONS BY APPOINTMENT.





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## STOMA EDUCATION DAY IN NOWRA



### Members, suppliers and guests enjoyed their day in Nowra

Ostomy NSW participated in the United Ostomy Associations (UOA) members' education day in Nowra on Friday 22nd June – the second of these meetings for the year. We had a large number of people attend, including several Stomal Therapy Nurses (STNs) as key note speakers and suppliers available to meet our members. This event also had

six directors from the Boards of both NSW Stoma and Ostomy NSW join, so all around it was very well supported.

We commenced with an overview of the Stoma Appliance Scheme, especially highlighting some changes to barrier wipes and allowances from 1st July. It was great to hear the positive feedback from our members that both associa-

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Helps absorb excess moisture to maintain skin's natural balance without the seal losing internal or external strength.



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tions are looking after our members and providing products and information in a timely manner. Each of the suppliers present had an opportunity to talk about some of their products, and this is always helpful to the members present. Our suppliers were kept busy with members' questions at the start of the meeting and during our breaks.

Our first clinical paper was presented by Lee Gavegan Clinical Nurse Consultant STN from Westmead Hospital. She talked about hernias that occur, especially in the six months after surgery, and ways to manage them. At Westmead hospital STNs commence a 3-step process to assess the stoma starting three months after surgery. The first step is to educate on the risks of a parastomal hernia and avoiding any heavy lifting. Secondly, they measure support garments required for any heavy lifting. Finally they teach abdominal exercises which should be followed for at least nine months. Support garments are available on the stoma appliance scheme. When ordering the first garments we recommend only one to make sure it is the right fit before following up with additional supplies.

After our lunch break, and following much contact with suppliers, Anne Marie Lyons Clinical Nurse Specialist (CNS) STN from Concord presented on swimming, exercise and famous ostomates. Anne Marie posed the question; can you swim with a stoma? The answer is simply "yes". There are a couple of things to be aware. Firstly you should cover your filter, although most newer bags can cope with water. Secondly, if you wish to maintain privacy, wearing a one-piece outfit for women hides an ostomy bag and for men, high waisted board shorts or a rash vest can do the same. We saw

many examples of swimmers choosing to show their bag. When swimming among crowds or in swimming pools you should always wear your bag. In the ocean, you may choose not to and indeed salt water can be beneficial for your stoma. Exercise remains very important for a healthy lifestyle, post-surgery and ongoing. The advice is to start slowly with short walks and gradually build up your routine. Finally, there are many famous people who have been ostomates. Do you know which of the following were ostomates? Choose from Napoleon, the Queen Mother, Pope John Paul II and Ronald Reagan (answer at the end of this article).

Our final presentation was from Helen Richards CNS STN who presented on the charitable work of Australian STNs overseas in Kenya. We are very fortunate in Australia that the Stoma Appliance Scheme provides first class products in good supply to ostomates in Australia, without charging for the appliances. The Kenyan Twinning Project is arranged with World Council of Enterostomal Therapists (WCET) and the Australian Association of Stomal Therapy Nurses (AASTN). Helen is one of the volunteer nurses and her experience left us in awe of the contribution of STNs in Kenya and the practical ingenuity of ostomates in Kenya. The STNs followed the mantra "you can feed a person with a piece of fish, or you can teach them to fish and feed them for life". The nurses successfully trained 45 nurses in Kenya to function as internationally trained STNs. The training included theory, clinical practice and assignments. At the end of the training they assessed their knowledge and understanding and were impressed with their results.

Answer: Ronald Reagan





250 brushstrokes applied

1 sunset captured

0 irritation around his stoma

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# EVALUATION OF UOA NSW EDUCATION DAY NOWRA



The United Ostomy Associations (UOA) held a patient support and education forum at the Nowra Ex-Servicemen's Sports Club on Friday 22nd June 2018. The day was well attended by 94 members, their guests and suppliers.

An evaluation was conducted and I would like to share some of the results and comments.

Fifty evaluation forms were handed out to participants with 30 (60%) being returned.

Of those who responded to the question on type of stoma there were 9 with a colostomy, 7 with an ileostomy and 4 with a urostomy.

The majority (70%) of participants were over 61 years of age, although there were also a number of younger ostomates in attendance.

All those who responded to the evaluation found the day to be either 'helpful' or

'very helpful' with items such as 'offering clinical resources' and 'being a source of emotional support' rating highly.

Most thought the length of the day (10am – 3pm) was correctly allocated, giving time to achieve what they wanted. Attending education sessions, meeting with company representatives and having the opportunity ask questions were the most highly valued components of the day.

Within the general comments section, a few items were raised that are worthy of consideration when planning future sessions. These include issuing name tags so participants feel more comfortable when approaching others; information about Ostomy NSW and NSW Stoma Ltd; keeping fit with a stoma, especially for those of an advanced age; and possibly dividing into groups based on age and/or stoma type.

I would like to thank all of those who gave their time to make this day a success including the STNs, company representatives and staff from Ostomy NSW and NSW Stoma Ltd.

Mostly I would like to thank members and supporters who attended the meeting. Without you it does not exist.

Thank you to all who completed the evaluation form, this is a wonderful way to obtain your views and ultimately help us improve the day for future meetings.

The next UOA patient support and education forum will be held in Forbes on Friday 21st September 2018 at Forbes Services Memorial Club so please pass this information on to members who may benefit from attending.

**Anne Marie Lyons – CNS STN**

## YOUTH INCLUSIVENESS: ACSA'S CONFERENCE IMPERATIVE

Involving and supporting young ostomates will be the focus of this year's Australian Council of Stoma Associations (ACSA) national conference. The conference will be held in Sydney from 18 to 20 October 2018 at the Rydges Sydney Central hotel in Albion Street, near Central Railway Station and a short walk to Chinatown.

The conference theme of 'Youth Inclusiveness' aims to encourage associations to find ways for younger ostomates to get involved. As hosts of this year's conference, Ostomy NSW and NSW Stoma have put together a program that supports this theme and involves young ostomates.

A presentation and discussion led by young ostomates Hally Chapman (Ostomy NSW) and Kristy Ross (NSW Stoma) is scheduled for the general meeting. They will briefly present their accomplishments and open the floor to discussion. It is hoped that their involvement will be a step towards encouraging more young

members to feel a sense of involvement and affiliation with their stoma association.

Some of the broader discussion is likely to focus on projects and activities that are best suited to involving young ostomates in the work of associations such as participation in advisory or reference groups; mapping local needs, resources or activities for ostomates; or planning, delivering and reviewing services.

The conference will commence with a welcome function on the evening of Thursday, 18 October. The annual general meeting and general meeting of stoma associations will be on Friday and Saturday, 19 and 20 October. There will be a supplier display space with all the key suppliers present from 10am to 3pm each day. This will offer attendees an opportunity to see new appliances, discuss products and meet other ostomates.

The guest speaker at the conference dinner on the Saturday night



will be award-winning singer-songwriter and comedian Luke Escombe, an advocate for people living with IBD. Luke works in entertainment, health and education and is the creator of Chronic, a one-man comedy show about living with Crohn's Disease. In 2017 Luke won a WEGO Health Award in the category Hilarious Patient Leader. An ambassador for Crohn's and Colitis Australia, he has spoken three times at Parliament House in Canberra on their behalf, and appeared at events in the US, Europe, Asia and New Zealand.

The dinner will be held

in Rydges Sydney Central's restaurant, which offers stunning views across Sydney and the Eastern Suburbs. Music will be provided by the band Pink Cadillac. A Sunday brunch on Sydney Harbour will round out the conference for the delegates attending.

The conference also coincides with the Invictus Games, which are being held in Sydney from 20-27 October—so lucky delegates might catch a glimpse of Harry and Meghan when they are around town.

### **Who can attend the conference?**

The conference is primarily attended by delegates from each Ostomy association around the country who are responsible for operating the services for members.

The supplier display space in the hotel is open at no cost to any member who wishes to pop in between 10:00-3:00 on the Friday or Saturday. See our separate notice on this.

Also, any member is welcome to attend some or all of the meeting pro-

ceedings as an observer. This means you can listen into the discussions without being able to discuss topics or vote on resolutions. For younger ostomates, the session discussing engaging younger members is being held on Saturday 20th October. Observers need to register before the day and pay a daily charge of \$150 which includes lunch, morning and afternoon tea. Registrations can be made online at: <https://etm.eventsair.com/acsa2018/2018/Site/Register>.

## WE WANT TO HEAR FROM YOU!

We want to hear from you! Ostomy NSW is your publication. We are always looking for your stories, experiences, letters and photographs.

We are also looking for your ideas on what information and articles you would like included in the journal.

When you send a contribution we ask you to follow a few simple guidelines:

You can send your ideas or contributions to [manager@ostomynsw.org.au](mailto:manager@ostomynsw.org.au)

- We prefer to get your contribution in electronic form – attached to an email or in an email as handwritten contributions take more time
- Give us your full name and contact details. We need this in case we have any questions about the contribution or would like more information. We will normally publish your full name with the item but if you prefer to remain anonymous or just go with your first name let us know.
- Photos should be in JPEG format of 1MB or greater. If there are other people in the photo let us know that they agree to publication.
- Please don't identify medical professionals unless they have agreed to their name being used. Also try to avoid identifying companies or products.



# CATHY'S STORY



**Cathy (right) with her family**

This is a story of great love, friendship and resilience from Ostomy NSW member Cathy Perry, who has two stomas.

Cathy was born 53 years ago in Hornsby Hospital NSW. Cathy's mother had severe intellectual disability and was unable to care for baby Cathy. When Cathy was three months old she was placed with a foster family and was soon fully adopted by the family, who named her Catherine Margaret Perry.

Cathy herself was born with a range of serious health issues and intellectual disability. Cathy's adoptive mother June Perry says "The hospital was about to transfer her to an institution, where they assured us she would never survive." June said that at first "I did not feel I would be capable of looking after her, with my two boys needing attention as well. But of course you love them instantly, and we soon adopted her."

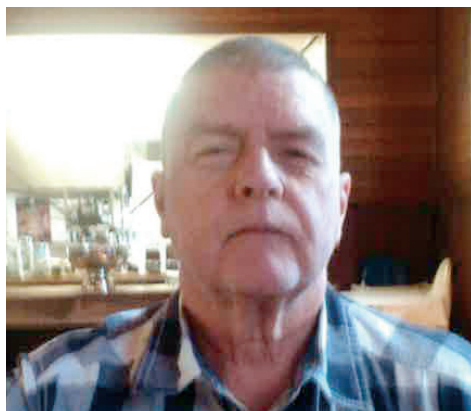
With the support of her family, Cathy grew into a "beautiful loving child" who has a "great personality and loves everybody – especially her mother (June)."

Cathy became an ostomate in 2010 after surgery to create an ileal conduit. Then in 2014 Cathy became a double ostomate

after further surgery. Cathy was supported through this by Stomal Therapy Nurses Naomi Houston (Nepean) and Mary Duggan (Blue Mountains).

Cathy now manages her stomas very well with the assistance of her carer Tommy and her STN "Uncle Bill" Tyrell. Cathy has even travelled overseas. About two years ago Cathy enjoyed a holiday in Hawaii with her Mum, her Aunt and Tommy.

Ostomy NSW staff members Kim and Cheryl assist Cathy with her ostomy needs. Cheryl says "A call from Cathy always brightens my day. She has a wonderful sense of humour and a kind heart.



**Cathy's carer Tommy**

I've only spoken to Cathy on the phone and until I heard her story I had no idea of the difficulties she has faced."

In the past year Cathy has faced further health challenges and spent five months in hospital fighting an infection that had got into an old surgical site. But with her usual positivity and the incredible support of her mum June, and her care team, she is well again.

# Located in a rural area with no STN? **Access expert advice from a Stomal Therapy Nurse in your home NOW!**



Introducing the newest member of our Omnigon Care Solutions Team, Carmen George, STN.

Carmen has been a Stomal Therapy Nurse in many of Australia's largest hospitals for a number of years. She has also represented her profession internationally on many occasions.



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Care Solutions

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With Omnigon's three different modern ostomy brands and the range of products and accessories available through the Stoma Appliance Scheme, Carmen is sure to find a solution to your problem.

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or you would like to  
discuss an issue,  
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to book your  
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with Carmen  
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Member No: 123456R

Packing form : 24/07/2018

**\*\* Membership Fees for 2018/19 are now due \*\***  
Full membership \$60  
Concession \$50  
**Membership fees must be paid by 1st July 2018.**  
Thank you for your prompt attention to payments.  
A reminder; orders for July will not be processed until fees have been paid.

**Delivery**

**The balance of your account, after any costs associated with this order is -\$12.00.**

Earlier this year we introduced eParcel, which is an Australia Post service that tracks and reports on the delivery of your posted parcel.

If you have provided us with your email address and/or mobile phone number you will be receiving notifications from Australia Post. The notifications are sent by email and/or mobile phone text message, letting you know that your parcel is:

- With Australia Post and when you can expect it
- Due for delivery the following day
- On board for delivery later that day
- Delivered or awaiting collection at a Post Office

If you are not receiving these notifications and would like to do so, it may be that we don't have an email address or mobile phone number for you, or the details we have are incorrect.

You can check what details we hold for

you by looking at the printed packing slip that came with your last order. On one side is a blank order form and on the other side is a summary of your account details. At the top right-hand corner you will see your name and the postal address, email and mobile phone number that we have recorded in the Australia Post system (see example above).

If anything is incorrect then please send us the correct details. You can do this by making a note of changes in the "special instructions" section at the bottom of your next order form and sending it to us in your usual method or you can send us a separate email telling us that your details need updating – making sure you include your name and member number along with the correct email and/or mobile number.

Receiving these tracking notifications can give you better peace of mind that your supplies are on their way.





## Ceramide –

## A Revolution in

## Stoma Skin Care

**CeraPlus, the first and only range of barrier products in Australia to be infused with the power of skin protective Ceramides.**

A naturally occurring component of healthy skin, Ceramides lock skin cells together to form a protective barrier that helps skin retain its vital hydration and structure.

Ceramides don't just soothe the sensitive and irritated skin around the stoma, but help the skin to maintain its normal function and assist in preventing issues from occurring.

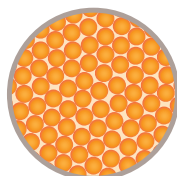
CeraPlus Ceramide infused skin barriers can help:

- Prevent water loss that can lead to skin damage
- Protect the skin's integrity
- Maintain healthy peristomal skin
- Reduce itching

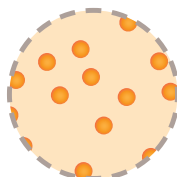
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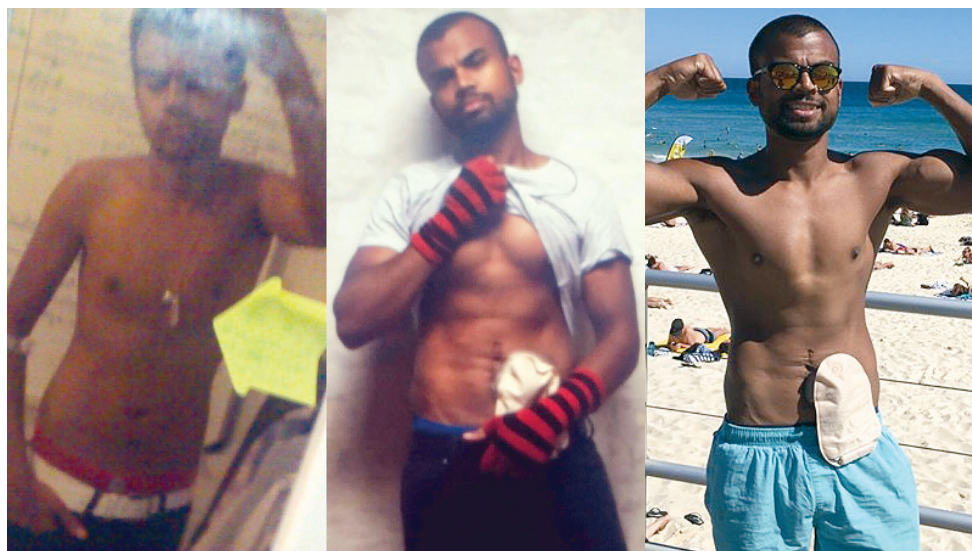
● Natural Ceramides



Healthy  
Peristomal Skin



Damaged  
Peristomal Skin



## JUSTAN'S STORY

When I was 2 years old I was diagnosed with Crohn's disease. Crohn's affects the intestines and doctors says it's not curable. I never knew what it was like to have a full night's sleep or have a full day of energy. Every night I used to wake to go to the toilet 5 to 6 times. I used to fear going to public toilets because they were so gross to sit down. At all my workplaces I made sure my desk was next to the bathroom. I spent most of my life either taking immune suppressing medication, sitting on the toilet, at hospital or napping from exhaustion. I was always underweight and malnourished. I had 10 minor operations growing up. When I hit 18 years I had my first major operation removing 20cm of my large intestine. I had an ileostomy operation by the age of 21 and never thought I would reach 30 years due to all my medical complications and operations.

This was my turning point where I decided I was going to do whatever I could

to get myself off the medication and reverse my Crohn's. I went off and researched like a scientist about the disease, diets and different cases of people in remission. I went through several diets and tons of different supplements and therapies. I stayed committed to my diet and health and eventually got myself off all medications and now live a healthy lifestyle by exercising and eating moderately cleanly.

I hope you enjoy a taste of my journey and I look forward to writing more articles. I want to transform the stigma around Ostomy to being sexy and attractive especially for young people who are going through the dating phase of their life. I will be doing a fitness competition soon so stay tuned.

If you would like to follow my journey please see my instagram account @crohns\_warrior\_89

Email me if you want to say hi at justan\_singh@live.com



# The perfect travel companion



98%

Of 441 respondents, 98% agree that "Dansac wipes provide a level of cleanliness and confidence that toilet paper does not provide when using public restrooms."<sup>1</sup>

Simon, colostomy since 2010

## Dansac Skin Lotion Wipes

- Provides gentle cleansing of peristomal skin in the absence of water
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- Individually wrapped to fit discreetly into your pocket or purse
- Available in two pack sizes including a convenient travel pack of 10
- Take better care of your skin with Dansac Skin Lotion Wipes

Pack Size	Code	Max Issue	SAS Code
Box - 50pcs	71000 - 0000	2 boxes per month	3568T
Travel Pack - 10pcs	71000 - 0010	5 packs per month	9981H*

Single Use Wipe

DANSAC SKIN LOTION TISSUE

DYH42VC

Dansac Skin Lotion Tissue  
REF: 71000-0010  
Travel Cleaner dansac

To obtain a  
**FREE sample:**  
Call 1800 880 851  
Visit [dansac.com.au](http://dansac.com.au)

1. Nichols, T. Hannestad, V. and Purnell, P. Supporting stoma hygiene: a cross-sectional survey on the use of Dansac skin lotion tissue (wipes) - Australia, Supplement to the WCET Journal, 2014 April-June Volume 34, Number 2. \* R2 restriction, no authority for an increase in the yearly allocation can be granted.

## A BRIEF HISTORY OF OSTOMY NSW LIMITED- 2008 TO 2018 – THE LAST TEN YEARS

In the last two editions of Ostomy newsletter we have been covering the history of Ostomy NSW from its beginnings in 1957 up to 2008. In this edition we will conclude by covering the last ten years of operations.

In the Winter edition, we talked about our organisation establishing itself more formally by purchasing commercial premises at Kirrawee and legally registering as a company. When the association became a company in 2008 the name was changed to Ostomy NSW Limited. This was a better name to reflect the full scope of the association's activities in supporting members with an Ileostomy, Colostomy, Urostomy and other conditions that meet the requirements of the Stoma Appliance Scheme.

### **Premises**

Since opening at Kirrawee, the site has been developed and processes refined to be as efficient as possible, in an effort to support your orders being delivered within 10 days from receipt. In most cases, orders received today are dispatched in three days, and then it's generally another two days for eParcel deliveries to arrive.

We were fortunate to receive a bequest in 2016 that enabled substantial improvements to the physical layout at Kirrawee. Our office environment includes new desks, carpet, phone system and printers. The warehouse has also been transformed with new benches, shelves and a layout to improve the flow of orders. The computer hardware and software were also updated in December. Our data is backed up daily at an offsite facility to

help protect the integrity of our database. Our team have adapted well to the changes and were involved in the development and implementation.

### **Computer system**

In 2007, the demands of a growing membership base and the sophistication of government agencies saw ONL move to an integrated computer system for the processing of orders. Nicknamed "SAMSON" it enabled our team to process orders, requisition appliances from suppliers and create our monthly Medicare claim. In 2012 this system was further developed to become "TOMAS" with added functions such as stock on hand visibility, a process to monitor stock levels and improved reports. This system proved to be so successful it was purchased from ONL in 2015 by the Australian Council of Stoma Associations (ACSA) to become the model for all associations to use. The next generation system called SAMS was rolled out in 2017 in Melbourne as the trial site. Following Melbourne's successful implementation, ONL transitioned to SAMS on 16th August 2017. This is continuing to be upgraded and with input now from several associations, we anticipate more improvements in the months and years to come.

### **Web page**

In 2010 we created our existing website to assist with the communication of information to our members. In 2018 the website is undergoing an upgrade to make information more easily accessible for our members. This will include a new home page and direct access to information such as



## NEW POST/FREIGHT RATES, EFFECTIVE 1ST SEPTEMBER 2018

Due to postage rate increases by Australia Post, we have reviewed the ONL post and freight charges for members' orders and made some small increases to ensure our service covers the costs. The Directors of ONL have approved the new fees to be applied to all orders being dispatched from 1st September 2018. The new rates have been advised on our website at [www.ostomynsw.org.au](http://www.ostomynsw.org.au) and will feature on our packing slips from mid-August.



### NEW EPARCEL POST/ FREIGHT RATES FROM 1ST SEPTEMBER:

- **eParcel standard NSW \$13; Interstate \$16**
- **Express NSW \$20; Interstate \$30**
- **Holiday/double orders NSW \$18; Interstate \$24**
- **Holiday/double orders Express NSW \$25; Interstate \$35.**

forms that can be edited. We would encourage our members to submit photos you are happy to publish to add some personality to the website.

### Newsletter

ONL has maintained this publication for a number of years, with its current A5 booklet format starting in 2015. Our staff and a few dedicated volunteers piece it all together. We are always looking for member contributions – please feel free to email your stories and we would enjoy sharing with our community (anonymity can be maintained, or share your contact details if you wish).

### Postal improvements

ONL has relied on Australia Post to provide an efficient and cost-effective distribution network for our deliveries. Last year we changed to Australia Post's eParcel delivery platform, which enables greater visibility after appliances are dispatched from our warehouse. This has proven to be a better system for the majority of our orders with faster delivery times on "standard" dispatches

### Employed staff, volunteers

Gradually in the last ten years the necessity to become more professional, and as a result of becoming incorporated, the ratio of salaried employees to volunteers has increased. As an indication, today we employ fifteen part-time staff and we have an exceptional 33 volunteers. Our staff are rostered on different days of the week to ensure coverage every day. Our volunteers are both regular on their days and have tasks that they usually complete. We are also grateful to be served by seven dedicated directors who give their time to help run ONL without any remuneration.

# Hello From The Clinic

## Stoma Blockage

I regularly receive questions from members attending the clinic regarding what they should do if they think they have a blockage of the bowel. Although I have previously addressed this topic it now seems timely to revisit with emphasis on the fact that possible symptoms should not be ignored or taken lightly.

A blockage can occur in either the small or large bowel meaning that people with an ileostomy as well as people with a colostomy may experience an obstruction. Blockages in the large bowel (colostomy) usually occur gradually and are less likely while blockages in the small bowel (ileostomy) can happen quickly. Blockages can be dangerous as they may cause a rupture of the bowel. There are many causes of a bowel obstruction. Abdominal adhesions that form after surgery are a result of the body's normal healing process and are bands of tissue that form attachments between abdominal tissues and organs rather like an internal scar. A small bowel obstruction is a significant consequence of post-surgical adhesions. The adhesions can kink, twist or pull the intestine out of place and prevent the flow of content through the digestive track. A small bowel obstruction can occur 20 years or more after initial surgery.

For those with an established small bowel stoma a food blockage is probably the most common and most likely to occur just below the stoma. Whatever the cause of an obstruction it is a serious problem and should not be ignored. The best way to deal with food blockages is to take a few steps that can assist in preventing them. Eat slowly, take small bites and chew food thoroughly. Avoid large meals and test new foods by having small portions, be sure to drink adequate fluid (6 to 8 glasses daily).

Some foods are regarded as "red flag" foods and if these are consumed they require extra caution. Such foods include celery, dried fruits, corn, nuts, coconut, mushrooms, cabbage, oranges, fruit and vegetable skins and some chinese vegetables. If you enjoy these foods they do not need to be completely eliminated from your diet but as suggested "treated cautiously".

Be alert to the early signs and symptoms of bowel obstruction. A partial blockage will often display itself through cramping abdominal pain, nausea, watery output with an associated strong odour and possible abdominal and stoma swelling. These symptoms may progress to vomiting and a complete absence of stoma output for more than 4 to 6 hours.

If you experience the above symptoms there are things that you can do to help dislodge the blockage. Gently press your abdomen by lying on your back and bringing your knees to your chest, enlarge the size of the opening in the pouch to accommodate any swelling of the stoma and massage the area around the stoma, a warm 15-minute bath can help relax the abdominal muscles. Do not eat any solid food, and do not take laxatives or insert anything into the stoma. If you are not feeling nauseated or you have not been vomiting continue to drink fluids as this will help dislodge a possible food blockage.

If your symptoms persist for more than 2 to 4 hours or if the pain is becoming more severe or you start vomiting then it is absolutely necessary to seek medical attention at your nearest casualty department. A complete obstruction is life threatening requiring medical attention and often surgery.

Good wishes to all, see you at the clinic.  
Phone 95421300 for an appointment.

**Janet Forsyth RN MACN JP**  
**CNC Stomaltherapy**

**New**  
Brava® Elastic  
Tape XL

“Brava® Elastic Tape  
provides that  
*extra security.*”

Keagan, 27, US

## Brava® Elastic Tape

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Now, a new tape is available - **Brava Elastic Tape XL**

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# Hostoma No Smells

**New  
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**Eliminate Bad Smells, Don't Just Mask Them**

**ALLERGY AND ASTHMATIC FRIENDLY**

**Proudly Australian Made and Owned**



*Spray Bad Smells Away*

Saves Ostomy patients and suffers of Hirschsprung's , I.A., Crohns, Colitis, and Irritable Bowel, Spina Bifida, etc ., embarrassment from unwanted mal-odours.

HOSTOMA NO-SMELLS SPRAYS are available in spray bottles of 50ml, 120ml, 500ml, and refill bottles of 1 Litre and 5 Litre

Ideal to spray when changing or emptying appliances, at times when mal-odours exists or in Gastro or Endoscopy units.



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# Hostoma No Smells

## WHAT THE SAS SCHEME PROVIDES:-

Under the “Stoma Appliance Scheme”, registered patients are able to request the following products, at no cost, should you need them.

### ***\*HOS-TOMA NO- GAS!***

**45ml dropper bottle - 2 per month**

Product Code # 1103

*Also available for sale in Spray bottles.  
(Spray bottles are Not part of scheme)*



### ***\*HOS-TOMA NO- GAS!***

**250ml pump pack - 1 per month**

Product Code # 1103

Prevents Gas build –up in the appliance while neutralising any mal-odours or bad smells.



### ***\*HOS-TOMA LUBE!***

**250ml pump pack - 1 per month**

Product Code #1203

Stops matter adhering inside the appliance (pancaking) and helps it slide down the inside the appliance.

Neutralises mal-odours and prevents the growth of bacteria



## UPCOMING EVENTS



### OCTOBER - ACSA NATIONAL CONFERENCE – WELCOME TO SYDNEY

This year the ACSA 2018 National Conference is being held in Sydney. The meeting is being arranged by a sub-committee from both NSW Stoma and Ostomy NSW.

Dates: Thursday 18th October 2018 to Sunday 21st October 2018

Venue: Rydges Sydney Central

Activity: Company Representatives will be onsite to meet with members on Friday and Saturday, from 9am to 3pm. Please come in and meet with our appliance suppliers.



### NOVEMBER 17 OSTOMY NSW MEMBER MEET AND GREET AND AGM 2018

This year is our 60th Anniversary as an Ostomy Association and support group. Come along and help us celebrate, talk with suppliers and join fellow ostomates.

Date: Saturday 17th November 2018

Time: Commencing at 11:00am

Venue: Club York, 99 York Street Sydney

We will announce during the year our guest speaker and celebrations.

## MAJOR RAFFLE 2018

Tickets for our Major Raffle are now available from our office.

Please contact us by phone, email or as a note on your order for us to send tickets to you.

There are great cash prizes to be won. This is a key fundraising event of Ostomy NSW that assists us to continue to support our members with appliance supplies, education days, journals and other information.

The draw takes place at our AGM on Saturday 17th November 2018 at Club York, 95-99 York Street Sydney.

Your support is most appreciated.

**OSTOMY NSW LIMITED  
MAJOR RAFFLE 2018**

**PRIZES:**  
 1st Prize: \$1250 Cash  
 2nd Prize: \$500 Cash  
 3rd Prize: \$250 Cash

Drawn at AGM on Saturday 17th November, 2018  
 Tickets: \$2.00 per ticket or 12 for \$20.00

**OSTOMY NSW LIMITED**  
 ABN 92 003 107 220

**www.ostomynsw.org.au**  
 ABN 92 003 107 220

**Member No:** \_\_\_\_\_  
**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_  
 Drawn at AGM on 17th November, 2018  
 (return tickets by 2nd November 2018)  
**Ticket No:** \_\_\_\_\_

**OSTOMY NSW LIMITED**  
 ABN 92 003 107 220

## CHANGE OF DETAILS

Please enter your membership number and update any information that is NEW or has changed.

Membership Number

Last Name		First Name(s)	
Title		Date of Birth	Gender
Language other than English			
Mr	Mrs	Ms	Dr
____ / ____ / ____		M	F
Home Phone No.		Mobile Phone No.	
Work Phone No.			
e-mail address required for Aus Post deliveries		tick if not member's email address (Associate member)	
I want information about benefits of being a support Associate Member: (mobile)			
Residential Address			
Unit/St No.	Street		
Suburb			
Postcode			
Address for Delivery of Supplies (if different to Residential Address)			
Unit/St No.	Street		
Suburb			
Postcode			
Add here any special instructions for deliveries			

The information you provide is collected and used by Ostomy NSW Limited only for the purpose of supplying you with products under the Stoma Appliance Scheme and is protected under the provisions of privacy legislation.