

*Issue 006 | Winter 2020*

# OSTOMY IRELAND NEWS

*Quarterly Journal of OAI*



*The Public Medical - Sanitary Institution  
Centre Of Health in Cimislia, Moldova*

## Ostomy Association of Ireland

*email: [info@ostomyireland.ie](mailto:info@ostomyireland.ie)*

*Mobile: 087 700 5966 Mobile: 087 384 3412*

*Landline: 057 9360 447*

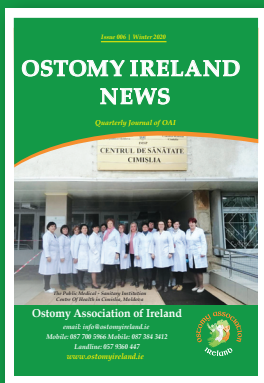
*[www.ostomyireland.ie](http://www.ostomyireland.ie)*





## In This Issue

- Letter from the Chairman
- Secretaries Report
- Support For Ostomate in Moldova
- Stoma Surgery Survey 2019
- My Life My Stoma
  - Paul Hughes
  - Joey Smith
- Do You Have A Hernia?
- Ostomy Ireland Support Groups



### The Next Edition

Ostomy Ireland News 07 (Spring 2021)  
will be published on 25th April 2021.

Final date for editorial contribution to be received is  
**5th April 2021**

Published Quarterly in April, July, October, December

### **PUBLISHED BY**

The Ostomy Association of Ireland, 6 Marian Place,  
Tullamore, Co. Offaly, R35KD78, Republic of Ireland

### **EDITORIAL TEAM CO-ORDINATOR**

Mark Sheehy, Secretary, Ostomy Association of  
Ireland. [mark@ostomyireland.ie](mailto:mark@ostomyireland.ie) | mobile 087 3843412  
landline 057 9360447

### **COPY DATES**

Editorial contribution must be received no later than  
5th April, 5th July, 5th October and 5th December.

### **ADVERTISING RATES**

Contact Editorial Team Co-ordinator Mark Sheehy,  
secretary Ostomy Association of Ireland.

### **CIRCULATION**

Each Quarter 700 copies are distributed to members  
of the Ostomy Association of Ireland, Ostomy  
companies, Stoma care nurses, Consultants, Surgeons,  
Doctors and others interested in the work of the  
Ostomy Association of Ireland.

### **DISCLAIMER**

The views expressed by contributors are not necessarily those  
of the Editorial team nor of the OAI Trustees and none accept  
responsibility for the accuracy of statements appearing  
herein. The display, description, demonstration or distribu-  
tion by sample of any product by officers or  
members at meetings, or recommendation of any product by  
anyone connected with OAI does not constitute an  
endorsement of that product by OAI. How we use your  
personal information OAI cares about your personal  
information and takes the processing and storage of it very  
seriously. Copies of our Data Protection Policy and Privacy  
Notices which explain what information we capture, how we  
use it and how we store it, is available by contacting the  
secretary of the Ostomy Association of Ireland.

### **REPRODUCTION**

Content in this journal must not be reproduced in any form  
without the prior permission of OAI © 2019 OAI – Articles  
may be reprinted by member associations of the International  
Ostomy Association (IOA) provided an acknowledgement is  
given. Advertising – Product Suitability  
In line with HSE practice the Ostomy Association of Ireland  
strongly recommends that you discuss the suitability of any  
products (including complimentary samples) advertised  
within the journal with your GP or stoma care nurse before  
requesting or trying complimentary samples, this will ensure  
that your GP or stoma care nurse assesses the clinical need  
and also that any identified is addressed by the most suitable  
product.

**Print: Temple Printing, Athlone & Tullamore**  
[www.templeprinting.ie](http://www.templeprinting.ie)

## LETTER FROM THE CHAIRMAN

*Hi All*

I am hoping everyone had an enjoyable and safe Christmas and New Year and were able to see their family members over the Christmas period. In my own family we decided to put off any family gathering until it is safe to do so. We are hoping to have our New Years Eve Party at the end of whatever month we are given the go ahead and we try to get back to some level of normality. 2020 has been a most challenging and difficult year trying to maintain contact with members in our local support groups and many of you have been active and keeping in contact with each other with WhatsApp. Not being able to hold our local support group meetings or hold our Public meetings with Ostomy Companies present giving advice and displaying their products and offering samples has been greatly missed by our members and also the Ostomy Company representatives. We are living in a very different time and it is difficult to believe that 12 months on we are still struggling to come to terms with the consequences of so many people losing their lives to the Corona Virus COVID 19. Many of you have had to Cocoon in order to stay safe and have missed having contact with family members and friends.

We have entered into a new phase of communication and it has been possible for those of you who have smart phones, Tablets or able to connect to the Internet to take part in Zoom meetings. Only being able to talk to people over the phone or on zoom is not as good as meeting up as a group and discussing and solving any problems

any member may have or giving advise to someone new to the Ostomy World. Modern communication methods are changing and we have to explore all ways possible to be able to connect with each other. We launched our Face book page during the year and received our report that up to the end of January there were more than 11,000 hits and more than 600 people shared the information they had read. Our website has also been availed of and many new Ostomates have established contact with us. Despite the difficulties we encountered with COVID restrictions and Mark having a very challenging time and being hospitalized, we managed to produce 3 issues of Ostomy Ireland News. We hope to have 4 Issues of Ostomy Ireland News in 2021.

At the moment it is not possible to say when we will be able to start organising National and Local meetings but for me personally I would like to see it happening as soon as we are allowed to in accordance with HSE Guidelines. We hope to be able to increase the amount of information we put on our website and Facebook page in 2021, Emergency Contact Numbers for all the Ostomy Companies and Stoma Care Nurses and your local group Co-ordinator. I want to wish you all a wonderful 2021 and hope it will not be too long now that we have vaccines available and the National Vaccine Programme is getting underway and we will hopefully see life getting back to as normal as possible and we are able to meet up again.

*Take care and stay safe,  
Paul*



# Sealed with the

# Confidence of Ceramide

Ceramide is the skin's natural protection against dryness. **Adapt CeraRing barrier rings** are infused with ceramide to support healthy skin around the stoma. Available in a range of fit options.

## Flat Rings

Item number 8805 – 4.5mm

Item number 8815 – 2.3mm (slim)

## Round Convex Rings

Item number 89520 – 13/16" (20mm)

Item number 89530 – 1-13/16" (30mm)

Item number 89540 – 1-9/16" (40mm)

## Oval Convex Rings

Item number 89601 – 7/8" x 1-1/2" (22mm x 28mm)

Item number 89602 – 1-3/16" x 1-7/8" (35mm x 53mm)

Item number 89603 – 1-1/2" x 2-3/16" (38mm x 56mm)



Flat ring can be stretched and shaped, or used in pieces to fill in gaps, creases or folds. Round or oval convex ring helps provide uniform pressure around stoma for customized fit.

## To request samples:

Contact Hollister at

**email:** [customerservicesie@hollister.com](mailto:customerservicesie@hollister.com)

**Freephone:** 1800 503 400

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions. The Hollister logo, Adapt CeraRing, and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated. ©2020 Hollister Incorporated.



Ostomy Care

Healthy skin. Positive outcomes.

## SECRETARIES REPORT

2021 will hopefully give us all hope that at last there is light showing at the end of the tunnel, as the Vaccination Programme gets underway. Those of us over 70 will hopefully receive our vaccination before Easter 4th April. For many of us it has been difficult staying at home, limiting our Contacts, Social Distancing, practising Cough Etiquette, Wearing Face Mask and Washing Hands regularly or using sanitiser gel.

We all hope that together we can fight this virus and that Life will begin to return to as normal a life as we had before the arrival of the Corona Virus. Many of us have missed attending our Support groups and Public meetings. We hope as soon as we are given the all clear by the HSE we will once again be able to have a Public Meeting in Dublin, at the Ashling Hotel. Ostomy Companies as usual would stage an exhibition of their products/appliances, give advice and samples for 2hrs prior to the Meeting. At Present it is very difficult to make plans because circumstances beyond our control can scuttle the best made plans.

In 2020 we have tried to communicate with you using more IT Technology - Internet, Website, Facebook and WhatsApp. We are however conscious following the Survey/Questionnaire we conducted in 2017/18 that many of our members do not have Smart Phones, Tablets, Laptops or access to the Internet. Those of you who have given us your email ID hopefully received the Newsletter and were able to read Ostomy Ireland News on the Website. Some of you with email ID's have requested a hard copy of Ostomy Ireland News, it is not a problem just let me know and there is no additional charge on top of your membership fee and I will include you on the mailing list. Around 400 members

receive Ostomy Ireland News in the post. The Stats for the number of Stoma Surgeries carried out during 2019 have been received and we see that more than 2000 people every year undergo either bowel or bladder surgery necessitating having a Stoma. The completion of the Stats is carried out each year by HSE Stoma Care Nurses Martina Mockler and Aisling Dunne. The recording of this information is greatly appreciated. It is a Life changing time for most of us. Those of us who had planned surgeries had a consultation with the stoma care nurse in the hospital and were shown what a stoma is and prepared for our surgery and advised how to face life with a Stoma. Some of us had emergency surgery and discovered after the surgery that they have a stoma which in many cases was a traumatic experience as they came to terms living life with a stoma.

Most of us will agree it has been a life changing moment and for we have been able to have a quality of life once more which we had not been able to enjoy for many years. In the survey conducted in 2017/18 58% of members said they had never been told by a Medical Professional – Consultant, Doctor, Stoma Care Nurse about support groups in Ireland. In the survey/questionnaire 60% of members said they would have welcomed being able to speak with an Ostomate prior to having their surgery or shortly after having had their surgery. In the survey many of you said you had obtained certificates for completing the Visitor Training Programme organised by Ileostomy Association UK. Many had hoped to be able to be a support to other Ostomates but were never contacted. Many members who had not attended a visitor Training Course said they had





visited people in Hospital, at Home and talked with them on the phone. We have been contacted on numerous occasions over the past 6 months by HSE Stoma Care Nurses to know if we had someone available to speak with people before their surgery and post their surgery. We hope to establish a working group this year which will include Ostomates, Stoma Care Nurses and Other Medical Professionals to develop a Visitor Training Programme. Participants on completion of the Visitor Training Programme would receive a Certificate of Competency and be accredited as a Ostomy Visitor for visiting Ostomates in Hospital or at Home. The course will seek to be approved and recognised by the HSE.

It is hoped that a National Data Base of Registered Ostomates who have completed the Visitor Training Programme would then be established with a number of Regional Panels established around the country. If you have an interest in becoming a Certified Ostomy Visitor please let the Chairman, Secretary or your local Group Co-ordinator know you are interested. We would hopefully have Regional Panels representing all ages from Teenager to Senior Citizens.

The cost of Stoma Products/Appliances is very costly especially if you do not have a Medical Card. Many of you are able to avail of the Drugs Payment Scheme and also claim back some medical expenditure through the MED 1 Claim Form. We are looking at conducting another survey in the Autumn which will seek to gather an in depth appreciation of the difficulties, struggles and financial burden Ostomates in Ireland face in obtaining and financing their medical costs. Having a Stoma is not a disease. For Ostomates it is a Life Long Medical condition and as such should be

eligible to have a Medical Card as a primary entitlement due to the circumstance of the Quality of our daily Lives.

Due to the consequences of the Covid Pandemic and the fact we were unable to hold local Group or Public Meetings many members did not renew their membership. We are not asking members who did not renew their membership to pay for membership last year now. We are asking members to please renew your membership now if you have not already done so.

A Membership Application Form is contained in this issue or you can renew membership online or return the membership application form which will be sent out to you shortly. It is most important that you complete the Membership Application Form to renew your membership.

Please complete the form so that information can be easily read and is clearly legible stating – Name, Address, Eircode and that you tick the box consenting to the Association holding this minimum information about you. This is important for GDPR purposes and gives us your permission to contact you and send information to you. If members do not renew their membership it will be assumed that they no longer wish to continue to be members and we will be obliged to delete you from our membership Database. We would be grateful if all members could renew their membership by Easter 4th April 2021.

Many of you also make a Donation when renewing your membership subscription and this is very much appreciated and is a great help towards the costs of the administration of the Association. Send completed Application Forms to The Treasurer, Ostomy Association of Ireland, 6 Marian Place, Tullamore, Co. Offaly, R35 KD78



You can renew your membership by Cheque or Postal Order or by EFT payment through the Bank of Ireland. It is most important that when making an EFT payment you complete an Application Form and return to the Treasurer and indicate your subscription has been made by electronic payment through the Bank. *The Bank details are :*

**Account Name**

Ostomy Association of Ireland.

**Branch**

Bank of Ireland, Tullamore, Co. Offaly

**Sort Code**

90-19-09

**Account Number**

26207296

**IBAN CODE**

IE42 BOFI 901909 0926207296

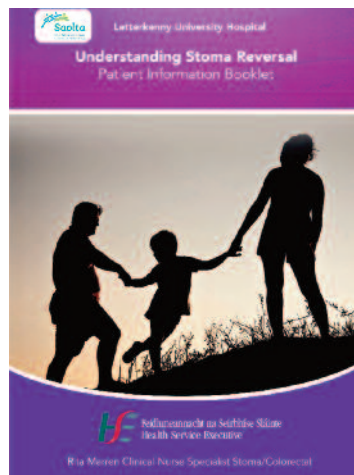
**Membership Renewal can also be completed by logging on to:**

<https://forms.ge/c3ghYRNvsedhXaVS7>

Many Thanks for the support and encouragement I received during the year as I struggled with some very challenging times. My Colostomy surgery was to have taken place early in 2020 but due to Covid was postponed and eventually it was scheduled for September and as I was about to enter the operating theatre during pre surgery check up by the anaesthetist it

was detected I had a heart condition so surgery was deferred and I was put on blood thinners and blockers. I had a Stent in October and there followed a challenging time during November, December and early January with my heart fluctuating but was resolved by reviewing my medication. I hope I get clearance soon from my Cardiologist and despite COVID hope my Colostomy surgery will happen in March/April. I look forward to having my Stoma again and do not regret having had reversal surgery which unfortunately for me was not successful. Quality of Life will be restored again once I have my Stoma.

*Take Care and Stay Safe*  
*Mark*



*If you would like to receive a copy of this booklet on reversal surgery please contact the secretary.*



Photocopy this form if renewing membership by cheque or postal order.

## APPLICATION FORM

( BLOCK CAPITALS PLEASE )

Mr ☐ Mrs ☐ Miss ☐ Ms ☐ Other ☐

Full Name:

Address:

Eircode:

Contact No:

Email:

Date of Birth (dd/mm/yy)   
or Year of Birth

Which Surgery you had:

Colostomy ☐ Ileostomy ☐ Urostomy ☐

Internal Pouch ☐ None ☐

Date of Operation:

Reason for Surgery:

I consent to The Ostomy Association of Ireland  
holding details about my medical condition to  
enrich the membership services offered. ☐

*( A Summary of how we use your data is overleaf )*

## SUBSCRIPTIONS :

Under age 60yrs on 1 January - €20 per annum

Over age 60yrs on 1 January - €15 per annum

I enclose a subscription of €

I enclose a donation of €

Total amount enclosed €

Signed:

Date:



# Stoma Solutions



## Odour

**LiftPlus 360 Citrus:** a fresh citrus scent for added discretion

**AbsorbaGel:** solidifying agent to minimise odour\*

**DeoGel:** enzyme action helps to reduce pouch odour\*



*Check the fit is snug around the stoma to help prevent skin issues<sup>1</sup>*

**Lift Plus Wipes** and **LiftPlus 360:** help to reduce the pain associated with the removal of stoma pouch adhesives

**Lift Plus:** can be used to help remove any sticky residues left on the skin around a stoma

**Skinsafe:** an effective barrier film that helps protect the skin and prevents skin stripping



## Skin Issues

## Leakage & Noise

**AbsorbaGel:** fast acting discharge solidifying agent, which solidifies stoma output into a gel and reduces pouch related noise and leaks\*

**Skinsafe:** a highly effective barrier to help protect the peristomal skin



## Pancaking

**DeoGel:** lubricates the pouch walls and helps prevent static problems such as pancaking, with the nozzle allowing for simple application to the inside of the pouch



## Order information

**LiftPlus 360 (50ml spray):** order code 5506

**LiftPlus 360 Citrus (50ml spray):** order code 5507

**LiftPlus sachets (30 per pack):** order code 5502

**LiftPlus spray (50ml):** order code 5503

**Skinsafe (50 wipes per pack):** order code 6600

**AbsorbaGel (150 sachets per pack):** order code 9900

**DeoGel bottle (200gsm):** order code 2010

**If problems persist, consult your Stoma Care Nurse or GP**

For further information or samples, please contact: Sheila Sweeney RGN/ RSCN  
SCN (Stoma Care Nurse) sheila@opus-healthcare.ie 0667181636

\* Not intended for urostomy patients

Reference: 1. Stoma Complications <https://www.bladderandbowel.org/bowel/stoma/stoma-complications/>  
Last accessed July 2020. Code: JB-000371. Date of Preparation: July 2020



## SUPPORT FOR OSTOMATES IN MOLDOVA



*Elena Cecati*

Moldova is an Eastern European Country which was until Independence in 1991 part of the former Soviet Republic. In 1991 when Independence was declared it became the Republic of Moldova. It is a landlocked country bordered by Romania to the West and Ukraine to the East. The population of the Republic of Moldova is nearly 4 million people. Two-thirds of Moldovans are of Romanian decent and the two countries share a common cultural heritage. In 2014 the Republic of Moldova signed an Association Agreement with the European Union with the hope of becoming a member of the EU. The Moldovan Economy relies heavily on Agricultural produce and is a major producer and exporter of Wines.



*Dr Ludmila Capcelea  
Director*

In September 2020 the Ostomy Association of Ireland was contacted by Ms Elena Cecati who is a Moldovan who is living in Dublin and who before coming to Ireland to be with her husband Vitalie who works in Dublin as an Interpreter for Romanian and Russian languages, she was a volunteer for the Youth to Youth Association in the Regional hospital - The Public Medical-Sanitary Institution Centre of Health in Cimislia, before coming to Dublin to be with her husband. Elena is presently studying to be a Beauty Therapist in Dublin. This Institution in the city of Cimislia, provides health care for people living in the city and the 32 districts within a 35km radius of the city. The population of this region is 54000 people. The hospital provides specialised care



for people who have cancer and treated almost 900 patients in 2020. Treatment for 90 patients who had bowel or bladder Cancer was provided. Dr Ludmila Capcelea requested Elena Cecati could she find if any help in obtaining Ostomy products was possible. Dr Ludmila Capcelea explained that they urgently needed help as due to the difficult economic situation at present supplies of Stoma pouches etc were very difficult to obtain and pharmacies are unable to get supplies. The Hospital is dedicated to trying to improve the quality of life of Ostomates and provide the best service and treatment possible for patients with Cancer. They also provide Palliative care for many patients and hope that with support from Ostomates in Ireland the hospital can greatly improve the quality of life for Ostomates in the hospital.

If any of you reading this appeal for help have surplus or unwanted ostomy products as a result of a relative who is deceased please contact Mark Sheehy 087 03843412 Secretary of the Ostomy Association of Ireland or the co-ordinator of your local support

group and let them know what you have that you are happy to donate.



A consignment of Ostomy Products was sent to Moldova in December and was received with great excitement. So many of you have asked in the past what to do with surplus ostomy products they no longer require or what to do with ostomy products after a family member, relative or friend is deceased. A second consignment of Ostomy Products is being dispatched around 15 February 2021. If you have any ostomy products you wish to donate contact the coordinator of your local support group. It is hoped that a third consignment of Ostomy products can be despatched at the end of March/early April. Diapers are also welcome.



**ESTEEM®**  *Soft Convex*

DESIGNED FOR MORE CONFIDENCE

**I'm enjoying life**  
without worrying  
about leakages.

**FREE SAMPLES AVAILABLE NOW!**

You can apply online at  
[www.convatec.ie](http://www.convatec.ie)

Email your request to  
[stoma.webcare@convatec.ie](mailto:stoma.webcare@convatec.ie)

CALL A PRODUCT SPECIALIST  
**ROI 1800 721 721**

**ConvaTec**

*New*

**STOMA  
SOLUTION**

**ESTEEM®**  *Soft Convex*

**Advanced Filter** minimises  
odours and ballooning

**Inspection window** to ease  
application, ideal for quick  
checks whilst wearing

**Tapered Convex baseplates** soft, flexible  
and skin-friendly, designed to reduce the  
potential for leakages

**Soft cover on both sides**  
for added comfort provides  
quiet and non-clinging fabric

**Safe Seal Closure** clipless  
closure and wipeable tab for  
cleaner, easier bag drainage

**DRAINABLE**

**Fluid-  
resistant filter**  
for extra leakage  
protection

**A range of  
stoma size  
options**

**ConvaTec**

©2020 ConvaTec Inc. All trademarks  
are the property of ConvaTec group companies.  
SC44-INS-400-0300-051204

**Worry  
less about  
leakages  
and enjoy  
life more**



# ConvaTec Stoma Care Nurses working in the community.

Contact us today:

**Caroline Cord RGN / SCN 086 245 3849**  
[caroline.cord@convatec.com](mailto:caroline.cord@convatec.com)

Carlow, Cork, Kilkenny, South Tipperary, Waterford  
and Wexford

**Darina Jennings RGN / SCN 086 853 8421**  
[darina.jennings@convatec.com](mailto:darina.jennings@convatec.com)

Galway, Mayo, Roscommon, Leitrim, Sligo, Donegal,  
Clare, Limerick, Kenny, North Tipperary, Longford and  
Westmeath

**Paula Kennedy RGN / SCN 086 854 3642**  
[paula.kennedy@convatec.com](mailto:paula.kennedy@convatec.com)

Dublin, Louth, Meath, Cavan, Monaghan, Offaly, Laois,  
Wicklow and Kildare

We are able to provide advice,  
support and teaching for patients,  
their families and carers.

We support and guide Health Care  
Providers caring for anyone with a  
colostomy, ileostomy or urostomy.



**Nurse Advisor Line**  
ROI: 1800 818 988



**me+™ Advisors**  
ROI: 1800 721 721



**Product Specialists**  
ROI: 1800 721 721

## STOMA SURGERY SURVEY 2019

Each year Martina Mockler HSE Stoma Care Nurse at the HSE Primary Care Centre in Mullingar correlates the templates sent out to all hospitals in Ireland where stoma surgeries are performed. The data relates to the period 1 January to 31 December 2019. Completed templates with information of Stoma surgeries were returned by HSE Stoma Care Nurses and Ostomy Company Stoma Care Nurses who provide Stoma Care in hospitals where there are no HSE Stoma Care Nurses present. Ostomy Company Stoma Care Nurses also provide community care support for Ostomates throughout Ireland. 28 Audit Templates were emailed to all Stoma Care Nurses in HSE/ Private Hospitals and to Ostomy Company Stoma Care Nurses who provide stoma care in Regional Hospitals. A response rate of 89% ( 25/28 ) was received from the Templates emailed .

*The total number of Stomas formed during 2019 was 2373.*

**1144 Colorectal Cancers**

**308 Inflammatory Bowel Disease**

**713 Diverticulitis/ Continence/ Trauma / Other**

**94 Bladder Cancer**

**114 Gynaecological Related Diseases**

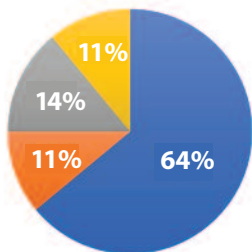
**TOTAL 2373**

For the first time in 2019 information on Reversal Surgeries Performed was recorded. A total of 260 Reversal Surgeries performed in 2019. This number was from only 15/28 of the Templates returned. It is hoped that more information relating to Reversal Surgeries can be provided in the 2020 returns providing information on the percentage of surgeries that were successful and on surgeries that were not successful and how many of these Ostomates had stoma surgery again.



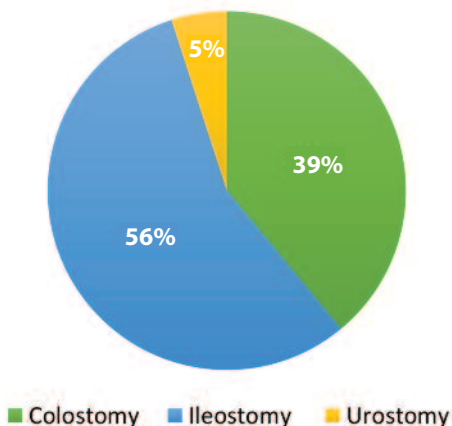


## BREAKDOWN ON INFORMATION RECEIVED FROM TEMPLATES RETURNED CONCERNING THE NUMBER OF STOMA SURGERIES



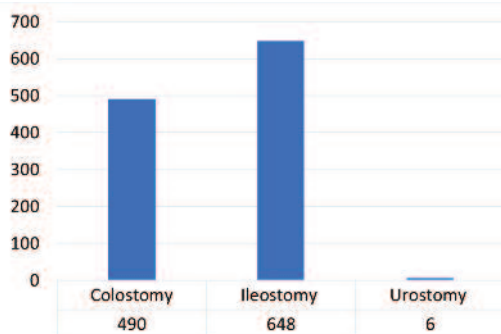
- HSE Public Hospitals
- Private Hospitals
- Ostomy Company Stoma Care Nurses
- Non Compliance

## PERFORMED IN 2019 TYPES OF STOMAS FORMED IN 2019

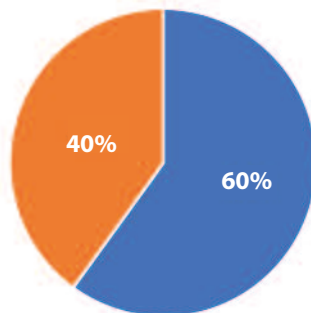


- Colostomy
- Ileostomy
- Urostomy

## 1144 STOMAS FORMED FOR COLORECTAL CANCER

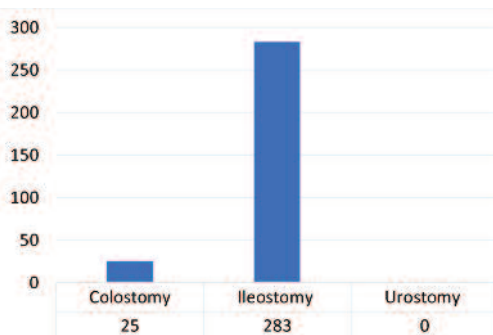


## COLORECTAL CANCER MALE v FEMALE

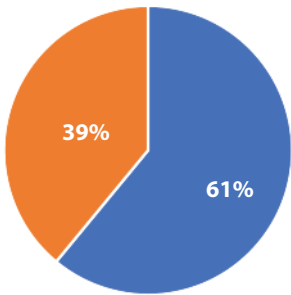


- Male
- Female

## 308 STOMAS FORMED FOR INFLAMMATORY BOWEL DISEASE

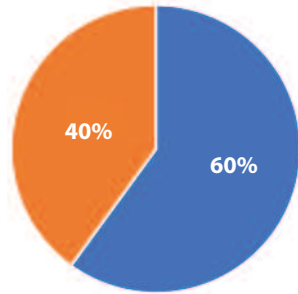


# INFLAMMATORY BOWEL DISEASE MALE v FEMALE



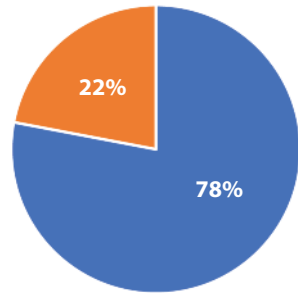
Male Female

# DIVERTICULITIS/ CONTINENCE TRAUMA/ OTHER MALE v FEMALE



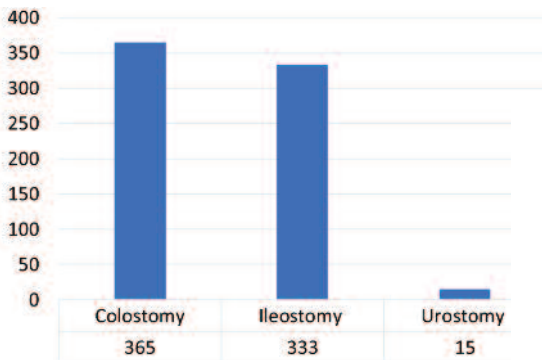
Male Female

# 94 STOMAS FORMED FOR BLADDER CANCER

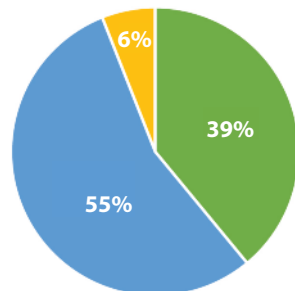


Male Female

# 713 STOMAS FORMED FOR DIVERTICULITIS/ CONTINENCE/ TRAUMA/ OTHER

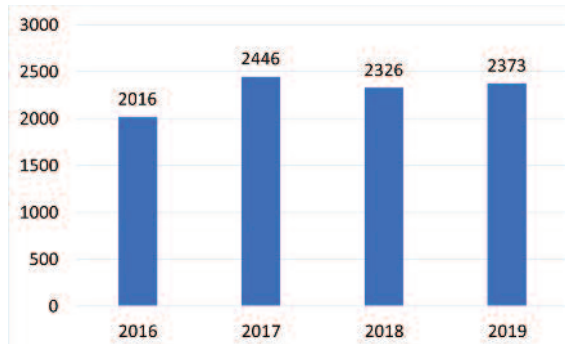


# 114 STOMAS FORMED FOR GYNAECOLOGICAL CONDITIONS



Colostomy - 44    Ileostomy - 63    Urostomy - 7

## TOTAL NUMBER OF STOMAS FORMED 2016 TO 2019

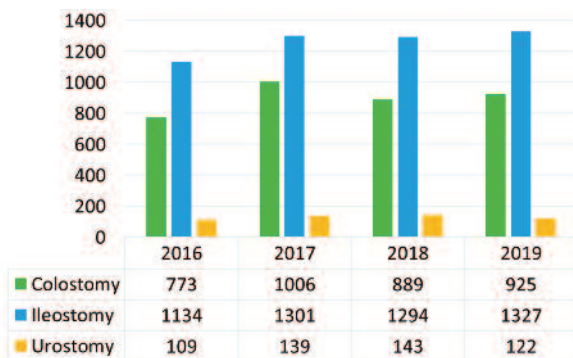


In 2018 there was a fall of 210 less Stomas formed than in 2017.

In 2019 a total of 2373 Stomas were formed this was an increase of 137 more Stomas formed than in 2018 but 73 fewer formed than in 2017.

There are a minimum of 2000 Stoma surgeries performed each year.

## TOTAL NUMBER OF STOMAS FORMED BY TYPE 2016 TO 2019



The number of Colostomy surgeries performed in 2019 increased by 36 but was 81 less than was performed in 2017 but 152 more Stomas were formed than in 2016.

The number of Ileostomy surgeries performed in 2019 increased by 49 and was 42 more Stomas formed than in 2017 but 152 more Stomas formed than in 2016.

Comparing the results of the past four years it can be observed that in 2017 the greatest number of surgeries were performed with a total of 2446 Stomas formed. This was an increase of 430 Stomas formed compared with 2016 when only 2016 Stomas were performed.

The number of Urostomy surgeries performed in 2019 was 21 less than in 2018 and 17 less than in 2017 but was an increase of 13 Stomas formed in 2016.



In looking at the total number of Stomas formed in 2019 out of a total of 2373 the following breakdown can be seen :

55% of the number of Stomas formed were Males – 1311 Stomas formed.

---

45% of the number of Stomas formed were Women – 1062 Stomas formed.

---

It is hoped that the response from Hospitals in the Templates sent out to record information on Stoma surgeries performed during 2020 will be 100% compliance as against 89% compliance for completion of Templates for 2019. More information is being sought in relation to Stoma Reversal Surgeries performed during 2020 and it is also hoped that information on Hernias can also be obtained for 2020.

**#Snowday #Snowman  
#StomaAware**



***Snowman Ostomate***

## MY LIFE MY STOMA PAUL HUGHES



*Paul & Frances  
On The Camino Way*

MY name is Paul Hughes and I am currently Chairman of the Ostomy Association of Ireland and have been an Ostomate since 2000 . In 1999 I began suffering from episodes of abdominal cramps and diarrhoea for a few months and could tell you where every public toilet and every café in and around Dublin was. Because before leaving my house I usually had to plan my journey for the whole day .

After a few visits to my GP and Consultant an appointment was made to have a scope and take some sample tissue to see what was going on . When I woke up after my first little operation I had my new best buddy, I did not know what it was, had never seen one before and it was never discussed with me before my little operation. I was very angry with everyone for doing this to me, I

was a fit young man 35 years of age going on 21 and did not want this happening to me. After a long conversation with my consultant who told me I had ulcerative colitis and we agreed that I would need to give my gut a complete rest for a few months before being put back together again and returning to a normal life .

After visiting my Consultant at intervals of 3 months, 6 months , 9 months and again at 12 months to see could I be put back together again, I got the bad news that they were going to have to remove my large bowel. The day I went into hospital for my operation I was not in a good place because it was the last thing I ever wanted to happen to me, This one week stay in hospital turned into a 4 months stay because of many complications - Wound Infections, MRSA ,Sepsis. and I had many visits to the operating theatre in order to repair something else.

On two occasions I was severely ill and it was touch and go as to how I would be able to recover and twice I was administered the last rights. Nobody ever tells you about the massive downers you get a couple of days after an operation because the anaesthetic is leaving your body . I was not very religious back in my younger days, but my turning point came in hospital when one day my mother, who had returned from Lourdes, brought a small bottle of holy water with her to the hospital and sprinkled it over my bed and said a little prayer. That very night my temperature started to fall and I started my journey back on the road to recovery, After my discharge from hospital I was struggling with the stoma appliances I had, which just did not suit me and I was having difficulty with leakage, rashes and my stoma



pouch was not fitting correctly. It was at this stage my sister-in-law telephoned me and said Paul you need to meet my next door neighbour Mary and have a chat with her. I telephoned Mary one morning and asked if I could call around to have a chat. She said no problem, but would it be okay to meet up the next day as she was just heading out for a game of golf. I could not believe my ears because if someone could play golf with a stoma, it meant that there was more to life even if you had a stoma. One of my passions before I became ill was the dream of playing golf, and I had thought it would never be possible. This conversation with Mary was a godsend for me. Mary had lived in London for ten years and was now back in Ireland and enjoying life. When she brought me into her sitting room to have a chat about my new status as an Ostomate, she had laid out on a table a full range of Ostomy appliances of different sizes, different shapes. She discussed day time, night time, recreation time and she talked me through everything I needed to know living with a stoma. She told me what to expect in the coming days, months and years ahead. Mary told me to take as much product as I needed and to find the one that suited me best and if I was concerned about anything, she was just a phone call away, and I was to just pick up the phone and call her and she would do her best to answer any questions I had.

After that meeting myself and my stoma buddy started a new life together and after 12 months, I was strong enough to have my second operation and to make my stoma permanent. When I think back I was angry at the time with my consultant for not trying to put me back together, but I am very happy now that he stuck to his guns and insisted on me having a permanent stoma. Once I had come to terms with my new best

buddy I started to get back to normal living again, working hard and I was able to get back playing golf. It was such a relief not having to plan where the nearest toilet was when I was going anywhere. One of the best things I did when recovering was to take up walking, because I don't like exercise activities such as running, jumping and cycling. I have walked most counties in Ireland, plus every year myself and Frances have headed off to walk the Camino in northern Spain for the last 5 years. We were due to finish the Camino in 2020 but due to the Coronavirus Pandemic it was not possible, but hopefully we will get to finish later this year. A couple of years ago myself and Frances decided to go to visit her sister in Canada, I was however a little concerned because this would be the longest flight I had ever taken. I was concerned that as the flight time was 8 hours, how would I cope with the long flight, security checks, X-ray machines, Body searches and toilets on board. but everything was brilliant. The Airport Security on both sides of the Atlantic ocean was great and we spent months traveling around America and Canada without having a problem.

After all I have been through the big question was "Would I go back to the way I was" - No Never because I now lead as normal a life as is possible. One of the most pleasant achievements I have enjoyed was being involved in helping to establish the Drogheda / North East Support Group together with Anthony Connolly the Co-ordinator of the group. Meetings are held in St. Peters Church Hall Community Centre on the last Wednesday of each month from 7pm to 9.30pm.

*Just a foot note - I am still not very religious, but I still have my little bottle of Holy Water My Mother Gave me JUST IN CASE I need it.*







# A Bigger Life

You are not alone

**Having stoma surgery can be a life-changing event. You may feel scared, shocked, relieved or embarrassed. But now you can feel more prepared.**

A Bigger Life will support you throughout your stoma journey no matter what stage you are at, answering all your questions, from managing common stoma problems, to going on holiday. It also connects you to other ostomates and clinical experts to support you on living your bigger life.

**Visit [abiggerlife.com](http://abiggerlife.com) today or call 01 6794400 to request your free bigger life booklet.**

# eakin® Stoma Nursing Service

*Providing you with the best stoma care, support and advice in the comfort of your own home.*



**Kate Slattery**

**085 852 2108**

Kate.slattery@eakin.ie

Monday – Friday

Louth, Meath, Dublin, Offaly,  
Kildare, Wicklow, Laois.



**Louise Lyons**

**01 679 4400**

Louise.lyons@eakin.ie

Tuesday – Thursday

Kilkenny, Clare, Wexford,  
Carlow, Limerick, Tipperary,  
Waterford.



**Susan Carberry**

**086 703 6512**

Susan.carberry@eakin.ie

Monday – Friday

Cavan, Donegal, Monaghan,  
Galway, Roscommon, Leitrim,  
Longford, Sligo, Mayo,  
Westmeath, Cork, Kerry.



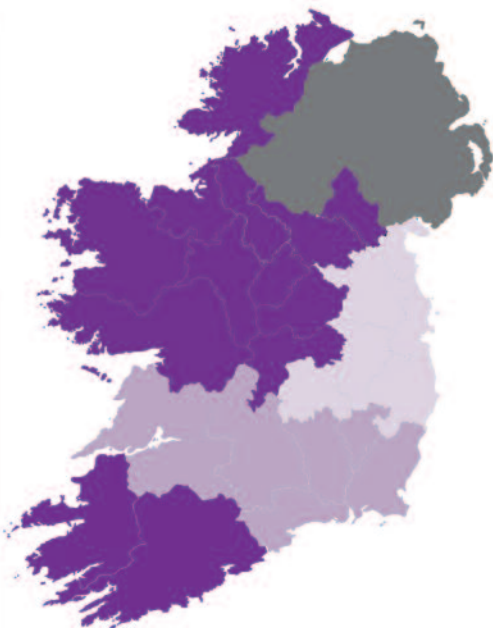
**Marie McGrogan**

Clinical Advisor

**01 679 4400**

marie.mcgrogan@eakin.co.uk

Monday – Friday



Contact your local  
**eakin® Stoma Nurse**  
**today** or call our  
team on **01 679 4400**  
or visit **www.eakin.ie**

## MY LIFE MY STOMA JOEY SMITH



It was 3 days after my major surgery before I knew or realised what a stoma actually was! My story began back on a bright summer's morning in July 2011 when I noticed blood in my urine. I immediately went to my local Dr. who referred me to a urologist in Dublin. Unfortunately for me and because of a series of unnecessary delays and appointment mix-ups, 9 months later on Good Friday 2012, I was diagnosed with a malignant tumour on my bladder. I was told by my surgeon that I would have to have my bladder removed and that I would need to wear a bag for the rest of my life. The worry of having cancer now shifted to the anxiety of having to wear a bag! It bothered me so much that on the recommendation of friend, I reluctantly visited a healing priest

Fr. Noel Conlon based in Inniskeen, Monaghan who completely put my mind at ease and to whom I will be eternally grateful.

Following major surgery in mid-May which involved having not just my bladder but also my prostate and lymph nodes removed, the medical team would comment that my 'stoma looked good and healthy'. Being extremely weak post-surgery and with every end of me hooked up in some form or another, I wasn't even aware of 'my stoma' or where it was!! After some days, the realisation dawned on me that this was where I would be wearing my stoma bag. Unfortunately, I developed major complications; pneumonia, vomiting bug, MRSA and more worryingly septicaemia. I did not realise how gravely ill I had become but thankfully I recovered after some weeks in hospital. Because some cancer cells had escaped, I had been told I would need chemotherapy but because my wounds were not healing, this was deferred. I was in and out of hospital every month with repeated infections, at one stage being rushed by ambulance to Sligo General Hospital.

In September, while again in Tallaght Hospital for further IV antibiotic treatment for my open infected wounds, the chap in the bed next to me was being discharged. Before he left he asked myself and the other patients if any of us wanted to say a prayer with an old wooden





cross that belonged to his mother and grandmother. I took the cross and said a short prayer. I handed it back and he left without me even getting his first name. Later that evening the nurse came to look at the wound, gasped and said 'that's not the same wound we looked at this morning!' She went to get others to look at it and I was advised to leave the dressing loose until the consultant came around the following morning. When the medical team arrived, they were flabbergasted at what they saw, the wound that had caused months of problems had now closed completely!

Next stop was a referral to the in-house oncologist who told me quite bluntly that I was too late for chemo and to go home! Not happy with this consultation I asked my urologist to be referred for a 2nd opinion and following more scans I met with Prof. John McCaffrey at the Mater consulting rooms. He was amazed by my story and was happy to tell me that my recent scans showed no sign of any cancer therefore no chemo was required. He checked my wounds thoroughly and remarked that I should not discard my miracle cross!

I was now able to concentrate on adapting to life with a stoma. The Stoma nurse, Susan Moore, attached to Sligo General hospital had a wealth of knowledge in this area and has been so helpful to me over the

years. She put me in contact with the Sligo Stoma Support Group run by local lady Mary McLoughlin. Being involved with the group opened up a whole new world for me and we have enjoyed monthly get-togethers, summer outings, dinner-dances, quizzes, fundraisers, group chats and more recently Zoom meetings.

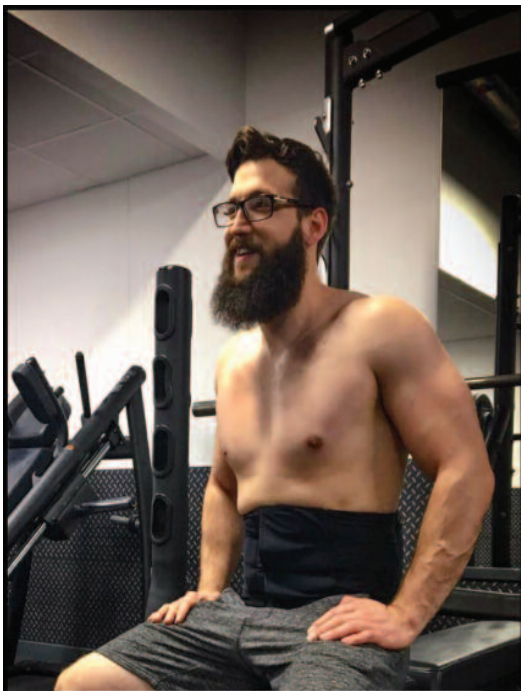
Over the years I have taken hundreds of calls from people - concerned about their diagnoses, worried about the prospect of wearing a stoma bag and their ability to cope.

With the help and support of good medical personnel, my wife and family, the local Stoma nurse and support group, Fr. Noel Conlon and my friend Matthew (owner of the Cross) I have rallied through and I would like to encourage readers to stay positive in spite of everything. If anyone would like to chat, I can be contacted on 087- 2525200.

*Stay safe and take care everyone!*

*Joey*





**Our Support Belt  
is available on the Medical Card  
and Drug Payment Scheme.**

**For further information:  
Contact our Irish representative  
Jamie Alcock on  
087 6983719**

***email: [Jamie@vblush.com](mailto:Jamie@vblush.com)***



# VANILLA BLUSH



43 Dalmarnock Rd, Bridgeton, Glasgow G40 4LA, United Kingdom

## DO YOU HAVE A HERNIA?

*There are many different types of Hernias:*

Umbilical, Incisional, Abdominal, Groin and Parastomal Hernias.

Not all will occur as a result of surgery, such as Groin and Umbilical Hernias. However, the ones we focus on in our Ostomy community are as a result of having surgery. Depending on how the Hernia occurred and where it occurred will reflect the treatment that is required. It will not always mean surgery.

## WHAT IS A HERNIA ?

For the purpose of this article, I will specialise on Parastomal Hernias and the relationship w of diaphragm Stomas. When a Stoma is created, the 'surgeon' generally brings the end of the intestine out through the abdominal muscles, providing support for the Stoma. However, by making an incision in the muscle, a potential weakness is created. Therefore a Parastomal Hernia can occur when the edges of the Stoma come away from the muscle, allowing abdominal contents (usually a section of

bowel) to bulge out. Surveys have reported that, over time, up to 70% of Ostomates develop a Parastomal Hernia. The longer a stoma is present, the more likely it is that a Hernia will occur. Remember not all Hernias will give rise to symptoms.

## WHO GETS HERNIAS ?

Simple answer is, anyone. However there are some patterns that suggest who will be more prone to developing a Hernia. For Example :

- Overweight with a Body Mass Index (BMI) above 30
- Smoking
- Females with high volume visceral fat
- Use of steroids
- Having persistent cough
- Working in a manual labour intensive job.

## DO YOU KNOW YOU HAVE A HERNIA AND HOW IS IT DIAGNOSED?

There is really only one gold standard way of diagnosing a Hernia and that is via a



CT Scan where you lay flat on your stomach, with a few bags of fluids around the stoma, allowing a complete image of what lays behind the stoma, the defect and its size. A lot of Health Care Professionals, however, will simply tell you via a few tests such as coughing and by a physical examination. Interestingly, a recent published study in the BMI open Gastro Journal noted a sample size of 1528 patients who, when asked “have you ever had a clinical diagnosis of a hernia”, 28% reported ‘YES’. But when asked if they ever noticed a bulge in or around the stoma 45% reported “YES”.

## IS A BULGE A HERNIA ?

A lot of surgeons will say “yes”. In fact there are some who will say every time they create a Stoma they also create a Hernia.

*A word to note, even if you do notice a bulge, if it is not bothering you then just keep an eye on it, maybe measure it and take a photo. Equally if you have been diagnosed with a hernia, it is important to measure it, take photos and report any symptoms*

*of discomfort, especially pain, if you notice any issues with the Stoma function as a result of the Hernia. Some Hernias can strangulate and immediate medical attention will be required.*

## FURTHER RESEARCH

There is some good news. This is the part that most interests me whilst, at the same time, also allowing me to tell you about one of the largest studies that is taking place in the UK just now: it's called CIPHER.

CIPHER is the first study to look at surgical technique, support garments and physical activity. This includes the approach taken during surgery, be it laproscopic, robotic, or open surgery. Who performed the surgery and if a Stoma is needed who creates the Stoma. There is a lot of attention around who creates the Stoma as we have come to learn that it is sometimes the most junior person on the team. A practice actively discouraged by many well known surgeons, they've even termed a strapline, “stitching time is not coffee time”.



We all appreciate that people need to learn and most hospitals are now teaching hospitals, if this is the case however the senior surgeon should stay and assist supervise the Stoma creation. The perfect Stoma with a good spout makes a better adaptation for life with a Stoma.

One with a limited spout will cause leaks and discomfort for the person, impacting their adjustment to life with a Stoma. CIPHER will also look at two other things, that is the role of support garments and physical activity after recovery. The study aims to recruit 4000 patients and is well underway.

## **ROLE OF SUPPORT DEVICES :**

Will a support device prevent me from getting a Hernia? The A To date, there has never ever been a Randomised Control Trial that focused exclusively on support devices. What we do know, however, is that patients who wore support garments and were physically active were less likely to report having a Hernia. What we also know is that support devices play a vital role in the recovery of bowel stoma surgery. (Published

research BMI2019 Patient experiences of support garments following bowel stoma surgery.) Support devices have also been known to help those suffering from pain, discomfort and heavy dragging feeling of Hernia. This leads me nicely into the final chapter.

## **PHYSICAL ACTIVITY**

Whenever we have a Stoma created it may be due to IBD, Cancer or Trauma. Hard as it may seem for a lot of people to comprehend, but a Stoma creation can be likened to a high interest bank account. The more you invest into it (e.g. physically activity) the better the return.

The single most important thing you can do as soon as you recover from surgery is to increase your physical activity.

This does not mean you have to run a marathon but you do need to start engaging your core as soon as possible. This can be done from a chair, your home or the outside. It does not require expensive gym memberships.



I would highly recommend reaching out to Sarah Russell, who is a Sports Therapist and an Ostomate. She specialises in core recovery and fitness following abdominal surgery. *See links:*

[www.theostomystudio.co.uk](http://www.theostomystudio.co.uk)

<https://bmiopengastro.bmj.com/content/bmigast/6/1/e000291>

The last word from me is about garments. We believe as a garment and Hernia specialist it is vital that garments encourage the uptake of physical activity. Garments, therefore, need to be well fitting whilst also working with your wardrobe to promote high compliance.

Garments, such as belts, will not prevent you from working your core but may promote you being physically active, especially if you are anxious or conscious of your Stoma/ bulge/ Hernia. We are delighted that our 26cm depth Hernia support belt is now available in Ireland on the Drug Payment Scheme and Medical Card. Our 16cm belt will be available in March.

We are even more delighted to tell you that Stoma Care Nurses from Hollister, Coloplast and Amcare, as well as most hospital Stoma Care Nurses, have all been trained to a high standard on how to fit our Vanilla Blush Products.

## CONTACTS INFORMATION:

Amcare - Caroline Cord  
[caroline.cord@convatec.com](mailto:caroline.cord@convatec.com)

Coloplast - Emer Molloy  
[abemy@coloplast.com](mailto:abemy@coloplast.com)

Hollister - Fiona Davidson  
[fiona.davidson@hollister.com](mailto:fiona.davidson@hollister.com)

Our product is in Ireland via United Drug, Uniphar and we also have a specialist national representative, Jamie Alcock. Jamie is also an Ostomate and able to carry out fittings as well as offer advice on support devices. I hope you've found this article useful and if you would like any further and more detailed information regarding Vanilla Blush products then please free to contact us.

*Thank You - Nicola Dames  
Ostomate & CEO Vanilla Blush*



"When you match the right body type with the right product, you get great results, and the SenSura Mio has done that for me".

Mike



## The fit is the difference



Every body is different, which is why our range of stoma care products have been developed to meet the needs of a variety of shapes and sizes of body, as well as the different types and positions of stoma - allowing you to find the right fit first time.

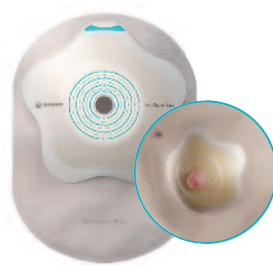
SenSura Mio is the worlds leading ostomy product - from the elastic adhesive on SenSura Mio, our three unique levels of convexity, through to the fit zones on SenSura Mio Concave - these are all examples of BodyFit Technology and demonstrate that when we innovate – we have you and your needs at the heart of every decision we make.



SenSura® Mio



SenSura® Mio Convex



SenSura® Mio Concave

To request a [free sample](#) or to find out more about our products and services visit:  
[www.coloplast.ie](http://www.coloplast.ie)  
or contact 1800 409 502



*The Coloplast Care Nursing Service works in collaboration with referring health care professionals to ensure you get access to the best ongoing care, advice and support in the community.*

Coloplast<sup>®</sup>  
Nursing Service



Emer Molloy  
Coloplast Regional Nurse Manager  
Tel: 0862 566597  
gbemy@coloplast.com



Deirdre Dolan  
Coloplast Nurse, Greater Dublin  
Tel: 0871 761406  
gbddo@coloplast.com



Eileen Lim Joon  
Coloplast Nurse, West  
Tel: 0861 857537  
gbelj@coloplast.com



Debbie Rooney  
Senior Coloplast Nurse, Greater Dublin  
Tel: 0860 494897  
gbdrn@coloplast.com



Lucy Fitzgerald  
Coloplast Nurse, Leinster  
Tel: 0864 126573  
gblof@coloplast.com



Geraldine Gartland - Ostomy  
Coloplast Nurse, N. Ireland  
Tel: +447710 399086  
gbgga@coloplast.com



Niamh Ryan  
Coloplast Nurse, South/South East  
Tel: 0872 701375  
gbnrrn@coloplast.com

For further details on how to...

- Order your supplies
- More information on the products or services we offer



coloplast.ie



1800 409 502  
Mon - Fri 9am - 5pm,  
Sat 9am - 12.30pm



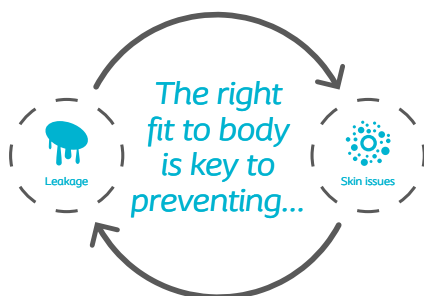


## Information Sheet - Leakage

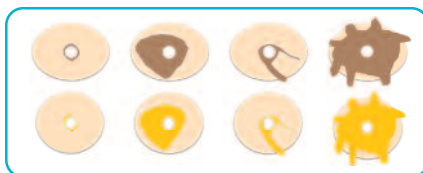
*Leakage refers to any output that is present on your baseplate when you change your pouch. It is the no.1 most common problem for ostomates - 92% of ostomates worry about leakage and 77% say they have experienced leakage in the last 6 months.\**

### **What causes leakage?**

Leakage happens as a result of your pouch not having a secure enough fit around your stoma and on the peristomal area. Without a snug seal around the centre of your stoma, output can leak underneath your baseplate and this can potentially lead to skin issues and soreness.



Leakage does not necessarily mean your pouch comes away or soils your clothes. It can vary in amount and severity depending on the fit of your baseplate. It's important to highlight that your baseplate should be completely clean when you change your pouch - if it isn't, then leakage has occurred and your fit needs reviewing.



*If the underside of your baseplate looks like any of the examples above, then you are experiencing leakage and should contact your Stoma Care Nurse for a review.*





## Information Sheet - Leakage

### How do I know I'm having leakage issues?

- Do you have red or irritated skin, whilst also experiencing stoma output on the skin? *This would indicate that output leaking under the baseplate is causing skin issues.*
- Does the hole fit the exact shape of your stoma? Has your stoma got smaller or bigger? *A poorly fitting pouch could cause leakage. Any gaps around your stoma could cause output to leak onto your skin and cause irritation. You should regularly check if your stoma changes shape or size.*
- Has your body shape (body profile) changed? Have you lost or put on weight? *Changes to your body profile will affect the fit of your baseplate - you may need a new pouch to accommodate your body profile.*



Regular profile



Inward profile



Outward profile

- Do you have skin creases or folds around your stoma? *This may prevent the adhesive fitting securely onto the skin around your stoma. You should discuss this with your Stoma Care Nurse.*

### More support

If you need to be reviewed by a specialist stoma care nurse, please contact the Coloplast Nursing Team at **0862566597**. Alternatively, you can visit **[www.coloplast.ie](http://www.coloplast.ie)**.



## DIRECTORY OF SUPPORT GROUPS

### **CARLOW / KILKENNY OSTOMY SUPPORT GROUP**

Coordinator Jamie Alcock

Contact 087 6983719

Meet every 2 months at An Gairdin

Beo, Carlow (R93 E1HF)

Meetings held on a Saturday  
at 11.30 hrs

### **CASTLEBAR STOMA SUPPORT GROUP**

Coordinator J.J. McLoughlin

Contact 087 2300580

Meet bi-monthly

Meetings held at Rock Rose House,  
Castlebar at 7pm

### **CORK STOMA SUPPORT GROUP**

Coordinator Rose Flynnne

Contact 087 2953404

Meet on first Saturday of the month

Meeting held in Clayton Hotel,  
opposite City Hall at  
2.00pm - 3.30pm

### **DROGHEDA/NORTH EAST STOMA SUPPORT GROUP**

Coordinator Anthony Connolly

Contact 089 4418799

Meet on last Wednesday of each  
month from 7.00pm - 9.30pm.

Meetings are held in St Peters Church  
Hall Community Centre

### **DUBLIN STOMA SUPPORT GROUP**

Coordinator Melissa Lyons

Contact 086 8099918

Meetings are held on a Saturday  
from 2 to 4pm

Meetings are held every 6 weeks in  
the Irish Red Cross Building,  
Sunshine Industrial Estate,  
Crumlin, Dublin 12

### **GOREY OSTOMY SUPPORT GROUP**

Coordinator Frank Norris

087 6204533

Meetings are held on a Saturday  
in St. Columbas Old Folks Club,  
O'Byrne Park, Gorey



## **LETTERKENNY STOMA SUPPORT GROUP**

Coordinator Rita Marron

Contact 074 9188887

Meetings are held at

Cancer Care West

Last Thursday of every second month  
at 8.00pm

## **LIMERICK STOMA SUPPORT GROUP**

Coordinator Miriam Canty

Contact 087 7940850

Meetings are held in the Milford Care  
Centre, Castletroy, Limerick at 7.30pm

## **NEWBRIDGE STOMA SUPPORT GROUP**

Coordinator Veronica Lynch

Contact 087 7940850

Meetings are held in

The Parish Centre, Station Road,

Newbridge, Co. Kildare

6.30pm - 8.00pm

## **SLIGO STOMA SUPPORT GROUP**

Coordinator Mary McLoughlin

Contact 086 3608798

Meetings are held on the last

Tuesday of each month

Meetings are held in the

Cancer Day Centre on Wine Street

at 7.30pm

## **TULLAMORE STOMA SUPPORT GROUP**

Coordinator Ann Dold

Contact 086 3074846

Meetings are held in the Dochas

Centre on Offaly street

Meetings are held every two months  
on the second Wednesday

## **WATERFORD STOMA SUPPORT GROUP**

Coordinator Keith Drayton

Contact 087 0666668

Meetings are held Quaterly on the  
first Wednesday of each month

Meetings are held in the Solas  
Cancer Day Centre at 7.00pm



# ALL ROUND PROTECTION

**Trio Responsive Silicone®** – Specially formulated material designed to:

- ❖ Not break down into a gooey mess
- ❖ Be soft and soothing to the skin
- ❖ Provide the closest fit around the stoma
- ❖ Shield the skin from harmful body waste
- ❖ Respond and work with the body



**Silex®**

Silicone Flange  
Extender



**Elite®**

Sting Free  
Adhesive Remover



**Pearls®**

Super Absorbent Gelling  
& Odour Control Sachets



**Silken®**

Silicone  
Stoma Gel



**Elisse®**

Sting Free  
Skin Barrier



**Siltac® & Silvex®**

Silicone Ostomy  
& Convex Seals



FOR YOUR FREE SAMPLES PLEASE CALL OR EMAIL

T: (01) 866 3333 | E: [trio.support@murrays.ie](mailto:trio.support@murrays.ie)

[www.TrioOstomyCare.com](http://www.TrioOstomyCare.com)

**Find us and follow us online!**



***[www.ostomyireland.ie](http://www.ostomyireland.ie)***



***Ostomy Association of Ireland***





# LloydsPharmacy

Say hello to the people that know

Drop in for expert advice  
in Health & Wellbeing,  
Heart Health, Children's Health,  
Asthma, Diabetes and more.



Child  
Health



Blood  
Pressure  
Measuring



Smoking  
Control  
Programme



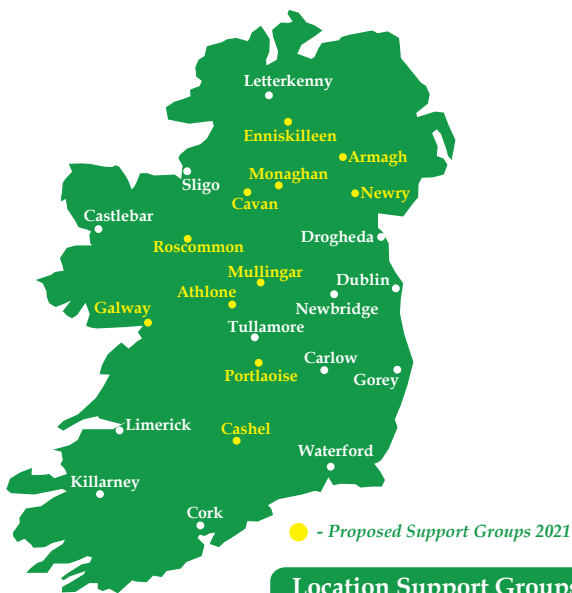
BMI  
Checks



Emergency  
Contraception



[lloydspharmacy.ie](http://lloydspharmacy.ie)   



**Location Support Groups**

**For information on where and when meetings will be held during 2021  
Please contact the following Group Co-ordinators.**

CARLOW/KILKENNY : Co-ordinator Jamie Alcock 087 698 3719

CASTLEBAR : Co-ordinator J.J. McLoughlin 087 2300580

CORK : Co-ordinator Rose Flynne 087 2953404

DROGHEDA : Co-ordinators Anthony Connolly 089 4418799 and Paul Hughes 085 7182405

DUBLIN : Co-ordinator Melissa Lyons 086 8099918

GOREY : Co-ordinator Frank Norris 087 6204533

LETTERKENNY : Co-ordinator Rita Marron 074 9188887

LIMERICK : Co-ordinator Miriam Canty 087 6741930

NEWBRIDGE : Co-ordinator Veronica Lynch 087 7940850

SLIGO : Co-ordinator Mary McLoughlin 086 3608798

TULLAMORE : Co-ordinators Ann Dold 086 3074846 and Mark Sheehy 087 3843412

WATERFORD : Co-ordinator Keith Drayton 087 0666668

**Ostomy Association of Ireland,  
6 Marian Place, Tullamore, Co. Offaly R35 KD78 - Republic of Ireland  
Email: [info@ostomyireland.ie](mailto:info@ostomyireland.ie) | Web: [www.ostomyireland.ie](http://www.ostomyireland.ie)  
Mobile: 087 700 5966 | Landline: 057 9360 447**