

*Select* ASTRA TECH

Issue No: 12

the magazine for ISC users



# select

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Select Home Delivery Service - your views and news

LoFric<sup>®</sup> H<sub>2</sub>O - the first choice in everyday catheterisation

Medical Matters - all about the Prostate Gland

Personal stories from ISC users and healthcare professionals

## Welcome to Select Issue 12...

Now in its fifth highly successful year, the Select magazine is our opportunity to keep you updated on the Select Service, LoFric® range of catheters and ISC issues and, just as important, your chance to give your feedback and share your experiences with other users.

As always, Select includes a variety of information, with our Medical Matters focus on Prostate, letters and stories from users and healthcare professionals covering a range of issues and product information on LoFric® H<sub>2</sub>O, the catheter perfectly packaged for everyday use. The competition for all to enter is an easy Kriss Kross puzzle with the first ten correct entries drawn on 20th September winning a light pen.

We aim to respond to as many of your suggestions as possible, so please keep them coming and we hope that you enjoy this issue.

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### PUBLISHERS NOTICE:

Whilst every effort is made to publish accurate information in the Select Magazine, Astra Tech Ltd can not be held responsible for misrepresentation by third parties. We recommend that readers check all advice and techniques contained in this magazine with their GP or Continence Advisor before changing any practice.

## SELECT HOME DELIVERY SERVICE

# Did you know?

## Some important points to help you when ordering...

- We are currently in the process of asking our users if they would allow us to put their telephone number on the delivery box. This means that should the driver or carrier have a problem, they can call you direct and hopefully sort things out quickly. If you would be happy for us to do this, why not give us a call and we will activate this immediately?
- As many of you will know, we have recently changed our carrier company for the majority of our deliveries. If you have experienced any difficulties during this transition, please accept our apologies.
- Remember - although we generally deliver within 24 - 48 hours, please make sure you order your supplies when you still have about a weeks' stock left to ensure that you do not run out.
- A whole range of accessories are available free of charge to Select users, so if you would like more information on the travel pack, catheter pouch, handling aid, etc, give us a call.
- The bags and wipes most of you receive are free of charge accessories we provide. If you do not require them for your ISC procedure, please let us know and we will discontinue sending them with your order. We have changed the packaging of the bags and wipes so over the next few months you will see that they show Select information and the wet wipes show the ingredients of the cleansing solution.
- From April 2004 the prescription charge has increased to £6.40.



Select Travel Packs, and a wide choice of ISC Accessories are available free to all Select members

## I am really happy and I know that you will be there for as long as I need you

**PERSONAL LETTER** I am writing to say I really appreciate the help you have given me and the prompt delivery of my catheters. I am really happy and I know that you will be there for as long as I need you, just a phone call away and all your staff are very lovely and helpful to me.

When I was diagnosed with my bladder problem and the muscles around it being dead and unable to work again, I thought my world had collapsed around me. I was only 31 and had other health problems to deal with. The hospital

showed me how to do intermittent self catheterisation and gave me a pack to take home, but didn't really explain how I obtained future supplies. I called the freephone number and you explained what I needed to do and sent my catheters along with various accessories. The water bottle has been a great help when I am out with my friends as I can keep it filled up and no one knows what I am doing. A big thank you to you all at Astra Tech for your help.

### Name & address withheld for confidentiality

For information about LoFric® H<sub>2</sub>O which comes with its own water see pages 6 & 7.

# I do not have to worry about my patients getting a supply of LoFric® catheters

**PROFESSIONAL LETTER** The Select service is a brilliant option for patients to have access to. The staff are very friendly, polite and always helpful and I have not encountered any problems with anything. The catheters always arrive when they are meant to and one phone call is all it takes, even though the Select fax forms are not difficult or too long to fill in, this is the best option for me as paperwork can be misplaced.

The thing I like best about Select, is that I do not have to worry about my patients' getting a supply of LoFric® catheters and it saves many phone calls on chasing companies who say they will deliver when they don't.

I have a good liaison with the Select team and if there are any queries they always call me back to check any details I may have missed. Chemists are useful but the Select service provides a system where they will collect the prescription from the GP's surgery and this can save the hassle of going to the chemist to pick up your catheters and be told there are none in stock and come back in three weeks.

All in all, I would recommend Select to all nurses I use and cannot fault the service in any way.

**Urology Nurse Specialist, North London**

*In order for us to obtain prescriptions direct from the GP, permission must be obtained from the surgery and the patient.*

## Select User Comment

*"Thank you so much for your prompt delivery, helpfulness on the telephone and reassurance from the nurse who rang me - I am impressed so much by the efficiency shown by your company."*

## The Select User Group for Birmingham - getting together to share ideas

The Astra Tech Select User Group was set up to enable users to meet up and discuss relevant issues and for us to gain feedback from yourselves as LoFric® users. We have had two very successful meetings so far and feel this is a special opportunity for us all to benefit and learn from each other.

The group meet near Birmingham Airport and if you would like to be involved, please call Liz on 0800 783 7027 and she will give you more details. In the future we hope to establish user groups in other parts of the country and will keep you informed of progress.

## For more information why not try our Email or Website?

If you would like further information about catheters or intermittent self catheterisation or would like to discuss specific medical queries with our nurse advisor - why not e-mail us?

[select@astratech.com](mailto:select@astratech.com)

For more information on intermittent self catheterisation or the range of LoFric® catheters available please visit our website. Details of the Select service and back issues of the magazines in pdf files can also be found there.

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

**Select** ASTRA TECH  
Remember how to order...

### 1 ordering



Your order is placed by sending a prescription or calling our freephone.

### 2 processing



Your order is entered onto your account on the Select computer system, which updates your details (all of which are stored confidentially and are only accessed by our Select team).

### 3 dispatching



Your order requirements are sent to our warehouse who pack your box ready for delivery. They will also enclose any of the accessories you require, such as bags and wipes. All deliveries are made discreetly in plain brown boxes so that if anyone sees your box, they will not know what it contains.

### 4 delivery



Our carriers collect all the boxes from our warehouse at 5pm for next day delivery. These are taken to our local depot, divided into areas and then taken to a depot in your area. Your order will then be delivered to you the next day. (We always try to ensure next day delivery but if there is a delay, we will let you know as early as possible). We use a non-medical national carrier which ensures that no one will know what you are having delivered. The green cross on the corner of the box enables the carriers to identify it as medical equipment that is urgently required (no one else will know what it means).

#### FIRST DELIVERY

Your initial order will often be made by the hospital on your discharge to ensure that you have stock when you get home. Please remember that we still require a prescription to cover this.

# Medical Matters

This Medical Matters covers the subject of The Prostate Gland which, amongst others, was one of the many subjects requested by Select Magazine readers. We will be including a medical article on spina bifida & ISC in the next edition of Select. The publishers extend their grateful thanks to all the contributors for taking the time to write letters and articles, which have become an essential part of our common aim to share information for a better way of life - please keep sending in your stories and views!

## The Prostate Gland



**AUTHORS:**

Heather Bhola-Stewart,  
Urology Specialist, Hillingdon Hospital

Suzanne Smith,  
Nurse Advisor, Astra Tech

**PROFESSIONAL ARTICLE** The prostate gland is located just underneath the bladder and is only present in males. The function of the prostate is to secrete semen, which is discharged when you ejaculate during orgasm. It also releases prostate specific antigen (PSA) into your blood stream.

### The enlarged prostate

The prostate gland enlarges naturally as a man gets older. It can enlarge from the size of a chestnut to the size of an apple. All men over the age of 50 have some degree of prostate enlargement and that is simply part of the ageing process. Prostatic enlargement is correctly called Benign Prostatic Hyperplasia (BPH). An enlarged prostate can exist for many years and cause little more than irritation and inconvenience. Left untreated, however, it can cause severe harm.

### How an enlarged prostate can affect you

Because the prostate gland surrounds the urethra, (through which you pass urine) and is located so close to the base of the bladder, when it becomes enlarged it can interfere with the normal function on urination. This may mean that you are unable to empty your bladder properly and some urine may be left behind after you pass urine. This can result in repeated urinary tract infections (UTI's), sudden urges to pass urine and occasional dribbling. It may also mean that you pass urine more often during the day and also at night. It is important to remember that the degree of enlargement of the prostate is

not necessarily indicative of the severity of urinary problems. For example, some men with very large prostrates may have no problems at all while others with smaller prostrates may find that their symptoms are quite severe.

### How can intermittent catheterisation (ISC) help?

ISC can be very beneficial for men who suffer from enlarged prostrates, as it will help to empty off any excess urine that is left behind after passing urine. This will ensure that the bladder is emptying properly. Some men will find that they only have to catheterise once or twice a day while others may have to do it more often. Just remember that men with enlarged prostrates can often use ISC as a means to empty their bladders.

### Treatments for an enlarged prostate

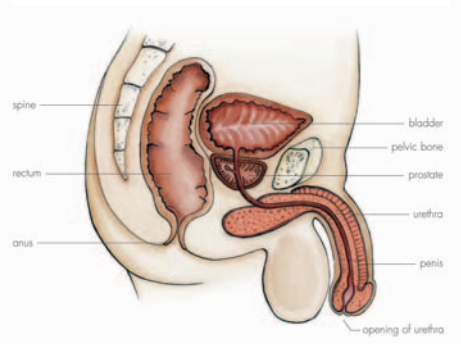
Treatment options for an enlarged prostate will be discussed with you by either your GP or a Urologist who is a specialist doctor dealing with the urinary system. Treatments can sometimes include either medications or surgery. However, in some cases, patients are not actively treated but are closely monitored to see how the enlarged prostate is affecting their lives. Remember, there is no need to suffer in silence. If you think you have an enlarged prostate, you must see your doctor as soon as possible.

### Further help and information

If you want more information regarding enlarged prostrates, you can contact your local doctor or nurse.

You may also find it helpful to contact:  
**The Prostate Help Association,  
PHA,  
Langworth,  
Lincoln,  
LN3 5DF**

A cross section of the male anatomy



# I would like to thank you and your product for changing my life

**PERSONAL STORY** After reading your excellent magazine, I thought I would share my experiences with you. My bladder was not working correctly as I was retaining a great deal of urine. I had an operation for enlarged Prostate, after which the bladder did not work at all. I was fitted with a catheter, leg bag and a night bag hoping the rested bladder would eventually work again. This for me was not a happy situation as I was a young sixty-four! The prospect of no more swimming, no more wearing shorts, and most important no more sex, was the beginning of a nightmare.

After many visits to the hospital, each time involving removal of the catheter and drinking what seemed like gallons of water to kick start the bladder, (which did not work), then replacing the catheter and coming back the next month, I decided to see a consultant privately. He told me there was nothing that could be done to make the bladder work again, but he could improve things for me. He recommended ISC and Astra Tech LoFric® catheters, which I now use all the time. You must hear this all the time, but I would like to thank you and your product for changing my life.



## Now it is amazing and fits into my life easily

**PERSONAL STORY** I was diagnosed with prostate cancer at the end of 2001 after having no symptoms other than needing to empty my bladder a lot at night. I had three months of radiotherapy during which time I went into retention and started doing ISC, which I was told would be short term. It turned out that the radiotherapy burnt my bladder, which as well as causing blood clots, meant that my bladder nerves were ruined and I would have to catheterise forever.

ISC was difficult at first and I had a few accidents, but now it is amazing and fits into my life easily. As I have no feeling of needing to empty my bladder, I monitor my fluid intake and keep an eye on the time. I have also found LoFric® H<sub>2</sub>O to be ideal and very useful when I am out of the house.

*LoFric® H<sub>2</sub>O comes with its own water sachet and is ideal for everyday use - see pages 6 & 7.*



## I have been very grateful to have been made aware of ISC

**PERSONAL STORY** 'Christmas 2003 and the following holiday period did not turn out for me exactly as planned. Having had my Brachytherapy implant at the beginning of December to treat my prostate cancer, I thought I was in the clear. At the start of Christmas week however, I started to experience urgency and frequency both day and night associated with a steady increase in bladder spasm each time. Acute retention of urine followed and the insertion of a Foley (permanent) catheter allowed me to empty my bladder, but did nothing to relieve the spasm. I was on medication for my bladder spasm, but found it was having no effect whatsoever. Christmas morning, I rang my Consultant Surgeon

desperate to know what else I could do. Surprise, surprise – the answer was 'nothing really'!! In other words, just put up with it! It was agreed however, that it would be better to change to a disposable catheter to reduce the risk of getting a urinary infection and I spent a day back in hospital after the holiday to get fixed up with ISC.

Initially, I found that I had to do ISC every 3-4 hours, as by then the spasms were pretty painful. I also worked out that if I passed urine more frequently, I could manage to perform a bit on my own. I found also that modifying the insertion technique shown in the booklet made for a less painful insertion. Doing ISC standing up allowed me to better

line up the catheter in a straight line to enter the bladder rather than have to flex upwards if one sat down to do it.

Now, some six weeks later, I can cope without using ISC during the day but use them at night when I go to bed and then once or twice during the night. Because I still wake up every 1-2 hours but never fully empty the bladder, I tend to do ISC at alternate times. The dreaded spasm is slowly diminishing, and hopefully, the end of this saga is not too far off. I have been very grateful to have been made aware of ISC and they are certainly efficient and easy to use if the need is there.

*The beauty of ISC is that it can be performed to accommodate your lifestyle.*

**NAMES AND ADDRESSES OF AUTHORS HAVE BEEN OMITTED FOR CONFIDENTIALITY**

# LoFric<sup>®</sup> H<sub>2</sub>O

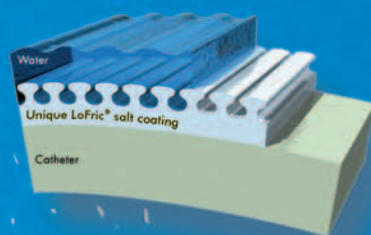
## Perfectly packaged for everyday use

### Designed for total confidence

The H<sub>2</sub>O pack design ensures that there is no degradation of the catheter surface before use. The 15ml sterile water sachet is totally separated from the 'dry' catheter compartment until used.\*

### Non touch catheterisation

LoFric<sup>®</sup> H<sub>2</sub>O has an integral handling aid that reduces the risk of infection during use, allows you to practice non-touch ISC and gives you more control during catheterisation.



### The unique LoFric<sup>®</sup> surface

Once wet, the unique LoFric<sup>®</sup> water retentive surface makes the catheter exceptionally comfortable during insertion and withdrawal. Clinically proven for long-term safety and the most documented ISC catheter available, LoFric<sup>®</sup> is the first choice for ISC.



\*The water sachet contains sterile water that should only be used for wetting the LoFric<sup>®</sup> catheter

# Simple non-touch ISC

## 1. Pull

...to soak the catheter for 30 seconds



## 2. Separate

...the water and catheter compartments at indentation A



## 3. Release

...the handling aid at indentation B



## 4. Catheterise

...using the handling aid to insert and withdraw



## I'm not sure whose idea it was to provide a catheter with it's own water supply but they deserve a medal!

**PERSONAL VIEW** I have been using the LoFric® range of catheters for a number of years. I started off with the basic LoFric® Plus, which was great, but when you are working you don't always want to advertise to your colleagues that you have to self catheterise, trying to fill it discreetly in public was a problem. Then I met our local Astra Tech rep and she recommended the LoFric® Hydro-Kit™, what a difference, no more skulking in the corner trying to fill it without anyone noticing ... I'm not sure whose idea it was to provide a catheter with it's own water supply but they deserve a medal, and even better the LoFric® Hydro-Kit™ comes with a drainage bag for those awkward times when there

isn't a loo handy. The only drawback to the LoFric® Hydro-Kit™ is the size of the package (if like me you have to use the male length, due to a Mitrofanoff Diversion), it's hard to fit a day's worth in your bag.

Then just when I thought I would have to buy a bigger bag, the people at Astra Tech have provided a solution – LoFric® H<sub>2</sub>O. A catheter that comes with its own water supply but no drainage bag. It's easier to use and because the outer packaging is so discreet, a lot easier to dispose of. If you are looking to make ISC easier then look no further than LoFric® H<sub>2</sub>O.

Name & address withheld for confidentiality

## I promote LoFric® H<sub>2</sub>O as a non-touch catheter that is a very safe and easy product to use

**PROFESSIONAL VIEW** LoFric® H<sub>2</sub>O is a very convenient product for patient's doing ISC. The catheter is an all-in-one system and there is less infection associated with it. The drainage eyes are the smoothest on the market and I do test the eyes on catheters to check for ease of insertion because this is important especially for females that have never been catheterised, a catheter should glide in with ease and LoFric® H<sub>2</sub>O does this.

The packaging is very safe and has no sharp edges; I like the way the female length can fit nicely into your

handbag. The catheter is also not messy and contains no gel or other substances, which means clean hands after catheterisation because of the non-touch technique. I promote LoFric® H<sub>2</sub>O as a non-touch catheter that is a very safe and easy product to use, and what more can I say - H<sub>2</sub>O is a LoFric® catheter!

All my patient's have benefited from LoFric® H<sub>2</sub>O and I offer this as my first line treatment from the elderly to the young for everyday use.

Urology Nurse Specialist, North London

## Users agree that LoFric® H<sub>2</sub>O is the first choice for ISC...

*"The product is excellent - I've been infection free for five months"*

*"LoFric® H<sub>2</sub>O has given me more independence and a lot more confidence"*

*"Better than anything else - it's worry free"*

For more information and to request a free sample please call:

freephone

**0800 652 3350**

(LoFric® H<sub>2</sub>O should always be used under medical guidance)

The above comments were extracted from letters received by Astra Tech.



## National Key Scheme for toilets for disabled people

The National Key Scheme (NKS) offers independent access to disabled people to public toilets. It was introduced because an increasing number of local authorities and other organisations providing public toilets felt that they had to lock their toilets to counter vandalism and misuse and in order to reduce costs.

If accessible toilets for disabled people do have to be locked, providers are asked to join the NKS, which involves fitting standard locks to their toilets and making keys available to disabled people. This has now been adopted by around 400 local authorities. Purchasing one NKS key, therefore allows access to NKS public toilets throughout the country. The scheme is not in use everywhere - unfortunately, a number of local authorities do not have any suitable toilets and, more happily, others do not have vandalism problems. However, it is hoped that as many authorities as possible will participate in the distribution of keys to disabled people and that they will be widely available from Information Centres, etc.

For those who are unable to obtain an NKS key in their own locality, RADAR

supplies keys at a charge of £3.00 (if collected and on declaration of a disability), £3.50 (supplied by post and on declaration of a disability) or £4.11 (if the declaration is omitted and VAT paid).

*Please note that it is not RADAR's policy to encourage the locking of public toilets for disabled people unless absolutely necessary because of vandalism and misuse. We feel that this scheme at least offers some measure of independence to key holders, who do not have to rely on attendants to open the toilets. NB. If you have a complaint about a specific toilet, then please contact the toilet provider concerned (usually the local authority) rather than RADAR. Thank you.*

**To obtain further information:**  
**Call 0207 250 3222**  
**RADAR, 12 City Forum, 250 City Road,**  
**London, EC1V 8AF**  
**E-mail: radar@radar.org.uk**  
**Website: www.radar.org.uk**

## Patients not satisfied with help provided!

**The Healthy Bladder Campaign, London, UK - 29 March 2004**

Incontact, a charity that helps people with bladder and bowel problems, surveyed people's opinion of healthcare services as part of its Healthy Bladder Campaign, launched last year. The campaign, continuing into its second year, is aimed at raising awareness about bladder problems in the UK. Despite the availability of continence services in most areas in the UK, most people still go to

their doctor about their problems (88 per cent of respondents).

Senior continence nurse specialist, Mandy Wells, from Camden and Islington said, "This survey appears to highlight the need for more effective, efficient continence services and a greater awareness of these services. According to the National Service Framework for Older People, integrated continence services should be in place by this April. It is disappointing to see that such a high number of patients are unsatisfied with their healthcare professional, and that many patients still do not know that specialised help for their bladder problem is available."

Incontact has a free information booklet about common bladder problems and the help available. They can be obtained from:

**Incontact, United House, North Road, London N7 9DP.**  
**Tel: 0870 770 3246.**  
**E-mail: info@incontact.org**  
**Website: www.incontact.org**

***In*contact**

## National Continence Awareness Week 2004

This year's Awareness Week will run from 13-19 September. The aim of these annual campaigns is to publicise the help that is available to people with bladder and bowel control problems, and to encourage positive media coverage of a condition that is still considered taboo by many members of society.

If you would like to help us achieve these goals, you can register with us as a Campaign Supporter. Supporters will receive a Campaign Pack containing informational leaflets and posters, to be distributed to GP surgeries, libraries, sports centres, etc., where members of the public can pick them up and hopefully, act upon them to get the help they need.

Please contact us if you would like to register as a supporter, or see the 'Awareness Week' section of our website for more details.

**The Continence Foundation,**  
**307 Hatton Square,**  
**16 Baldwins Gardens,**  
**London, EC1N 7RJ**  
**Tel: 0207 404 6875**



**E-mail: continence.foundation@dial.pipex.com**  
**Website: www.continence.foundation.org.uk**



## The MSRC 'My Marathon Challenge'

Personally supported by our Patron, Alastair Hignell, whose challenge is to get 26 rugby signatures on a rugby shirt for us to auction at a later date.

**The aim:** to set yourself a challenge based on 26.2 - as the miles of The Marathon. **The other aim:** to give yourself a real sense of personal achievement no matter what your own personal abilities might be. **The optional aim:** to raise at least £26-20 for MSRC or any good cause. **The support:** visit [www.msrc.co.uk](http://www.msrc.co.uk) and follow the link for ideas and support available - or call us on: **0206 505444** or Email us on: **challenge@msrc.co.uk**

Who should challenge themselves? Anyone who wants to take part. That includes those with MS, their friends, family, work colleagues, professionals in the field and anyone who just wants to get involved.

### Will you take up the challenge to challenge yourself?

The MSRC can supply you with your

own personal posters and sponsor forms, just let us know **your challenge** and we will send them to you.

**The Multiple Sclerosis Resource Centre**  
7 Peartree Business Centre,  
Peartree Road, Stanway,  
Colchester CO3 0JN  
Tel: 01206 505444  
Email: [challenge@msrc.co.uk](mailto:challenge@msrc.co.uk)  
Website: [www.msrc.co.uk](http://www.msrc.co.uk)



## MS Trust

The Information Team at the MS Trust often receives enquiries such as:

*"I know what drugs to take and what it feels like, but can you tell me why my legs aren't working properly?"*

In response, the MS Trust has recently published Multiple Sclerosis Explained. This book is aimed at anyone who wants to understand what MS does to the body, how it affects the immune system and the central nervous system, and an indication of the sort of areas where research is being focused.

To order your copy of the book, write to: MS Trust, Spirella Building, Letchworth, SG6 4ET, Call: 01462 476700  
E-mail: [info@mstrust.org.uk](mailto:info@mstrust.org.uk)  
Visit: [www.mstrust.org.uk](http://www.mstrust.org.uk)



## SIA has just launched a directory...

...that will be of use for people with physical disabilities in general, as well as those with SCI. This fifty page booklet, entitled Active!, lists the names and addresses and short descriptions of UK sports and leisure organisations.

Active! intends to help those with physical disabilities start to get a grip on what's available in the UK. Active! is available from SIA for £3 plus 50p postage - phone **0800 980 0501** with card details.

For further details go to:  
[www.spinal.co.uk](http://www.spinal.co.uk)



Astra Tech continues to support SIA, through sponsorship of their bi-monthly FORWARD magazine and the Healthy Living Roadshows.

## Bladder Management

A brand new fifty-page factsheet has been placed onto [www.spinal.co.uk](http://www.spinal.co.uk). It is free-to-view, it is comprehensive and it can be found in the 'Factsheets' section of SIA's website - in the 'Help & Advice' zone. This booklet was funded for the most part by Astra Tech Ltd and the Community Fund.

## More volunteers needed!

### UCL – Bladder Medication Study

We are very keen to find more volunteers to participate in a four-week study being funded by the MS Society and carried out by University College London. The study is to compare two ways of taking bladder medication – by mouth (oxybutynin) and by flushing it into the bladder (atropine) in people with Multiple Sclerosis and who are self-catheterising.

The new medication (atropine) used in this study is flushed directly into the bladder at the time of catheterisation. A pilot study using atropine in this way has produced promising results. Flushing atropine into the bladder was found to help problems with bladder over-activity (such as incontinence and urgency) without unpleasant side-effects (such as dry-mouth and constipation), which are common when taking medication orally. We have already recruited forty-two people into the study but more volunteers are needed. To be able to take part in the study you need to be:

- Currently taking or have previously tried medication to reduce bladder over-activity, for example, oxybutynin
- Intermittently self-catheterising, at least once a day and able to attend clinics in London for between one and three appointments (travel costs will be reimbursed)
- HAVE Multiple Sclerosis (MS)

If you are interested in taking part or hearing more about the study, telephone the research nurses, Veronica and Mandy on: **020 7288 3178/3128** - please leave a very clear and brief message including your name and telephone number.

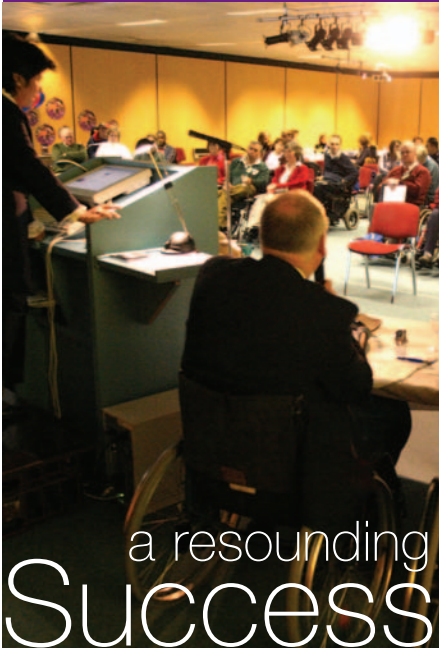
Fax: **020 7288 5302**

Email: [veronica.haggard@whittington.nhs.uk](mailto:veronica.haggard@whittington.nhs.uk)  
Address: Continence Group,  
Department of Medicine,  
Clerkenwell Building, Archway  
Campus UCL, Highgate Hill,  
London, N19 5LW.



Don't miss the 2004...

## HEALTHY LIVING ROADSHOW



a resounding  
**Success**

SIA and Astra Tech are pleased to confirm the success of the Healthy Living Roadshows that have now been held in Gloucestershire, Exeter and Manchester.

The next 2004 event is in Norwich on the 19th October 2004. If you are interested in joining us in Norwich or would like more information about road shows in your area please contact Astra Tech on:

freephone:

**0800 652 3350**

# The beauty of ISC is that it can be performed to accommodate your lifestyle

*Kindly submitted by Beverley Lloyd, Continence Nurse Specialist, Hull & East Riding NHS Trust.*

**PERSONAL LETTER** John is in his 40's, married to June and has suffered with MS for 20 years with very little impact up until three years ago when he started experiencing problems with his mobility. However it was his bladder symptoms which actually made him a prisoner in his own home! When John and his wife did venture out together the timing was precision set, so he could always be sure he had a toilet in his path and he always worried if he would make it on time. Their lives were marred by the level of anxiety going out created.

He had seen his GP about the constant need to void and the severe urgency but felt very embarrassed and found it difficult to talk about. The GP had prescribed medication, which initially helped, but unfortunately the symptoms returned and John did not want to bother his busy GP a second time with what he felt were trivial symptoms.

It was John's wife who referred him to the Continence Nurse Specialist, as he had just been discharged from hospital, which left John feeling very anxious, with a lack of confidence and out of control! I arranged to see John at home to do a full assessment. John was very anxious and depressed by the lack of control he had over his bodily functions. His life was centred around his bladder problems.

During the assessment I performed a post void bladder scan. It showed that John usually had between 200-300mls left after each void although he felt he had emptied his bladder. After each void the bladder should be completely empty and so the residual was one of the reasons why it was not long before John wanted to void again. A 'normal' void is usually around 300-500mls so John was keeping back (at times) approximately two-thirds of his bladder capacity.

The GP was contacted and investigations were requested for kidney function and prostate assessment. In the meantime I introduced John to the idea of intermittent self catheterisation. There was a great deal of trepidation and nervous laughter but gradually John managed to overcome his reservations and very quickly learnt the technique. The medication needed to be changed, as at times John still experienced feelings of urgency although his bladder was relatively empty. This can be common with MS and often a combination of ISC and anticholinergic therapy can keep the symptoms under control.

Initially John performed the technique twice a day. This meant that he had a more normal pattern of voiding, 3-4 hourly at times! John now found that he was no longer thinking about the toilet. The biggest test came when he and his wife organised a day out in the car. The beauty of ISC is that it can be performed to accommodate your lifestyle. So if John wants to go out he always ensures he uses the catheter to fully empty his bladder beforehand. The car journey went well, there was no rush to the toilet as soon as the car stopped. They strolled around town and John had time to take in the scenery and RELAX!

John often says he wished he had learnt the procedure years ago as he feels he has been struggling in the past due to the lack of knowledge and the embarrassment he felt which stopped him from coming forward sooner. This technique has helped John take control of his symptoms, gain more confidence and now he has control over his bladder rather than the other way round. John now feels he has his life back and although his MS does flare up at times, he feels he is back in the driving seat.



# The Dolphin Club!

## I am glad I can catheterise myself, it is much better for me and it is not scary at all...

**PERSONAL STORY** Hello my name is Sheridan, I am 8 and have to use catheters to help me wee because my bladder and kidneys don't work properly. When I was born they said I had a reflux on my kidneys and gave me some medicine to stop me getting ill. I had to have tests every year to see if the reflux had gone because you can grow out of it. When I was about 5 the doctor said I was better, the reflux had stopped so I should be able to go to the toilet properly. They did not know why I was still wetting myself or sometimes I could not do a wee and sometimes I did a little tiny wee. I was very fed up with the doctors - one man said I was lazy and they could not help me.

Then I saw a special lady called nurse Jo\* who worked in a big hospital in London. She said she had met lots of children like me and she had some ideas about what

to do. I had to stay in hospital all night, my mum stayed with me, and had tests done under anaesthetic so it didn't hurt. I had an MRI scan and a test to see how much wee is in my bladder before I feel I need to wee. When I went to see Jo again she said that she had good news for me.

I had an unstable bladder and that is why it didn't work properly. She gave me some medicine to have everyday and antibiotics so I don't get infections and said that if I learned how to catheterise I would not wee myself anymore. I didn't like that and cried because I knew it was not nice and hurt when you move.

Jo said another lady would come and see me at home and show me about catheterising. She came to my house a few times and each time I got used to the idea of what I had to do, but I would not do it as I was scared it would hurt. I went

to stay with my grandma and took my stuff with me, she used to be a nurse and watched me practice and she did it for me. It did not hurt and I did a big wee.

The next day I tried to do it myself and did a big wee, my mum was very happy. When she told my nurse she made me a certificate to say I was clever at catheterising. I have to do it 3 times a day, when I get up, when I get home from school and when I go to bed. It helps me a lot, but I still have to wear special knickers to school and a big nappy to bed, but I know that it is not forever. I can go out now and be dry which is good because I always had to take lots of knickers and trousers or skirts with me so I could change. I am glad I can catheterise myself, it is much better for me and it is not scary at all.

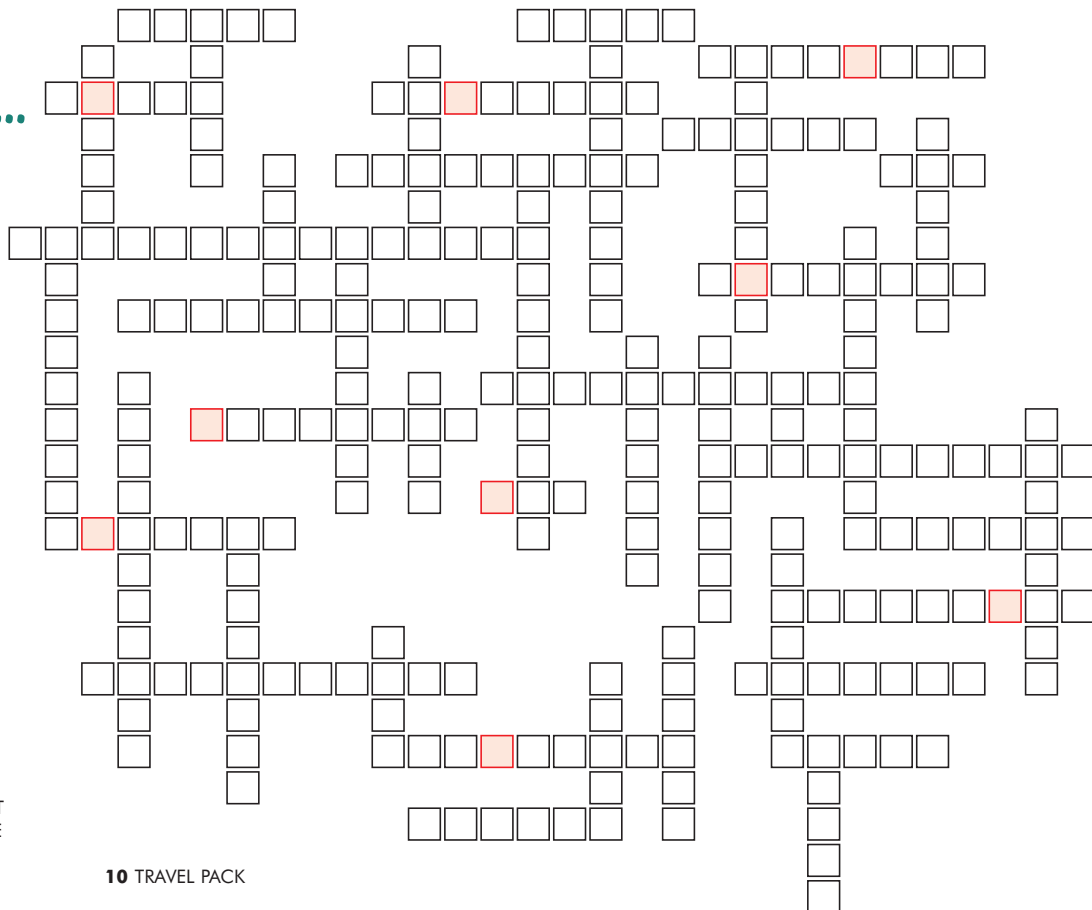
**Name & address withheld for confidentiality**  
\* For confidentiality this name has also been changed

### Try this Kriss Kross puzzle...

Good with words...try this 'cross word'... it's easier than it looks. Simply place the words below into the grid in the correct format and create a relevant word using the red boxes. The closing date is 20 September 2004 and the first ten correct entries drawn will receive a funky light pen. Cut off this half of the page... fill in your name and address on the Back Cover and send your competition freepost.



- 3 ISC  
KEY  
SIA
- 4 BAGS  
HOME
- 5 BOWEL  
GROUP  
GUIDE  
NURSE  
POUCH  
SPINE  
WATER  
WIPE
- 6 BOTTLE  
KIDNEY  
LOFRIC  
PROMPT  
SELECT  
SEVERE
- 7 BLADDER  
DOLPHIN  
HEALTHY  
MUSCLES  
URETHRA
- 8 CARRIERS  
DELIVERY  
FEEDBACK  
HOSPITAL  
HYDRO KIT  
MAGAZINE  
PROSTATE  
REFERRAL  
SUPPLIES
- 9 ASTRA TECH  
DIAGNOSED  
EDUCATION  
FREEPHONE  
SPHINCTER  
TECHNIQUE



10 TRAVEL PACK

11 ACCESSORIES  
HANDLING AID  
INFORMATION  
MITROFANOFF  
SPINA BIFIDA

15 CATHETERISATION



Mix up the shaded letters to form a relevant word

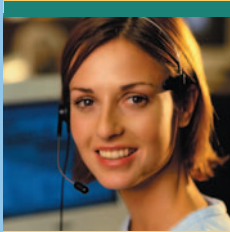
# In the next Select Magazine

In the next issue Medical Matters will be focusing on spina bifida. If this topic relates to you, please contact us with comments or information that you feel would be relevant and helpful to others (see contact details below). Our aim is to support you in your practice of ISC and we rely on your input and feedback. If you would like us to provide information on a specific area, please let us know and we will do our best to achieve this.

## Would you like to know more?

Please tick the subjects below that are of interest. You can cut out the reply slip below or, if you prefer, contact one of our Select team who can advise you on registration, ordering and how to obtain your prescriptions.

## How to contact us for more information...



**Call freephone** 0800 783 7027

**Write freepost** Astra Tech Select, Freepost GL73, Stonehouse, GL10 3BF

**E-mail** [select@astratech.com](mailto:select@astratech.com)

**Reply** Simply tick the subjects that you are interested in, cut out the form and send it to the Select freepost address.



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### Select Service

- Home Delivery Information Pack

### Healthy Living Roadshow (See Page 10)

- I am interested in attending a Roadshow in 2004

### Back Issues

- |  |   |
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| <input type="checkbox"/> <b>Multiple Sclerosis Issue 10</b>          | <input type="checkbox"/> <b>ISC &amp; Spinal Injuries Issue 4/Spring 2000</b>         |
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