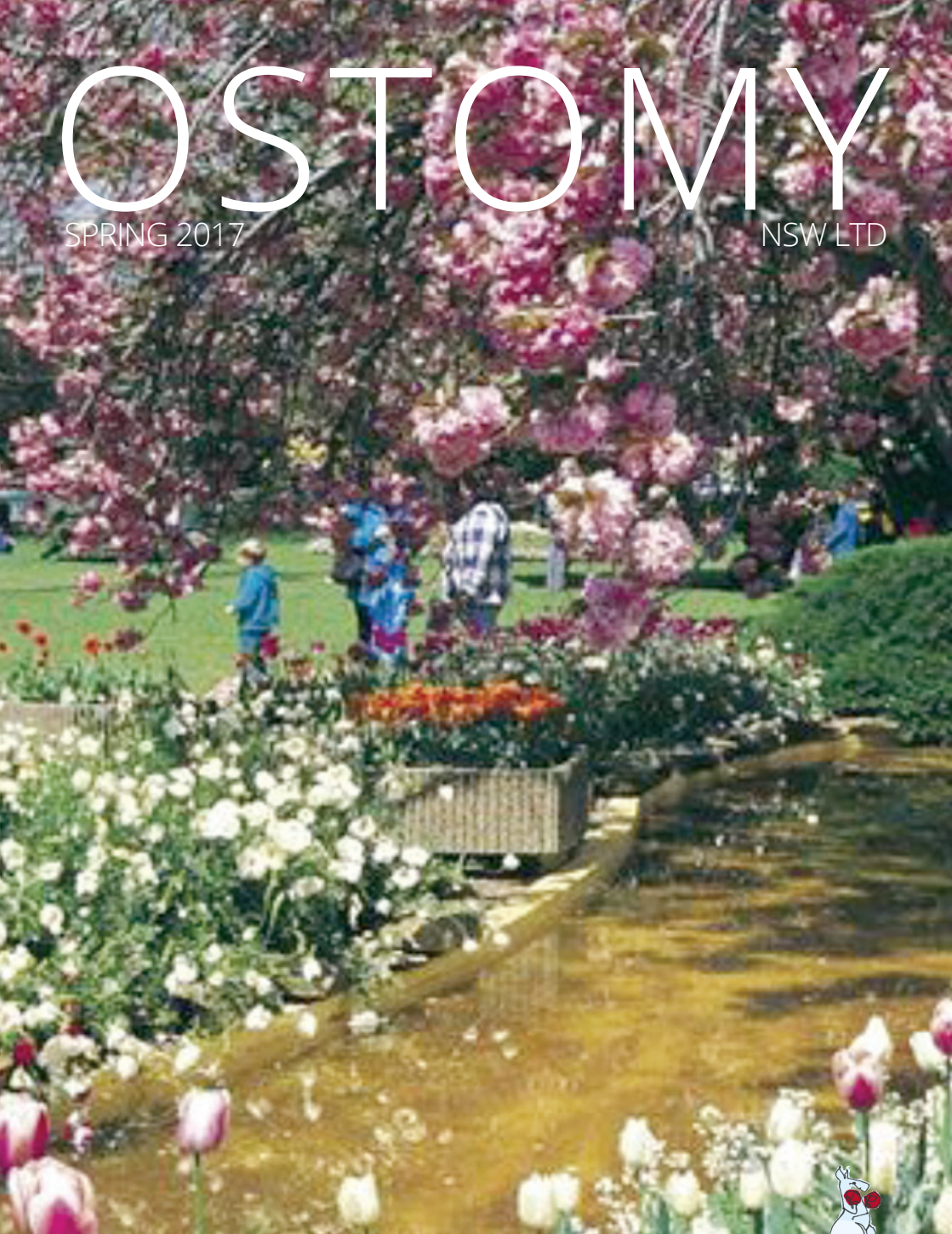


OSTOMY

SPRING 2017

NSW LTD



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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
 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)
 Express Counter - Unit 6, 555 Princes Hwy, Kirrawee
 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 2017

President: Tom Flood
Telephone: 02 4333 4727

Vice President:
Stephen Grange

Treasurer:

Director: Ian Denney

Director: Greg Doyle

Director: Perry Johnstone

Director: Jason Rumble

Director: Michael Rochford

Manager: Stephen Lardner

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Operation Supervisor:
Colleen

Warehouse Supervisor:
Steve

The Team:
Cheryl, Angie, Kim, Bev,
Natalie, Aye Aye, Frank,
Carol-Anne, Matt, Greg and Rhys

PLUS OUR DEDICATED VOLUNTEERS

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The perfect travel companion



98%

441 respondents 97.96% agree that "Dansac wipes provide a level of cleanliness and confidence that toilet paper does not provide when using public restrooms."¹

Graham, colostomy since 2008

Dansac Skin Lotion Wipes

- Provides gentle cleansing of peristomal skin in the absence of water
- Solves the challenge when using public restrooms without wash basins in the toilet cubicle
- 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*

**Get your sample of
Dansac Skin Lotion
Wipes today by calling:**

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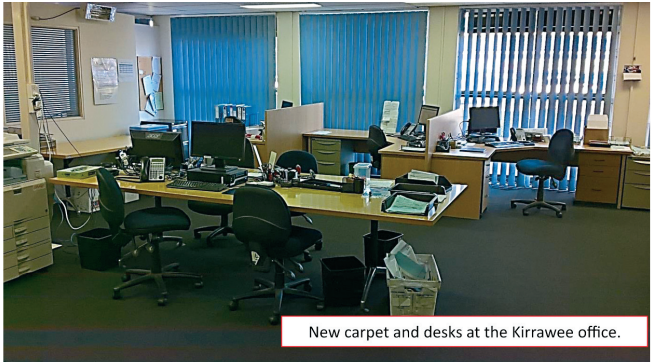


1. Nichols, T. Hannestad, V. and Purnell, P. Supporting stoma hygiene: a cross-sectional survey on the use of Dansac skin lotion tissue (wipes) - Australia. Supplement to the WCET Journal, 2014 April-June Volume 34, Number 2. * R2 restriction, no authority for an increase in the yearly allocation can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

FROM THE KIRRAWEE OFFICE

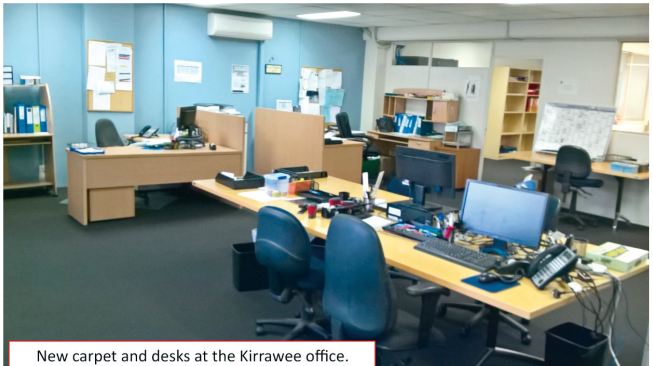
Office refurbishment

The final stage of our office refurbishment was completed two months ago with the laying of new carpet. Our office team are now working from recycled and improved desks (donated from a workplace that was downsizing) and freshly laid carpet. The addition of the desks has provided more space to work and helps our volunteers when they sort files and arrange mail outs.



Back Orders

At Kirrawee we keep around 1000 different items in stock, out of the 3500 available on the Stoma Appliance Scheme (SAS). When we order from our suppliers, they sometimes experience out of stocks, which means your order is held up. If the delay is going to be longer than one week, we will contact you by phone or email. This may require you to select an alternative product, either from your usual supplier or another brand. We are not able to provide clinical advice nor substitute a product for you – this is a requirement of the SAS. In these cases we recommend you contact suppliers for an alternative and try a sample. The suppliers are very responsive to your requests. On some occasions the supplier offers an alternative product which we may substitute for you. In these situations we provide the



documentation from the supplier to explain and justify the change.

Stoma Appliance Scheme (SAS) Monthly and Annual Allowances

At a recent regional meeting the question was asked about monthly and annual allowances available on the SAS. On your paperwork packing slip that is supplied with your order, the last column titled "MAXIMUM" shows the maximum monthly allowance for each appliance. This may be useful for the items that are supplied, however sometimes you may wish to have another item supplied. The easiest way to find this information is to access the Department of Health web-


site and search for the Stoma Appliance Scheme. A link is listed at the end of this article. Look for the pdf file "SAS Schedule 1 July 2017 - Full" with the latest date (1 July 2017 was the most current at the time of printing). When you open this file there are 191 pages of items. There is a right side column "Max Qty" which shows the maximum quantity in units – if it shows "m" after the number, this is monthly; if it shows "a" after the number, this is the annual maximum quantity. The maximums also refer to items in the same group ID, for example 1a or 8b. If you order above the maximum your order will be cut back; and your packing slip will show the maximum allowance.

Our team are very experienced with the operation of the scheme and we will always supply the quantity you require and never more than the maximum allowance. Please remember appliances are expensive and are provided without cost to you through the scheme. Only order what you need and hold only up to one month's supply at home. This will ensure the scheme remains financially viable and likely to remain in place for many years to come.

Dept of Health website: SAS
<http://www.health.gov.au/inter-net/main/publishing.nsf/Content/health-stoma-schedule-index.htm>



Boardroom at the Kirrawee office.

 Australian Government Department of Health				Stoma Appliance Scheme - Schedule Effective - 1/07/2017	RESTRICTIONS R1 - Requires Stomal Therapy Nurse (STN) or Health Care Professional (HCP) authorisation R2 - No authority for an increase in the yearly allocation can be granted R3 - Strict Usage Restriction; Requires STN or HCP authorisation including clinical justification			
Group	SAS ID	Company Code	Brand Name	Product Description	Pack Size	Max Qty	Pack Price	Pack Premium
01a-Group 1 - One-Piece Closed								
01a	3582M	3192	Hollister Compact	opaque, cap, 100ml, 1mm, hydrocolloid baseplate, flat, self-adhesive, standard wear, round, pre-cut, 30mm	Monthly	60m	41.19	
01a	3582M	3193	Hollister Compact	opaque, cap, 100ml, 1mm, hydrocolloid baseplate, flat, self-adhesive, standard wear, round, pre-cut, 40mm,	30	60m	41.19	
08b	3976G	7718	Hollister Stoma Cone	irrigator, stoma cone, connector unit, brush,	1	2a	25.26	
08b	80052G	95225-0000	Danasc Connecting Tube with Regulation Clamp	Irrigation connecting tube with regulation clamp.	1	1a	12.95	

Change your life with our *technically brilliant, naturally better* convex appliances

Our unique skin barrier provides
greater adhesion, absorption and
helps prevent leakage

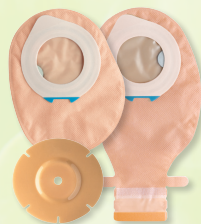
Infused with natural Aloe Vera
to **help prevent sore skin**



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Confidence
Natural Soft Convex



Harmony Duo
convex com Flexilit[®] & Aloe Vera

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Meet and Greet – 2017 AGM

Luncheon & Annual General Meeting

RED ROOM, 1st FLOOR

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**CLUB YORK (BOWLERS' CLUB) 95 – 99 YORK
STREET, SYDNEY**

SATURDAY, NOVEMBER 18TH, 2017

GUEST SPEAKER: LUKE ESCOMBE – ENTERTAINER, MUSICIAN
AND STORYTELLER

COST: \$25.00 p.p.

HAPPY HOUR: 11:15am

LUNCHEON: 1:00pm

**ANNUAL GENERAL MEETING:
12:15pm**

Order your tickets with your next order or phone the office on 9542-1300

LUKE ESCOMBE

Entertainer, musician, storyteller and Ambassador for Crohn's and Colitis Australia

I can't believe it's been five years since my ostomy surgery already. That means it's been twenty five years since I was diagnosed with Crohn's Disease. I'm not even 40 yet!

2012, the year of my surgery, was the year my life changed forever.

My rock and roll career had suddenly veered off on a strange tangent. Instead of playing guitar to drunk people in pubs I was now standing at lecterns and talking to doctors about my colon. I had a music comedy show called "Chronic" which featured a rap song about public toilet access and a joke about why an ostomy bag is like an iPad (they both come with a range of accessories and you can do your business on the go). I was being referred to in the press as a "comedian", or worse, a "funnyman".

Meanwhile my wife and I were trying to have a baby, and it wasn't going well. I went for a fertility test and failed. My wife had stuck by me for 12 years, through sickness, health, and more sickness, only to be told that it would take a miracle for us to have kids. She became deeply depressed. I felt like I was responsible for accidentally backing over our future in the driveway. The vibe in the marriage was less than great. We contemplated our options.

At the same time as I was wrestling with the idea of either adopting a kid, getting a divorce, or asking one of my bandmates for a cup of usable sperm, I met with my surgeon to discuss ostomy surgery. It's fair to say I wasn't thrilled at the prospect. "But you'll feel so much



better" he kept saying. How is having a bag full of poo attached to my body going to make me feel better about being divorced I thought. Besides, my health wasn't too bad at the time. I was touring, releasing albums, making videos. I was on a roll.

Around June or July of 2012 my wife and I went to an IVF clinic and had an experimental procedure. We managed to produce nine fertilised eggs, eight of which died over the first two nights. On the fifth day, the last surviving embryo was implanted. We actually saw it on the TV screen before it was whooshed up into a syringe, this tiny teardrop of our combined DNA. Two weeks later we found out we were pregnant.

Seeing our little baby on the ultrasound made the decision to have an ileostomy easy. Until that moment I'd always thought of "the future" in terms of months, maybe a year at most. Now I realised I needed to be around for at least the next thirty years. Getting an ileostomy was the only option that made sense. I haven't regretted it for a moment. In fact, it has provided the inspiration for a brand new show. I look forward to sharing it with you.

Luke Escombe is a musician, comedian and ambassador for Crohn's and Colitis Australia. He is the guest speaker at our AGM on Saturday 18th November

Would you prefer a seal that removes easily?



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SAMPLES

93% of users said Brava® Protective Seal comes off in one piece*



Dual-protection

Protects against leakage and absorbs skin moisture.



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Easy to shape, fits snugly and removes easily.

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*All numerical data derived from Brava Protective Seal Product Evaluation, 2015. Data on file.

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ORDERING

All orders need to be in writing.

All orders need to have supplier codes and quantities.

Please fill in the form clearly so staff can supply you with the correct appliances.

Please fill in your name and membership number.

PAYMENTS

If paying by cheque please make sure you have filled it correctly and sign your name.

If paying by credit card please make sure you have all 16 digits plus expiry date and CVC.

If paying by EFT please make sure you put your name or membership number in the reference.

DELIVERIES

Please allow 7 – 10 working days for the delivery of your parcel

All deliveries are with Australia Post

When contacting Australia Post regarding your parcel please be aware that our parcels have no tracking numbers.

COUNTER PICK UPS

Express counter pickups must be submitted in writing in advance.

Monro Ave pickups can be done within shop hours but pre submitted orders will get preference.

Please call the office before coming to collect to check that your order is completed.

EMAIL ORDERS

Please make sure you have your membership number, name and address are on the order.

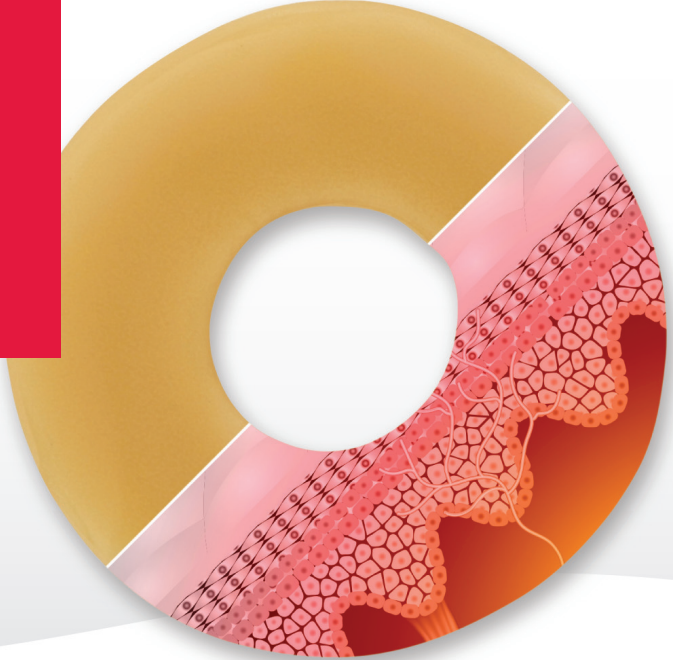
All codes and qtys should be written on separate lines so as to make it easier to input.

EACH DELIVERY CONTAINS A PACKING SLIP WITH ALL THE INFORMATION REGARDING ANY MONIES HELD IN CREDIT OR DEBIT.

COUNTER HOURS ARE STRICTLY 9AM TO 2PM Monday to Thursday. IF YOU ARRIVE OUTSIDE THESE HOURS YOU WILL NOT BE SERVED

ONL HAVE OVER 6,500 MEMBERS AND WE WOULD APPRECIATE THAT EACH MEMBER KEEP A RECORD OF THEIR FINANCIAL STATUS AND THEIR CURRENT ADDITIONAL CERTIFICATE EXPIRY DATES

Infused with
the science
of skin health



Adapt CeraRing barrier ring

Sealed with the confidence of ceramide

Infused with ceramide—a natural component of the skin—Adapt CeraRing is designed to support healthy skin around your stoma, while minimising the risk of leakage. Ceramides help protect the skin's natural moisture barrier and help prevent water loss that may lead to damage and dryness.

Experience the confidence of ceramide—
try Adapt CeraRing today.

To find out more contact Customer Engagement on:
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JUNE EDUCATION DAY

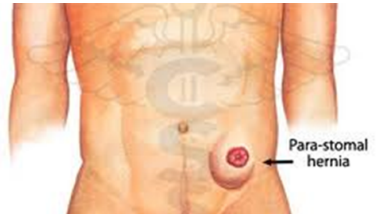
For our June Education Day we travelled north to Lismore, just two months after they had experienced severe flooding. The local STNs and the community were very keen to continue with the day. Our members were also very receptive, with 60 members plus nine student nurses attending, along with 10 of our appliance suppliers.

Our presentation began with an explanation of the Stoma Appliance Scheme (SAS) and the operations of both NSW Stoma and Ostomy NSW. Anne Marie Lyons CNS from Concord Hospital presented a paper on parastomal hernias and the impact on our body. A hernia is an abnormal protrusion, or bulging out, of part of an organ through the tissues that normally contain it. A hernia may develop in almost any part of the body; however, the muscles of the abdominal wall are most commonly affected. Hernias may occur in a surgical wound (called incisional hernias) and around a stoma (parastomal hernia). The prevalence of hernias post-surgery is greater than you may think – reported as high as 28% for Ileostomy patients and 48% for colostomy patients. Most hernias develop within 6 months to 3 years following surgery. The incidence increases with length of time since surgery was performed and a patient's age.

The afternoon session was given over to the local STNs and members, with an informative session from Bill Tyrell STN



"Gimme a cheque instead - I'll get a hernia carrying that lot!"



Marie Taylor from Lismore Support Group.

EDUCATION DAY IN LISMORE

CNC who described his journey with caring for ostomates over many years. Bill's talk made it clear he has a dedication to assisting our members during all stages of life before and after surgery. The local community have built a strong support network, and Marie Taylor from Lismore described her experience with an hereditary condition that has impacted many members of her family. Marie's engaging discussion and commitment to assist fellow ostomates was a joy to hear.

The Q&A discussion that closed out the day created a lot of great discussion among the team. Bill engaged the student nurses and even had the audacity to set them a homework assignment. There is no doubt that bringing our members together fosters a closer sharing of ideas and experiences, in a setting that is comfortable and empowering. The spirit from the locals in spite of floods and their personal health was an uplifting and positive experience.



Bill Tyrell STN CNC Lismore (left) and Stephen Lardner (ONL)



Lismore members share discussions after the Education Day.

NEW



Preserving Confidence.

One strip at a time.

New! Dansac X-tra Strips

If you're looking for extra protection around the edge of your ostomy skin barrier, Dansac X-tra strips are a skin-friendly new option.

- Designed to easily fit uneven body shapes and contour
- Provide enhanced comfort and security—while helping prolong wear time
- More than just leak prevention, Dansac X-tra strips deliver the added confidence and reassurance you deserve



Three X-tra Strips conveniently surround your wafer for extra security.

For more information on how we can help you, or if you are interested in a sample of this product, please Freecall: 1800 220 972

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Your guide to parastomal
hernia prevention, support
& management



Lorraine Andrews
BScN, ADN, BN, Post Grad Cert Stomal Therapy

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FREE GUIDE

containing practical tips and advice to help you reduce the risk of developing a hernia and managing a hernia with use of a support garment.

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**Members are
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Support pants

or



belts

per calendar year

ONL CHRISTMAS 2017 CLOSURE DATES

THIS OFFICE WILL BE CLOSED FROM 2PM ON THURSDAY THE 21ST OF DECEMBER 2017 AND WILL REOPEN ON TUESDAY THE 2ND OF JANUARY 2018 AT 9AM. PLEASE PLACE YOUR DECEMBER ORDERS EARLY SO YOU DON'T RUN SHORT OF APPLIANCES OVER THE FESTIVE SEASON. IF YOU REQUIRE APPLIANCES OR SUPPORT OVER THIS WEEK YOU WILL NEED TO CONTACT YOUR STOMAL THERAPIST.

**REGIONAL INFORMATION MEETINGS 2018
VENUES TO BE CONFIRMED**

**NEWCASTLE DISTRICT OSTOMY SUPPORT GROUP
MEETING ARE HELD ON THE LAST SATURDAY OF FEB/MAY
AND AUGUST/NOVEMBER**

**OSTOMY NSW LTD MEMBERSHIP FEES FOR 2017 – 2018
FULL MEMBER: \$60 CONCESSION MEMBER: \$50
A CONCESSION MEMBER MUST HOLD A CENTRELINK ISSUED
PENSION OR HEALTH CARE CARD.
PLEASE NOTE AS PER THE OPERATIONAL GUIDELINES OF THE
STOMAL
APPLIANCE SCHEME – ALL OUTSTANDING AND CURRENT
FEES MUST
BE PAID BY JULY 1ST 2017 FOR SUPPLIES TO BE ISSUED.**

PAYMENTS

**MEMBERSHIP FEES AND POSTAGE CAN BE PAID BY CHEQUE
OR MONEY ORDER MADE PAYABLE TO
OSTOMY NSW LTD – POSTAL ADDRESS: P O BOX 3068,
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BSB: 112 879 (ST GEORGE BANK)
ACCOUNT NUMBER: 456643389
REFERENCE: YOUR MEMBERSHIP NUMBER OR SURNAME**

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You know better than anyone how important it is to have a reliable skin barrier fit around your stoma. NovaLife Soft Convex has been designed to provide just the right amount of pressure, without compromising the comfort and skin health for getting the most out of life.

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- + GX Hydrocolloid barrier is made with natural and absorbent ingredients to maintain skin integrity
- + EasiView™ viewing option on opaque pouches helps ensure correct positioning

Discover more at dansac.com.au or dansac.co.nz



Fluids/Dehydration

With summer and high temperatures we are all prone to some degree of dehydration, but, particularly if you have an ileostomy. It is a constant enquire from members and at every regional meeting it is high on the list of topics for discussions.

What is dehydration?

Put very simply dehydration is when your body does not have sufficient water to function properly. Our bodies send out clear signals telling us we need to do something about increasing our fluid intake, e.g.

- Thirst
- Dry mouth
- Dark urine and strong odour
- Fatigue
- Headaches
- Dizziness
- Stomach ache
- Lack of energy/lethargy
- Constipation
- Low blood pressure

Many other things can also contribute to dehydration such as the consumption of caffeine and alcohol, some medications, exercise, age, forgetfulness etc.

If you have any concerns that you may be susceptible to dehydration make sure you discuss the problem with your Stomal Therapy nurse or GP.

Water is the most essential of all nutrients, and one that most of us too often take for granted. Try and drink approximately 8 glasses of water a day. If you feel ill with one or more of the above symptoms try drinking a half to a full

glass of water – you will most likely find yourself improving within 30 minutes.

St. Mark's Hospital in the UK published a recipe some years ago "St Mark's Electrolyte Mix" which has helped many people. It should be made up fresh on a daily basis, and sipped throughout the day.

- 1 Litre of tap water
- 6 Level teaspoons of sugar or glucose
- Half a level teaspoon of sodium chloride (salt)
- Half a level teaspoon of sodium bicarbonate

Mix this altogether until powder is dissolved. Keep chilled to improve the taste and maybe add some lemon flavouring.

Heather Hill



The CeraPlus Skin Barrier

with Remois Technology*



Believe it or not, the skin around your stoma can be as healthy as the skin on the rest of your body.

The CeraPlus™ skin barrier with Remois technology*, our newest skin barrier, is infused with ceramide to help keep moisture in and protect against dryness. Available on ModermaFlex™ one-piece and New Image™ two-piece pouching systems.

Learn more about how the CeraPlus skin barrier supports healthy skin from the start. Call Customer Engagement for your sample on 1800 880 851.

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available
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**Can you spare 1 day?
per week
per month**

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**Stephen Lardner
Manager, Ostomy NSW Limited
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email: stephen@ostomynsw.org.au**

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Change your life

WITH **Confidence®**
Natural Advance

The unique features of the Confidence® Natural Advance superior hydrocolloid can help prevent leakage and sore skin:

- ✓ Thinner and more flexible
- ✓ Infused with Aloe Vera extracts
- ✓ Stronger and faster adhesion
- ✓ Easier removal, with reduced residue



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UROSTOMY
POUCHES ARE
AVAILABLE

CHANGING LIVES NATURALLY

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Recognising Salts research
into healthy stoma skin

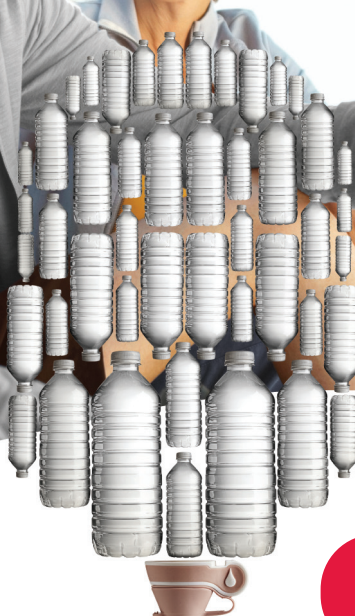


DERMATOLOGICALLY
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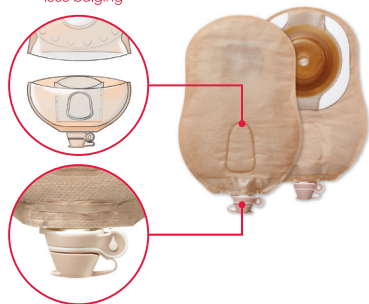
NEW

Regardless of what the day brings, our new urostomy pouch helps maximise discretion and comfort.



Now available in
1 and 2 piece ranges

Multi-chamber design
- less bulging



Soft touch tap - comfort
and ease of use

The latest innovation in urostomy pouches

At Hollister, we never stop looking for ways to provide a greater sense of control. That's why our new urostomy pouches feature:

- New soft touch control flow tap – provides increased comfort
- Multi-chamber pouch design – helps distribute urine evenly in pouch
- New upgraded release liner (with tapered edges)
- Help maximise discretion and comfort

A great pouch becomes even better.



For more information or samples please
call Customer Engagement on **1800 219 179**
www.hollister.com



www.libertymed.com.au

The new **libertymed.com.au** website has a range of useful resource for ostomates and carers including the basics, health and wellbeing, hints and tips, personal stories and general information. Developed by our Editorial Board of Stomal Therapy Nurses, it will help you through your stoma journey.

Features of the NEW website:

- ✓ General information about stomas
- ✓ Wellbeing after stoma surgery
- ✓ Enjoying life with a stoma
- ✓ Personal stories
- ✓ FAQs
- ✓ Suppliers of stoma products
- ✓ Glossary of terms
- ✓ Ostomy Associations directory

Join our FREE Live Well Club

Become a member of our NEW Live Well Club to get access to resources and hints and tips regarding stoma care. Simply join online today.



To find out more contact Customer Engagement on **1800 880 840**

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