



**This Month's meeting:
Tuesday, February 21st**

**Speaker: Coloplast
Ostomy Supplier**

Location:

Royal Canadian Legion
Branch 350

57 Lakeport Rd, St. Cath
(Port Dalhousie)

The Dalhousie Room

Doors open @ 7:00p.m.

Meeting starts @ 7:15p.m.

*** Wheelchair**

**accessible from the
back entrance off the
parking lot**

*(Ridgeway/Pt. Colborne
meeting info on Page 4)*

Mark your Calendars!

BEEF ON A BUN FUNDRAISER — Sat. Feb 18th

Tickets: \$20 per person.

Tickets will be available at the January meeting or reserve
your tickets by calling 905-321-2799

Doors open at 6:00 pm, Dinner at 6:30

Beef on a Bun, Vegetarian Dish, Salads, Veggie Trays,

Dessert, Coffee And Tea

Entertainment by our very own Peter Winter on Keyboard

Raffles and Door Prizes

Bring your family and friends!

REMINDER—UPCOMING EVENT!

**OSTOMY FAIR DAY—Tuesday, May 2, 2017 from 10am-4pm at the
Legion**



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President's Message

Winter is almost behind us, and I don't think I've worn boots to work once this year. Remember they were calling for colder & more snow than average.



It is with great sadness that I learned of Marion Whate's passing. She was long time office manager for Ostomy Canada after retiring from her main job. She retired a second time a few years ago from Ostomy Canada. She passed away peacefully after a short illness. I always had good chats with her at conferences and will miss her.

I again had the opportunity in January to do a PSW seminar for 26 students in St. Catharines. Once again, Nancy joined Roger & I in the 3 hr session and she had great input since her profession was Nursing . Thanks Nancy! The students are always very interested in our presentations .

Note our upcoming event, our Beef on a Bun will be held Saturday, February 18th in our regular meeting room. Doors will open at 6:00 PM and we will eat at 6:30. Our own Peter Winter will be entertaining us on his keyboard with his huge repertoire of tunes. Menu will be beef on a bun, vegetarian dish, salads, veggie trays, desserts, coffee & tea. It should be a fun night with raffles & door prize. Try to get some of your friends to join us that night. Tickets are \$20 each and are available by calling the Ostomy telephone number @

905-321-2799. We will hold them for you at the door. Tickets must be spoken for in advance so we can get an accurate number of meals., please try to call ahead rather than just showing up at the door.

We are asking for assistance that night to help serve food, organize & clean up. If you could offer some of your time, it would be greatly appreciated. I hope you can attend this very important event

I also hope to see you at the February 21 meeting.

Regards

John Molnar



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DRUGS AND ESOPHAGITIS

Via: The Ostomist. Seattle, WA United Ostomy Association, Inc., Evansville, Indiana Chapter Re-Route Volume 25, Number 6 March, 1998

Have you ever suffered agonizing chest pains after taking medication? Medical experts say that drug induced esophagitis can result when capsules and pills linger in the esophagus for lengthy periods if swallowed with small amounts of water. This is particularly true if the patient is lying down. According to experts, the solution to this problem is to drink a lot of wa-

(Continued on page 4)

2015 Board of Directors

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President	Laura Gazley
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SOUTH NIAGARA OSTOMY GROUP

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Doors Open 7:00pm, meeting at 7:15pm

TO BE ANNOUNCED

(continued from page 3— Drugs and Esophagitis)

ter (a cup full), and remain standing for a few minutes after taking the pill. "These suggestions are not always easy to follow," states Dr. Hans R Neuman of Wilton, Conn. in an article in the Journal of the American Medical Association. Dr. Neuman further states that a "simple method that is always useful for recumbent patients is to swallow a few bites of banana. It will melt and provide a smooth coating that adheres to a tablet or capsule."

KNOW WHEN YOU ARE DEHYDRATED

United Ostomy Association, Inc., Evansville, Indiana Chapter, Re-Route, Volume 28, Number 10 July, 2001

By: Michael Blume, MD, CCFA & IANY

The human body is composed of more than 50% water. Drinking adequate amounts of water is essential for maintaining adequate blood volume and its flow to such vital organs as the brain and the kidneys. Also, it is important for maintaining optimal function in the cells of the body.

Dehydration can be defined as a significant decrease in

(Continued on page 6)

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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2017 Dates

Feb 18: Beef on a Bun

Feb 21: Coloplast

Mar 21: Healing
& Wellness

Apr 18: TBA

May 2: Ostomy Fair

May 16: TBA

June 20: TBA

July & August: No
meeting

Telephone Numbers:

Niagara Ostomy Association: 905-321-2799

Coloplast: (866) 293-6349

ConvaTec (800) 465-6302

Hollister: (800) 263-3236

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Car Pooling

If you need a ride or are available to pick up someone in your area for our meetings, please call us at

905 321 2799

Anyone that would like to maintain a list of people offering/needing rides, please



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ASSOCIATION'**



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NOTICE TO READERS:...

Products and methods mentioned in this newsletter are not endorsed by the Niagara Ostomy Association and may not be relevant to everyone. Consult your doctor or ET nurse before deciding to use any of them.

Application for Membership

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Type of Ostomy(optional): _____

Dues are \$30.00 per year, renewable by December 31 of each year. Membership is open to all ostomates, family members, medical professionals, health professionals and other interested parties. Includes monthly newsletter. We do not wish to exclude anyone because of inability to pay dues. If payment of dues is a hardship, please inform the treasurer or president. They have the authority to waive individual dues. This information is kept in the strictest confidence. We will never share your email address. It will be kept strictly confidential. Completed application along with your cheque or money order (payable to Niagara Ostomy Association) should be mailed to:

Beth Harwood, 16 Greenhill Dr.,
Thorold ON, L2V 1W5

(Continued from page 5—Dehydrated)

the total water content of the body. It occurs when the rate of water intake (mostly by mouth) is lower than the rate of losing water from your body (urine, skin, lungs, gastrointestinal tract). When you lose a significant quantity of water, you begin to develop symptoms and signs of dehydration. Some of these are nonspecific, such as dizziness upon sitting or standing up from a lying position.

Why should you be worried about becoming dehydrated? The major reason is that it is important to avoid the

(Continued on page 8)

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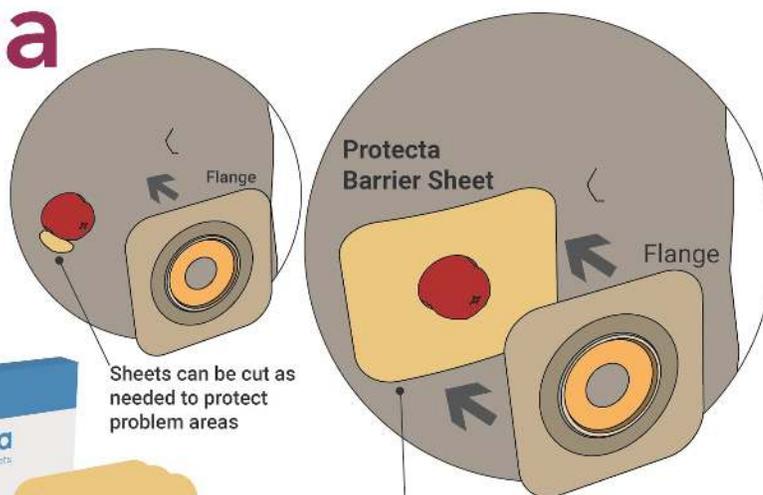


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ACROSS

- 1. Chimes
- 6. Modify
- 10. Gangster's gal
- 14. A religion based on sorcery
- 15. Style
- 16. Brother of Jacob
- 17. Heart artery
- 18. Whimper
- 19. Rewards for waiting
- 20. Leather shorts
- 22. A musical pause
- 23. Flightless bird
- 24. Breathes noisily during sleep
- 26. Wan
- 30. Barbie's beau
- 31. Sharp high-pitched cry
- 32. Chalcedony
- 33. Therefore
- 35. Tomorrow's yesterday
- 39. Equate
- 41. Straightaway
- 43. Drop to one's knees
- 44. A small wooded hollow
- 46. Press
- 47. Record (abbrev.)
- 49. 54 in Roman numerals
- 50. Oceans
- 51. Environment
- 54. How old we are

DOWN

- 7. Drenching
- 8. Doing nothing
- 9. Very small
- 10. City
- 11. Willow
- 12. Expire
- 13. Craves
- 21. A foot traveller
- 25. Anagram of "Tine"
- 26. Small indentation
- 27. Soon
- 28. An acute inflammatory disease
- 29. The testing of an idea
- 34. Compels
- 56. Biblical kingdom
- 57. Division
- 63. Overhang
- 64. Pace
- 65. "Message received and understood"
- 66. Not now
- 67. Feudal worker
- 68. Come together
- 69. Classify
- 70. Caustics
- 71. Stodgy

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17						18					19			
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66					67					68				
69					70					71				

DOWN

- 1. Objective
- 2. Double-reed woodwind
- 3. Egghead
- 4. Way in
- 5. Ocean predator
- 6. Authorized
- 7. Drenching
- 8. Doing nothing
- 9. Very small
- 10. City
- 11. Willow
- 12. Expire
- 13. Craves
- 21. A foot traveller
- 25. Anagram of "Tine"
- 26. Small indentation
- 27. Soon
- 28. An acute inflammatory disease
- 29. The testing of an idea
- 34. Compels
- 36. Calamitous
- 37. Dwarf buffalo
- 38. Cravings
- 40. Away from the wind
- 42. Young eel
- 45. Pertaining to cobra-like snakes
- 48. Club
- 51. Encounters
- 52. Potato state
- 53. Admirer
- 55. Play a guitar
- 58. Not difficult
- 59. Not stereo
- 60. Auspices
- 61. Catches
- 62. 3

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(Continued from page 6-Dehydrated)

complications of dehydration. When you become dehydrated, the volume of circulating blood decreases, and this in turn decreases the flow of blood to your vital organs. Not only is the blood flow a major problem, but as you become dehydrated, you lose water and two minerals (potassium and sodium), which are essential for optimal functioning of the body.

If dehydration is mild, you might try to rehydrate yourself by taking Gatorade or a similar drink slowly. In addition to water, Gatorade contains important electrolytes (sodium and potassium) that the body loses through vomiting or diarrhea.

When must you seek medical attention for dehydration? All situations which indicate concern about maintaining adequate hydration are significant. These include, but are not limited to, profuse diarrhea, protracted vomiting (unable to keep down liquids) and a very high fever. Obviously, if you develop any of the signs of dehydration you should be concerned. Urgent attention to the problems should involve not only treating the underlying causes, but replacing the liquid and electrolyte losses with intravenous liquids, if adequate replacement by mouth is not feasible.

While there are no clear-cut guidelines as to when you should seek medical attention, if any of the above concerns exist, the best advice is to check with your doctor before complications develop.

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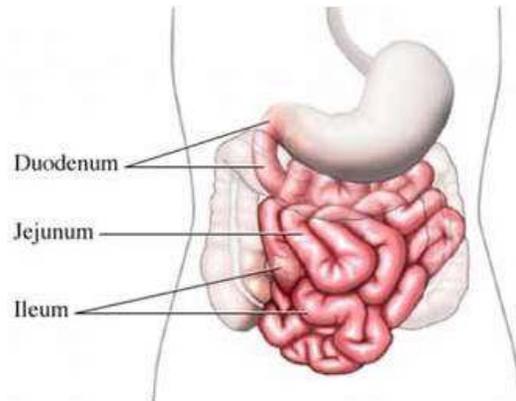
NUTRIENT ABSORPTION

*Via: The Lifesaver, LEE County, FL & Southern MD
County Chapters*

*United Ostomy Association, Inc. Evansville, Indiana
Chapter Re-Route Volume 30, Number 7 April, 2003*

Food is absorbed in the intestines; i.e., the small and the large intestines. The small intestine is about 22 feet long, and is comprised of three sections: the duodenum, the jejunum and ileum. The duodenum is about 10 inches long and attaches to the lower part of the stomach. The duodenum is followed by the jejunum, about 8 to 10 feet long. The ileum, about 12 feet long, completes the small intestine and continues into the large intestine, about 5 to 6 feet long.

tine, about 5 to 6 feet long.



Normally, most digestion and absorption occurs by the time the food reaches the middle jejunum. The ileum is capable of absorbing these substances but acts mainly as a reserve capacity.

Vitamin B-12 absorption takes place only in the

lower portion of the ileum, with a large ileal resection, a Vitamin B-12 deficiency may thus result.

Amazingly, the small intestine's absorptive capacity is equivalent to the size of a tennis court. The small intestine also serves to maintain water and electrolyte balance and has the absorptive capacity of 11 to 13 liters of water per day, or 95% of the total capacity.

Most of the digestion and absorption are almost completed by the time food arrives in the large intestine. Some of the functions of the large intestine include absorption of water and electrolytes and movement of bowel matter. However, only 0.5 to 1.5 liters of water are absorbed in

(Continued on page 10)

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(Continued from page 9— Nutrient Absorption)

the colon or only about 5 percent of total capacity. The large intestine is responsible for only about 4 percent of nutrition absorption.

TEN COMMANDMENTS FOR THE NEW OSTOMATE

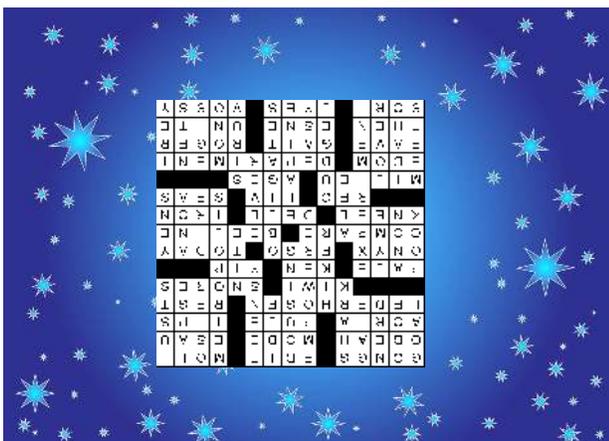
by Anita Price, via Rapides Parish (LA) CenLA Ostogram and Northwest AR Mail Pouch

1. There is no answer for "Why Me?", but it is normal to ask the question and you need to work through the answer to this and other questions.

2. Stomas change in size and shape the first few months after surgery. The initial swelling of your stoma will decrease and its diameter will decrease. Check the size of your stoma with a measuring guide every pouch change, until it stabilizes to its permanent size.

3. Each person's ostomy is different even as our own fingerprints are different.

(Continued on page 11)



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(Continued from page 10—Ten Commandments)

4. Support and information from someone who has an ostomy can be helpful. Ask your doctor or E.T. nurse to arrange for an ostomy visitor.

5. It is your ostomy. Learn to manage your ostomy and don't let your ostomy manage you! It is normal in the beginning for your ostomy to be the center of your existence; however, with time and practice, your ostomy and its care will become just a normal part of your daily life.

6. Fundamental management techniques can be learned, and new experiences and any problems that may develop must be met and managed as they occur. As you learn and practice these new skills, you will become comfortable with your ostomy care. Do not confuse accidental leakage or spillage with what is normal or to be expected. If you have problems, consult your E.T.

7. One of the most important goals for healthy living is good nutrition. The one difference in having an ostomy and setting your nutritional goals is that you need to take information provided for the general public and adapt it to your

own needs, keeping ostomy management in mind.

8. You are not alone! Surgeons make at least 500 ostomies every working day. One out of every 200 persons has an ostomy and over two million of us make up almost 1% of the US population. Support organizations are available to help you. There are over 1700 Enterostomal Therapists in the US and Canada and the United Ostomy Association has over 600 US chapters.

9. You're alive! You will get better and stronger as you recuperate from surgery. Give yourself time to get over ostomy surgery and to adjust to this body change and adapt to your ostomy.

10. Share what you have learned with another new ostomate, with your family and friends and others. It is up to you who you tell you have an ostomy. As you grow accustomed to living with an ostomy, there will be opportunities to help others along the way. Remember your own experiences and the fear of the unknown and the helplessness until you met another who had traveled along the same road as you.



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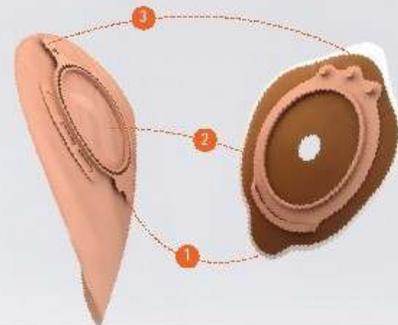
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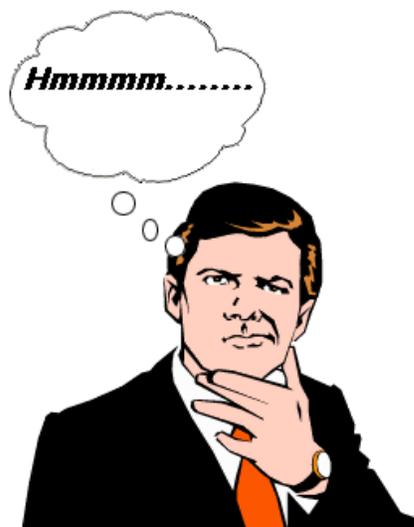


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SHARING EXPERTISE



- If Jimmy cracked corn and I don't care, why is there a song about him?
- How does a thermos know if it is supposed to keep something hot or cold?
- If the #2 pencil is the most popular, why's it still #2?
- Does a blind tourist use a sightseeing eye dog?
- Is there another word for "synonym"?
- Why did they make the word 'dyslexia' so hard to read?
- If a turtle doesn't have a shell, is he homeless or naked?
- Isn't it a bit unnerving that doctors call what they do "practice"?
- What do you do when you see an endangered animal that is eating an endangered plant?
- What's another word for thesaurus?
- If a parsley farmer is sued, can they garnish his wages?
- Would a fly without wings be called a walk?
- When it rains, why don't sheep shrink?
- When companies ship styrofoam, what do they pack it in?
- If a person thinks marathons are superior to sprints..... is that considered racism?
- Why is the word abbreviation so long?
- Why are there so many syllables in monosyllabic?
- Why do people who know the least know it the loudest?
- Why is a boxing ring square?
- How do they get deer to cross at those yellow road signs?
- Why don't you ever see the headline Psychic Wins Lottery?
- Why doesn't Tarzan have a beard?
- If all the world is a stage, where is the audience sitting?
- How can the weather be "hot as hell" one day and "cold as hell" another?
- Do Lipton employees take coffee breaks?
- Why do they call it a TV "set" when you only get one?
- What does it mean if you break a mirror with a rabbit's foot?
- Why is the time of day with the slowest traffic called "rush hour"?
- If you're cross-eyed and have dyslexia, can you read all right?
- Do hungry crows have ravenous appetites?
- Why are hemorrhoids called "hemorrhoids" instead of "asteroids"?
- If it's tourist season, why can't we shoot them?
- If it's zero degrees outside today and it's supposed to be twice as cold tomorrow, how cold is it going to be?
- How did a fool and his money get together in the first place?
- How does a shelf salesman keep his store from looking empty?
- If the plural of tooth is "teeth," why isn't the plural of booth "beeth"?
- How many people thought of the Post-It note before it was invented but just didn't have anything to jot it down on?