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HEALTH AND WELLBEING TIPS RELATED TO:
ostomy, mastectomy, compression, and more!

Ostomy & Nutrition

Happy 2019! With the holiday festivities now behind us, the start of the new year is a great time for everyone to take stock of their eating habits and optimize their nutrition through a well-balanced diet.

If you have an ileostomy (an opening into the ileum) or colostomy (opening into the colon), there are several special considerations to keep in mind.

HYDRATION

Fluid is lost via the ostomy because water is no longer reabsorbed by the colon. A typical fluid intake per day for people with ileostomies or colostomies is two litres or 8 cups. It is best to drink mostly water and limit drinks high in caffeine like colas, strong tea, or coffee.

SALT

Neither group should limit salt in their diets. Salt, which is normally reabsorbed in the colon, is lost when you have an ostomy. Ileostomates should use extra salt in their meals because of the risk of dehydration. Colostomates should not restrict salt but take a moderate amount in their regular diet.

VITAMINS

Supplementation of Vitamins B12, A, D, E and K may be necessary if more than 100 cm of the terminal ileum has been removed with the ileostomy. Ask your physician if this applies to you.

Ostomates may potentially develop problems like diarrhea, constipation, odour, gas and/or blockage. Most can enjoy a regular diet, but it may be necessary to make some adjustments if any of the above problems occur.

DIARRHEA

Stool output from an ileostomy is usually liquid in texture, therefore diarrhea is usually considered to be more than 1000 ml of loose, liquid stool per day. Diarrhea in colostomates is usually defined as frequent, watery stools. The following may help to relieve diarrhea:

- Increase fluid intake to 2 ½ litres (10 cups) per day. Take foods that may thicken stool like apple sauce, bananas, yogurt, rice and oatmeal.
- Limit foods that may aggravate the diarrhea like prunes, prune juice, alcohol, broccoli, cauliflower, brussel sprouts and cabbage.



Ostomy and Nutrition (cont'd)

- Use extra salt or eat salty foods.
- Choose foods high in potassium like bananas, oranges, tomatoes, potatoes, meats and dried fruits.

CONSTIPATION

Constipation can occur in colostomates only (not in ileostomates). The following can help relieve constipation:

- Drink at least 2 ½ litres (10 cups) per day of fluid.
- Eat foods high in fibre like bran, fruits, vegetables and whole grains. Prunes and prune juice may also help.

ODOUR

If odour is a problem, you may want to:

- Limit foods that increase odour, such as broccoli, cauliflower, cabbage, turnip, brussel sprouts, legumes, garlic and onion.
- Increase foods that reduce odour, such as parsley, buttermilk and yogurt.

GAS

Gas may be caused by many of the foods that are listed under gas- or odour-producing. Gas can also be caused by swallowing too much air so chewing gum and drinking carbonated beverages should be limited if gas is a problem.

BLOCKAGE

Blockages may occur in people with ileostomies. If there is no stool output for several hours from the ileostomy, then a blockage may have occurred. To prevent a blockage:

- Drink at least 2 ½ litres (10 cups) of fluid per day.
- When first trying high fibre foods after surgery (ileostomy), choose only one new food at a time. Foods that have seeds or pits should be tried cautiously (e.g. popcorn, nuts, seeds, corn, strawberries or raspberries).

CONCLUSION

People with ostomies can usually eat a regular diet as long as it contains adequate amounts of fluid and salt. When adding a new food, especially one that could contribute to a potential problem (diarrhea, constipation, odour, gas, or blockage) only one new food should be tried at a time. Being aware of problems that may arise and how to help relieve these are important in caring for your ostomy.



Sources: Canadian Society of Intestinal Research: Ileostomies

FOOD REFERENCE CHART FOR OSTOMATES

For individuals who have had ostomy surgery, it is important to know the effects of various foods on ileal output. The effects may vary with the remaining portion of functioning bowel. Listed below are some general guidelines of the effects of foods after ostomy surgery. Use trial and error to determine your individual tolerance. Do not be afraid to try foods that you like, just try small amounts.

Gas Producing	Odor Producing	Increased Stools	Stoma Obstructive	Color Changes	Odor Control	Constipation Relief	Diarrhea Control
Alcoholic bev.	Asparagus	Alcoholic bev.	Apple peels	Asparagus	Buttermilk	Coffee, warm/hot	Applesauce
Beans	Baked beans	Whole grains	Cabbage, raw	Beets	Cranberry juice	Cooked fruits	Bananas
Soy	Broccoli	Bran cereals	Celery	Food colors	Orange juice	Cooked vegetables	Boiled rice
Cabbage	Cabbage	Cooked cabbage	Chinese vegetables	Iron pills	Parsley	Fresh fruits	Marshmallows
Carbonated bev.	Cod liver oil	Fresh fruits	Corn, whole kernel	Licorice	Tomato juice	Fruit juices	Peanut butter
Cauliflower	Eggs	Greens, leafy	Coconuts	Red Jello®	Yogurt	Water	Pectin supplement
Cucumbers	Fish	Milk	Dried fruit	Strawberries		Any warm or hot beverage	Tapioca
Dairy products	Garlic	Prunes	Mushrooms	Tomato sauces			Toast
Chewing gum	Onions	Raisins	Nuts				
Milk	Peanut butter	Raw vegetables	Oranges				
Nuts	Some vitamins	Spices	Pineapple				
Onions	Strong cheese		Popcorn				
Radishes			Seeds				

New Clinical Resources Manager

Nightingale Medical is pleased to welcome **Laureen Sommerey**, MSN, RN, WOCC(C), as our new Manager of Clinical Resources! In addition to her part-time role, Laureen will be offering clinical consultations to our ostomy clients in the Kamloops region.



In her 30+ years nursing career, Laureen's passion has always been direct patient care. In addition to working in acute care, including surgery, pediatrics and ostomy/wound care, she has also worked in educator, management and leadership roles. Laureen is also currently

the Clinical Nurse Specialist for Skin and Wound Care at IHA promoting evidence-informed and standardized skin and wound care practices across the health authority.

Laureen continues to be active in several regional and provincial committees including the Provincial Nursing Skin and Wound Committee, and is the chair of the Skin & Wound Value Analysis Team and IHA Regional Wound, Ostomy and Continence Working Group. She is also in the working group revising the CAET Best Practice Recommendations for Enterocutaneous Fistula. Welcome Laureen!

Skin Barrier Lowers Care Costs

According to study results recently published in *Journal of Wound, Ostomy and Continence Nursing*, 153 ostomates who used a new type of Hollister skin barrier called CeraRing®, resulted in patients experiencing a 14% lower cost of care vs conventional skin barriers.



A skin barrier is designed to protect the skin around the ostomy and reduce moisture loss from damaged skin. It works by adhering to your peristomal skin, helping to protect your skin from stoma output, and attaching the pouch to your body. Skin condition greatly affects how well the skin barrier can adhere, as well as the general comfort and well-being of people living with a stoma.

Q. Is it normal to feel depressed after ostomy surgery?

A. Ostomy surgery is a life-changing event, and so it is completely normal to feel stress and anxiety. Research shows that new ostomates struggle with self-esteem and body image changes, as well as physical disequilibrium due to chemical changes and anesthesia. A combination of these psychological and physical stressors can easily overwhelm a person and lead to the blues that last months or longer.

There are many supports in place for people who have or recently have had ostomy surgery. The first step is to find a NSWOC (ostomy) nurse who you really connect with, and who can help guide you to accessible resources and answer your questions. In addition to doing pre-surgical stoma markings, a NSWOC can also help educate you post-operatively to help you return to feeling like yourself again. Additionally, there are support groups that you can join to help provide comfort and support.

It is very important to seek help to deal with overwhelming feelings of despair. Reach out to trusted family and friends, as verbalizing your frustrations and feelings can really help. If unresolved, speak to your doctor for additional advice. Most importantly, remember you are not alone.

CeraRing significantly decreased costs while increasing satisfaction (\$224 and 55.4%) with patient-reported outcomes vs. conventional skin barriers (\$260 and 40.5%). The cost savings included use of skin barriers and other ostomy care accessories, medications, emergency department and hospital visits, as well as "social costs" such as missed work or appointments. CeraRing is available at your local Nightingale Medical store.



Mastectomy Triple F's

By Cayley Elcombe



Nowadays there are more products than ever before to help women feel like themselves post-mastectomy. These products can be placed into three categories: forms, fashions, and then perhaps most importantly fit, which ties it all together.

FORMS

Also called breast prostheses, forms allow restoration of symmetry for women who have undergone a mastectomy.



- **Material:** can be made with water, air, foam, rubber, or silicone for maximum natural feel and look. May have microfiber backing for comfort and breathability. There are also temporary forms called “fluffies” that can be used, which are fibre-filled and can be easily adjustable in size (available free for all Nightingale customers, inquire at the location nearest you for more information)
- **Shape:** variety of shapes from partial to full to create symmetry following different surgeries (i.e. full mastectomy, partial mastectomy, lumpectomy)
- **Density:** can vary corresponding to women of all age groups

FASHION

There is a better selection of mastectomy wear than ever before to help you look and feel your best.

- **Bras:** there are many styles, from full coverage, lined, pocketed, padded. Bras come in all sizes, colours, and materials, even lace.
- **Clothing:** some shirts like Amoena’s Valletta camisole (right) are specifically made for women with mastectomies. Other styles may have a lining or high coverage or even lace to be stylish and comfortable.
- **Swimwear:** you can get a basic swimsuit in a classic style to a modern shape with a fun print. They may include molded cups and are lined for maximum comfort.
- **Accessories:** while not essential, certain accessories can make wearing breast forms more comfortable. Some examples include silicone nipples, skin supports and adhesives, creams and cleansers, and bra extenders and pockets



FIT

It is very important to get the perfect fit, and professional fitters are there to help you feel comfortable and confident.



To begin with, a fitter will ensure you are wearing the right size bra to support the breast form. Then for symmetry, different weighted forms may be used to align the shoulders. As well, forms of different densities may be needed to create the most natural look and fitters can help with that.

Nightingale Medical carries a wide variety of these items. Contact your local store today to make an appointment with one of our Certified Mastectomy Fitters and check out our selection of great products.

Source: Adapted from Medichair

March is Lymphedema Awareness Month

Lymphedema is an abnormal buildup of fluid that causes swelling, most often in the arms or legs. The condition develops when lymph vessels or lymph nodes are missing, impaired, damaged or removed. There are two types of lymphedema: primary and secondary.

Primary lymphedema is rare and is caused by the absence of certain lymph vessels at birth, or abnormalities in the lymphatic vessels.

Secondary lymphedema occurs as a result of a blockage or interruption that alters the flow of lymph through the lymphatic system and can develop from an infection, malignancy, surgery, scar tissue formation, trauma, radiation, or other cancer treatment.



Lymphedema can occur within a few days, months or years after lymphatic injury.

SIGNS AND SYMPTOMS

Symptoms of lymphedema include swelling in the arms, hands, fingers, shoulders or legs. The swelling may occur for the first time after a traumatic event (such as bruises, cuts, sunburn, and sports injuries), after an infection, or in the part of the body that was treated for cancer.

If you have any of these symptoms, talk to your health care provider. Prompt treatment can help manage the condition before complications occur.

TREATMENT

Lymphedema treatments vary, depending on the stage and cause of the condition. If the initial signs and symptoms of swelling are caused by infection, antibiotics may be prescribed.

Your doctor may refer you to a physical or occupational therapist who specializes in managing lymphedema. The therapist will assess your condition and work with you to develop an individual treatment

plan. Therapy may include:

- Specific exercises or a complete exercise program
- Limitation of certain activities that are vigorous or repetitive
- Manual lymphatic drainage therapy, a gentle form of skin stretching/massage
- Complex decongestive therapy (specialized wrapping techniques)
- Wearing a compression sleeve or stockings
- Mechanical pumping devices, as needed

GENERAL GUIDELINES

Maintain good nutrition

Reduce foods high in salt and fat. Eat 2-4 servings of fruits and 3-5 servings of vegetables daily. Eat a variety of foods to get all the nutrients you need. Eat foods high in fiber such as whole-grain breads, cereals, pasta, rice, fresh fruits and vegetables. Drink eight glasses of water daily and avoid alcohol.

Exercise regularly

Always check with your physician first before starting a new exercise program. Generally, strenuous exercises involving the affected limb should be avoided.

Improve cardio fitness by walking, swimming, doing low-impact aerobics or specially prescribed exercises, for 20 to 30 minutes at least 5 days/week. Stop exercise that cause unexpected pain. If your affected arm or leg becomes tired during exercise, cool down, then rest and elevate it.

Avoid infections

Wash hands frequently with soap and warm water. Wash cuts, apply antibiotic ointment and cover up with a bandage. Avoid cutting your cuticles and take care when cutting toenails. Use insect repellent to prevent bug bites. Keep your skin very clean and dry thoroughly between creases in between fingers and toes.

Avoid tight clothing, shoes or jewelry

Women should wear well-fitted bras; straps should not be too tight, and avoid underwire bras. Wear comfortable, closed toe shoes and avoid tight socks.

Source: Cleveland Clinic <https://my.clevelandclinic.org/health/diseases/8353-lymphedema/management-and-treatment>



Restless Leg Syndrome and Compression Socks

Thanks to my stubborn genes, I have edema, or chronic swelling in my ankles. As if cankles weren't enough, varicose veins made an appearance in my forties (thanks to genetics and three pregnancies), with a side of restless legs syndrome (RLS) thrown in just to seriously mess with my sleep. Wait, there's more...

Before I turned 50, I had to pee at least twice a night, sometimes three times. This is annoying enough at home, but when you love camping, it's downright exhausting to get out of a sleeping bag, unzip the tent, and walk into the dark unknown to find the toilets. I'm not big on popping pills, so I decided to do my own research on possible natural remedies. I read a study on the National Institutes of Health page about managing nocturia (the fancy term for having to pee a lot at night), and it showed that compression socks were found to help people like me. Other studies pointed to compression socks for RLS relief. Ugly or not, I had to give them a shot.

What is Restless Leg Syndrome?

Restless legs syndrome (RLS) is a disorder related to sensation and movement. People with restless legs syndrome have an unpleasant feeling or sensation described as tingling, "pins and needles" in parts of their bodies when they lie down to sleep. Most people also have a very strong urge to move, and moving sometimes makes them feel better. Your legs or arms may begin to jerk or move even after falling asleep. But all this movement makes it hard or impossible to get enough sleep.



I ordered graduated compression stockings, which means the compression is strongest at the ankle and gets lighter up the leg. I'm not going to lie: When I pulled them up my legs, I instantly felt like I was 90 years old (no offense to my dear grandmother). They were also really snug, and I was worried that they would cut off my circulation and leave me passed out on the floor.

But during the next few hours, I noticed that my legs felt oddly comfy in the compression socks. They felt stronger and didn't ache as much. Great for daytime but what would happen tonight when the usual

heaviness and "urge to move" set in my legs? I took the socks off after dinner and settled in to watch TV. I was shocked that I didn't have to get up and move around or do heel raises to alleviate the "urge to move" in my legs!

Next up, the nocturia test. I did get up to pee that night, but only once, and at my age, that's normal. I woke up the next day refreshed for the first time in a long time. Could this just be a placebo effect?

I put the socks on again and in the next 29 days, the same results followed—when I didn't forget to wear them. Early into the 30 days, I forgot to wash my socks and boarded a cross-country flight without wearing them. The "urge to move" in my legs was unbearable, and I didn't want to keep troubling the people in my row to get up and walk the aisles. Should have worn the dirty socks! Not long after that I took a long road trip to a camping and hiking destination and thankfully wore my socks. Big difference! No "urge to move," and only one potty break.

Turns out compression socks gave my poor circulation a boost in the right direction—as in, away from ankles and back up to my heart, increasing blood flow to all my vital organs.

Now that I'm going to be wearing compression socks on the regular, I've graduated from the fugly, beige variety and found a plethora of more colorful, more flattering styles. If you're considering checking them out, stick with a 15 to 20 mmHg (rate of compression)



for mild symptoms, or consult your doctor before trying socks with greater compression.

Adapted from article by Lisa Marie Conklin, Reader's Digest

Note: Chronic Venous Insufficiency (CVI) is considered one of several risk factors of RLS. Wearing compression socks during the daytime can improve CVI by facilitating the flow of blood back to the heart. Check with your doctor first and then visit Nightingale Medical for assistance from our Certified Fitter.

Understanding Pros and Cons of DNA Testing

Did you receive a DNA testing kit for Christmas, or just wonder if you're related to royalty? In the past, DNA testing has been used almost solely in criminal investigations and/or paternity cases. But thanks to companies such as 23andMe and Ancestry that have cropped up, it's now possible for anyone, anywhere to trace their roots back. As fascinating as this is, is it this always a good thing?

Deoxyribonucleic acid, or DNA, carries your genetic code and determines every single one of your traits, from the color of your eyes and hair to your various personality



traits. DNA testing, which can take on multiple forms (including parental, forensic, and genetic testing), looks at individual cells and reads the genetic markers. Because every cell in the human body contains the same DNA, these cells can be taken from hair, skin, saliva, blood, fingernails, or any bodily fluid. Once analyzed, a produced DNA reading can be compared and studied. There are several pros and cons of DNA testing to consider.

Pros of DNA Testing

- **Family planning.** DNA testing can help parents make important decisions regarding whether or not they want to expand their family by having more children. Test results may indicate a low or high risk of passing along a genetic condition, which sometimes makes it easier to develop a plan.
- **Early treatment.** DNA test results may reveal that an individual carries a certain genetic disorder that they previously didn't know they had. This can allow the individual to seek out early medical care and treatment – something that could potentially save, prolong, or improve their quality of life.
- **Genealogy and family history.** With many of the major DNA testing websites, you can discover information on where your ancestors came from and what percentage of your DNA belongs to different ethnicities. It can also help trace back to shorter generations: recently, an 88-year-old

woman was reunited with her 69-year-old daughter who she thought had died at birth but was actually adopted out, thanks to Ancestry.com.

Cons of DNA Testing

DNA testing isn't for everyone. Just as there are some positives, there are also a few negatives. Let's take a look:

- **Negative results.** When people who think they're perfectly healthy take a DNA test and learn that they carry a genetic disorder, it's often challenging to deal with the results. Once you know you have a certain medical issue, it's impossible to un-know it.
- **Family issues.** Family relationships can be complicated. People have run tests before and learned that their parents aren't their actual parents, or even that a child isn't their biological child. This may be good in certain scenarios, but for other people ignorance is bliss.

- **Privacy issues.** Finally, there could be privacy issues associated with giving your DNA to a company and asking



them to develop a full profile about who you are. While most companies have strict privacy laws in place, there's always the possibility that future employers or insurance companies could obtain these results and deny you some sort of service. You may even discover information that you didn't want to know, such as that you're related to a serial killer. Consider 72-year-old ex-cop Joseph James DeAngelo. His DNA, which was found on one of his 21-year-old victims in 1973, was recently plugged by investigators into an open-source genealogical website, GEDmatch. The database happened to contain a distant relative's DNA profile. Investigators were then able to then draw new leads that eventually led them to DeAngelo, otherwise known as the Golden State Killer.

So before you sign up for DNA testing, it's in your best interest to fully consider all the implications of learning about your family history.

Adapted from <https://www.zmescience.com/medicine/genetic/pros-cons-dna-testing-04324/>

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