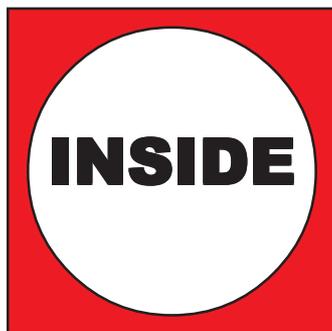

Autumn 2007
NEWSLETTER



Volume 3 Issue 6

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

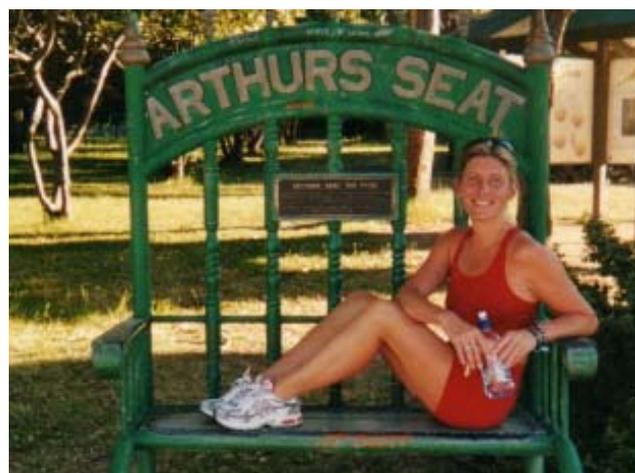
Dear Friends,

It does not seem that long ago since I was putting pen to paper and here we are again and many things have happened since then. We have had our annual Open/Information Day, which was a resounding success.

Diane has been walking around Ireland to raise funds for St Luke's, before hot footing it to our event. We have also had Sarah Varma, our Stoma Care Nurse, running 10K around London City to raise funds for us. It started by my family and I picking up Sarah and her family on Sunday morning and driving into London, finding that it was impossible to park near to where Sarah needed to register for the run.

It was two days after the attempted bombings and as you can imagine there was plenty of police around. I think it was just so that Sarah could get out of running! We parked up as near as we could get for Sarah to register; her family got out as well and then it must be that I'm becoming one of Terry Wogan's TOG's, as I had forgotten the camera to take a shot of her starting. However, I could not park there and had to move on and find a parking space at the finishing point.

Only to find that the map that I had for disabled parking was out of date and there was not a space to be found near the Houses of Parliament. We eventually found one in the back street called the Old Queens, appropriate I thought. We eventually found out where the finish line was and waited opposite 10 Downing Street. The weather was really good



to us it, it rained and rained, it was not long before we saw Sarah pass by.

We made our way to the finish and then lost Sarah and her family. I had forgotten to bring my mobile 'phone, so could not call her, we searched up and down to no avail. Eventually, we made our way to Sarah's home to find that she had not arrived; we left a bunch of flowers from all of us to say a big 'thank you' for giving up her valuable time to raise funds for us. Well done Sarah and Thank You. I for one got so exhausted just watching and now I will have to take some time out and lie down in a darkened room!

Now remember while you are away on your holiday breaks, catching the sun, to drink plenty of water, double your supply of bags and plasters, which you would use for the same period at home, to take with you. Eat, drink and be merry and have a great time.

Just one last thing, before I sign off, our Web Site is..... Wait for it!! www.iossg.org.uk (inside out stoma support group) and should be available in six months time. Kind regards to you all

Bob
Chairman

Dear 'Inside Outers'

It was great to meet so many of you at our Open Day; many of you looking so well, one would never guess our secret!

Once again, the Open Day was a great success and all our speakers did us proud – I won't go into details because there is a report by our Editor in this newsletter.

I was very pleased to receive some membership fees but still many of you are not paying. £5.00 is not a lot, it helps us cover costs. It would be grand if you would set up a standing order. I have the forms and could email them to you if you emailed me first! (diane_owen@hotmail.co.uk – it is on the back of the newsletter) Emailing is much cheaper than post but I will post them on request.

As there is a report on the Open Day and Sarah's brilliant effort in the 10k run has been covered by our Chairman there is not much left for me to say only my usual moan about membership (and I have done that).

That leaves me to hope that you all have a relaxing holiday to build yourselves up. Keep well and enjoy yourselves.

Diane Owen -
Secretary/Treasurer

Open Day Raffle Winners

1 st	Brian Ottley (115)
2 nd	Ray Goddard (120)
3 rd	Felicity Greenstein (243)
4 th	Richard Bowden (150)
5 th	Brian Ottley (108)
6 th	Martin Noble (20)
7 th	Sadie Stroud (299)
8 th	Carolyn Derecki (194)
9 th	Sadie Stroud (288)
10 th	Sheila Moore (324)
11 th	Ian McLuckie (208)
12 th	Sadie Stroud (295)
13 th	Richard Bowden (147)
14 th	Richard Bowden (160)
16 th	A. Hamatas (83)
17 th	Kanta Patel (311)
18 th	Richard Heap (129)
19 th	Pat Rees (316)
20 th	Sadie Stroud (291)
21 st	Alison Woodhall (266)
22 nd	Sandra Curtis (178)

Winners were allowed to select their prizes. Neither Richard Bowden nor Sadie Stroud were there to witness their extreme 'Good Luck'. Many thanks to those who donated extra prizes that made the prize table nearly collapse under the weight. Thank you.



Inside Out Coffee Mornings

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.

We are fortunate to have visits from manufacturers at some coffee mornings – please see below. It is an excellent way to view the latest products and/or simply chat to the experts.

2007

Oct 18 th Thursday	Ostomart
Oct 29 th Monday	Hollister
Nov 13 th Tuesday	Coloplast
Nov 28 th Wednesday	
Dec 13 th Thursday	

2008

Jan 7 th Monday
Jan 22 nd Tuesday
Feb 6 th Wednesday
Feb 21 st Thursday



Editor's Page

INSIDE OUT STOMA SUPPORT GROUP OPEN/INFORMATION DAY; 2nd JUNE 2007

Inside Out's 8th Open day took place on June 2nd 2007 in the Himsworth Hall at St Mark's hospital.

People arriving early were welcomed warmly by Diane our hard working and irreplaceable Secretary and Treasurer. Then into the Main Hall and greetings from Bob, our Chairperson, and Sarah, Specialist Stoma Nurse, and soon the sound of greetings and animated conversation filled the room. Many members had been to previous Open Days, for some it was their first time, thus old acquaintances met new faces.

The first event on the programme was a presentation by Bob, on 'living with a stoma for the last 58 years'.

Bob had researched and detailed a short history of techniques both in treating bowel disease and managing a stoma accompanied by some very unusual and thought provoking pictures! Everyone so thankful that they lived in modern times with all the expertise and support that is available to us today. Bob's account of his trials and tribulations from birth with his stoma(s) made us realise that distressing as it is to need a stoma as an adult, how very much worse it must be for a child.

Of great interest to us all was an exhibition of appliances from the beginning of time, quite sobering as we thought of the integrity of appliances available to us today.

Bob's presentation was followed by an exhibition of products in the Hall. Several manufacturers attended and, as always, were only too pleased to discuss their latest products, give advice and samples or simply chat.

At noon Inside Out AGM took place in Seminar Room 4. In addition to the Committee, 38 members were present.

Diane Owen our Secretary/Treasurer announced that there wasn't very

much to report although the balance for the Group was up on last year, which was excellent news. She gave a reminder to members that there was a certain laxity in paying subscriptions – hopefully people will get the message!

Having just recently taken over as Editor, I urged members to forward items suitable for the Newsletter, after all, the magazine is for them and people do like to read the ups and downs of others in similar circumstances.

We thanked Fittleworth for their continuing support.

Since no new nominations were received the Committee remains the same.

The final and most exciting piece of news was that we hope to have our own website in six months time; this is what we have all wanted for a long time and we're nearly there!

At one o'clock lunch was served and everyone sat and enjoyed delicious food provided by 'Ace Caterers', owned and run by Vernon Dickenson, and carried on chatting

The afternoon started with a talk by Peter McDonald, MBBS MS FRCS Consultant Surgeon, looking resplendent in red braces, bringing us up to date with bowel cancer treatment. He spoke of the latest 'virtual colonoscopies', which initially sounded wonderful; anything



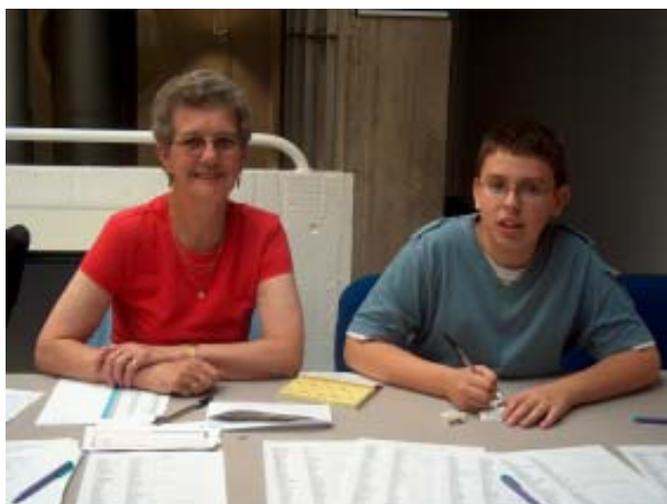


other than the great discomfort of the standard procedure! However, he went on to reveal that this new technology would only highlight lumps and they would still need examining using established procedures.

Peter also disclosed that a huge amount of finances had been poured into cancer treatments and research in recent years, which is wonderful news. On the other hand, this affected the funding that other diseases received - a somewhat sobering thought.

Sharon Fillingham, RN BSc (Hons) MSc Dip Clinical Nurse Specialist, Urinary Division, followed Peter's excellent presentation with her talk on urinary issues. Urinary tract problems can affect many people who have needed to have bladder and/or pelvic surgery;

for those who have also had their rectums removed there are often additional complications due to adhesions and scar tissue. Sharon spoke of the considerable amount of help and support for males, but far less for females. From my own experience and that of female friends I can say that for the most part this is due to the fact that ladies 'put up with' below the belt difficulties for a long time, not wishing to trouble their Consultant or GP with what they often perceive as unavoidable or inevitable pain as a direct result of colorectal surgery. This can include an increase of urinary tract infections both acute and chronic, pain when having sexual intercourse and occasionally great discomfort when having smear tests taken. Guidance and suggestions were provided by Sharon and her presentation



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

Name _____

Address _____

Postcode _____ Telephone _____

Annual membership subscription £5.00. Cheques payable to "St Mark's Hospital Foundation (Inside Out)
Diane Owen, 170 Malvern Avenue, Harrow, Middlesex, HA2 9HD





ended with a helpful open Question and Answer session.

The last event of the day was Question Time for all. This drew a limited response from the members due in part to the willingness of all the speakers to respond to enquiries throughout the day, and hopefully, people also felt by now able and comfortable to talk to each other about personal issues.

And so the day drew to a close, just time to draw the raffle prizes, say our farewells with promises to keep in touch or meet at the Group's Coffee Mornings held at St Mark's. Once again the Open/Information Day had been an outstanding success and we left the Hall thanking Bob, Barry, Diane and the rest of the Committee for a magnificent day.

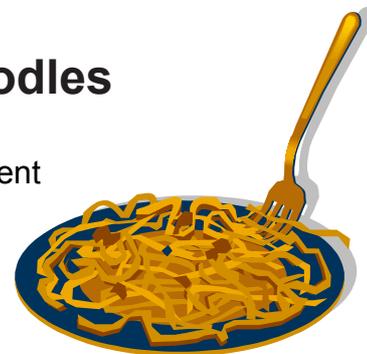
Photo's of the Open Day will be available on the Website.

Carolyn Derecki
Editor



Singapore Noodles

This recipe has been sent to me by Joan, our retired editor, who tells me that it is a knock out with her friends and she's had to give away at least seven copies! It's simple, delicious and inexpensive.



Preparation time: 15 minutes

Cooking time: 10 minutes

Noodles with meat or fish are often sold on street stalls in the Far East because they are so quick and easy to cook. For Thai Noodles, use rice noodles and garnish with thinly-sliced red chilli and strips of omelette.

½ x 250g packet Sharwood's Medium Egg Noodles

60ml (4tbsp) sunflower oil

10ml (2tsp) garlic puree

175g (6oz) chicken breasts, finely sliced

125g (4½oz) peeled prawns

½ bunch spring onions, finely chopped

125g (4½oz) bean sprouts

10ml (2tsp) Jif Lemon Juice

45ml (3tbsp) Blue Dragon Fish Sauce

15ml (1tbsp) caster sugar

5ml (1tsp) Bart Spices Fresh Chilli

50g (1¾oz) Waitrose Salted Peanuts

1 pack fresh coriander, chopped

1. Cover noodles with boiling water. Leave to stand for 5 minutes. Rinse thoroughly in cold water and leave to drain.
2. Meanwhile, heat oil in a wok or large frying pan. Add garlic and chicken and stir-fry for 3 – 4 minutes or until thoroughly cooked. Stir in prawns and spring onions.
3. Add noodles to wok and, using two forks, mix well. Add the remaining ingredients and continue heating until piping hot.
Serve with prawn crackers.

Courtesy of Waitrose and Sharwoods (Bart spices).

Your News - Your Views

I haven't received any of your 'news or views' this summer; I can only presume you are all away enjoying yourselves! I have, however, received two poems that I know you will take pleasure in. The first was sent by Catriona Smith and will be appreciated by everyone who is lucky enough to have a sister. The second poem was sent by Mary MacDonald and reiterates the fact that getting older brings neither respite nor relief.



COLON FRIEND

*To my dear sister Titty
Are you feeling pretty shitty
It really can't be fun
Cause they've taken your colon.*

*Did they ask before they took,
Any goodbyes, one last look?
But really don't be sad
The whole thing had gone bad*

*It's better out than in
And now they've put it in the bin
From where it can't escape,
They've sealed it up with tape.*

*And now you're on the mend
Please don't miss your colon friend.*

JOIN THE CLUB

*Just a line to say I'm living
That I'm not amongst the dead
Though I'm getting more forgetful
And mixed up in the head.*

*I've got used to my arthritis
To my dentures I'm resigned
I can cope with my bi-focals
But ...ye Gods ...I miss my mind.*

*Sometimes I can't remember
When I'm standing by the stairs
If I should be ascending
Or have just returned from there.*

*Before the 'fridge, so often
My mind is full of doubt
Now did I put some food away
Or come to take some out?*

*If it's not my turn to write dear
I hope you won't get sore
I may think that I've not written
And don't want to be a bore.*

*So remember I do love you
And wish that you lived near
And now it's time to mail this
And say goodbye my dear.*

*I stand beside the mail box
My face ...it sure is red
Instead of posting this to you
...I've opened it instead!*

Attention! Important! Please Read:

Whilst every care has been taken to ensure that the information in this publication is accurate and complete, the contents of this newsletter are provided for general information only and should not be relied upon for any specific purpose. Inside Out Stoma Group accepts no responsibility for the accuracy or statements made. Anyone acting upon them does so entirely at their own risk. We recommend that you consult your stoma nurse or doctor before changing your procedures.



Parts of the Body

Many answers are phonetic or trick spelling. Can you figure them out from the clues below?

- | | | |
|---|-------|----------------|
| 1. TUGBOATS DO IT | | 24. CALF |
| 2. MINIATURE GENERAL | _____ | 23. HAMSTRING |
| 3. JOINS WOOD TOGETHER | _____ | 22. HEART |
| 4. FAST RUNNER | _____ | 21. BOTTOM |
| 5. TWO STUDENTS | _____ | 20. PELVIS |
| 6. PREPARE FOR WAR | _____ | 19. SPINE |
| 7. PLACE OF WORSHIP | _____ | 18. SHOULDER |
| 8. A LARGE BOX | _____ | 17. CHEEK |
| 9. MEASURES | _____ | 16. FINGER |
| 10. A NUMBER OF NEGATIVES | _____ | 15. HEAD |
| 11. A PART | _____ | 14. HIP |
| 12. TO DO WITH THE SEA | _____ | 13. FUNNY BONE |
| 13. HUMOROUS CALCIUM CALLUS | _____ | 12. NAVEL |
| 14. PREFIX TO HOORAY | _____ | 11. MOUTH |
| 15. TOP MASTER | _____ | 10. NOSE |
| 16. AN ACCUSING POINTER | _____ | 9. FEET |
| 17. SAUCY SPEECH | _____ | 8. CHEST |
| 18. SOMETHING TO CRY ON | _____ | 7. TEMPLE |
| 19. PORCUPINES HAVE MORE THAN ONE | _____ | 6. ARM |
| 20. ADD A 'P' TO A GREAT SINGER'S NAME | _____ | 5. PUPILS |
| 21. CHARACTER IN MID SUMMER NIGHT'S DREAM | _____ | 4. HAIR |
| 22. PUMPING STATION | _____ | 3. NAILS |
| 23. PIG AS A MARIONETTE | _____ | 2. THUMB |
| 24. PRODUCER OF VEAL | _____ | 1. TOES |

An atheist was spending a quiet day fishing when suddenly his boat was attacked by the Loch Ness monster. In one easy flip, the beast tossed him and his boat high in the air. Then it opened its mouth to swallow both. As the man sailed head over heels he cried out,

“Oh my God! Help me!”

At once the ferocious attack scene froze in place and as the atheist hung in midair a booming voice came down from the clouds,

“I thought you did not believe in ME!”

“Come on, God, give me a break,” pleaded the atheist. “I didn’t believe in the Loch Ness monster either!”



Useful Contacts

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Ileostomy & Internal Pouch Support Group

0800 018 4724



NACC

01727 830 038

Urostomy Association

0845 2412 159

The Colostomy Association

0800 587 6744

CUI Wear

Underwear + Swimwear for ostomists

0800 279 2050 Quote Ref IOU256



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Fittleworth, Freepost, Hawthorn Road,
Littlehampton, West Sussex, BN17 7LT

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Address

.....

.....

Telephone Email

Supplying all your stomacare needs