



The ileostomy & internal pouch
Support Group

IA Manchester

Registered Charity: 1039256

Newsletter autumn issue-014



EDITORIAL:

Welcome to this Autumn Newsletter which, very nearly, was going to be written in my hospital bed

But more of that later. I hope that everyone has had as pleasant and enjoyable Summer as our typical English Summer would allow.

“Travelling with an Ileostomy” is a subject close to my heart and I shall cover more of this inside.

Personally, Val and I, since the last newsletter, have travelled to Cornwall, Somerset, Norfolk, Pembrokeshire and Dorset... but not in the same two weeks! And the year still has many more travelling weeks left!

We have also attended a couple of Open Days for Salts-Trafford Ski centre, and Bury Stoma care - and also Salford at Eccles Masonic.. More information inside on future Open Days planned by Dansac, etc. Other news this last period: I have been selected to trial a new batch of pouches - produced by Welland - in which I have been requested to fill a

multi-question report on the performance of the filter on this pouch - following a new design. This is my second trial of this pouch and Welland take on board trialists comments - go back to the drawing board - and send out a new re-trial.

As new products become available - as can be seen from the advertising in your IA Journal - why not go ahead and send for a sample. If you are experiencing problems with your current appliance and other extras, such as security tapes, adhesive remover, etc, then try other products that are available. Remember once tried and found satisfactory, or even better than your current products, then note the part number/control number of the item and let your supplier know of this item. It can be easily added to your current prescription and any finished items removed.

Regards....

Chris Ainsworth

CHAIRMAN - Manchester ia

DATES FOR YOUR DIARY

UNDER ARRANGEMENTS BY YOUR LOCAL STOMA CARE
TEAMS OF SALFORD & BURY AND THE STOMA SUPPLIERS
AND REPRESENTATIVES

DANSAC OPEN DAY

Many of you will have received an Invitation to the Open Day and Presentation being held at the Manchester 'Ethihad' (Ex-City of Manchester) Stadium in East Manchester and sponsored by Dansac Stoma Supplies.

Advertised under the banner

VOICE LIFESTYLE ROADSHOW

15 September 2011

9.30 - 16.30

INCL. A tour of Manchester City FC stadium

(by invitation only)

Thought for the Day: Seen recently in a Medical Trade Journal.

A comment from an Editorial Contributor:

***" Not only do I know how to use a semicolon,
I have a semicolon"***



RADAR - The National Key Scheme (NKS) offers independent access to disabled people to around 7,000 locked public toilets around the country. All Ostomates are entitled to a key which may be obtained free via your local Council - or by contacting your Stoma Nurse

IA MANCHESTER MEMBERSHIP - SUBSCRIPTION RENEWAL

Once again - as Treasurer, I have to mention the poor response by Members, currently over 6 months outstanding, with their 2011 membership Subscriptions

£8 (over 60) and £12 (under 60) which were due on

1st JANUARY 2011

At this time over 40% of members remain outstanding;

This represents approx. £1850 shortfall

Payment can be made online at

www.iasupport.org/subscriptions

or a cheque direct to myself :

'Treasurer - IA', 3 Hill Top Avenue, Prestwich, Manchester M25 1LL'

Cheque made payable to 'IA MANCHESTER

Or by Direct Debit - Make Payment to

HSBC Bank - 2-4 St Anne's Sq., Manchester M2 7HD

HSBC BANK SORT CODE: 40.31.24

ACCOUNT NUMBER:51330659

PLEASE NOTE:- IA Members should renew their subscriptions promptly to ensure continued receipt of your IA Journal and local news. Please do not send any further subscriptions for this year. With effect from 1st January 2012 ALL subscriptions will be due- irrespective of your initial joining date. In future - new members who join IA Manchester between 1st January and 30 June each year will be required to pay for the full year. Members who join after 1st July until 31 December will not be required to pay a full subscription until the following January but will receive the normal issue of Journals.

Note: £8.0 = 0.15p per week and £12.0 = 0.23p per week

.A Cautionary Tale Of Dehydration_

Dehydration Occurs when the amount of water leaving the body is greater than the amount being taken in. Routinely, we lose liquid/water from our body by sweating, urination and breath.

(This is my personal story; Ed.)

It is usual to end a story with a moral - a thoughtful reasoning of events. Unusually, I am going to start this account **with a Moral, hence:**

Never Say "It could never happen to Me"

You will remember over a year ago My wife and I embarked on a touring holiday of this fair land of ours, in our newly aquired Motorhome 'Daisy'. Now - after covering over 8000 miles of this green and pleasant land and coming to an end of a South coast trip last month we were looking forward to planning our next twelve months.. It hadn't been brilliant weather but we had played with our great grandchildren on Pembrokeshire's beaches and after a short stay at our son's house in Blandford, Wiltshire we were enjoying a lunchtime break. Without any warning I sudenly suffered a severe bout of uncontrollable shivering and a temperature drop. With the help of a warm blanket and a rest my temperature gradually settled - so we stayed the night and planned to return to Manchester the following day. After a fitful night's sleep I thought it better to drive home and make a n appointment with my local surgery.

At home I was unable to get an appointment and my condition was worsening. Loss of appetite and a noticeable loss of weight. My stoma output was liquid.! Using the local NHS Nurse assistance my wife called for an

ambulance and a trip to A&E at our local hospital. Thinking back over the previous holiday I couldn't recall ever feeling thirsty or dehydrated due to not taking in liquid. Much tea, water,occasional wine, etc. had been my normal intake; nor had the weather been exceptionally hot and sunny -(as we all know - this summer!).

Following a triage inspection I was admitted to a ward to await a further Doctor's diagnosis. Thiscame eventually from blood tests and an x-ray that I had suffered a severe dehydration and that my kidneys were under stress. This condition was exacerated by the fact that I was an ileostomist and had lost more than a normal amount of fluids. I was immediately placed on a 4-litre saline drip to replace the body fluids followed- a couple of days later by a litre magnesium drip - an electrolyte replacement.

I was kept under observation by a team of Gastrological experts and further tests were carried out - including more blood tests (to indicate stability of my kidneys) and a trip through the CT scanner-

(Computerised Tomogrgraphy) - a form of X-ray that produces pictures of cross-sections of an area of the body. After a total of 8 nights in hospital - and a final visit from a Consultant - Iwas given a final diagnosis of dehydration combined with an bowel (small intestine) - virus.

Not a pleasant experience but one which I didn't see coming nor had any noticeable change of lifestyle to bring this

condition to my doorstep.

Be aware of your liquid intake- Ed.