

# INSIDE OUT

## HAPPY NEW YEAR!

Well I hope you all had a wonderful Xmas and New Year. 2000 was a very good year for the group – see separate chairman's report.

At the last meeting we discussed some logos for the group which can be seen on the report, we would like you to vote for your favourite by calling Bob on his phone number (see contact list).

It was also decided that committee members will be in office for a period of 3 years after which new elections will take place.

Diane Owen was elected the new secretary.

See date panel below for the dates of the coffee and chat mornings as well as details of the year's meetings. 2001 should also see some more trips to be announced and Bob is meeting with cancerlink next month to progress further the be-friends group. Watch this space!



*Loud Tie Day – thanks to all who supported the day, the group raised £350 for a great cause! See above for some of the loudest ties you've ever seen.*

### Coffee, advice and chat mornings

10am - 12noon

Tues 27<sup>th</sup> February

Wed 21<sup>st</sup> March

Thurs 26<sup>th</sup> April

Mon 21<sup>st</sup> May

### Volunteers needed and welcome

**Open day - 11<sup>th</sup> July** – for all manufacturers to come and display their wares 2.30 to 5.30pm

### Meetings

**Quiz night** Tues 6<sup>th</sup> March 2001

**Charity Night** Tues 19<sup>th</sup> June 2001

**TBA** Tues 11<sup>th</sup> Sept 2001

**TBA** Tues 4<sup>th</sup> Dec 2001

## Diary Dates

## Useful Contacts

### Chairman of Inside Out Group

Bob Azevedo-Gilbert, 256 Merlins Court,  
Alexandra Avenue, South Harrow, HA2 9BZ  
020 8426 5203

### Editor of Newsletter

Susan Tuck 13 Osborne Road, Redhill, Surrey  
RH1 2HX (all submissions welcome)  
Email- [sp@ptuck.fsnet.co.uk](mailto:sp@ptuck.fsnet.co.uk)

### Ileostomy & internal pouch support group

01724 720150

### Urostomy association

01245 224294

### NACC

01727 830 038

### British Colostomy Association

0800 328 4257



## CONGRATVLATIONS!!!!

*Celia Myers, who many of you will know from St. Mark's stoma care department has won the **Stoma Care Nurse of the Year** award. This was awarded by Salts at the Royal College of Nursing last November. I am reliably informed Celia has been a stoma nurse over 20 years (she started very young) so must have seen many changes in care and appliances used. Well done and thank you for all your help!*

**More congratulations** go to Martin Noble who was awarded an MBE in November 2000. Martin received the award from the Prince of Wales at Buckingham Palace (see below) for his services to the London Taxi benevolent association for war disabled. He is their vice chairman and appeals officer. Martin received an ileostomy in 1991 at Northwick Park Hospital. Well done and nice suit!



## Letters to the editor

### ANTIPODEAN ADVENTURES!

To other stoma wearers who are anxious about travelling abroad, my experience may be reassuring.

My son and his wife were over here on holiday from New Zealand and persuaded me to go back with them via Canada. I am 83 and had some qualms; would flying at height affect me, would my stoma inflate, possibly explode, would aircraft toilets meet my requirements, would aircraft food be a problem etc?

We left Heathrow at 4.30pm for a seven hour flight to Toronto by a British Airways plane. I was given a aisle seat in case of emergency and allowed 2 cabin

bags, one with overnight change and the other full of medical necessities, stomas, peri-preps, paste etc. Clare had suggested a goodly supply in case of difficulty getting things abroad. I ate the normal meals and drank fruit juice, water, tea, coffee. The toilets were small and therefore inconvenient, but I managed without too much difficulty. Flushing the toilet was the biggest problem. We arrived in Toronto at 7.30pm Canadian time, spent one night in a hotel and then drove to Gravenhurst and the lakes, where I swam and canoed and generally relaxed for a couple of weeks. A quick trip to Niagara and back to the airport for a Qantas flight of 21 hours to Sydney, no direct flight to Auckland was available. Arrived Honolulu 11.30pm, left 12.30am, one hour in the transit lounge, arrived Sydney 7am. Only problem was the boredom of the 21 hour flight. A three hour wait in the transit lounge in Sydney and back in the air for a 3 hour flight to Auckland.

After a great holiday with the family and making the acquaintance of 2 new great-grandchildren I had to return alone. Unknown to me my daughters at home had contacted the airline and asked for a meet and assist on my behalf, irreverently dubbed the meat and two veg by my grandsons. The meat and two veg turned out to be a very pretty Thai stewardess, amidst much jealousy from the grandsons!. At Los Angeles a young man met me and again escorted me to the transit lounge and correct departure gate. An hour later I was back on the final stage to Heathrow to be met again this time with the offer of a wheelchair, which I declined and then regretted doing so as the distance from plane to customs turned out to be miles. My daughters met me, more worried than I was, my son phoned more worried than I was. I had really had no problems at all other than boredom of a long flight, lack of legroom in the economy class seating, poor quality films, the chap in front who would put his seat back before I'd finished my meal, the lady who snored, the anxious mum trying to stop her 3 year old from making friends with everyone on the plane, but that was all part of the holiday.

Would I do it again, yes and probably will, but first I will have to entertain the twin grandsons and their girlfriends to a holiday in London. Maybe I will go back with them, but then I will have to come home alone again

GM



## FOCUS ON DIET

I am sure most ostomists have learnt through trial and error which foods suit them and which cause unwanted side effects such as wind or odour. In light of this I would welcome your tips and suggestions on how to avoid some of these side effects. I have a few below but please help me to build a more comprehensive list and pass on your knowledge to other ostomists.

- \* Carrot juice or soup helps to reduce diarrhoea
- \* Marshmallows help to reduce loose stools
- \* Fresh parsley or natural yoghurt help to reduce odour
- \* Charcoal tablets (available from health food shops) help to reduce odour
- \* Ensure food is chewed properly before swallowing; this will help to reduce wind
- \* Cranberry juice helps reduce the risk of urine infections - drink at least 2 glasses a day.

## FRUIT TEAS

Some spiced or herbal teas are believed to help certain conditions if drunk about 3-6 times a day, depending on the severity of the condition or problem.



Condition	Recommended tea
Colic & flatulence	Aniseed, Cinnamon, Cloves, Fennel, Ginger, Camomile, Marigold, Peppermint, Rosemary, Thyme
Diarrhoea	Cinnamon, Camomile
Constipation	Camomile, Rosemary



**NEXT  
MEETING**

**Tuesday  
6<sup>th</sup> March 2001  
at 7pm**

**Quiz night in Medawar room,  
level 6, St. Mark's Hospital**

## MEDICAL HUMOUR

*Ever been bored in hospital and read the chart at the end of your bed? Well I hope you never saw anything like these comments from US hospitals.....*

*The lab test indicated normal lover function.*

*She is numb from the toes down.*

*The patient was to have a bowel resection. However, he took a job as a stockbroker instead.*

*When she fainted, her eyes rolled around the room.*

*Discharge status: Alive but without permission.*

*The patient has no past history of suicides.*

*Patient has left his white blood cells at another hospital.*

*Patient has chest pains if she lies on her left side for over a year.*

*The patient refused an autopsy.*

*Many years ago the patient had frostbite of the right shoe.*

*The patient is tearful and crying constantly. She also appears to be depressed.*

*She stated that she had been constipated for most of her life until 1989 when she got a divorce.*

*The patient left the hospital feeling much better except for her original complaints.*

*Whilst in casualty she was examined, x-rated and sent home.*

## TAXONOMY OF MEDICAL PROFESSIONALS

A murmur of Cardiologists  
A rash of Dermatologists  
A poke of Gynaecologists  
A vessel of Cardio-thoracic surgeons  
A clot of Haematologists  
A nursery of Obstetricians  
A dose of Pharmacists  
A pile of Proctologists  
A stream of Urologists  
Can you think of any more?  
If so, send them in to the editor





**DON'T PUT IT OFF ANY LONGER!!**  
**COME ON, SEND ME YOUR TIPS, STORIES, ADVICE,**  
**MOANS EVEN,**  
**PLEASE, PLEASE, PLEASE, PLEASE, PLEASE, PLEASE**  
**.....SUSAN TUCK**



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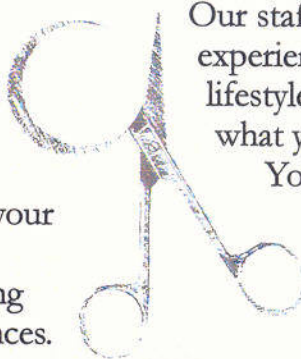
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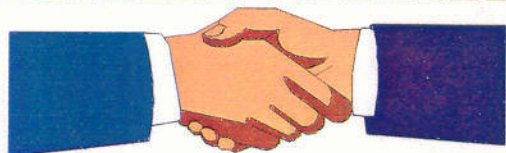
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**Want to join  
the support group?**

If you have a colostomy, ileostomy or a urostomy and you would like more information, please complete the form below and send it to:

Clare Bossom c/o Stoma Care Department, St. Mark's & Northwick Park Hospital, Watford Road, Harrow, Middlesex, HA1 3UJ



Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_