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www.ostomywaikato.org.nz

www.ostomy.org.nz

This newsletter is kindly printed for us by the **Mr. Ralph van Dalen**

Modern Technology

Can we in the near future establish who can receive emails by sending your email address to

janoiam1st@gmail.com

and or if you are not computer savvy please contact Jano with your address on 07 843 7505 and she will be happy to post the information being shared.

Your immediate response would be much appreciated.

NOTICE OF BI-MONTHLY

MEETING

Sunday 25th
November, 2018
at 2pm.

**St STEPHENS
CHURCH HALL =
MELVILLE**



Subscription Time

Subscriptions for 2018 year are now due and remain at \$20.00. They can be paid via any of the following methods:

=**Internet** banking to Westpac 03 1560 0014261 00 preferred method, include your name in reference area.

=**Post** to Treasurer, Address as per page 1. Posting Cash (NOT recommended)

=**Pay** directly at the next meeting!

Words of Wisdom

If you're too open minded, your brains will fall out.

Age is a very high price to pay for maturity.

Quick Fact

There are approximately 6000 - 8000 People living with an Ostomy in NZ

To our new members



10 reasons to exercise

Regular exercise is essential to a healthy, productive and independent life, it is not a luxury, it is our health insurance. As Ostomates it is all too easy to use our ostomy as an excuse for not being active. There may be some things that are not advisable for an Ostomate to attempt, but appropriate exercise is not one of them! Limitations are often more about our lack of physical strength than our ostomy. **Here are 10 great reasons to make exercise a part of your daily personal care routine.....**

1 Regular aerobic exercise prevents heart disease, and makes our heart a more stronger and more efficient pump, the type of exercise that makes us puff and sweat a little, brisk walking, cycling, swimming, dancing etc. Regular exercise can result in larger, cleaner arteries, and help prevent the formation of clots.

2 Regular exercise keeps our hearts pumping strongly –more blood pumped per beat means fewer beats needed to circulate the blood around the body. This keeps our arteries elastic and efficient, reducing blood pressure. Don't wait to be prescribed pills, exercise now!

3 Regular exercise can help prevent type two diabetes. Exercise improves the body's ability to regulate blood sugar.

4 Weight bearing exercise gives us stronger bones. This is any activity that applies a force to our bones –jogging, aerobic dance, weight training, racquet sports, even digging in the garden. Activities that use our own body weight as a resistance are ideal. From around age35, women begin to lose density and strength to their bones. This decline can lead to the onset of Osteoporosis (brittle bones). Weight bearing exercise can not only halt the loss, but can, in fact, reverse it.

5 Exercise helps develop strong muscles and joints. Physical activity helps strengthen our joints, the structures that hold our muscles and bones in place. With stronger joints, we are less likely to suffer injury. If muscles are strong and well-conditioned, we may be less likely to suffer from hernia and prolapse problems.

6 Regular exercise helps control body weight. Physical activity burns calories and regular exercise of medium intensity will help us maintain an elevated metabolic rate even after an exercise session has finished!

7 Regular life-long exercise helps us maintain stamina, strength, bone density, flexibility of muscles and mobility of joints. All of this allows us to maintain an independent life style and motivation to remain active long into our post retirement years.

8 A strong and supple back will help prevent back pain. Maintaining flexibility in the muscles of our lower back and hips and strength in our core muscles of our tummy can help prevent the onset of debilitating and painful back problems.

9 Maintaining a good level of balance and co-ordination will help prevent falls. The body's ability to understand where we are in space allows us to maintain upright in unstable situations. The more developed our nervous system is, the less likely we are to fall. And if we do, the incident of injury is lessened.

10 An active life is more fun. Regular participation in some form of physical activity gives our self-esteem a boost and helps us sleep better. These two things alone should encourage us to keep active. Activity becomes easier we are more likely to get out there and enjoy all that life has to offer.

11 PS I nicked this from the Taranaki Newsletter.

A bag is a breeze' by Diane Cheyne

It's not really a subject you'd want to bring up at the dinner table, but Diane Cheyne believes it needs to be said. Tauranga resident Diane is one of around 7500 New Zealanders, and approximately 500 people in the Bay of Plenty, living with an ostomy – a surgical opening that allows people to release waste from their bodies into a small pouch. Although the recovery process is generally quite seamless, it comes with a lot of worry and embarrassment.

“People don't like to think that they will poo in a bag for the rest of their life,” says Diane, the president of the WBOP Ostomy Society. “In fact, some people would rather die than have a bag. “Having a bag is life changing. It can make you feel isolated, and when you look down and see this rose bud sticking out of your tummy, it can be hard to wrap your head around it. But it's not the end of your life.” Diane was diagnosed with rectal cancer in 2010. While undergoing chemo and radiation, the tumour, originally 15cm in size, was reduced and removed and a stoma was put in its place. The stoma was in situ for nine months, then two years later, the surgery was reversed. “They like to reverse them because a lot of people don't need a bag anymore or choose not to have one,” says Diane. “But it's not always an instant fix. “Some people think when they have a reversal that their bowel will work normally again, but it takes about six-to-nine months of diarrhea and constantly going to the toilet around 23 times a day before it can come right.” For Diane this wasn't the case. In 2016 she found her bowel still wasn't functioning correctly, and she asked for ostomy surgery again where a permanent pouch was fitted. She says it was hard to get a stoma again, but it was something that needed be done. “I think I coped with it better than others would because I have such a positive attitude,” says Diane.

“My philosophy is if you can get your head around it, your body will follow, and I went into the process with that kind of thinking.” There's nothing much that Diane can't do now. She still dances and gardens and is involved in various activities in the community. “You can't do heavy lifting,” she admits, “that's a bit of a no-no. But other than that there's nothing much else you can't do.”

Note from the President Brian Gordon

I was invited by Helena Macdonald the stoma Nurse at Braemar Hospital to address a group of 14 nurses about having an ostomy and to give some information about our Society. My talk was well received, and Helena said that they thought it should happen again so the nurses unable to attend could benefit from the same information.

I pointed out why it was important for individuals to join the society, especially to maintain a link with DHB's and central Government, so a range of appliances were always available and covered within the health system.

We are now getting new people (Ostomates) contact the Society through our website (www.ostomywaikato.org.nz) **which is a brilliant result.**

Currently we have our media specialist Anna setting up a facebook presence for the Waikato Society and this should be ready to go live in approx. 2 weeks. Our hope is that this will be another benefit for our members' right across the age spectrum. We hope that these 2 online services will be beneficial to all Ostomates in the whole Waikato Thames Valley and King Country DHB area.

Thanks for your outstanding assistance Anna Freidlander.

Remember to continue promoting our Society at every opportunity.

Would love to see as many as possible make it to our Christmas Luncheon on Sunday the 2nd December at the Glenview Club, Hamilton.

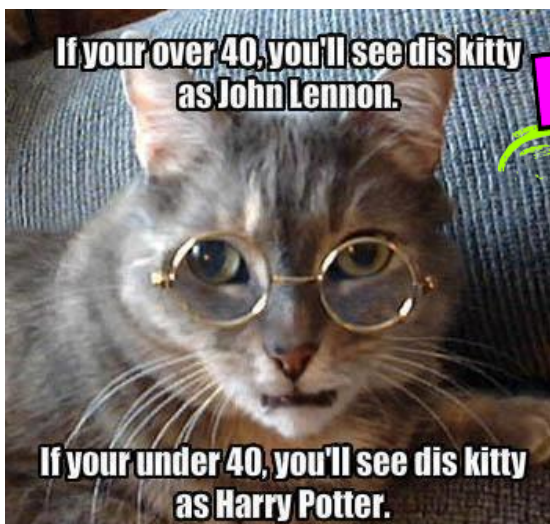
Please confirm attendance with Secretary Jano.

MERRY
CHRISTMAS



I wanted to lose 10 pounds this year.

Only.13 to go.....



Summer is here folks

I love people who make me laugh. I honestly think it's the thing I like most, to laugh. It cures a multitude of ills. It's probably the most important thing in a person.

- Audrey Hepburn

