

HandⁱⁿHand

Real stories • Real advice

Issue 33

Jennie

“Despite these setbacks, I continued to work hard to get back on my horses and started competing internationally”

Jennie's Story

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- Jacqui and the London Marathon!
- Colostomy CUK Rugby
- Holiday Vibes!
- Seeking help for Benign Prostate Hyperplasia

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Dear Reader,

I am delighted to welcome you to our 33rd edition of Hand in Hand and take this opportunity to introduce myself.

Having joined CliniMed and SecuriCare (Medical) Ltd in January 2022 as the Director of Clinical and Patient Services, it has been a fantastic opportunity to attend face to face patient and nurse meetings to support the necessary changes that Covid brought about. Stoma Care is my passion and I have worked as a Stoma Care Nurse for over 25 years in hospital and community settings prior to moving to SecuriCare.

As we continue through the holiday period, we hope to be lucky and enjoy the heat and sunshine in the UK but, but as a Stoma Nurse I also understand that this brings about extra attention to hydration for many people so please do take the time to reflect on the resources we have available to support you during this time. Our travel information has also recently been updated and contains

valuable information for travelling in the UK or abroad.

I hope you all enjoy this edition of Hand in Hand and find the content both interesting and helpful. If you have any questions, please remember our nurses and patient care team are always on hand to offer their support.

Finally, I would like to wish you all a very happy summer and safe travels for those of you who are taking holidays and extend a huge thank you to everyone who has contributed to this edition of our magazine.

Best wishes

Caroline

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Jennie's Story



I am 32-year-old showjumper from Northamptonshire and have been riding since I was 5 years old.

On December 25th, 2018, I was diagnosed with cauda equina syndrome, which is where nerves in the lower back suddenly become compressed and had to have emergency surgery on my spine.



Unfortunately, this condition was only picked up on my second visit to A&E and due to the delayed diagnosis, I was left with nerve damage in my right leg and foot, and bladder and bowels that didn't work. I was told I would probably never walk unaided again, let alone ride.

However, a few months after undergoing rehabilitation at hospital, I started riding my horses again, despite the numbness in my right leg and foot. During this time, I was having to irrigate every other day and it was making me extremely poorly. When I was away competing, I wouldn't irrigate for the duration which could be anything from 3-14 days.

I then had to have further surgery on my spine, however during this my spinal fluid sac was nicked, so I was rushed back in for more surgery. Despite these setbacks, I continued to work hard to get back on my horses and started competing internationally.

I spent a couple of years mismanaging my bowels until I was offered a stoma bag. I was petrified. I couldn't imagine life as a single young (ish) woman with a bag to poo in. I felt like someone was punishing me.

Fast forward to January 8th, 2023, and I had my loop ileostomy. When I woke up from surgery, I cried. I looked down at my stomach and I just cried. After I was sent home, I felt completely lost – I hadn't got a clue what I was doing, and in the end I developed sepsis which made

me very poorly. Whilst I was recovering, I started to suffer from depression. I couldn't change my bag myself; I couldn't see a way out and I just could not work out how to do all of the things I needed to do myself. I was so frustrated and angry, and it was a very difficult time.

I am now over 5 months post op. and I'm so grateful for my stoma, which I call "stumpy" (I named mine - some people find this helpful). I have made lots of progress in adapting to my new life and have found ways to make things easier, such as using stoma rings to help position my bag and protect my skin, pre-cut bags to save time and flange extenders to help me feel more secure.

My top tips:

Everyone is different and will have their own way, but these are some things which work for me:

- I try to warm the adhesive on the bag a little before I stick it to my body - I've found that really helps.
- I also always do it in the bathroom in case of any leaks - which will happen.
- I take my bag off to shower and it's helped my skin so much.
- I try not to do a bag change after I've eaten. Plan your changes.
- I always take plenty of spares with you, bags, accessories, and clothes - to stay prepared.
- I also wear a belt with my bag - I'm not sure if it makes a difference but in my mind it makes me feel more comfortable and secure.

The biggest thing I do to prepare for sport or riding is to use a hernia support belt. I put it on every time without

fail and it's what I'd recommend to anyone wanting to get back into sport. My biggest advice is to always listen to your body. Don't rush getting back into anything. Let your body heal. We've gone through alot - also mourn how you need to. I have a brilliant life coach Matt Bryan, who I've found talking to really helped me. He changed my attitude to life and my thought process.

Even better - I thought I'd be single forever, but I am now in a happy, healthy relationship with a brilliant man. He did his own research on stomas, and even helps me if I get stuck on a bag change. So a huge thanks goes to my partner Adam, for allowing me to be myself and taking Stumpy on too.

Your bag won't restrict your life - I never thought I'd be able to do what I could do before stumpy. Stumpy is my new best friend who will be with me for life. If I treat stumpy with respect hopefully it'll behave for me!



All England September Tour 2022 - www.spidge.co.uk

Well done Jacqui!

Jacqui Preston our Urology & Continence Product Manager took on the London Marathon this year!

Jacqui was due to complete the challenge last year, but after getting COVID just before the race, she had to defer. Jacqui ran the marathon to raise money for Hospice UK. Hospice UK provides support and care for end of life for individuals and their families and has more than 200 hospices across the UK.

Jacqui trained in and around her hilly home region and managed to raise £2300 for the charity.

We're all so proud of Jacqui for taking on this challenge and raising money for a good cause.

If you would like to donate to Hospice UK visit www.hospiceuk.org/support-us/donate

Here are some quick facts about the London Marathon:

The first London Marathon was held in 1981.

The current course record is 2 hours, 3 minutes, 59 seconds.

The London Marathon is one of the most popular marathons in the world.

Over 40,000 people apply for a place each year.

The London Marathon raises millions of pounds for charity each year.





Kate's Story

My story began back in May 2022 after a colonoscopy revealed I had a large malignant tumour in my rectum. My response to this diagnosis was "they didn't actually say cancer!" The denial and self-preservation had already started, this wasn't happening to me.

Looking back, I now realise this story started well before then. Being an active runner and daily yogi, I started to notice that I couldn't get my trainers on or stay in down-dog without the constant need to do another poo. After tracking my bowel habits for a couple of weeks and noting on average 15 trips daily to the toilet, even I had to succumb that something wasn't quite right. Of course, this change in habit was irritable bowel syndrome (IBS), digestion changes with menopause, something I was eating – a malignant tumour seriously didn't cross my mind.

The surgeon was confident the nasty growth that had formed in my rectum could be removed with surgery and a temporary ileostomy would be formed. "A temporary what...!?" I heard myself say. I knew nothing about stomas and had a month to research all the shapes and sizes, all the food I couldn't eat, all the food I now must eat, all the skin problems, diarrhoea causes, blockages, potential pain and discomfort, stomach issues, blocked wind, noisy wind, new

smells, new digestion.... new me. I wasn't even aware at this stage of the new shopping experience I would be navigating; drainable bags, sealed bags, 1-piece, 2-piece, extra seals, belts, powders, creams, convexity..., the list is long and the overwhelm crept in.

After 6 hours of surgery, on Monday 27th June 2022, I woke to move my hand towards my stomach and Bertie was formed. Nothing can prepare you for any life changing experience until you're living that experience. I knew we had to make friends and be kind to each other, but the initial thoughts and feelings were of sadness, shock, and horror. How was I ever going to love and respect the new me.



I knew I'd have to dig deep to get my head in the right frame of mind and pick myself up from the bottom of the happiness pile.

I can't say it's all been plain sailing because it truly hasn't. As a trained life coach and hypnotherapist, I have used all my tools and skills to help me adapt to the new poo bag on my stomach, covering Bertie and catching all my excrement. Not to mention a cancer diagnosis with an unsure future and new words in my vocabulary, like output, ostomates, flange, adhesive and of course poo leakage - there have been plenty!

Despite being diagnosed with Colorectal cancer at 52, I know I am very lucky. My life so far has been enriched with a loving family; the kindest, most caring funny husband Paul, a gorgeous, charming, sensitive son Dan. A beautiful,

compassionate, and thoughtful daughter Daisy and the most intuitive, cuddly Cocker Spaniel Millie I could ever wish for. That combination alongside my wise old mother of 89 years, not to mention my many many amazing friends were my reasons to keep going, find solutions, resolve problems, work my way through the turmoil of the unknown, and find a way to lift myself up and inspire others who aren't so fortunate as me.

I am really happy to be introduced to CliniMed and work with their team to trial their products and help existing and new ostomates to find their new way of living. In the next edition I'll be sharing the launch of BertieLife – my coaching and counselling service for people who are having challenges with their new way, sharing top tips and success stories, and I look forward to making lots more friends and having some fun along the way.

Until then.



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Colostomy CUK Rugby



Rugby is a sport known for its physicality, camaraderie, and the sense of belonging it fosters among its players. In 2018, Team Colostomy UK took these values to a whole new level by creating a team that welcomes players with or without a stoma, challenging stoma-related stigmas and raising awareness about the benefits of a stoma. In this interview, we talk to our Sales, Marketing and New Product Development (NPD) Director, Marc Blamire, who has been a part of this groundbreaking initiative since it began.

Q Can you tell us about your journey in rugby and how you became involved with Team Colostomy UK?

A I played rugby for 25 years before a partial dislocation of my collar bone told me it might be time to stop! During my career, I played both Rugby Union and Rugby League. When I heard about Colostomy UK's plans to form a team, I knew I had to be a part of it. Being associated with a cause that breaks down barriers and promotes inclusivity was an opportunity I couldn't pass up.

Q How has being a part of Team Colostomy UK impacted your life?

A Joining Team Colostomy UK has been an incredible experience. The team is incredibly welcoming and inclusive, regardless of age, experience, gender, or ethnicity. Playing alongside individuals who share a common goal of raising



awareness and fighting the stoma stigma creates a strong sense of unity.

It's a platform that enables open conversations about stomas, leading to increased awareness and understanding among friends, family, and the wider community. I feel proud to represent the team and contribute to such a positive cause.

Q What role does the team play in raising stoma awareness?

A Team Colostomy UK serves as a platform to educate and inform people about living with a stoma. The team aims to encourage others who have undergone stoma surgery to embrace exercise and physical activity, demonstrating the positive impact it can have on their quality of life. Additionally, by inviting people to watch our games or join us on the field, we hope to inspire others to become involved or raise awareness in their own circles.

Q Can you describe the camaraderie within the team?

A The camaraderie within Team Colostomy

UK is truly remarkable. Regardless of our diverse backgrounds and experiences, we share a common passion for rugby and a commitment to challenging stoma-related stigmas.

When we come together on the field, there is a genuine sense of unity and support. I'm proud to pull on the jersey, but most of all, I just enjoy chucking the ball around with the players who turn up and if you get to score the odd try even better!

CliniMed's Sponsorship supports the Active Ostomates campaign, which helps get people mentally and physically active again after stoma surgery.

You can find out more about the Active Ostomates programme & the free sessions on the CUK website by visiting www.colostomyuk.org/active-ostomates

Understanding Urine Leaks & Bladder Control Problems

Are you finding it hard to hold back your urine or are having sudden urges to pass urine? Maybe you're leaking urine while sneezing, coughing, or exercising. Or perhaps after urinating your bladder is still feeling full and you find yourself unexpectedly leaking urine during the day and at night. You might not be able to fully empty your bladder while on the toilet.

Is leaking urine normal?

The risk of incontinence gets higher as you age but shouldn't be considered as a normal part of life or something you should put up with.

It can be distressing for anyone trying to manage urine problems themselves, especially without knowing what's causing it. Sometimes the media can make it seem that it's normal and okay to leak urine, but this isn't helpful.

We understand that urine problems may really impact your daily life. It can be a hard thing to manage on your own and get really frustrating, but you're not alone.

How can a bladder diary help me?

A bladder diary helps you to keep a record of how much you drink, what you're drinking and how often you pass urine. You also note any accidental leaks and what you were doing at the time.



Keeping a bladder diary may seem a little unusual at first, but it can be really handy to:

- ✓ Help you spot trends and pinpoint leakage triggers. Keep a record of your leakages (if you can, a week can be really helpful)
- ✓ Make it easier for you to have conversations with your doctor or nurse at your appointment
- ✓ Help you log your urine leakages for your doctor to be able to spot trends

When should I get help?

If you're leaking urine and it's getting in the way of your everyday life, you should visit your local GP for advice.

Only a doctor or nurse can diagnose incontinence – your doctor or nurse, along with the bladder diary, can help you find ways to improve or solve your problem.

Things that you could currently be doing to try and stay dry include:

- Using pads or adult nappies
- Always needing to know where the toilet is when you're out

- Cutting down on the amount of liquid you drink. If this applies to you, please try to avoid this, as hydration is very important for your general health.

What are the types of urinary continence?

There are different types of urinary incontinence, including:

- **Stress incontinence**
If you have stress incontinence, you'll experience leakage of urine during regular activities that put stress on your bladder such as laughing, coughing and exercise.
- **Urge incontinence**
With urge incontinence, you'll feel a strong and sudden urge to use the bathroom. This feeling might be very intense and you may not be able to make it in time.
- **Overflow incontinence**
Overflow incontinence can be caused by chronic urinary retention and happens when you're not able to empty your bladder completely. Because of this, your bladder will become too full and start leaking unexpectedly.

Leaking urine doesn't necessarily mean you have urinary incontinence, other factors that may cause urine leakage include:

- Urinary tract infections (UTIs)
- Constipation
- Some medications

If this sounds like you, it might be time to get some help.

If you have overflow incontinence that's left untreated, it can cause complications. It's important for you to visit your doctor and discuss your symptoms to be diagnosed and treated.

If you're experiencing symptoms of acute urinary retention, where you're in pain and can't pass any urine, please seek help immediately by visiting your local GP or A&E.

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Download your free bladder diary and start logging your toilet habits as a helpful way to gain insight into what's happening with your bladder.



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URINARY SHEATH

Holiday Vibes

Travel tips and advice

Whether you're planning a day trip, adrenaline rushing adventure or soaking up the sun somewhere exotic, we want you to enjoy every moment of your time away. We have put together some travel information, so that you can put your mind at ease, relax and enjoy your break.

Before you go

Pack supplies in hand luggage if possible and pack at least twice your usual usage whilst away. If putting supplies in checked luggage, try to split across different checked cases so if your bags are lost or delayed, you'll still have supplies. Airlines may allow you to take a travel bag for medical supplies in addition to hand luggage so check with the airline before you travel.

Storing your pouches

Avoid storing your appliances in the boot of the car on a warm day. Hot weather can affect the adhesive on pouches; storing stoma supplies in a cool bag can help stop any effect heat may have on the pouches. If travelling to a hot climate, keep pouches in a cool, dry environment.

UK toilet facilities

In the UK the Radar National Key Scheme (NKS) offers independent access to locked accessible toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can be found in shopping centres, pubs, cafes, department stores, bus and train stations and many other locations all over the UK. SecuriCare can provide customers with a Radar (NKS) key, contact your Patient Services Advisor to find out more.

There are a number of websites where you can locate the nearest toilet:

www.changing-places.org/find

www.toiletmap.org.uk

Or you can download an app* for your phone such as one below:

- Toilet Finder
- Flush Toilet Finder Global Health
- Insurance Card

The UK Global Health Insurance Card (GHIC) gives you the right to access state-provided healthcare during a temporary stay in Europe at a reduced cost or sometimes for free.

If you have a UK European Health Insurance Card (EHIC) it will be valid until the expiry date on the card. Once it expires, you'll need to apply for a GHIC to replace it.

To find out more or to apply for a GHIC please visit:

www.gov.uk/global-health-insurance-card

Travel certificate

At SecuriCare, we provide a travel certificate which explains your condition in 11 languages. It's very useful when going through airport security and you don't speak the local language. Contact your SecuriCare Patient Service Advisor to get one. (It's also available on the SecuriCare Website)

<https://www.securicaremedical.co.uk/advice-and-support/resources/stoma-and-continence-travel-certificate>

Travelling with a stoma doesn't have to be a nightmare, it's just all about being prepared. We hope this advice can help you feel confident about travelling with a stoma.

Correct at time of publishing

Holiday Checklist

- Passport
- Visa (if required)
- Travel insurance
- Travel certificate
- Toilet Priority Card
- Radar key
- Additional supplies (twice usual amount)
- Pre-cut pouches
- Change kit for journey
- Wet wipes
- Disposal bags
- Medical Adhesive Remover
- Barrier film (if used)
- Scissors (in checked luggage)

Don't Let Embarrassment Hold You Back:

Seeking Help for Benign Prostate Hyperplasia

Prostate health can be a sensitive topic for men to discuss. Many people assume that health concerns around the prostate automatically means cancer, but this is not the case. Benign prostate hyperplasia (BPH) is a non-cancerous condition that commonly affects men over the age of 50.¹ While the symptoms of BPH can be quite bothersome, BPH is treatable and quite manageable with simple lifestyle adjustments. The symptoms most men experience are due to a completely normal process associated with ageing. Seeking medical advice early on can help alleviate the symptoms and prevent future complications.

What is BPH?

BPH is just the medical term for the non-cancerous enlargement of the prostate gland.¹ As men age, the number of cells in the prostate can increase, making the prostate grow bigger.^{2,3} This growth can squeeze the urethra and restrict the flow of urine, causing many of the symptoms associated with BPH.¹

How common is BPH?

In 2019, there were an estimated 94 million cases of BPH worldwide, with over a million cases right here in the UK.⁴ The highest number of cases occur in men between the ages of 60-80, but BPH can occur starting as early as 40 years.⁴ Estimates show that up to half of men will have BPH by the age of 60, and by age 90, BPH will affect 80% of men.⁴

Even if it can be challenging to discuss, no man is alone when it comes to BPH.

What causes BPH?

The prostate is a small gland, about the size of a walnut, located just below the bladder and surrounding the urethra (see diagram).^{1,2,5} The primary function of the prostate is to produce a fluid which mixes with sperm cells to form semen.⁵

As men age, the prostate starts to grow.⁵ The exact reason for this growth is unknown, but it is thought to be linked to changes in hormone levels during the ageing process.^{1,3} While prostate growth is normal, it can start to put pressure on the urethra and cause many of the symptoms of BPH.¹

While age is the primary factor linked to BPH, there are also several lifestyle factors that can increase the likelihood of developing BPH symptoms.³ Increased body weight has been associated with larger prostate size.⁶ More physical activity has been consistently linked with decreased risk of BPH and other urinary disorders.⁶ There are inconsistent links with diet, but in general, a healthy lifestyle with good nutrition and exercise may help lower the risk of developing BPH.⁶

What are the symptoms of BPH?

As the prostate grows, it can put pressure on the urethra, leading to many symptoms directly linked to urination. These can include:^{1-3,5}

- Frequent urination
- Frequent urination during the night (known as nocturia)
- Sudden need to rush to the toilet (referred to as urgency)
- Difficulty starting to urinate
- Weak flow
- Difficulty in fully emptying the bladder (called incomplete voiding)
- Leaking (known as urinary incontinence)

When should I talk to my doctor?

If you are experiencing any of the symptoms listed above, you should speak to your GP. While BPH is the most likely cause for your symptoms, it is important to rule out cancer or other serious conditions. The symptoms of BPH are highly treatable and seeking medical attention sooner can relieve you of the bothersome symptoms and avoid future complications.

Serious complications of BPH are rare, but the symptoms are quite unpleasant and can increase risk of urinary tract infections or acute urinary retention (the inability to urinate).¹ So even if your symptoms are mild, talk to your GP just to be sure.

If you notice blood in your urine, seek medical attention immediately.

How will my doctor know it's BPH?

Many of the examinations can be done by your regular GP, but you might also be referred to a specialist such as a urologist or a specialist nurse.

In addition to a physical examination, your doctor may ask you to fill in a bladder diary. Bladder diaries help track how much you drink, how much urine you pass, and how often you urinate.

You might also be asked to fill in an IPSS questionnaire - the International Prostate Symptom score helps your doctor understand your symptoms and how they impact your life.²

Urine and blood tests might be ordered to fully check out your blood count and kidney function.² You may hear reference to something called 'PSA'; this stands for Prostate Specific Antigen, levels of which can increase if you have prostate cancer.²

You may also need to undergo some non-invasive imaging tests such as an ultrasound, MRI, or CT scan.²

For more information on the diagnosis of BPH, refer to the NHS website.

What are the treatment options for BPH?

Your treatment plan for BPH will depend on the severity of your symptoms. Mild symptoms can typically be managed with simple lifestyle adjustments. Drinking less alcohol, caffeine and fizzy drinks as well as limiting consumption of artificial sweeteners can help.^{1,7}



Exercising more regularly and eating more fibre are also recommended.^{1,7} Drinking less in the evening can help manage episodes of nocturia.⁷ There are several bladder training exercises which can help strengthen pelvic floor muscles and help you regain control.⁷

More moderate symptoms may require medication. Your doctor will decide if medication is right for you to help reduce the size of the prostate or relax your bladder.^{1,7}

The majority of men with urinary symptoms do not require surgery. In rare cases, if medication and lifestyle adjustments are not managing symptoms, your doctor may suggest surgery.^{1,2,7}

For more information on treatment for BPH, including surgical options, refer to the NHS website.

How will BPH affect my day-to-day life?

The symptoms of BPH can severely disrupt your daily life.³ Urgent needs to rush to the toilet, accidental leaking, getting up several times during the night - all can heavily impact your physical and mental well-being. Thankfully, BPH is a manageable condition.

Adjustments to eating and drinking habits, medication, creating a urinary schedule and bladder training exercises can help get BPH symptoms under control.⁷

Even if the symptoms are well-managed, BPH can cause stress and anxiety over having an accident, especially in public situations. Additionally, in the rare case that surgery is required, you may experience some incontinence during the recovery period. The use of incontinence products (such as disposable or reusable pads or sheaths) can help protect against accidental leaks.⁷ However, it's important not to use these products as a coping mechanism to avoid seeking help.

If you are experiencing incontinence, it's important that you discuss your symptoms with a healthcare professional to investigate the underlying cause.

Summary

Benign prostate hyperplasia is a highly treatable, non-cancerous condition that occurs in most men, especially as they get older. The symptoms can be quite disruptive to daily life, with frequent rushes to the toilet or disruptions throughout the night.

Seeking medical attention, even for mild symptoms, is highly recommended as your doctor can help you manage the bothersome symptoms of BPH, rule out more serious conditions and help prevent future complications.

Lifestyle adjustments, medication and use of incontinence products can help bring BPH symptoms under control.

Prostate and urinary symptoms can be challenging to discuss, but you are not alone. Most men will experience BPH symptoms in their lifetime. So don't let embarrassment hold you back - speak to your doctor if you have any symptoms of BPH.

Written by Pamela White, Head of Clinical Governance and Regulatory Affairs BSc/RN, CliniMed & SecuriCare (Medical) Ltd.

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2. The London Clinic. Benign prostate hyperplasia. Available at: <https://www.thelondonclinic.co.uk/services/conditions/benign-prostate-hyperplasia-bph> (Accessed: April 2023)
3. Prostate Cancer UK. Enlarged prostate: A guide to diagnosis and treatment. May 2022. Available at: <https://prostatecanceruk.org/prostate-information-and-support/just-diagnosed/other-prostate-problems/enlarged-prostate> (Accessed: April 2023)
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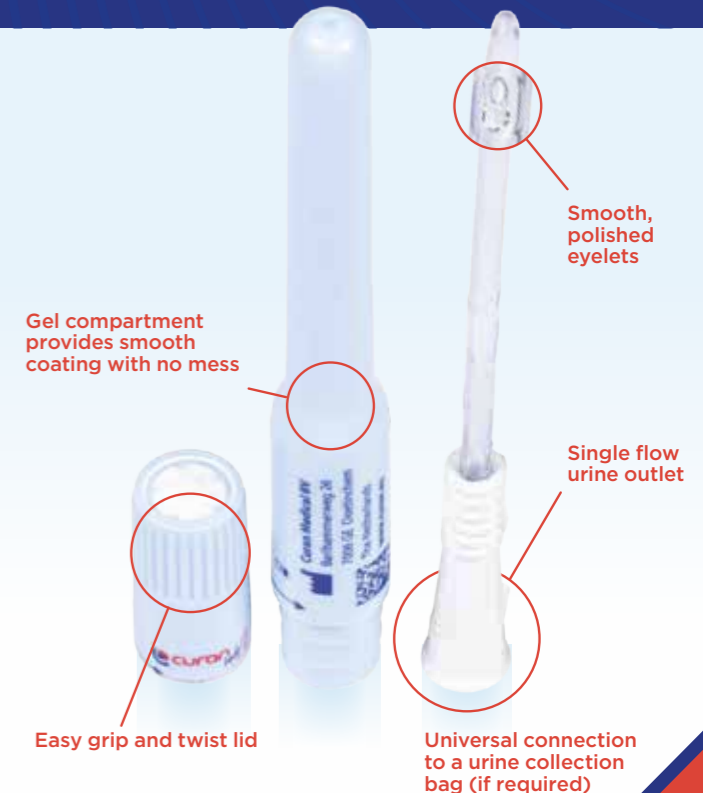
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New

Aura Plus[®]

Soft Convex

From launching Aura Plus back in 2021, we have had lots of positive feedback and reviews. Since then we have had many requests for a soft convex version of the pouch.

We are now delighted to introduce the new Aura Plus Soft Convex, designed for peace of mind with added security, comfort and skin-health.

Convexity refers to when the flange of stoma pouch curves outwards helping to create an effective seal. This helps prevent leakage and provides support when the skin is uneven.

The soft plus-shaped convexity provides gentle support for those with flush, recessed or retracted stomas and those

with challenging creases or skin folds.

Aura Plus offers a solution for your different stoma needs in a range of sizes with Closed, Drainable and Urostomy pouches available, and is designed to provide a positive and stress-free pouch experience so you can focus on the things that matter most.

Reducing the risk of leaks

The soft convex flange applies gentle pressure to help bring the stoma out into the pouch, reducing the risk of leaks. The comfort curves on the plus-shaped flange, provide a comfortable and versatile support, helping the pouch stay secure to the stoma as the body moves.

Promoting confidence

Available in a range of colours, pouch sizes and plateau sizes in a soft, water repellent material, Aura Plus soft convex provides a wide range of options to meet your needs for security, capacity, comfort, discretion and style, which will give you the confidence to enjoy the things that matter most.

Encouraging healthy skin

The skin-friendly hydrocolloid contains medical grade Manuka honey, which may help to promote healthy skin around the stoma. The flange is made from all natural ingredients, and provides reliable adhesion whilst letting the skin breathe, helping protect the skin around the stoma.

See testimonials from some of our Aura Plus Soft Convex users, Elizabeth, Peter & Lorraine.

Aura Plus Soft Convex is available now to order.

Visit: clinimed.info/aura-plus-hih



Healthy Hydration

Expert advice on hydration from our SecuriCare Nurse Manager Kevin Hayles. Did you know that between 60-80% of the UK population are estimated to not drink enough for good health^{1,2}. That's why we want to provide our readers with the knowledge to improve drinking habits, all year round.

Here are the common dehydration symptoms³:

- Constipation
- Headaches
- Thirst
- Tiredness/fatigue
- Darker urine or a lower volume
- Poor concentration

How does your body lose fluid?

- Breathing
- Elimination – urine and faecal
- Perspiration (exercise)

You can lose an extra 2.5 Litres per day from these functions alone.⁴

What can increase fluid loss?

- Exercise – strenuous activity
- Hot humid climate (both at home and abroad)
- Air conditioning in offices, supermarkets, and shopping malls

- Increased activity can lead to up to a further 2 litre loss of fluids.

What should I drink?

A variety of drinks can be consumed. It doesn't need to just be water.

- Decaffeinated tea or coffee
- Juice
- Smoothies
- Milk - this is a very good source of rehydration and protein.

Sports drink vs Water

Although these drinks are on opposite ends of the spectrum, it's worth considering an electrolyte drink in place of pure water when dehydrated, as this will help to replace lost electrolytes, whereas water will dilute electrolytes further.

Widely available electrolyte drinks

- Dioralyte
- Coconut Water
- SOS electrolyte drink mix

Home recipe for a hydration drink Oxford solution:

- 1000ml water
- Fruit squash to flavour
- 1 heaped teaspoon of salt

If you have fluid restrictions in place, then we recommend you speak to your medical team for further advice around dehydration.

Scan the QR code to download our nutrition guide for more information on hydration, or visit:

clinimed.info/nutrition-guide



1. <https://magazine.vitality.co.uk/signs-you-are-not-drinking-enough-water/> (accessed July 2023)
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Stoma Wellbeing Day

SecuriCare hosts its first patient event post Covid 19

During the pandemic we had to stop all face-to-face engagement to minimise the risk of the virus spreading. Once things started to return to normality, we weren't sure when we would be hosting our events again. We really wanted to provide the opportunity to speak to Nurses, product specialists and even interact with fellow ostomates, as that's something that we know you, our patients have told us had been missing for a while. This year we wanted to create an environment where ostomates can interact and have access to useful resources, so we decided to theme the event around 'wellbeing' with the fitting name of 'Stoma Wellbeing Day'.

On Sunday 26th March we hosted the first event of the year at Brooklands Hotel in Weybridge, Surrey. New to this year, was hosting the event on Eventbrite, which enabled us to issue tickets for the event and check in attendees upon arrival.

On the day, we ran a number of workshops on topics such as reducing the risk of parastomal hernias, emotional wellbeing, and hydration.

When attendees weren't in a workshop, they all came together in the main hall, where they could speak to our product specialists about CliniMed products or speak to patient services team members regarding the SecuriCare service.

Attendees also had the opportunity to speak to a SecuriCare Nurse and have a health check done, which included blood pressure, weight, and respiration.

If you'd like to keep an eye out for future events, please follow our EventBrite page.

<https://www.eventbrite.co.uk/o/clinimed-33324235109>



Here is some of the feedback we received for the event:

"My plan was to check out the pilates, have lunch then leave. I stayed until the very end and attended all 3 seminars as the day was so enjoyable with good attendance."

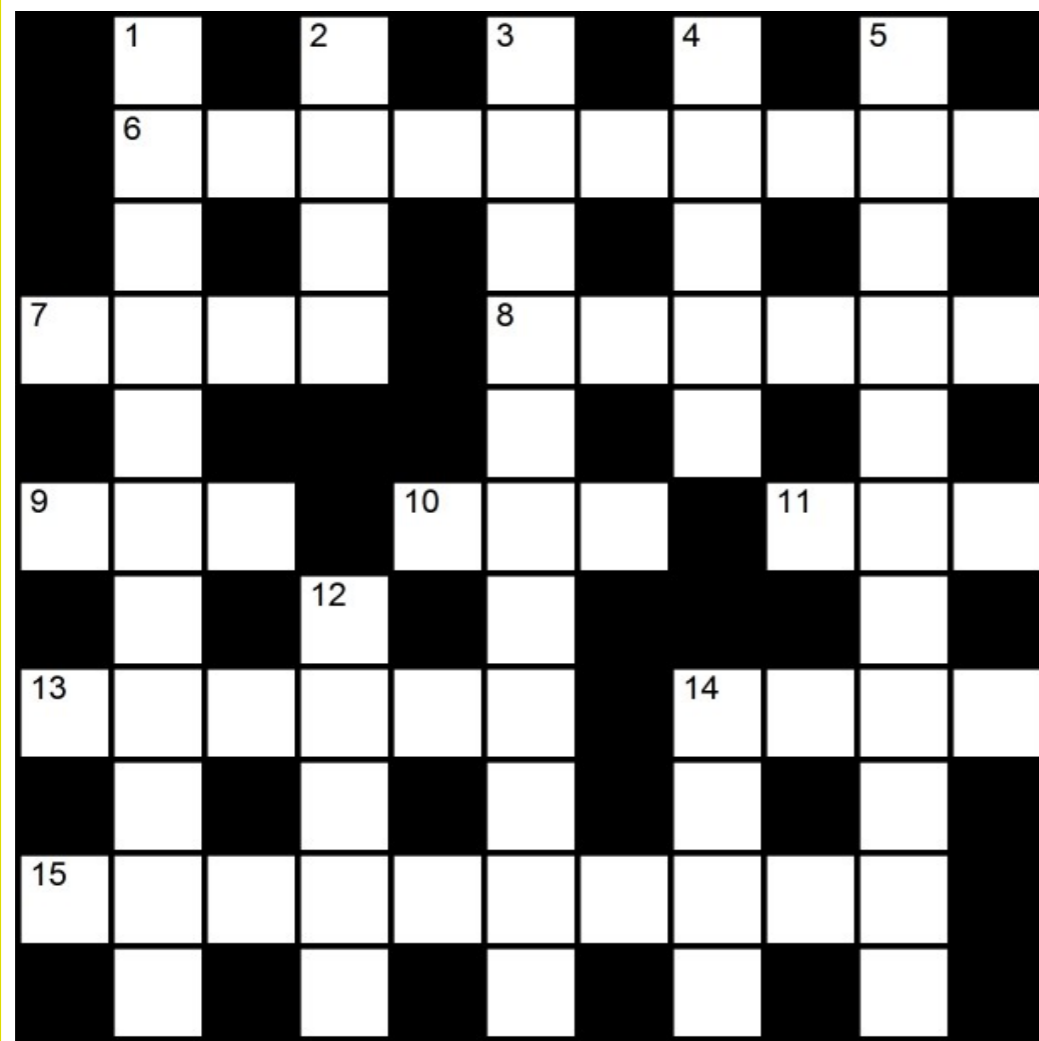
"Just thanks for organising the day."

"Fabulous"

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Puzzles

CROSSWORD



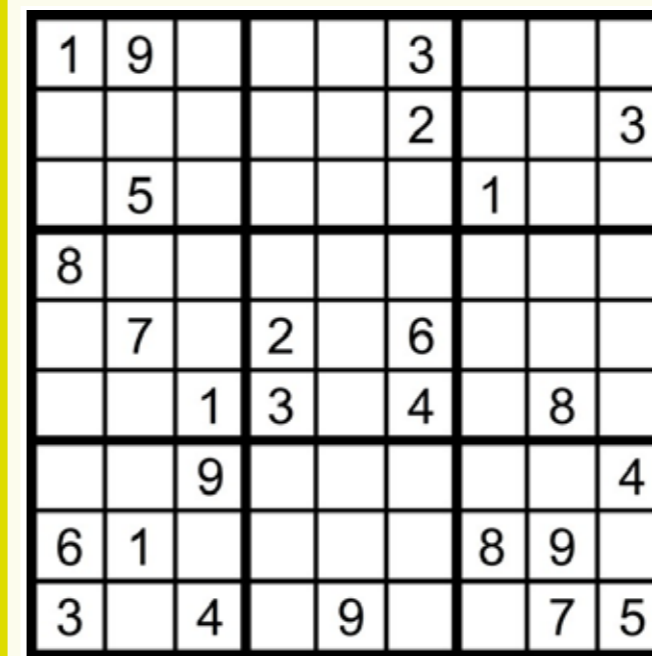
Across

- 6 From e.g. Portsmouth or Basingstoke (10)
- 7 Passport endorsement (4)
- 8 Cause to remember (6)
- 9 Malt beverage (3)
- 10 Statute (3)
- 11 Some (3)
- 13 Hun king (6)
- 14 Vale (4)
- 15 Brave (10)

Down

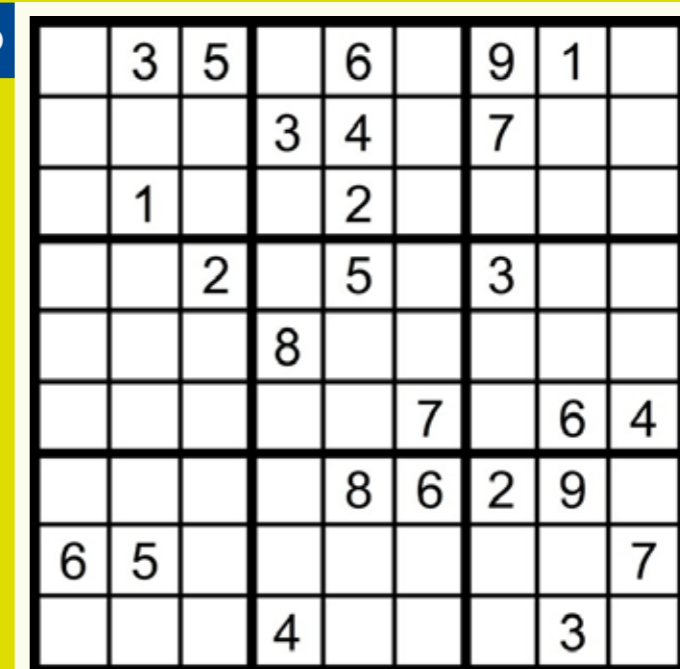
- 1 Moving to and fro (11)
- 2 Fijian capital (4)
- 3 Defraud (5,6)
- 4 Fragrance (5)
- 5 Without purpose (11)
- 12 Unit of capacity (5)
- 14 Entrance (4)

SUDOKU



EASY

HARD



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Answers

CROSSWORD

Across

- 6 Southerner
- 7 Visa
- 8 Remind
- 9 Ale
- 10 Act
- 11 Any
- 13 Attila
- 14 Dell
- 15 Courageous

Down

- 1 Oscillation
- 2 Suva
- 3 Shortchange
- 4 Aroma
- 5 Meaningless
- 12 Litre
- 14 Door



SUDOKU

EASY

1	9	6	5	4	3	7	2	8
7	4	8	9	1	2	5	6	3
2	5	3	7	6	8	1	4	9
8	3	2	1	7	9	4	5	6
4	7	5	2	8	6	9	3	1
9	6	1	3	5	4	2	8	7
5	8	9	6	2	7	3	1	4
6	1	7	4	3	5	8	9	2
3	2	4	8	9	1	6	7	5

HARD

4	3	5	7	6	8	9	1	2
2	6	9	3	4	1	7	5	8
8	1	7	5	2	9	6	4	3
1	8	2	6	5	4	3	7	9
7	4	6	8	9	3	5	2	1
5	9	3	2	1	7	8	6	4
3	7	4	1	8	6	2	9	5
6	5	1	9	3	2	4	8	7
9	2	8	4	7	5	1	3	6

Stoma support groups

near you

Ayrshire & Arran Stoma Support Group

First Saturday of every other month (October, December, February...) 2pm – 4pm. Ferguson Day Unit, Biggart Hospital, Biggart Road, Prestwick KA9 2HQ.

For further information contact Jim on 01292 220945, 07729 771350, email jimkraz@virginmedia.com. Or contact Hugh Strathearn T: 07837 464 376.

Bishop Auckland Stoma Care Group

Every other Thursday at 1pm. St Mary's Church, Vart Road, Woodhouse Close Estate, Bishop Auckland DL14 6PQ.

For further information contact Mrs Maureen Davison T: 01388 818 267 E: rdavison816@gmail.com

Carlisle

Every 3 months (October, January, April...) 11am – 12.00pm.

Harraby Community Centre, Edgehill Road, Carlisle CA1 3SN. Please contact stoma nurses 01228 814179 for dates

Cumbrian Bellies

Search 'Cumbrian Bellies' on Facebook and Instagram! For information about the next meet-up please email Nicola on rowson.nicola@yahoo.co.uk

Darlington Stoma Support Group

3rd Wednesday of the month between 6pm – 7.30pm. Harrowgate Club and Institute, Salters Lane North, Darlington DL1 3DT.

For further information contact Sister Jacqui Atkinson on 01325 743005

Dartford Ostomy Support Group (DOGS)

3rd Wednesday of the month. St Anselms Parish Centre, West Hill, Dartford DA1 2HJ. For further information please contact Susan Norris on 07779 155 846

E: dogs-uk@hotmail.com

Durham and Wearside Crohn's & Colitis Support Group

For further information please email dw@networks.crohnsandcolitis.org.uk

www.crohnsandcolitis.org.uk/DW

Durham Stoma Support Group

First Monday of every month between 4pm – 6pm. Old Trust Headquarters, University Hospital of North Durham, North Road, Durham DH1 5TW. For further information contact Sister Katie Sewell on 0191 3332184

High Wycombe Stoma Support Group

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, Bucks, HP11 1SQ. For further information call 0800 318965

Horden Stoma Support Group

First Monday of every month between 10am – 12pm. Horden Youth & Community Centre, Eden Street, Horden Peterlee, Co. Durham SR8 4LH. For further information contact Claire on 0191 5863520

Inside Out Stoma Support Group

Zoom 'Coffee Morning' meetings every two weeks. St. Mark's Hospital, Watford Road, Harrow HA1 3UJ. For further information please email Barry Caplan on abmc23@virginmedia.com or call 07811 084 514 E: info@iossg.org.uk

Kirby Ostomy Support Group

Once a month on a Saturday from 10.30am – 12.30pm. For further information please contact Janet on 01162392844 or 07464957982

Email: kosg2013@btinternet.com

Mercia Inside Out Support Group, South Derbyshire/ East Staffordshire

Bimonthly afternoon meetings from 1.30- 3.30. Stanton Village Hall, Burton upon Trent, DE15 9TJ

For more information contact Sally Chester on 07500441442, or Gary on 0779218245 alternatively you can email merciasgroup@gmail.com

Nuneaton Stoma Support Group

3rd Wednesday, every other month, (September, November, January...) 7pm – 9pm.

Manor Court Baptist Church, Manor Court Road, Nuneaton, Warwickshire CV11 5HU. For further information contact Bob Burrell on 07564 680803 or email nuneatonstoma@aol.com

Penrith

Every 3 months (April, July, October...) 11am – 12pm. Temple Sowerby Medical Practice, Linden Park, Temple Sowerby, Penrith, Cumbria CA10 1RW.

For further information, contact one of the Stoma Care Nurses: Jill Coulthard, Gillian Harker, Emma Ludi, Nikki Armstrong, Ruth Hetherington on 01228 814179

Peterborough, Cambridgeshire

1st and 3rd Tuesday of every month 2pm – 4pm.

Stanground Community Centre, Whittlesey Road, Peterborough PE2 8QS. For information contact Pat on 01733 247135/07721189813, Maria on 01778 702237 or Allan on 01354 653290/07836 661102

The Shropshire B.O.Ts (Bums on Tums)

2nd Thursday of each month, at 2pm. Hope Church Room 1 Market Gate Oswestry SY11 2NR

For further information call: Irene Constable - 01691 238357 or Carole O'Ryan - 01691 671624. Alternatively email: ireneconstable@phonecoop.coop

S.O.S Solent Ostomates Support

Last Wednesday of the month (Excluding August and December.) 2pm – 4pm.

Kings Community Church, Upper Northam Road, Hedge End, Southampton SO3 4BB. For further information call 07527 707069 or email solentostomates@hotmail.co.uk

Stevenage Ostomistics

Last Saturday morning of each month 10.30am – 1pm. Oval Community Centre, Vardon Road, Stevenage SG1 5RD. For information contact Judy Colston on 01438 354018, 07957754237 or email neilcolston@btinternet.com (each session is ended with chair yoga!)

Wing Stoma Support Group

Every 2 months, 11am – 12.30pm. Wing Hall, 71 Leighton Road, Wing, Leighton Buzzard, LU7 0NN. For information call 0800 036011

Workington

Every 2 months (October, December, February...) 2pm – 4pm. Workington Infirmary, Park Lane, Workington CA14 2RW.

You are not alone, Chesham Support Group

Last Monday of the month, 10.30am – 12.30pm. The Kings Church Chesham Offices, Unit 11 Chess Business Park, Moor Road, Chesham, Buckinghamshire HP5 1SD. For further details please contact Carla Wright 07846 354918 carlawright0502@gmail.com

Calling all support groups!

Ostomates and continence patients often call our Careline asking for advice and support. So, whether you're a stoma or continence support group, we'd love to share your details.

If you'd like to share the details of a group to include in future editions of Hand in Hand please email info@securicaremedical.co.uk.

Help is a phone call away

Whether you are placing your next order with SecuriCare, in need of a friendly chat or advice about your stoma or continence care, help is closer than you think.



Useful phone numbers

SecuriCare Careline
0800 585 125

Colostomy UK
0800 328 4257

Urostomy Association
01386 430 140

Ileostomy & Internal
Pouch Association
0800 018 4724

Bladder & Bowel
Foundation
01926 357 220

Bladder and Bowel UK
(PromoCon)
0161 607 8219

SecuriCare Orderline
0800 318 965

Junior Ostomy
Support Helpline
0800 328 4257

Multiple Sclerosis Society
0808 800 8000

Spinal Injuries Association
0800 980 0501

Bladder Health UK
0121 702 0820

Back Up Trust
020 8875 1805

Mental wellbeing support

Mind
0300 123 3393

Samaritans
116 123

CALM
0800 58 58 58

Childline
0800 1111

Young Minds
0808 802 5544

The Silver Line
0800 4 70 80 90

Age UK
0800 678 1602

Cruse Bereavement Care
0808 808 1677

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