



This Month's meeting:
Tuesday, March 21st
**Speaker topic: Healing and
Wellness**

See Page 4 for meeting location and dates
for South Niagara.

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)*



UPCOMING EVENT!! OSTOMY FAIR DAY

Tuesday, May 2, 2017
from 10am-4pm at the Legion
More details to follow

If you are able to help out that day, please call 905-321-2799

WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER VIA EMAIL?

In an effort to reduce mailing costs, we would like to offer the monthly newsletter to all of our members electronically. If you have access to email, please send your request to info@niagaraostomy.com. The newsletter will be in PDF format. Most computers come equipped with the capability to read PDF files.

If you experience a problem opening the file, there will be a free PDF reader program download link attached to the newsletter.



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Presidents Message

As always, I hope this newsletter finds everyone in good health.



Our Beef on a Bun was a great success, we raised just over two thousand dollars for our camp fund; good food, great entertainment, lots of raffle items and good fun was had by everyone. Hopefully you can plan to attend next year.

May 2nd is our annual Ostomy Fair day, from 10am till 4 pm at our regular meeting place, lots of vendors will be in attendance to answer any questions you may have. Samples of new products can be obtained from the manufacturers as well. If you have any concerns with your stoma, you can book an appointment with an ET nurse as well. Please call us to set an appointment time.

Nancy, Beth, Dave & I had a table set up at the St. Catharines Hospital on March 3rd&4th to bring chapter awareness to the community. We handed out brochures & newsletters & had the chance to talk with several people regarding Ostomy.

Turkstra Lumbar has asked us if we would like to do the barbecues again this year. There are barbecues every Friday from the long weekend in May till Labour day. Turkstra supplies everything; we supply the manpower & keep all of the proceeds, but we definitely need help with that. Please consider volunteering a few hours of your time to help with this. We need help serving primarily. Please call us for more details, or more discussion at our monthly meetings.

On the topic of meetings and volunteering, there has been a significant decrease in people attending the meetings; the Board of directors has had some

discussion about the decline. We need support if people want the meetings to continue as they have. If you have any suggestions of how to improve the meetings, please let us know, we want to hear from you.

Hope you can attend the March Meeting

Regards

John Molnar



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Golden Rules For Living

- If you open it, close it.
- If you turn it on, turn it off.
- If you unlock it, lock it up.
- If you break it, admit it.
- If you can't fix it, call someone who can.
- If you borrow it, return it.
- If you value it, take care of it.
- If you make a mess, clean it up.
- If you move it, put it back.
- If you don't know how to operate it, leave it alone.
- If it's none of your business, don't ask questions.
- If it ain't broke, don't fix it.
- If it will brighten someone's day, say it.
- If it will trash someone's reputation, keep it to yourself.

From Canton (OH) New Look, via S. Brevard (FL) OSTOMY NEWSLETTER, Nov. 2000, via Inside Out On-line Jan/Feb 2001.

2015 Board of Directors

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**Not hearing my pouch.
That matters.**

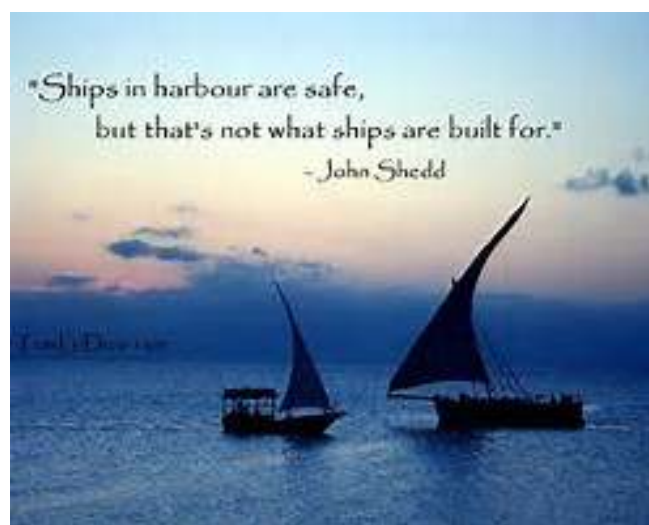
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QuietWear™ Pouch Material

New QuietWear™ pouch material from Hollister virtually eliminates embarrassing pouch noise sometimes found in other ostomy pouches. It is also designed to be one of the closest things to the natural fabric found in your most comfortable clothing - you should hardly know you're wearing a pouch.

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Hollister Ostomy. Details Matter.





SOUTH NIAGARA OSTOMY GROUP

Boggio Pharmacy,

200 Catharine St, Port Colborne

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

22 people attended the November 30 meeting and contributed to a good discussion of B.Braun Ostomy products. Thanks to Boggio Pharmacy for refreshments while people chatted after the meeting.

Upcoming meetings:

Wednesday, March 29: Speaker Autumn Lundy, ConvaTec representative.

Wednesday May 31: Speaker Pamela Glover, Hollister representative.

WHAT IS PANCAKING?

via: www.eakincohesivesseals.com



Editor's note: No not that type of pancaking 😂

Pancaking is caused when faeces stay on top of the stoma, and do not move down

into the bottom of the pouch/bag. It dries out and sticks around the stoma, instead of falling to the bottom of the bag. It is a problem associated with colostomy patients and occurs when the filter on the stoma pouch/bag eliminates all air in the appliance, creating a vacuum. When the

stoma starts to work again, the output leaks out under the skin protector and it lifts off the skin.

How to prevent pancaking:

- Blowing air into the stoma bag before you put it on can help to stop a vacuum occurring.
- Increase your fluid intake to help soften stools.
- Try putting a small amount of baby oil onto the inside of the bag,

(Continued on page 6)



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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2017 Dates

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

BBraun of Canada: (855) 822-7286



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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—Pancaking)

where it touches the stoma. This will help the output to slide to the bottom of the bag.

- If your bag has a filter, place the filter covers over the filter which will also keep air in your bag.
- Another idea is to put a few pieces of crumpled up toilet paper into your bag near the outside edges, this will stop the vacuum effect and keep air in your bag.

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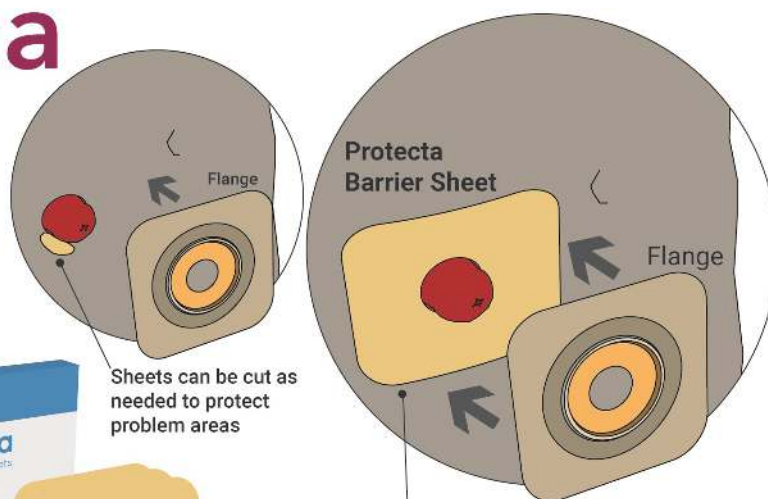


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REF: PBS-1

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the other
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Wendy



product



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Our in-depth online resource covers a wide variety of ostomy content and highlights real stories from others who have walked in your shoes.

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UROSTOMATES & FLUIDS

By: Juliana Eldridge, RNET Via: The Green Bay Ostomy News Review



illustrations of.com #434572

People with urinary diversions no longer have a storage area, a bladder, for urine. Therefore urine should flow from the stoma as fast as the kidneys can make it. In fact, if your urinary stoma has no drainage for even an hour, it is time for serious concern. The distance from the stoma to the kidney is markedly reduced after urinary diversion surgery. Any external bacteria have a short route to the kidneys. Since kidney infection can occur rapidly and be devastating, prevention is essential.

Wearing clean appliances and frequent emptying are vital. Equally important is adequate fluid intake, particularly fluids which acidify the urine and decrease problems of odor.

In warm weather, with increased activity, or with a fever, fluids should be increased to make up for body losses due to perspiration and increased metabolism.

It is important that you be aware of the symptoms of a kidney infection:

- Elevated temperature
- Chills
- Low back pain
- Cloudy, bloody urine

(Continued on page 9)

(Continued from page 8-Urostomates)

- Decreased urine output

All ileal conduits normally produce mucus threads in the urine which give it a cloudy appearance. Bloody urine is a danger signal. Thirst is a great index of fluid needs. If you are thirsty, drink up. Also develop the habit of sampling every time you pass a drinking fountain.

Important...if urine is collected for urinalysis, called C&S, sterile specimen, checking urine for infection; etc., be sure your doctor and nurse know a sterile specimen must be taken directly from your stoma and not from the pouch. Bacteria builds up in the pouch immediately. It will give false test results. If they are not sure how to do this, do the following:

- Remove your pouch

- Clean the stoma
- Bend over
- Catch the urine in a sterile cup

If there is a slow flow of urine being expelled, drink a glass or two of water...the kidneys will work. Urostomates who do not use a night drain are running a big risk of puddling and the backing up of urine into the conduit up to the kidneys. This may cause not only irritation but serious infection.

HOT OR COLD COMFORT

Via: Southern Maryland Counties Chapter, Clinton, MD

It's all in knowing which one you need. A hot water bottle is the purpose of life, a physical therapist says, unless you need an ice treatment instead.

In general, active people find more relief with ice and less active people find more relief with heat. Always put a cloth between your skin and water bottle or ice pack.

USE HOT FOR: tense, tired shoulders; back of the neck during a headache; chronic low back pain; kink in the neck; joints stiff in the morning

(Continued on page 10)

SimErgy

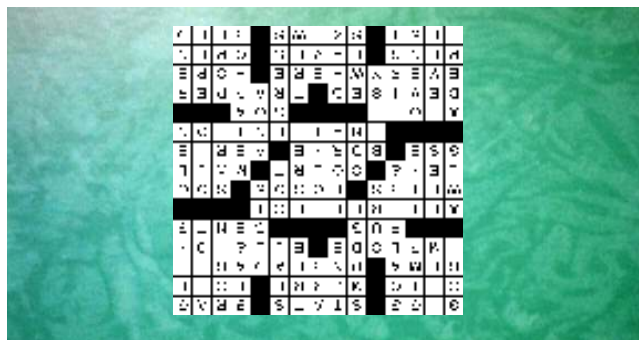
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Carlton Heights Pharmasave 595 Carlton Street, St. Catharines 905.934.2222 www.carltonheightspharmacy.com	



(Continued from page 9- Hot or Cold)

with osteoarthritis, to improve circulation.

USE COLD FOR: inflammation indicated by warmth, swelling, pain and/or redness; injury to joint or muscle, especially during the first three days of recovery; forehead during a headache; joints swollen with osteoarthritis.

For an ordinary headache, use either hot or cold wherever it helps.

THE SWOLLEN STOMA

from Metro Wash By-Pass; via Oklahoma City Ostomy News



It can be pretty scary to have your stoma swell, for any reason, and not be able to get your appliance off over it for fear of doing damage. An appliance that hugs the stoma too tightly may cause it to swell. A fall or hard blow or a slipping appliance may also cause it to swell.

Rather than risk further damage to the swollen stoma by pulling the appliance off over it, try filling your pouch with ice water and letting it swirl around the stoma to decrease the swelling. Ease the appliance off carefully. Then replace it with an appliance having a larger opening until all the swelling is gone.



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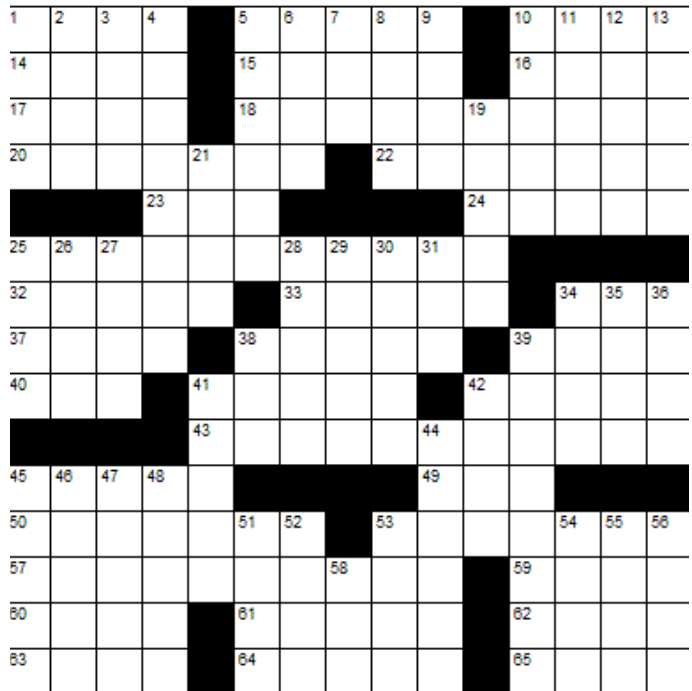
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 23. Type of dog
 24. 100 to a dollar
 25. Wake
 32. Dams
 33. Corporate symbols
 34. Soak
 37. Focusing glass
 38. Woo
 39. Shopping center
 40. South southeast

41. Carried
 42. Eagle's nest
 43. Heedlessness
 45. In the sky
 49. A state of SW India
 50. Contrived
 53. Coureur de bois
 57. Everyplace
 59. Expect and wish
 60. Writing implements
 61. Roof overhangs
 62. Not closed
 63. Exam
 64. Distorts
 65. Marsh plant

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1. Mongolian desert
 2. Bit of gossip
 3. Hobbling gait
 4. Ticket resellers
 5. Smear
 6. Melody
 7. Arrive (abbrev.)
 8. Tall woody plant
 9. Secure against leakage
 10. Nonchalantly unconcerned
 11. Batman's sidekick
 12. Grant
 13. Secluded valleys
 19. Channels
 21. Not yours
 25. Hole-making tools
 26. Charges
 27. Prong
 28. Plant life
 29. Spring
 30. Heron
 31. Small portable bed
 34. Indian dress
 35. Hodgepodge
 36. Secluded valley
 38. Bamboozle
 39. Figure of speech
 41. Itsy-____
 42. Dwarf buffalo
 44. Exit
 45. Expert
 46. Embankment
 47. Roasters
 48. Not last
 51. Female sheep (plural)
 52. East Indian tree
 53. Anagram of "Wert"
 54. Bishop of Rome
 55. Type of sword
 56. Cleave
 58. Night before

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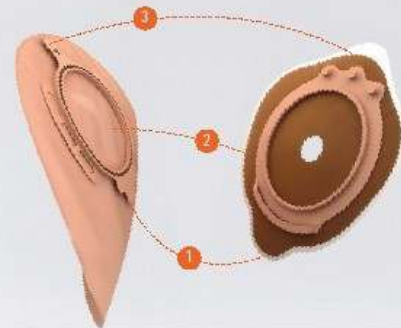
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SHARING EXPERTISE



JOKES FOR THE DAY

At Duke University, there were four sophomores taking Organic Chemistry. They were doing so well on all the quizzes, midterms and labs, etc., that each had an "A" so far for the semester.

These four friends were so confident that the weekend before finals, they decided to go up to the University of Virginia and party with some friends there. They had a great time, but after all the hearty partying, they slept all day Sunday and didn't make it back to Duke until early Monday morning.

Rather than taking the final then, they decided to find their professor after the final and explain to him why they missed it. They explained that they had gone to UVA for the weekend with the plan to come back in time to study, but, unfortunately, they had a flat tire on the way back, didn't have a spare, and couldn't get help for a long time. As a result, they missed the final.

The professor thought it over and then agreed they could make up the final the following day. The guys were elated and relieved. They studied that night and went in the next day at the time the professor had told them. He placed them in separate rooms and handed each of them a test booklet, and told them to begin.

They looked at the first problem, worth five points. It was something simple about free radi-

cal formation. "Cool," they thought at the same time, each one in his separate room, "this is going to be easy."

Each finished the problem and then turned the page.

On the second page was written: (For 95 points): Which tire?

A pharmacist shows up at work one day around noon. He sees a man with a painful look on his face leaning against the wall outside. He asks his manager who the guy is.

"Oh, he came in looking for cough medicine. I couldn't find any, so I gave him a bottle of laxative and told him to drink it all."

The pharmacist says, "You can't cure a cough with a laxative!" The manager says, "Sure you can. Look at him, he's afraid to cough!"

A rich old man goes for his regular round of golf with his friends but this time he brings along a gorgeous young lady.

"Guys, meet my new fiancée" he says, full of pride as he introduces her to his pals.

For the rest of the afternoon his friends can't take their eyes off the stunning beauty.

After the round of golf the rich man goes up to the bar to buy drinks for the group.

One of his friends goes with him and when at the bar asks him, "How on earth did you manage to hook up with such a beautiful young lady? You're seventy. She must be at least forty years younger than you!"

The old rich guy says, "I lied about my age."