

(Please note: Contact the IOA Vice President: [vicepresident@ostomyinternational.org](mailto:vicepresident@ostomyinternational.org) before reprinting any article from this newsletter.)



## President's Report for IOA Jan 06

Greetings to you all from Toronto, Canada with the first edition of IOA TODAY for 2006. I cannot believe that the whole month of January is over. For our Chinese ostomates, the "Year of the Dog" has arrived so I would like to take this opportunity of wishing you all good health and fortune for the year 2006. Let us hope that the leaders of our many countries act wisely and prudently to ensure that all of us can lead peaceful lives.

Since our last newsletter, there has been a great deal of activity in the Asian Region that I would like to share with you. I would like to begin with the Stoma Care workshop that was held in Vietnam. These Stoma Care workshops are the brain child of Dott. Prof. Carlo Pezcoller from Modena, Italy and Dato John Cardosa, President of the Asian Region.

For IOA, "Lions for Stoma Care" is extremely important and I found it most rewarding to work with both Dott. Prof. Carlo Pezcoller and Dr Harikesh Buch in support of this important programme. "Lions for Stoma Care" is an active service initiative that was born in Modena – Italy- in 1999 to assist and rehabilitate stoma patients.

In the developed countries of our World, patients' associations, rehabilitation centres, and volunteer groups have been founded to help those who have had ostomy surgery, but in a large part of the world none of these organizations exists. In the developing countries of Asia, these services are not available so the work undertaken by Professor Doctor Carlo Pezcoller, funded by the Lion's Clubs of Modena and District 108 Tb, Italy, is of vital importance.

It was my pleasure to be part of the Training Course for Stoma Care in Vietnam from 7 – 12<sup>th</sup>. November, 2005 and I saw first hand the results of the efforts of the training team led by Professor Doctor Carlo Pezcoller.



Left to right: Dr Pezcoller, Di Bracken, Ms. Phang, Ms Vuong, Dr Tin, Ms Tai, Dr Buch, Dr. Tin's secretary

## TRAINING COURSE FOR "STOMA CARE" Ho Chi Minh City- Vietnam : 7 - 12 November 2005 PROGRAM

### 7 November

Introduction to stoma care: Dr. Harikesh Buch

Ostomates in Vietnam: Ms. Vuong Minh Nguyet

Pre test for nurses

Anatomy and Physiology of gastro-intestinal and Urinary Tract:

Dr. Vo Tan Long, Dr. Vu Hong Thinh Medical Center Hospital

Types of digestive and urinary stoma

Indications for the stoma: Dr. Vu Hong Thinh, Dr. Nguyen Trung Tin

16.43-17.00

Discussion



Dr Buch explaining Irrigation



Lunch time conversation



Improved Ostomy appliance

### 10 November

Patient counseling: Ms. Tai and Ms. Phang  
 Colorectal cancer in Vietnam: Dr. Vo Tan Long – Medical Center Hospital  
 Assessment of patient: Ms. Tai and Ms. Phang  
 Organization of a rehabilitation center: Dr. Buch, Ms. Tai & Ms. Phang  
 IOA in Asia: Datò J. Cardosa  
 Rehabilitation of ileostomy: Ms. Tai and Ms. Phang  
 Discussion

### Teaching team, nurses and Ostomates



As Dato John Cardosa stated at the meeting, “ In the whole of the Asian Region covered by AOA, it is estimated that there are less than 1,000 trained Enterostomal Therapy nurses (ETNs) to service a population of over 3 billion people, of whom possibly one in 3000 is an ostomate. Therefore, we must concentrate on developing Stoma Nursing in the region in the future. There is hope though, because the short one week stoma nursing courses we have been conducting, and will continue to conduct , have created a lot of local enthusiasm among the doctors and nurses. Those who were trained in the workshops are in turn spreading the good news and helping train other nurses.”

WCET through APETNA, is very active in Asia and has established ETN training schools in Hong Kong, China, Japan, Malaysia, Singapore, and Thailand.

### 8 November

Radiotherapy and Chemotherapy: Dr. Le Tuan Anh - Cho Ray Hospital  
 Preoperative care: Ms. Tai and Ms. Phang  
 Stoma siting: Ms. Tai and Ms. Phang & Patients  
 Preparation of the colon: Dr. Pezcoller  
 Post operative care: Ms. Tai and Ms. Phang  
 Nutritional aspects: Dr. Buch & Dr. Nguyen Huu Toan – Cho Ray Hospital Discussion

### 9 November

Principles of Pouch Application: Ms. Tai and Ms. Phang  
 Colostomy irrigation: Dr. Buch, Ms. Tai and Ms. Phang and Patient  
 Complications of stoma: Dr. Pezcoller  
 Types of Wounds & wound healing: Ms. Tai and Ms. Phang  
 Discharge planning: Ms. Vuong Minh Nguyet  
 Discussion

### 11 November

Sexual problems: Dr. Pezcoller  
 Developing a Visiting Programme: Dielwen Bracken - President IOA  
 9.45-12.00 Practical session:  
 Ostomates, Doctors, Nurses  
 Practical session: Ostomates, Doctors, Nurses  
 Post test for nurses  
 Meeting with Ostomates of Vietnam, Closing ceremony, certification.

## The 5th Asian Ostomy Association (AOA) Conference Held at Bangkok, Thailand on Nov 13-16th, 2005

The 5th AOA Conference and The 8th House of Delegates Meeting was held at First Hotel at Bangkok City in Thailand.

130 Ostomates, 32 Observer, 102 nurses/E.T.nurses were in attendance as well as 7 members of the Executives of IOA.

Following registration in the afternoon, delegates mingled with members of the IOA Executive at a Reception Cocktail party. We were welcomed by Mr. Apirak Kosayodhin, the Governor of Bangkok and treated to a Thai cocktail dinner. I know that we were all enthralled with the Thai Classical Dance and Music that followed.



### **OFFICIAL OPENING MONDAY 14<sup>TH</sup> NOVEMBER, 2005**

provided memorable moments as the invited speakers addressed the meeting.

Speakers:

Mr. Sanan Silapabanleng, President, Thai Ostomy Foundation

Ms. Dielwen Bracken, President, International Ostomy Association

Mr. Oinit Jarusombat, Minister of Public Health Dr Harikesh Buch, President Asian Ostomy Association

A special moment at the Opening was the presentation of a special plaque honouring the services and dedication of Mr. Komol Poonawalla, Father of the Thai ET Ms. Prakong Rungkasiri, Long time supporter of the Thai Ostomy Foundation.



Mr Poonawalla accepts as plaque Ms. Prakong Rungkasiri looks on.

### **PROGRAMME VOICE OF OSOMATES AND FRIENDS**

#### **Topic**

IOA and AOA

Why Couldn't the Rectum Be Saved?

Stoma Care from Colorectal Surgeons

Point of View

Ostomates' Requirements - Preventing

Complications of Stoma Surgery

Life is God's Gift, Live it, and Share It

Energy Balance as Therapeutic Tool

In Traditional Thai Medicine

The Future of Ostomy in the Asian Region

World Ostomy Day

The Role of Relief Coordinator

Fund Raising for Stoma Rehabilitation

#### **Presenter**

Ms. Di. Bracken, President IOA

Asst. Prof. Parinya Thavichaigarn

Dtt. Prof. Carlo Pezcollar

Harikesh G. Buch, MD.

Prof. Danai Bunnag, MD.

Chawengsak Disthaporn, MD.

Dato Dr. John Cardosa

Mr. Barry Maughan. President SPOA

Coordinator WOD

Mr. Arne Holte, President EOA

Relief Coordinator

Prof. Katsuhisa Shindo, MD

## TUESDAY 15<sup>TH</sup> NOVEMBER, 2005

### 9th House of Delegates Meeting

General business agenda was followed with previous minutes read and discussed, and treasurer's report considered. Short reports were presented by individual member associations with written reports distributed.

### ELECTION RESULTS

President Dato John Cardoso, Malaysia  
Vice President Mr. Sanan Silapabanleng, Thailand  
Acting Secretary/Treasurer Michiaki Takaishi, Japan  
Member at Large: Michiaki Takaishi, Japan

### Excerpts from address by the Elected President Dato John Cardoso

#### TARGET FOR AOA

Developing Stoma Nursing in the rural areas of Bangladesh, Cambodia, China, India, Indonesia, Laos, The Philippines and Vietnam

#### POTENTIAL MEMBERS

In 2005, two other associations were formed but will join IOA in 2006:  
Mongolian Ostomy Association and the Nepal Ostomy Association.

#### COUNTRIES IN PROCESS OF FORMING AN ASSOCIATION

Bangladesh, Brunei, Laos and Myanmar

#### TARGET COUNTRIES

Afghanistan, Bhutan, North Korea, Pakistan and The Republic of the Maldives

This is Asia's vision for the next three years; high standards for the region but judging on past performance, the goal is attainable. It will take close cooperation among IOA, our Partners in Industry and WCET but by working together, great achievements are possible.

#### Farewell Banquet Wednesday

Incredible camaraderie, great food and national culture shows made this an evening that all attendees will remember. We celebrated the Loy Kratong Festival (Floating banana leaf cup with a candle which you gently push into the water while making a wish for the future.)



Bangkok volunteers

The members of the Thai Ostomy Foundation arranged that we would end the evening with a show of togetherness through the Ramwong Thai Folk dance performed by members of the Thai Ostomy Foundation in traditional dress. Soon we were all involved in the folk dance taking the lead from our Thai hosts. What a great way to end the Asian Regional Meeting.

Team work was evident as the Conference Planning committee of the Thai Ostomy Foundation did a marvelous job in organizing this conference for us. Congratulations to **Mr. Sanan Silapabanleng, President TOF; Mr. Komol Poonawalla and Kiti Chindavijak M. D., Vice Presidents; Saowanit Samakhapaputra, General Secretary and Sonny Samonpal Assistant Secretary; Dato John Cardoso, liaison.**

While in Bangkok, an Ad Hoc committee meeting was held attended by the IOA Executive Committee members who were present that mainly was devoted to the management of the Ostomy International magazine.

John Cardosa resigned his position as OI Editor as he was elected AOA President. Associate Editor, Anne Hafner accepted the position of Editor of the OI yearbook edition. A search will begin for a new Associate editor. John Cardosa will continue to oversee the printing of the yearbook in Penang.

An Editorial Board will include Vladimir Kleinwächer, Harikesh Buch and Anne Favreau, secretary. IOA has entered into an agreement with Settlemire Media to handle advertising for the magazine. A future project will be to offer an advertising package for the OI, IOA TODAY and the IOA Website.

I look forward to letting you know of our activities in the next edition of IOA TODAY which will be in the second quarter of the year.

Until then, please take good care of yourselves. Stay safe and in good health. And if you are in Toronto, please give me a call.

With affection.

*Di*

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**2005/2007 EXECUTIVE COMMITTEE MEMBER LIST  
HONG KONG**

<b>CHAIRPERSON</b>	MR YIP CHI KIN
<b>VICE-CHAIRPERSON</b>	MR NG SZE KU
	MR YEUNG KAM CHE
<b>SECRETARY</b>	MR KU LAM FOOK
<b>TREASURER</b>	MR POON KAM WAH
<b>EXCO MEMBER</b>	MS YUEN SIU NGOR
	MR WONG SZE KEUNG
	MS POON YEUK CHI
	MS CHOI KAM YUNG
	MS CHEUNG WOON CHUN
	MS LAM KWAI SIM
	MR CHAN YIU KWONG
	MR CHOW YUNG PO
	MR CHENG PUI
	DR CHU KIN WAH
	MR PANG CHAK HAU
	MR YEUNG MAN KIN
<b>EXECUTIVE SECRETARY</b>	MS TANG SZE WAI

## MEET THE OSTOMY INTERNATIONAL TEAM



### **VLADIMÍR KLEINWÄCHTER, Brno, Czech Republic IOA VICE-PRESIDENT; EXECUTIVE EDITOR, OSTOMY INTERNATIONAL**

Vladimír was born in 1933 in Brno, Czechoslovakia. He is an ileostomate since 1958.

He became involved in a local Brno ostomate organisation since its origin in 1987 and participated in the founding of a national ostomate association, Czech ILCO

He has served on the EOA Co-ordination Committee; as the Vice-President and President. His activities in the EOA Committee were aimed mainly at co-ordination of help and advocacy programmes.. He initiated regular meetings of ostomates from countries of Central and Eastern Europe, and participated at national meetings in Poland, Ukraine, Belarus, Slovakia, Romania and Italy.

In 2004, Vladimír Kleinwächter was elected the Vice President of IOA.

He obtained a PhD. degree in 1960 in physical chemistry from the Institute of Biophysics of the Czechoslovak Academy of Sciences where he retired as the Director of the Institute. At present he lectures on biophysics at the Palacký University in Olomouc. For his scientific activities he was awarded the Golden J. Heyrovský Medal in 1993.

Vladimír lives in Brno, is married and has two adult children. He is the grandfather of three girls and a boy.



### **ANNE HAFNER, Melbourne Australia; EDITOR, OSTOMY INTERNATIONAL**

Anne has been a volunteer at her association, the Ostomy Association of Melbourne for 7 years serving as Secretary since 1998, Vice President / Secretary 2001 – 2004. She was also involved with the Organising committee for National Conference (ACSA) in Melbourne in 2003.

In addition, Anne has played an important role with the Australian Youth group, on a National and International basis. She received the Visitation certificate from Young Ostomates United Inc. Victoria. She was a committee member for the IOA 20/40 Focus in Hamilton, Canada in 2001, and in 2004 was the 20/40 Focus Chairperson for the World Congress in Porto, Portugal.

Early in 2005 she accepted the position of Associate Editor for the International Ostomy Magazine. At the Asian Regional meeting held in Bangkok in November 2005, Anne accepted the position as editor of the OI magazine on the resignation of Dato John Cardosa who was elected as president of the Asian region.

Anne has been employed by her Association since July 2004 after many years of coaching swimming to a range of students (3 months – 83 years). Anne has also worked for many years in retail ranging from sales assistant to floor and store manager.

Anne has been married to Reinhard (Ron) for 20years. They have two children Michael, 19 and Katrina, 15. She has been an Ileostomate through Crohn's disease for 11 years.



### **IAN SETTLEMIRE, California, USA; ADVERTISING MANAGER**

Ian Settlemire began producing the Ostomy Quarterly magazine for the United Ostomy Association in November of 2000 until the UOA closed operations on September 30, 2005. As the director of communication services, Ian produced the OQ, marketing materials and was the content manager for [www.uoa.org](http://www.uoa.org). During that time he also promoted, attended and spoke at five UOA National Conferences, a UOA Young Adult Conference and the UOA Youth Rally.

Ian has over 15 years in the graphic design, advertising and magazine publishing fields. Since the close of the UOA, Ian has gone into business for himself by heading Settlemire Media. Ian has been married to Monica for two years and he has a son, Alex who is thirteen.

# CALL FOR THE POSITION OF ASSOCIATE EDITOR

## Responsibilities

1. Share responsibility for the content of the magazine and its final assembly.
2. Assist with the solicitation of articles for publication and the editing of these as required.
3. Assume responsibility for the Country Reports – contact and editing
4. Act as backup to the Editor should he/she be temporarily unable to carry out duties.

## Skills

ability to organize own time, to prioritize work and to meet deadlines.  
ability to make decisions thoughtfully and rapidly.  
strong interpersonal skills.  
strong written communication skills.  
ability to deal tactfully with a wide range of people.  
ability to work as part of a team.  
experienced in the use of computers (Word, Publisher) or the ability to learn.

If interested please respond to Vice President, Vladimir Kleinwächter:

<http://www.ostomyinternational.org/contact02.htm>



## **WORLD OSTOMY DAY REPORT**

**World Ostomy Day Saturday 7 October 2006**

**“LIVING LIFE to the FULL”**

The Aim of World Ostomy Day is to improve the Rehabilitation of Ostomates worldwide by bringing to the attention of the public and the global community

The Life situation of Ostomates

The contributions of the Ostomy Associations and Ostomy Professionals

The value of the multidisciplinary approach

World Ostomy Day is now less than 9 months months away. Your IOA Co-ordinator has updated the Timeline which was updated in December and is being circulated through your Regional presidents and Assistant Co-ordinators. Their names are listed below.

All countries have been asked by their Regional Presidents and their assistant coordinators to appoint a Country Coordinator by October.2005

**I hope you have done this? It is not too late.**

## **COLOPLAST MERIT AWARD**

Our sponsoring partners Coloplast have put their link on our website. They are generously supporting this important day with three regional prizes of US \$4000. Europe, the combined Americas and the South Pacific and Asian regions are the groupings and all countries will be encouraged to enter the Coloplast Award. Each regional group will be awarded a first prize of US \$2500 first prize and a second prize of US \$1500 Each participant in the award will receive a Special Certificate for their efforts.

**You will be given guidelines and help you in making an entry later along with an entry form.**

**The criteria for the award are listed below also.**

Coloplast will produce 5,000 World Ostomy day Pins which will be distributed to each region.

## **COUNTRIES PARTICIPATION ON OCTOBER 7<sup>TH</sup> 2006**

On October 6<sup>th</sup> we will lead into World Ostomy Day with an email chain starting in New Zealand and ending probably in Canada. All participating countries will be encouraged to send messages to the next country in the link telling a little of how they are meeting the challenge of World Ostomy day

We expect that each country will participate in many ways to fulfil the aims listed under our theme **Living Life to the Full**. Already several countries have indicated their commitment to taking part and through the coordinators there are many exciting activities being planned.

The aim is to promote Ostomy activities world wide. **Living Life to the Full** is our theme and I am sure you will find many ways to demonstrate this in your own countries. Many will be simple inexpensive activities to publicise our cause. In some countries demonstration and publicity may be the key to achieving our theme

Key to the success of this day will be the advance planning that is carried out. It will be a challenge but one I know you can meet. Sharing your ideas through your country and region will ensure a wide range of activities will be planned.

My suggestion is to collect a record of your activities (this may be the Country coordinator and their team) so that after the 7 October next year you can choose to enter the Coloplast Award.

The main purpose of the award is to share the ideas and activities you have carried out to promote World Ostomy Day. The ideas from the regional winners will be put into a presentation that will be available for countries to share after the 12<sup>th</sup> Congress in Puerto Rico.

Our aim is for all member countries to participate in WOD 7<sup>th</sup> October 2006 I look forward to this challenge of working with you to achieve this in the months ahead.

Barry Maughan  
World Ostomy Day Co-ordinator

### **Regional Contacts**

EOA. Arne Holte Regional President <http://www.ostomyinternational.org/contacteuropean.htm>  
Henning Granslev Denmark. Assistant Coordinator

NACAOA Linda Aukett Regional President <http://www.ostomyinternational.org/contactncacaoa.htm>  
Sheelagh Zaph Canada Assistant Co-ordinator

ALADO Candida Carvalheira Regional President <http://www.ostomyinternational.org/contactaladoregion.htm>  
Alexander Machaca Bolivia. Assistant Co-ordinator

AOA John Cardosa Regional President <http://www.ostomyinternational.org/contactasianregion.htm>  
Katherine Tang Hong Kong Assistant Co-ordinator

SPOA Barry Maughan Regional President <http://www.ostomyinternational.org/contactsouthpacific.htm>  
Gerry Barry Australia .Assistant Co-ordinator SPOA and IOA

*Barry Maughan , World Ostomy Day Co-ordinator for IOA Executive Committee*



## Criteria for the Coloplast Award WOD 2006

### WOD Aims and Objectives

Degree to which the entry fulfils the aims and objectives of the WOD

### Originality

Level of innovation and enterprise

### Resourcefulness

Level of quality relative to the size/resources of the Association

### Public Awareness

Degree of impact nationally, including press coverage

### Internationalism

Suitability of the proposal/activity for other countries particularly emerging nations

### Story Telling

Does the entry tell a good story, preferably about the WOD theme “**Living Life to the Full**”, creating optimism and “joie de vivre” with the audience

### New Members

Ability to recruit new members

## DRAFT TIME LINE – WORLD OSTOMY DAY 2006(To be updated May 06)

September 2004	World Ostomy Day 2006, set at IOA Congress in Porto
31 October 2004	Suggestions re theme received by Coordinator from Regional Presidents/Executive.
19 November	Feedback re themes to Executive from Coordinator
31 January	Publication in IOA Today – World Ostomy Day 2006, 7 October.
4-6 February 2005	Major decisions necessary to be made.
31 March 2005	Regional WOD Coordinators/Assistant Coordinators notified to Barry
20 April( To Di)	Preliminary publicity from Coordinator. - IOA Today 30 April - Via Regional Presidents - Coloplast PR
April – June	Publicity on Website
20 July(To Di)	Update IOA Today 31 July by coordinator/Coloplast
July – September	All Countries to appoint WOD Convenor. President to publicise at

	ALADO conference. Colplast update Award info on website. Coordinator correspond with Regional presidents and Assistant coordinators. Encourage all countries to take part.
1 October 2005	Report by Coordinator to Executive of progress. (An email chain will happen again 12 months from now.) Participation and intentions to be notified to WOD Coordinator through Regional Pres/Assistant Coordinator. Publicise at UOA Conference
20 October(to Di) November.	Update IOA Today 31 October. Ideas of possible activities by countries to be published Publicise at AOA Conference
13 January 2006	Events/Preliminary plans submitted to Coordinator to be published in IOA Today <b>This has not happened for this issue</b>
20 January (To Di)	Update IOA 31 January Update Information to all countries via Regional Presidents/Assistant Coordinators. Criteria for Coloplast Award to be published on IOA website Info in IOA Today to be sent directly to Associations by IOA Announcement of Hollister Photo Competition on Website IOA Today
February – March	Individual countries prepare plans / share ideas throughout Regions. Articles in Ostomy International Coloplast Award entry Forms on Website.
20(To Di) April	IOA. PR article from Coloplast re awards criteria etc. Encourage to enter. Countries Indicate intention to Enter Coloplast award entry forms in IOA Today and sent through regular channels.
May – July	Action planning. <b>Report from each Regional President or the Assistant Co-ordinator re progress and action and numbers of Participants to Barry.</b> Email tree establishment for 6 Oct
20 July	Final PR re WOD 31July IOA Today Further PR re Award by mail etc
August – September	Updates from Regions – number of participants in WOD etc. Final messages. Info on how to present Entries and what to keep from WOD Activities
<b>6 October 2006</b> <b>7 October</b>	<b>World Ostomy Day Begin activities – email chain activated</b> <b>Country Activities on WOD</b>
20 October	Preliminary comments in IOA Today 31 October by President and Coordinator. Coloplast Advertising. Entry Forms On Web Magazine / email Preliminary report. Encourage countries to tell their story – enter the award.
November / December / January 2007	Encouragement to complete awards Confirmation by Countries that they are entering. Entries Posted to Barry Maughan WOD Coordinator
31 January	Entries Close Further info in IOA Today
March /April2007	Judging at IOA EC Meeting Report by IOA Coordinator to EC IOA
May-October	Coloplast to prepare Data Show for Presentation at Puerto Rico
20 April (To Di)	Preliminary Report in IOA Today(30 April) from WOD Coordinator Country stories re WOD 2006
20 July(To Di)	IOA Today etc31 July. Continue stories – Action/pictures of day to Webmaster
September 22-28	Puerto Rico IOA Congress. WOD Report Data Show of activity. Presentation of prizes..

## The 2006 World Ostomy Day Photo Contest

Get out your camera and participate! Hollister Incorporated [www.hollister.com](http://www.hollister.com) is announcing a world wide photo contest open to every Ostomy Association around the globe.

**Here's why:** World Ostomy Day, October 7, 2006, is a very special day, so we're sponsoring a very special contest **The 2006 World Ostomy Day Photo Contest**. The Contest is a unique way to showcase talents and people, and to create lasting memories in conjunction with World Ostomy Day.

**Theme:** The 2006 World Ostomy Day theme is "Living Life to the Full."

We know there are thousands of you who live that way each day--and in every way. You live life to the full in your families or on vacation, during work and with grandchildren, while volunteering or tending to pets. We know you're out there "living" and that's the type of image we want you to capture.

**Winners:** 20 photos will be chosen by the judges: Stuart Schaefer, IOA Webmaster and professional photographer and Hollister.

- All winning photographers will receive a certificate of recognition
- Each Ostomy Association / chapter / group, represented by the photographer, will receive \$250.
- All IOA member countries will receive a CD-ROM of the winning photos to show how persons with ostomies "live life to the full" around the world
- Entries from individuals not affiliated with an association will be disqualified.

### Rules:

Photographers: must be people with ostomies.

Images: must be of people with ostomies "Living Life to the Full"

Photos: may be digital or processed film

Size: doesn't matter

Color: use color or black and white, it's your choice

Deadline: August 1, 2006

Description: submit photos with the photographer's name, association name and location, the occasion, place, date and names of people in the photo

**Please be aware:** Submitted photographs will not be returned. Also, the photographs will become the property of the sponsoring organization, Hollister Incorporated, and may be shown publicly.

### **Please submit your entries by August 1, 2006 to:**

WOD 2006 Photo Contest  
Al Maslov, Global Marketing  
Hollister Incorporated  
2000 Hollister Drive  
Libertyville, IL 60048

e-mail: [wod2006pc@hollister.com](mailto:wod2006pc@hollister.com)

Tel. 847-680-2140

Fax: 847-918-3981

## HELPING OSTOMATES

*Vladimír Kleinwächter*

*IOA Vice President*

In the IOA web page (<http://www.ostomyinternational.org>) you can find a Comment & Question Form, which offers to ostomates or interested persons from the whole world to the possibility to ask any questions, which would help them to solve their individual problems with the stoma, social or psychological difficulties, etc.

The questions arrive to the Webmaster Stuart Schaeffer, who redirects them to me for further clearance. Since I can answer directly only enquiries of general nature, in case of questions, which require specific knowledge of health care and social system in particular countries Regional Presidents are asked for help. They are better qualified to deal with such enquiries, answer them or contact directly the ostomates and discuss with them their problems.

In the last year IOA has received 110 enquiries. About 40 % I was able to answer myself, 60 % were redirected to Regional Presidents. The distribution of questions from different countries or regions is shown in the cake graph. The far highest number of questions came from the United States, followed by Europe (divided in the graph into the United Kingdom and the rest of Europe) and Canada. The interest from the other parts of the world was only marginal. The fact that this service was used mostly by ostomates from English-speaking countries reflects roughly the frequency of visits of the IOA web page. For instance, there came no questions from the Eastern Europe and very few from Asia or South America, where certainly ostomates face many shortcomings in both the medical and social care, including the lack of freely available stoma appliances.

The nature of the questions is summarised in the Table. The highest number of ostomates or their relatives asked for advice in difficulties with nursing the stoma. Questions concerning social and psychological problems and request looking for contacts with other ostomates or with ostomate organisation acting in their vicinity yielded, put together, the same number.

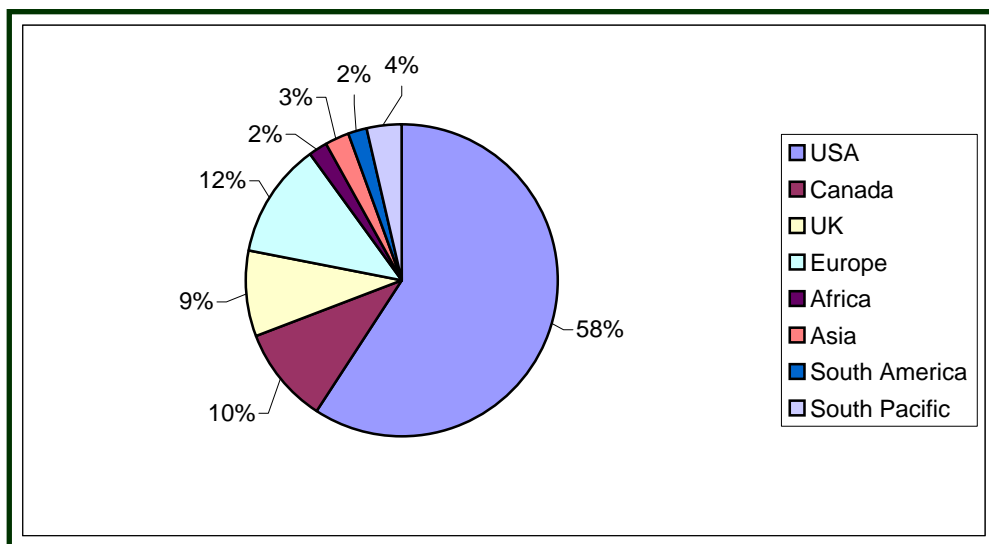
A special problem is represented by enquiries of ostomates looking for medical advice. As a patient organisation IOA is not qualified to answer this type of questions.. The patient can be only referred to consult a physician or a stoma therapist. In most cases these requests do not contain enough information, so that it is impossible for us to find a physician, who would be able to give some advice by e-mail.

Another group of questions, those of commercial nature, deserves some comments. Several request were received to put links on the IOA web page to sites where products or services useful for ostomates are offered. We intend to put such links on a new IOA web page, which is under preparation now. However, we reserve ourselves the right to decide what can be considered as a help of ostomates to ostomates and what will be classified as commercial advertisement. The advertisement will be subject to a charge, however a small one. It can be mentioned as a rarity that this service was also used by Nigerian "bankers" wanting to use IOA for transferring their investments abroad or by one of international lotteries, well known to all Internet users.

It is our concern to provide ostomates with the best possible help. It is therefore necessary that the request contain maximum information about the particular problem. Very often the basic data, e.g., about the type of stoma or typo of appliances, are missing. It would be also helpful if the inquirer from a larger country as the Unites States or Canada gives more detailed information about the place of living, i.e. the state and city. And last but not least, we urge that everybody check carefully the e-mail address to which the reply should be sent. Quite a lot of our responses, sometime quite elaborate ones, were returned back as undeliverable.

Only a few inquirers reacted by a reply (even though it is not required) on the advice obtained and thus we have only a little feedback. It will certainly help us in preparing the answers if we know whether our effort was useful, which will contribute to the improvement of this service.

<b>Request</b>	<b>No.</b>
stoma care	24
way of living with stoma	9
social and psychological help	13
medical help	13
stoma product information	6
contact information	11
travel information	9
IOA Business	14
general information	3
commercial contacts	6





## **IRRIGATION AND TWINNING!**

Arne Holte, President EOA

Irrigation and twinning are two items to which we pay special attention this year in the Coordination Committee in EOA.

In June we intend to have a twinning workshop in Vilnius, Lithuania. As EOA consist of 40 organizations with different culture and languages, and also resources, one way of giving the poorer organizations help is to “twin” them with a country with more resources.

A couple of good examples on twinning can be Denmark and Lithuania, where the project is stopped because there is no need for it anymore. Another is Norway which twins with St.Petersburg, and also Germany – Ukraine.

Someone may wonder what twinning really is. Here is the answer: twinning goes really both ways. In addition to the fact that richer countries help poorer countries with sending appliances, office equipment, building organizations, seminars, teaching doctors and nurses, maybe money and office equipment – there is also an effect the other way. Learning to know new culture, new persons, new places – and also the pleasure of giving places and persons in need a helping hand! However the ultimate goal will be to “create democratic organizations for ostomates run by ostomates” – which in time will give all people the rights stated in the “Charter of ostomates rights”.

I hope to see many twins hand-in-hand in Lithuania in June. All European countries will receive an invitation in a short time.

### **Irrigation**

Irrigation is a method used by many people with colostomy around the world, also in Europe. To my knowledge the method is used very much in France and Denmark, probably also in many other countries. In many East European countries irrigation is more or less unknown, the reason way is really not quite clear, but anyway many more should consider to use the method as it means less use of appliances, it is normally more simple and also easy to learn.

In order to promote the method, the CC in EOA will have a survey in some countries. The survey will be published in member magazines. In addition our good friend in Italy, Dr. Carlo Pezcoller, will start a more professional study. Hopefully we will see many more using irrigation in the time to come.

Important is it that only people with colostomy can use this method, and you have to learn it before you start. If you want to know more about irrigation most national ostomy organizations have leaflets and brochures about it. Also the companies have very good info

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### **Russian bureaucracy!**

Knut Ellingsen, NORILCO

NORILCO has now 12-13 years experience of sending stoma appliances from Norway to St. Petersburg in Russia. Until few years ago local custom service accept over proforma invoice and letter of endowment free from duty. Since 1993 NORILCO has sent one consignments every year to Russia. Total tonnage are approximately 50 tons. Appliances have been given from producers, pharmacies and also from families of members who have died. All appliances are unsaleable because of open packages of out of date.

We have before no problems with local customs department in St. Petersburg. Today our partner in St. Petersburg, ASSKOL (local ostomy organisation) must provide all paperwork to Moscow to central authorities to get the consignments duty free. Last two years we have to wait two or three months to get their approval. For us it means paying for warehouse fee from our shipper. But we will continue to try to send appliances to St. Petersburg because ostomates in Russia need them.

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### **NEWS FROM BRAZIL from Candida Cavilera**

May we all share health, prosperity and good-will within the Ostomy Community!

Here is our Programme for Jan-April, 2006

January

Follow-up on various affairs considering the season festivities and absence of personnel due to summer vacations.

February

Carnival – at the end of the month 20 ostomates will receive free tickets to assist all Carnival festivities held at the Sambodromo (samba schools, etc)

April, 6-9, São Paulo;

V International Trade Fair Rehabilitation, Inclusion and Accessibility Technologies (free entrance). The major Trade Fair of the sector of rehabilitation, inclusion, accessibility for people with special needs (physical,

mental, visual, hearing and multiple) relatives, professionals working in the areas, senior citizens, Ostomates and persons with impaired mobility. We will have our Stand with literature, booklets, t-shirts and on Sunday, 9, we will hold a round table "Living Life to the Full". (site: [www.reatechvirtual.com.br](http://www.reatechvirtual.com.br))



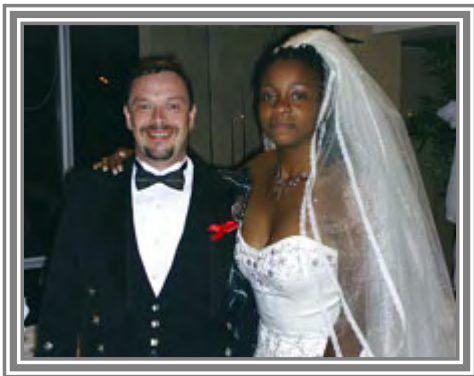
## NEWS FROM CANADA

Hello Friends

Happy New Year to everyone!

We held our annual conference in Winnipeg, Manitoba this past August. It was a very successful event thanks to the efforts of the planning committee and the conference administrator.

Kevin McHugh was the guest speaker at the Hollister Ltd. sponsored Bertha Susan Okun Lectureship. John O'Shaughnessy gave the address at the ConvaTec Renaissance Award presentation to winner Judy Woods. Both gentlemen have been active volunteers for the UOAC Ostomy Youth Camp. John was a former camper and now does motivational speaking to encourage ostomates and non-ostomates to be best the best they can be. Kevin is still involved in Crohn's disease research and has undertaken a teaching position in the medical community in addition to his consulting business and was married in September 2005 to Francine Small.



( Many of our 20/40 people will remember Kevin as a guest speaker at the first 20/40 Focus meeting and the organizer of the 2<sup>nd</sup>. 20/40 meeting in Hamilton Canada.)

A successful visitor training session, FOWC presentation, and exhibitor's hall are other highlights of the year's conference.

This year our conference will be held in Moncton, New Brunswick, in Canada's Atlantic region. We extend an open invitation to you to join us for fun, information and recreation.

We also have new members on our board of directors. Two new members were elected in Winnipeg and two others were appointed to fill vacant positions. There is

much enthusiasm to continue work with ongoing projects and new ideas for new projects.

Some of the big challenges we face will be expansion and retention of membership, public awareness, fundraising and working together with industry.

Preparations are underway for World Ostomy Day. The chairs of this committee and event, Delilah Guy and Sheelah Zapf, have some new ideas to help mark this important day. They are planning and encouraging chapters to hold a Bowlathon as a way to mark World Ostomy Day and this event may become a national fundraiser.

The manufacturers Hollister, ConvaTec and Coloplast will all be helping us mark the day with contributions towards prizes, posters and refreshments.

Soon we will be launching our corporate identity video. We worked together with the University of Saskatoon in Saskatchewan to have a video made about living with an ostomy. This video will help brand and market UOAC to a whole new group of people and help us to raise funds.

We also have a home and auto initiative in the works where members who sign with a partner insurance company, UOAC will receive a percentage of the premiums back.

Youth camp will be held July 3-9, 2006, where children, ages 9-18 come from across the country to attend a week of fun and learning.

It's going to be a busy year for UOAC. We wish you all success with your endeavours and hope you enjoy good health and happiness.

Pat Cimmeck, President UOAC

## NEWS FROM CUBA Seccion de Atencion a Ostomizados (S.A.O.)

I would like to communicate that during the past year we have received 3 donations from FOW Canada which have been of great help for our country, our appreciation to them once again.

I will be sending you a report for publication in OSTOMY. The society has prepared a brochure of activities for the year 2006.

We anticipate and plan to celebrate World Ostomy Day in our country, and we already have participated in 2 television programs, and are preparing various Radio and TV presentations to promote the fundamental

activities of our Society. We will talk about our main objective:

“Improve the quality of Life of Ostomates”

Also, we are elaborating a simple brochure with recommendations, orientations, and practical hints for ostomates.

We will communicate with you in the near future.  
Cordially

Dr. Francisco F. Llorente, Presidente SAO

Llano Maria de Jesús Diaz Landa, Secretary SAO

President's note:

I was most pleased to receive this e mail from Cuba. Hopefully we will now be able to maintain contact as it is obvious that the association there is working hard to help ostomates. Dr Llorente indicates that he has not been receiving our e mails but now that contact has been reestablished, let's hope that we can continue a dialogue with the association in Cuba.

## Report From Mexico

In October we opened a wound care and Ostomy Center in the ABC Hospital in Mexico City (my project) and I was given a special award and recognition by the hospital for many years of work there in ostomy patient care as well as cancer support, at the inaugural event of the opening of this center.

ABC stands for American British Cowdray Hospital in Mexico City, where we held the first IOA Regional meeting, remember?

Fondest regards,

Sheila Carral







**SISTERHOOD**  
Magazine for nurses-technicians

### Living with a stoma

Ilco is an international name for association of persons with stoma (we are also members of European and World association which has been working for 33 years). Serbian association was founded three years ago. This year we have founded Ilco for Belgrade named BEOILCO. Its goal is to help its members to return as fast as it is possible to their everyday activities. Our members can get different advice and professional help for the stoma care and supplying means. Every Wednesday we organize meetings with our members, which are very important to them and to which they come very often.

My engagement in the association is motivated by my wish to help. From my own experience I know which problems can new patients encounter after a surgery, starting with psychological, then practical problems and problems in family and society. I have been living with stoma for 43 years. I got it at the age of fourteen and up to now, I am the oldest person with stoma in ex Yugoslavia, maybe even in Europe (we are waiting for the results of their research) I have managed to fight, first with myself and also with other temptations which have been waiting for me in life. I finished school, I worked full time job, which I cannot do now, I married and thanks to my family, and especially to the understanding of my husband I succeeded to take the best from the previous state and to adapt my life to a new situation. I want to transfer my experience to all that need help because in this way I help myself and in this way I feel fine. I am always ready to talk, as other members of our association, to the patients who are to be operated (of course if it is possible) because it would be very important to the patients to see and understand that even after an operation they can live normal lives and be happy again. If I had had a chance to meet someone who had an operation I would have probably overcome my problems faster.

I have written all this hoping that we will together, (I mean our association and you who saved their lives,) help new patients with right information to find their place in society again.

[www.ilco.org.yu](http://www.ilco.org.yu)

Mirjana Popovic, retired nurse  
President of BEOILCO, Belgrade  
Vice-president of ILCO Serbia

### EXPATRIATE OSTOMATES OF SPAIN (EOS) Ostomizados Extranjeros de España

Regd. Charity N° 170 939 Sec1ª and Full Member of IOA  
Tel and HELPLINE: +34 96 646 0063 Fax: +34 96 646 1563  
Mailing address: Apartado de Correos 336, 03730 Jávea (Alicante), Spain

### EOS SENDS GOOD NEWS FROM SPAIN! From Cynthia Robinson

In December 2005 we were invited to participate in the two-day National Congress on Ostomy held in Bilbao (Basque Region). We were happy to meet again with old friends, the association presidents who had celebrated WOD4 with us at our garden party in Jávea in 2002!



Presidents giving regional reports

Everyone had to brave storms, high winds, and cancelled flights, to come together from all corners of Spain: in addition to our Bilbao hosts, the north was represented by associations from Pontevedra and Alava, the north east by Zaragoza, the east by Barcelona, and the deep south by Jerez de la Frontera in Andalucía. The previous Madrid association AEDO has not functioned since 1992, and so the capital was represented by another recently-formed association which is awaiting legal registration. Our own EOS is different in being national and having its members living in various regions. In all, we were eight association presidents and around 200 other attendees.



Round Table

Each of the presidents spoke of their own association, the problems they encounter and their special concerns. The EOS delegation was able to play its part and was happy to be specifically accepted in this company as a Spanish association.

After a Round Table debate, we all signed a Manifesto setting out the ostomist's needs in Spain. This ten-page document is intended to be used by the associations in their dealings with central and regional government, the hospital authorities, etc. Three of the larger associations, Barcelona, Zaragoza and Bilbao, formed a committee in order to further the preparation for a Spanish Federation of Ostomy Associations - for which there is a clear need and desire.



EOS signs the Manifesto

We find this development both interesting and exciting because, at WOD 4 we had invited our friends from all these corners of Spain with the express intention of beginning the move towards the formation of a national body for ostomates in Spain - and our effort has finally started to bear buds -if not yet fruit! I think we can now assume that there will be Federation in place - possibly by the end of this year. There will be another meeting called when the promoters are ready and if EOS is able to attend this, we will keep you advised as things develop.

We are grateful to the European Committee of IOA, in particular Rita Silanos and President Arne Holte for supporting our work in Spain.

## NEWS FROM INDIA

Past President of the Asian Region, Dr. Harikesh Buch has been hard at work since his return from Bangkok. He, together with Anjali Patwardhan ( ET nurse at Tata memorial hospital, Mumbai) has arranged for two Stoma Care training sessions in his home country of India. Nurses, doctors and ostomates will be in attendance . The first training session will be held in Dharwad - Hubli and the second in Belgaum; both cities in North Karnataka

Dharwad / Hubli will be at SDM medical college auditorium in Dharwad & 3rd & 4th day of this workshop will be at Hubli cancer hospital in Hubli. Mr Krishna Kulkarni is coordinating with all doctors at Dharwad / Hubli

In Belgaum all four days of workshop will be at KLE medical college auditorium, Belgaum with Prof. Ashok Godhi coordinating the workshops.

As well as the manufacturers of ostomy supplies, local pharmacies and chemotherapy companies will be participating. Later in the year, two further Stoma Care Training sessions are planned for southern India. We look forward to bringing you a report on the workshops in our 2nd. Quarter edition of IOA TODAY.



## JOIN US IN PUERTO RICO IN 2007 for the 12<sup>th</sup> IOA WORLD CONGRESS

Be part of the World Congress and also experience a "Holiday to Remember."

At the 2007 World Congress you will be able to:

- Meet with fellow Ostomates from around the world
- As a delegate, make decisions on the future directions of IOA
- Attend social events
- Share your successes and problems with attendees from other IOA Member Associations

Our gracious hosts, **Asociacion Ostomizados de Puerto Rico**, are planning a Congress that will be a memorable experience for us all.

After the Congress, plan a holiday and enjoy the bilingual, multicultural society, one that has been molded by Spanish, African, Indian and U.S. influences. Residents of Puerto Rico have much in common with Americans in the continental United States, yet they retain a decidedly Hispanic heritage.

Both Spanish and English are the official languages; the local currency is the U.S. dollar.

The climate is as close to perfect as it can get, averaging 83°F (22.7°C) in the winter and 85°F (29.4°C) in the summer. In other words, it's always summer! The trade winds cool the coastal towns and the temperature decreases as you go up into the higher mountains.

Whether you're dreaming about spectacular surfing waves, a challenging golf course, or the perfect sunbathing beach, Puerto Rico offers the active traveler a tremendous array of opportunities. Surfing and golf compete with tennis, fishing, kayaking, SCUBA diving, and horseback riding, not to mention windsurfing and parasailing, for your active time.

**SO.....JOIN US IN PUERTO RICO IN 2007 for the 12<sup>th</sup> IOA WORLD CONGRESS and then stay a while and enjoy life on a lovely Caribbean Island**

## Living Life to the Full

Under this theme we will all celebrate the World Ostomy Day, 7 October 2006.

As we have done in the past, Coloplast is pleased to reward the most creative and enterprising activities.

There will be 3 regional contests:

- Europe
- The Americas
- Asia & South Pacific

each competing for a first prize of USD 2500, and a runner up of USD 1500.

The 6 winners will be announced at the 12<sup>th</sup> IOA in Puerto Rico in September 2007.

Contact Barry Maughan, WOD coordinator, for more information.



*The **Coloplast Merit Award's** fundamental aim is to encourage the spread of enterprising initiatives of national ostomy associations to member associations around the world. The award has been developed in cooperation with the International Ostomy Association Board and has been presented since 1991.*

