

SPRING 2004
NEWSLETTER

INSIDE

OUT

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STOMA SUPPORT GROUP WORKING WITH ST. MARKS AND NORTHWICK PARK HOSPITAL
Incorporated with St. Mark's Hospital Foundation Charity Registration No. 1088119



Bob's Hello

Hi everyone! Firstly, I would like to start off with a very big thank you to all of you who have sent, phoned and emailed me with your best wishes for recovery from my little operation. I can tell you that it has been very successful. Both surgeons and specialist nurses are very pleased with the procedure and so far so good.

Now we are due to have a very busy couple of months in May and June, when we hope to raise awareness within the community. In June we are holding a Jazz Extravaganza at the Winston Churchill Hall, Diane will tell you more about that.

On Saturday May 8th we will be holding an Open/Information Day, in the Himsworth Hall, Level 6 of the St. Mark's Hospital. It starts at 10am. We will have many manufacturers displaying their wares and answering your questions. Throughout the day there will be talks by Julia on Parastomal Hernias, Clare on Irrigation and Angela on Leakage Issues. If we have not worn you out by then with all that, we will have our AGM, lunch and to finish off the day, we will have a question time where you can ask the panel any question that may be troubling you.

Please return the form indicating if you would like lunch, so that we may have an idea of numbers to cater for and whether there is a question you would like to put to the panel.

We will be selling raffle tickets on the day, to be drawn on the 6th of June, and tickets to the Jazz Extravaganza for the same day. I look forward to seeing you there.

May I also thank all of you who have kept the coffee mornings up and running while I have been out of action.

Best wishes, Bob

Chairman of Inside Out

In the Out Patients Department of St. Mark's, Level 3
10.00am to 12 noon

We are there to enable you to seek advice about your stomas, or if you just want a good old chin-wag and a cup of tea or coffee, then you are more than welcome.

April Thursday 15th Monday 26th

May Saturday 8th Open/Info Day & AGM in Himsworth Hall Level 6, 10am

May Tuesday 11th Wednesday 26th

June Sunday 6th Jazz Extravaganza

June Thursday 10th Monday 21st

July Tuesday 6th Wednesday 21st

August None due to vacations

September Thursday 2nd



Inside Out
Coffee Mornings

A Letter from your Secretary

I hope that the New Year has brought 'good health' or at least 'better health' for you all. Your committee has been working hard with coffee mornings, the 'joining' with St. Mark's Foundation, the 'Jazz Night' and your AGM. Even though Bob has been 'hospitalised' and unable to attend coffee mornings for a while, I can report that he is doing exceedingly well, even bringing a smile to the face of his consultant. Please do support us; the day might be of benefit to you - you might have a problem explained by listening to one of the talks.

I would like to 'push' our Jazz Night at the Winston Churchill Hall, Pinn Way, Ruislip on Sunday, 6th June 2004. The programme is by Neville Dickie and his Rhythm Makers

with a Special Guest Appearance by Tony Jacobs. Price of the tickets is £12.50 each. If you would like tickets, please phone 020 8248 6684. Tickets will only be issued on receipt of money - unless you are willing to sell some to your friends and family when a 'batch' will be issued to you. Tickets are not for any specific seat, first come get choice of place! Tickets will also be sold at the AGM. I really hope to meet you at the AGM and, if not, see you at the Jazz Night in June. May this year be good to you and your families.

With Best Wishes

Diane Owen (Secretary)



A helpful hint from Barry, Vice Chairman Inside Out

A few words on skin problems around the Stoma. I have, since 1995 had a balanced pair of stomas, a Colostomy on one side and Urostomy on the other side and I have suffered from sore skin, mostly of the Urostomy side due to the acidity of the urine. Manufacturers of Stoma 'gear' have advised me that over a period of years ones skin may react to the adhesive used on the flange. I have found that by not using any of the adhesive removers, but by using warm water with a wipe can be very successful. Failing this there are powders and barrier creams. I have had the most success with CAVILON, which is a spray. These are all available through your manufacturer.

Helpful



Detoxification Juice and Smoothie Combos

These combinations have been specifically designed to benefit particular organs that deal with detoxing our bodies. There are no rules as to which juices you should drink. Be creative and mix according to your personal taste.

Liver detox The liver needs vegetables and fruits rich in Vitamins C and E to make powerful antioxidant enzymes that maximise detoxification. Try peppers - red are the sweetest the best for juicing - and any citrus fruit, papaya and blackberries. **Try: Tomato, pepper & lime**

Kidney cleanser Kidneys have the job of flushing out these detoxified substances as urine. The supernutrients in apples and grapes (white or red) optimise kidney function, while cranberry juice flushes out bacteria that can trigger urinary infections and hinder kidney function. **Try: Grape, apple & cranberry**

Artery blaster Use oranges, which are rich in the cholesterol-lowering heperetin and pectin. Grapefruit and apricot also contain the antioxidant D-glucaric acid. Use grapes to make arteries elastic, and beetroot for its blood-cleansing antioxidant, betaine.

Juice booster Adding spices such as paprika, chilli and ginger to juices will help to raise your metabolic rate by as much as 15% for two hours.

Colon cleanser All vegetables and fruits are natural colon cleaners, speeding stool and toxin removal from the colon, in particular, use prunes for the mildly laxative effect of sorbitol, the natural sugar they contain. Bananas

have fructooligosaccharides and raisins have insulin-fibres that feed good bacteria and overpower toxic bacteria to beat bloating. Add soya milk for consistency and honey for taste. **Try: Banana, soya milk & honey**

Brain balancer Bolster brain cells with strawberry-based smoothies. Frozen berries are fine. Daily intakes can boost the anti-ageing, brain-saving antioxidant ellagic acid by 20%. **Try: Strawberry & lemon**

Lung strengthener To strengthen lung linings, use beta carotene-rich carrots and mangoes, all citrus fruits containing vitamin C and limonoids, which help detoxify tobacco smoke. **Try: Carrot & pineapple**

Skin saver Blueberries, blackberries, cherries and pomegranates are all rich in anthocyanin. This supernutrient not only improves the flow of blood to the skin, it also helps the epidermis to rid itself of toxins. **Try: Blackberry & blueberry**

Smile








"English language sign" in Tokyo car rental brochure:

When passenger of foot heave in sight, tootle the horn, trumpet him melodiously at first, but if he still obstacles your passage then tootle him with vigour.

Doctor's office - Rome

Specialists in women and other diseases

The Benefits of Raw Food Ingredients

Food Supernutrient	Nutrients	Benefit
Alfalfa sprouts & sprouted mung beans	Saponins	Absorb cholesterol so they keep levels low
Almonds	Vitamin E	Protects the liver cells from free radicals
Artichokes (lightly steamed)	Cynarin	Increases the liver's production of bile, which removes cholesterol from the body; helps to break down fat
 Aubergines	Silymarin	Helps new liver cells grow after excess alcohol consumption
Avocado	Anthocyanins	Zap oxidants in the skin, reducing wrinkles
 Beetroot	Plant sterols	Lessen the absorption of cholesterol from food
	Vitamin E	Protects the liver
	Glutathione	Helps the liver absorb environmental toxins
	Betaine	Powerful blood cleanser that absorbs carcinogens: absorbs Homocysteine, which can ravage artery walls and cause Heart disease.
Brazil nuts	Selenium	Needed to produce glutathione peroxidase, an antioxidant enzyme that protects cells from environmental toxins
Chicory	Inulin	Promotes good bacteria and detoxes the colon
Broccoli, cauliflower, cabbage, radicchio, watercress and pak choi	Sulforaphane	Boosts enzymes in liver that detox the body of air pollutants
	Phenethyl Isothiocyanate	Absorbs toxins in liver and passively inhaled cigarette smoke
Garlic	Alliin	Antibacterial, antifungal, boosts immunity
 Herb: Fennel	Volatile oils	Reduces bloating
Herb: Mint	Terpenes,	Detoxifies the liver
Herb: Rosemary	Carnosic acid	Zaps carcinogens
Herb: Thyme	Carvacrol & Thymol	These two nutrients bind bacteria that create bad odours in the mouth
Onions and leeks	Sulphur-based compounds	Reduces bad cholesterol
 Salad leaves	Quercetin	Anti-inflammatory
Seaweed	Potassium	Lower sodium and, therefore, blood pressure
	Iodine	Maximises metabolic rate
	Soluble fibre	Detoxes the colon
Tomatoes	Lycopene	Protects lungs from pollution
 Walnuts	Omega-3 oils	Lower cholesterol

You have all read that Bob had a "Little" operation. Everyone knows about the British understatement, well Bob must be the king of that. To call a reconstruction of the bladder "Little" is a bit like calling Lake Erie a pond. We are all thrilled for him that he had the courage to go for it and delighted by the result. I wonder how his surgeons feel about his use of "Little".

Chairman ~ Bob Azevedo-Gilbert

256 Merlins Court, Alexandra Avenue
South Harrow, HA2 9BZ
020 8426 5203
insideout.bag256@btconnect.com

Vice Chairman ~ Barry Kindred

020 8423 7845

Secretary ~ Diane Owen

020 8248 6684
insideoutbag170@aol.com

Editors ~ Henry & Joan Greenwood

020 8248 4740
hjgreenwood@lineone.net

Useful Contacts

Ileostomy & Internal Pouch Support Group
0800 018 4724

NACC
01727 830 038

Urostomy Association
0800 018 4724

British Colostomy Association
0800 328 4257



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

Name _____

Address _____

Postcode _____ Telephone _____



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