

YOU Inc. Presents.....

## Ms Melanie McGrice - Dietician

**When:** Saturday, August 29th 2020  
**Time:** 11am - 3pm  
**Where:** Nurses Memorial Centre  
Slater Street (off St Kilda Road)  
Melbourne Vic



**Melanie** specialises in managing digestive health concerns and is familiar with and aware of the effects of diet for ostomates. This is the second time we have been lucky enough to have her as our Guest Speaker !

We have organised a wonderful opportunity for you to chat with Melanie, ask questions and meet with other ostomates so please bring family or friends as everyone is welcome !

### This presentation will also be ZOOMED !

Bonnie will be organising a live ZOOM which means if you can't attend you can join in via ZOOM however, you need to share your email address with us prior to the day, as a code will be sent to you to link in - details to follow

### Included in Melanie's talk will be the following topics:

- Dietary requirements for high output ileostomies, foods to prevent blockage
- Increase nutrition following cancer therapy, also following multiple surgeries
- Slow transit, the role of carbohydrates
- Urinary Stomas-preventing infections, benefits of cranberry juice/tablets
- Nutritional fluids / oral diet with TPN
- Irritable bowel syndrome
- J pouch, how to prevent dehydration, addition of soluble fibre to thicken stools and modify salt intake.

---

### COMPANY TRADE DISPLAYS

We have invited the Trade Companies to attend, and if they cannot attend with their samples, we will display their samples on their behalf. This is a great opportunity to speak with a Company Rep on their latest products.

---

### AGM

Our AGM will also be held on this day so if you have any spare time and would like to help out on the Committee please let me know - [helsahe@hotmail.com](mailto:helsahe@hotmail.com) We would love you to be a part of our group !

---

**RSVP** - 25th August (for catering purposes) [helshae@hotmail.com](mailto:helshae@hotmail.com) or 0412 144 230  
(leave a message)

**Web address** - [www.youinc.org.au](http://www.youinc.org.au)

**Facebook** - search Young Ostomates United Inc (we are a "closed group")