

You never know how
strong you are, until being
strong is your only choice.

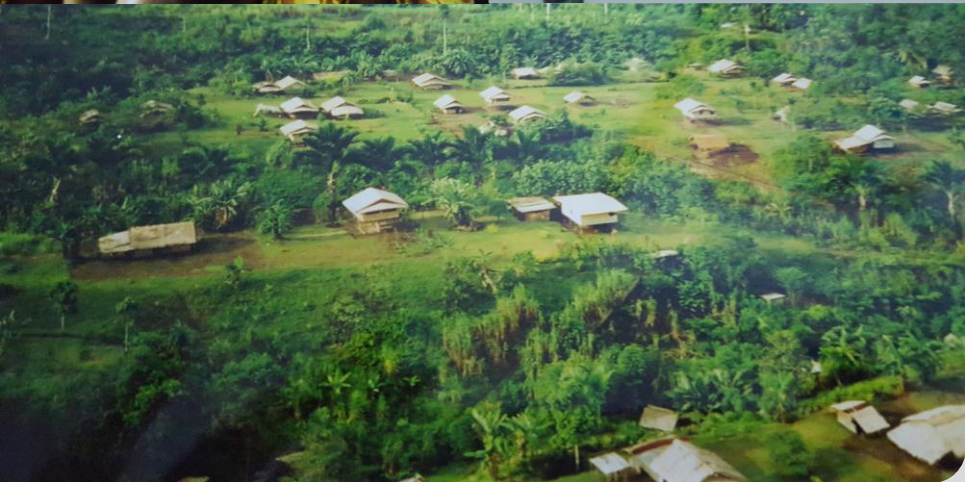
Bob Marley

Kallia's Story



Royal NZ Airforce





Bouganville



Doctors and Specialists

- ◇ Medication
- ◇ Alternatives
- ◇ Diet
- ◇ Loss of lifestyle
- ◇ Loss of ability to work
- ◇ Loss of sport
- ◇ Miserable with being sick
- ◇ Felt like a Guinea Pig with trying everything possible to control the bleeding



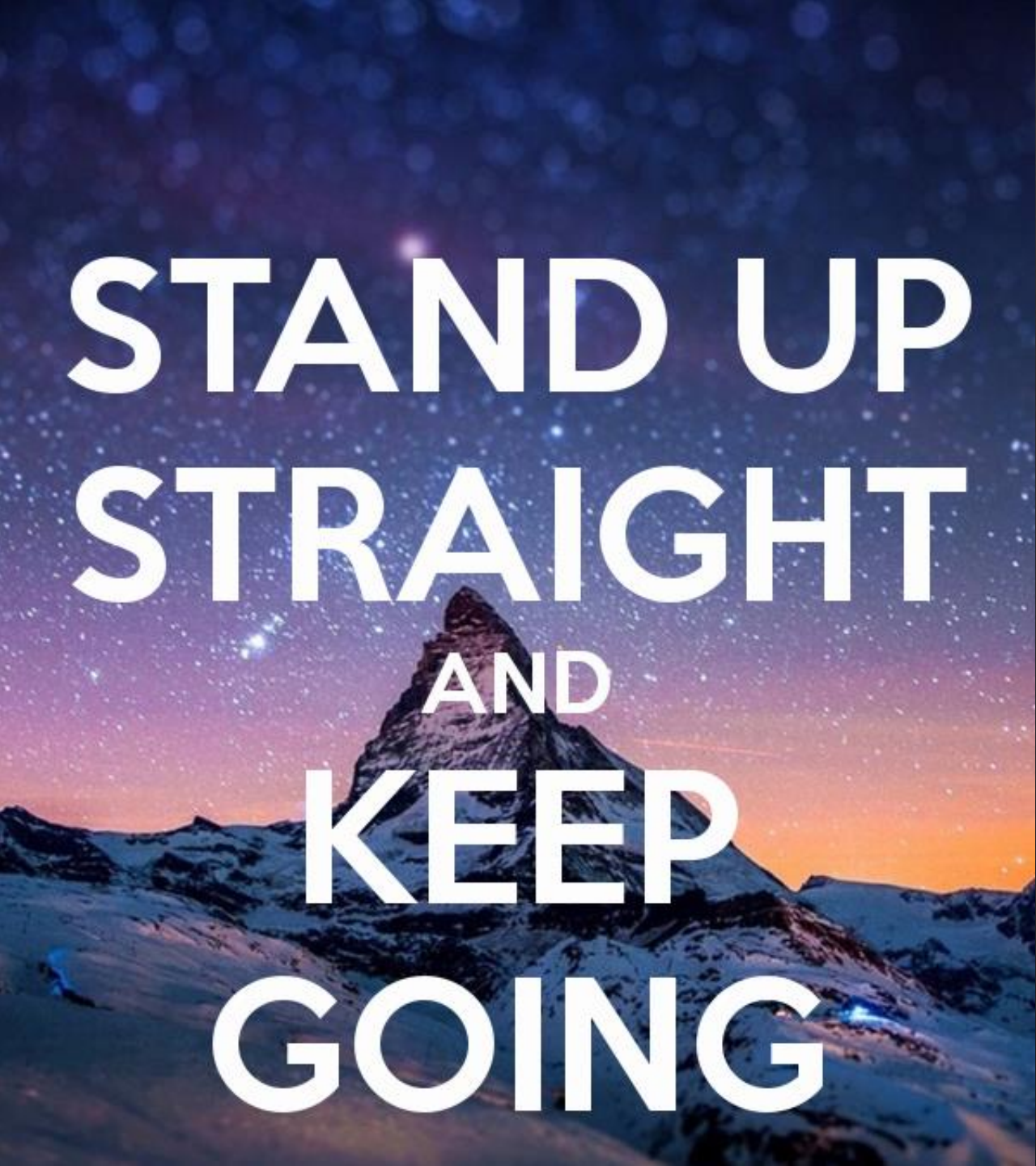
Emergency



Life with an Ostomy



Wearing a mask



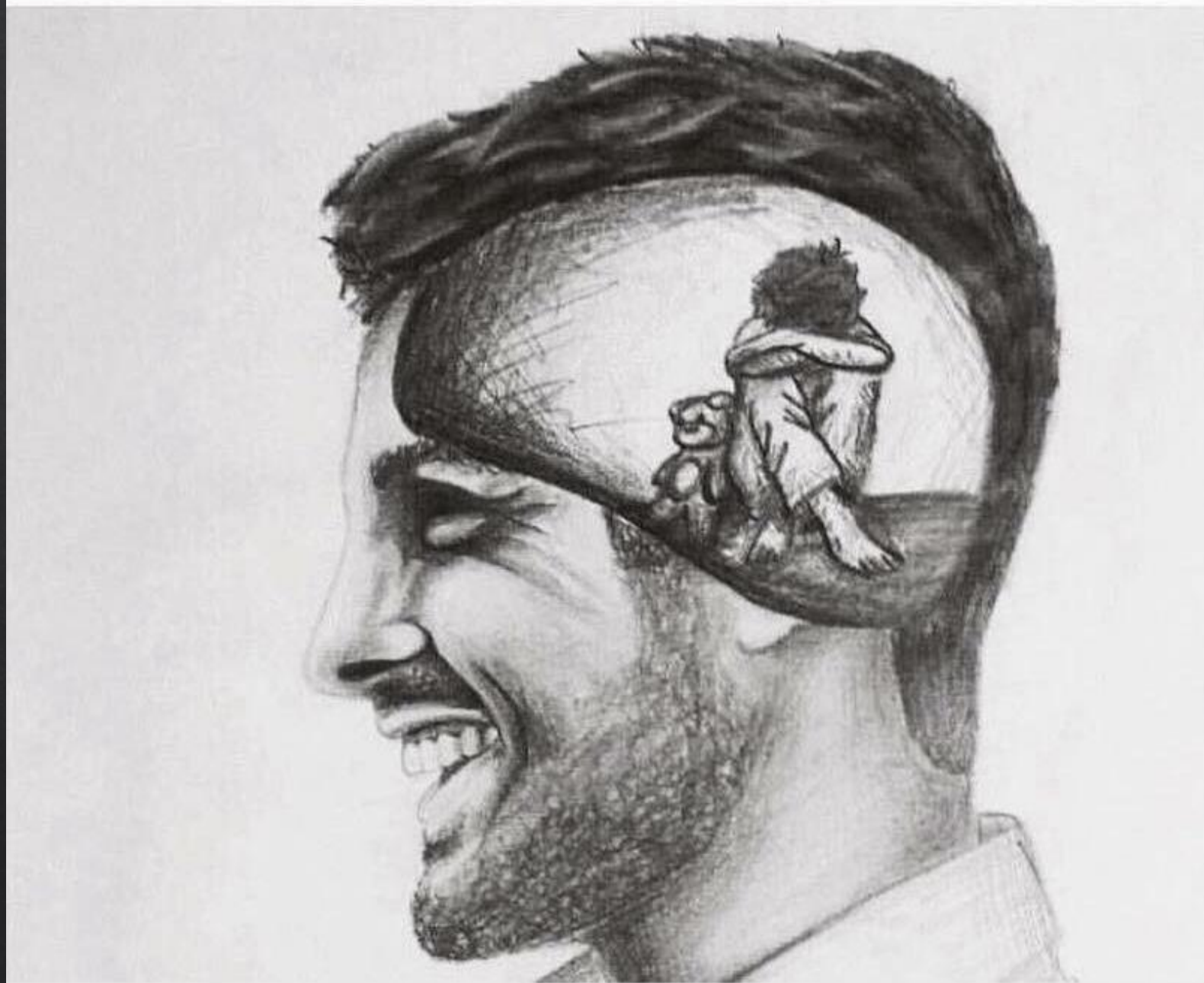
STAND UP
STRAIGHT
AND
KEEP
GOING

**Life is
tough,
my darling,
but so
are you.**

-Stephanie Bennett-Henry-

www.livelifehappy.com

Life was like this
for so long...

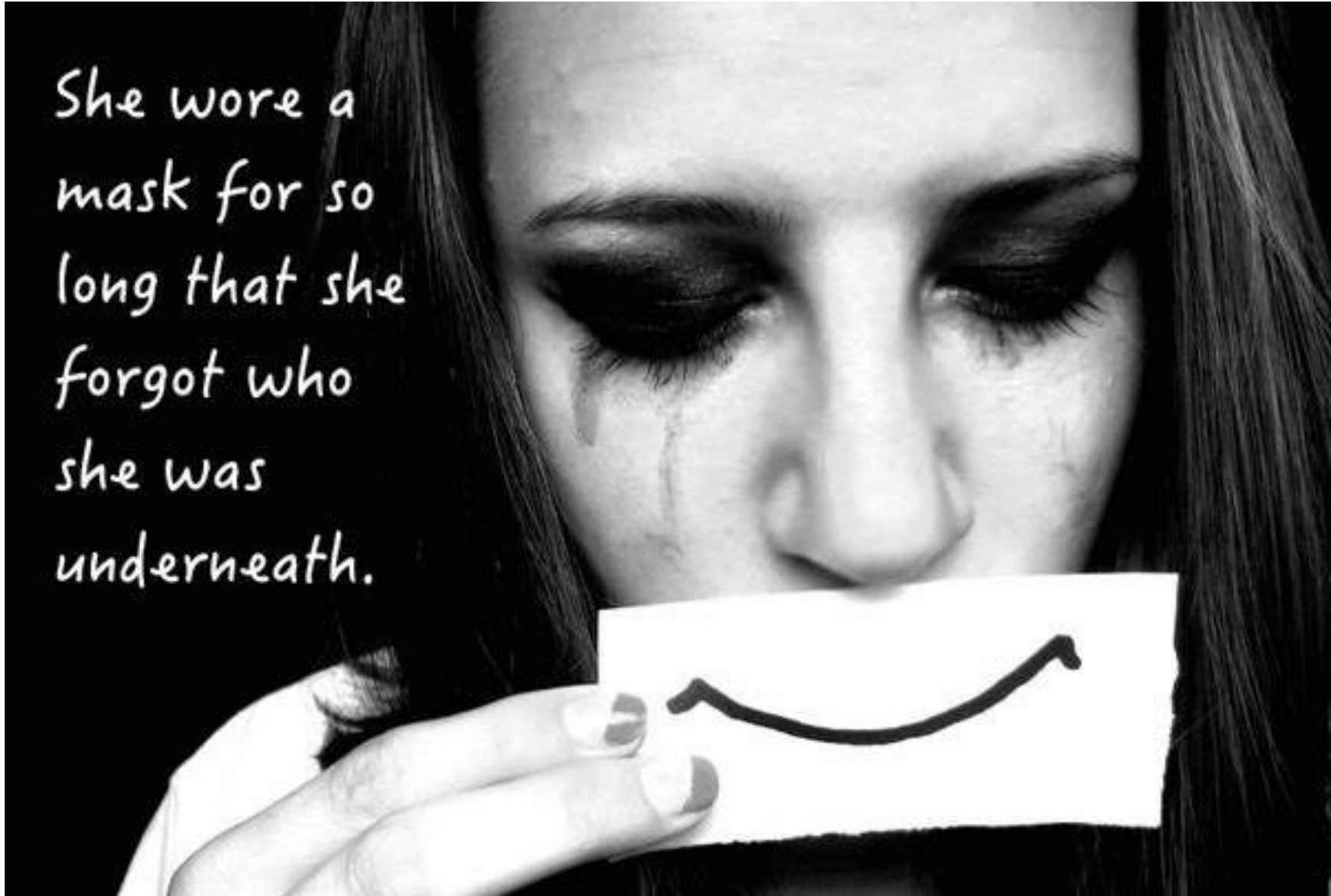




My Butterfly

- ◇ Hitting Rock bottom
- ◇ Not believing I was lovable
- ◇ I wasn't Normal
- ◇ No one would love me for me
- ◇ Didn't know where to turn

She wore a
mask for so
long that she
forgot who
she was
underneath.



Family and Friends





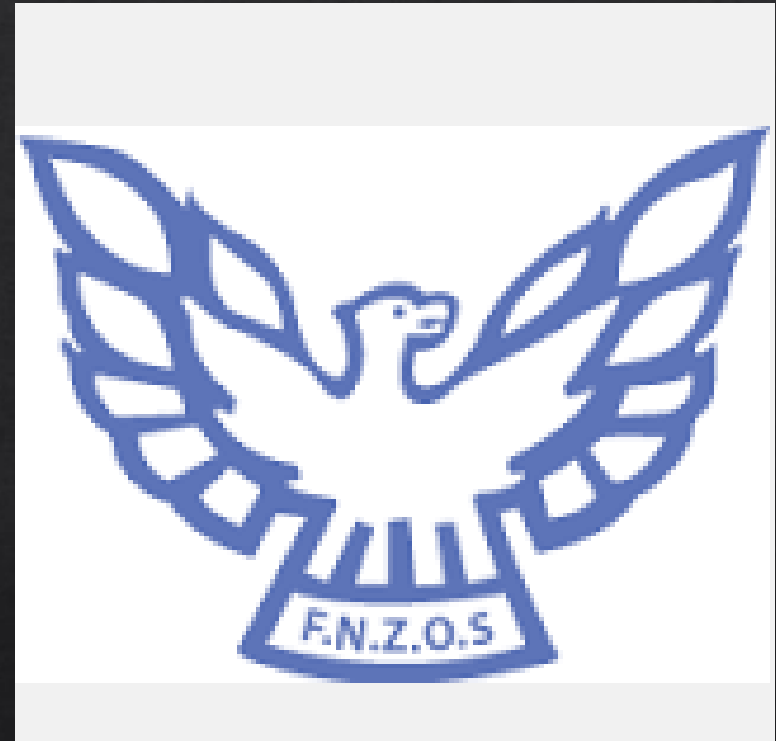
My Love, My Encourager



Travelling

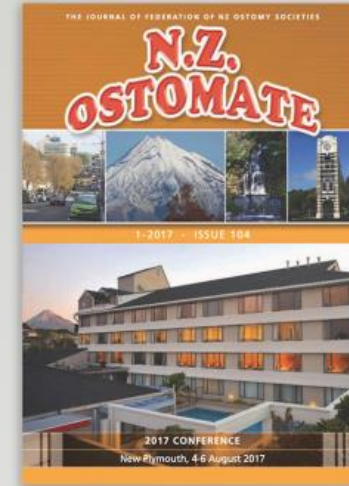


Great Comebacks Award & Introduction to Ostomy NZ



Ostomy NZ

- ◆ Range of Societies through out NZ
- ◆ Publications available to all Ostomates in NZ
- ◆ Get togethers
- ◆ Support Networks
- ◆ A voice for like minded people
- ◆ Newsletters
- ◆ Stoma Nurse Survey provided useful information that will guide some new thoughts for Ostomy NZ
- ◆ Strategic Plan has now been developed for the guidance and future of Ostomy NZ



OSTOMY 101

Provided by Ostomy NZ



OSTOMY.ORG.NZ

WHAT IS AN OSTOMY?



OSTOMIES ARE PROSTHETICS

WHAT ARE THE DIFFERENT TYPES?



A **colostomy** diverts stool from the colon.



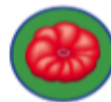
An **ileostomy** diverts stool from the small intestines.



A **urostomy** diverts urine when the bladder has been removed or bypassed.

AN OSTOMY causes a change in the way urine or stool exits the body as a result of a surgical procedure. Bodily waste is rerouted from its usual path because of malfunctioning parts of the urinary or digestive system. They can be temporary or permanent.

A STOMA is the opening created by ostomy surgery. It is located on the abdomen and is dark pink in color. For most ostomies, a pouch is worn over the stoma to collect stool or urine. For some people it is possible to have a continent diversion, which is a procedure that avoids having to wear a pouch, as an alternative to a conventional ostomy.



DID YOU KNOW...?

You'd likely never know if you met a person with an ostomy.

Babies, kids and adults have ostomies.



There are approximately **6000 - 8000** people living with an Ostomy in NZ



People with ostomies live full & meaningful lives that include swimming, working, playing sports & having relationships.

WHY DOES A PERSON **NEED OR CHOOSE** AN OSTOMY?



COMMON REASONS FOR A **COLOSTOMY**:

.....
Diverticulitis causing rupture
Inflammatory Bowel Disease
Birth Defects
Cancers
Bowel obstruction
Injury

COMMON REASONS FOR AN **ILEOSTOMY**:

.....
Inflammatory Bowel Disease
Familial adenomatous polyposis
Birth Defects
Cancers

COMMON REASONS FOR A **UROSTOMY**:

.....
Cancer
(particularly of the bladder)
Birth defects
Bladder diseases or injuries

OSTOMIES **SAVE LIVES.**

Social Media – Facebook Group NZ Only

OstoMATES NZ

🔒 Closed Group

About

Discussion

Chats

Members

Events

Videos

Photos

Files

Group Insights

Moderate Group



Joined ▼

✓ Notifications

➦ Share

⋮ More



Over dinner one night in December....



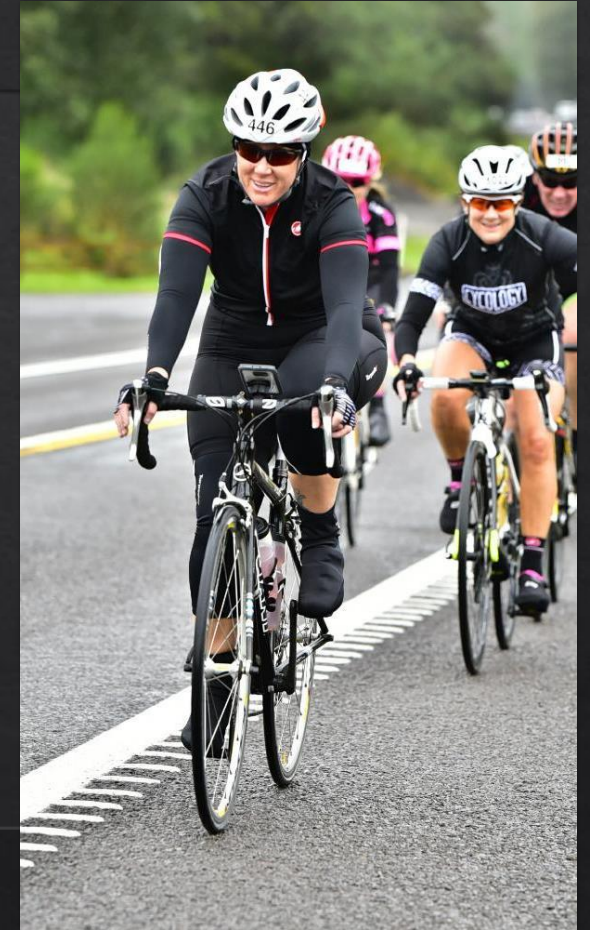
Challenge

- ◇ To raise awareness about living with an Ostomy by bringing this to the attention of the general public
- ◇ Raise enough money to fund a camp for Children within NZ who live with an Ostomy
- ◇ At present CCNZ have a camp for children with IBD but many children live with an ostomy and do not have IBD so are not able to attend a camp



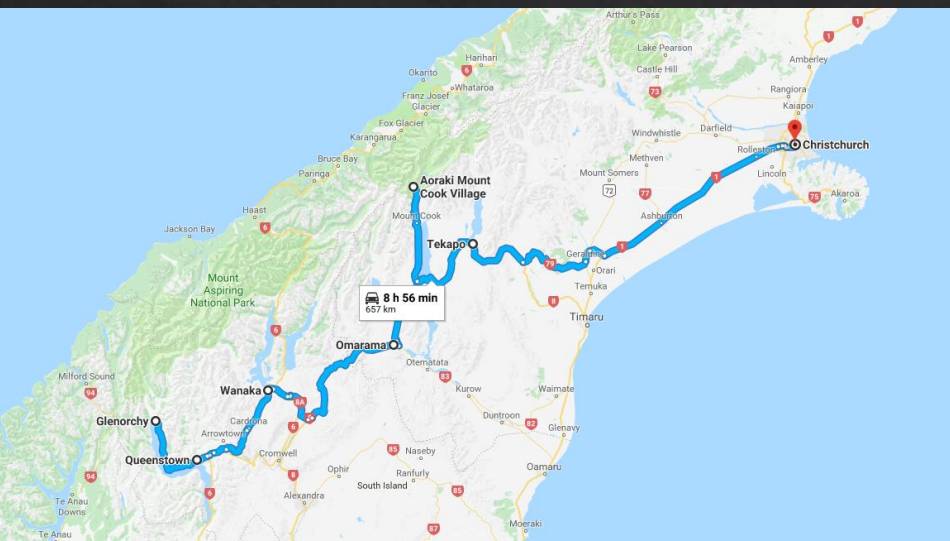
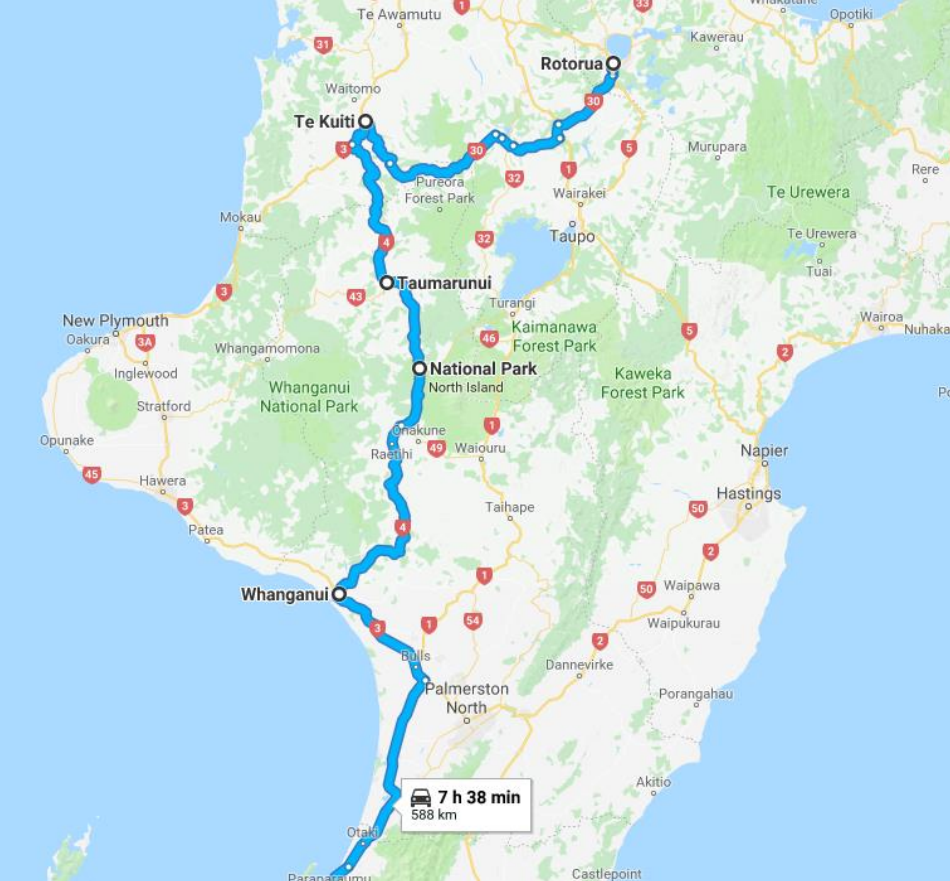
Rotorua to Taupo – 100km Flyer

- ◆ 1st Major Event
- ◆ Training
- ◆ Coach
- ◆ Nutrition
- ◆ Trial and Error
- ◆ LEAKS
- ◆ Fatigue
- ◆ Hard work
- ◆ Reaching the Goal
- ◆ Ironman - Kristian



Tour of New Zealand - Where is this?

- ◆ We are cycling 630km each in the Tour of NZ Cycle Race in April 2019
- ◆ Day 1 - Time Trial from Glenorchy through to Queenstown
- ◆ Day 2 - Queenstown to Wanaka
- ◆ Day 3 - Wanaka to Omarama
- ◆ Day 4 - Mt Cook to Tekapo
- ◆ Day 5 – Rotorua Rest Day
- ◆ Day 6 – Te Kuiti to Taumarunui
- ◆ Day 7 – The Chateau to Wanganui
- ◆ Day 8 – Criterium around the Beehive - Wellington




WHY??

- ◆ To raise awareness in NZ about living with an Ostomy and what this is
- ◆ It isn't talked about and with social media people are connecting more and becoming aware of illnesses and prosthetics that people live with. People are asking questions and reaching out so they don't feel alone
- ◆ We want to show children and Adults that they can do anything and that life is OK, living with an Ostomy shouldn't stop you from achieving your dreams
- ◆ To fundraise for our chosen charity – Ostomy NZ so that a camp can be held for children who live with an Ostomy. This will then hopefully progress further with more activities for young adults
- ◆ Because my friends LOVE me and believe in me so want to support me. They have all become very passionate about this cause and we have all invested so much time and money to achieve this
- ◆ Ostomy New Zealand needs to lift its profile

On a Mission

Believe in yourself





Ideas to raise Awareness

- ◆ Gone Viral online
- ◆ Distributed for World Ostomy Day in New Zealand by Ostomy NZ Societies and other friends
- ◆ Requests from Overseas – these have been sent
- ◆ Created something that people are proud to wear and start speaking out about living with an Ostomy
- ◆ I will continue to push this awareness ribbon and hope that others will come on board with the importance of having something like this for all Ostomates

Nurses and Practitioners

- ◆ You are an important link to help raise this awareness
- ◆ You are the key to helping advise others there is a range of support networks out there, be that face to face meetings, one on one conversations, social media etc.
- ◆ Ostomy NZ can play an important role in someone's life when required
- ◆ Ostomy NZ need your help
- ◆ Team OKK need your help
- ◆ Let's work as a team!

Why I do what I do

A meaningful life is not
about being rich, being
popular, being highly
educated or being perfect...
it is about being real,
being humble, being strong
and being able to share
ourselves and touch the
lives of others.



AND ONE DAY SHE
DISCOVERED THAT
SHE WAS FIERCE,
AND STRONG,
AND FULL OF FIRE,
AND THAT NOT EVEN
SHE COULD HOLD
HERSELF BACK
BECAUSE HER
PASSION BURNED
BRIGHTER THAN
HER FEARS.