



This Month's meeting:

Tuesday, April 18th

Autumn Lundy, Convatec

Product Samples

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)*

Postponed

New Date Coming Soon

OSTOMY FAIR DAY

**Has been post-
poned until the
fall of 2017.**

Date to be announced

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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President's Message

Spring is in the air. What a nice feeling. I didn't like that blast of winter we had a few weeks ago, but we sure can't complain.



We have decided to postpone our Ostomy day until the fall as we didn't feel we were properly prepared and with a lack of volunteers we figure this was the best approach. Apologies to those that were looking forward to it.

As I've mentioned previously, Turkstra Lumber has asked us if we would like to do the barbecues again this year, we have agreed to do them. It's a great opportunity to get the word out about osto-

my, our association, as well as to raise needed funds. There are barbecues every Friday from the long weekend in May till Labour Day. Please consider volunteering a few hours of your time to help with this. We sure could use help. It's not an onerous task; a few hours one of the Fridays would help a lot. We need help setting up and serving primarily. Please call us for more details, or discuss it at our monthly meetings.

I have mentioned in previous letters that there has been a significant decrease in people attending the meetings; we are creating a short survey and will be sending it out to all of our members to see if we can resolve the issue. The monthly meetings could be in jeopardy if we can't draw more members to attend them. Please give some serious thought to this and when you receive the survey,

please take a few minutes to fill it out. You can remain completely anonymous if you wish when answering, but we really are looking for constructive criticism, so please be frank with us. If you have any suggestions of how to improve the meetings, please let us know, we want to hear from you.

Hope to see you at the April 18th Meeting

Regards,
John Molnar



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SOUTH NIAGARA OSTOMY MEETING UP- DATE

South Niagara held an ostomy meeting at Boggio Pharmacy, Port Colborne March 29. Nineteen people attended. Autumn Lundy from ConvaTec spoke about their new products and answered many questions after her session. Several of the attendees volunteers to organize and communicate the group's meetings for their 2017-18 year. The last meeting before the summer break is Wednesday, May 31. Pamela Glover, the Hollister Representative, will be speaking about their ostomy products.

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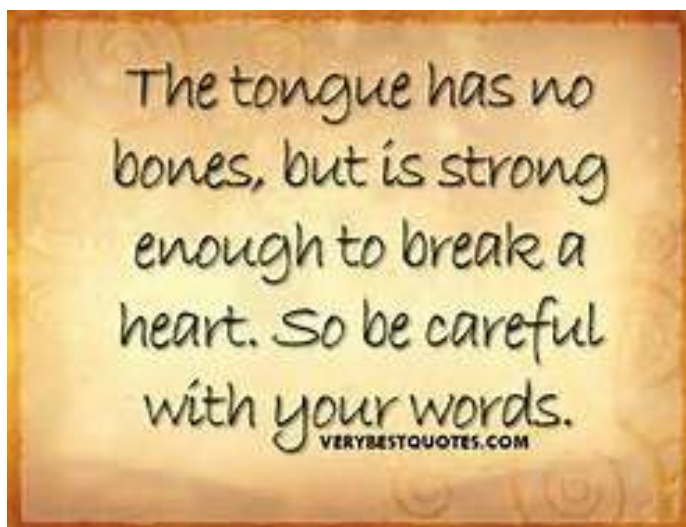
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SOUTH NIAGARA OSTOMY GROUP

Boggio Pharmacy,

200 Catharine St, Port Colborne

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

SEPTEMBER 27, 2017:TBA

NOVEMBER 29, 2017:TBA

MARCH 28, 2018:TBA

MAY 30, 2018:TBA

HOW TO SHAVE AROUND YOUR STOMA

Via: Winnipeg Ostomy Association, Inside/Out Jan 2017

Many men find they must shave the peristomal skin with each change of their skin barrier. In the past, ostomy literature has usually recommended using an electric razor. I personally have never had great success with this method, although I have heard that some folks do very well with the newer small razors that are designed for trimming mustaches and sideburns.

If you use a safety razor, as we do in the hospital, be sure to apply sufficient shave cream so that this is not a dry shave.

In addition, be gentle. Most shave creams have emollients so you will need to wash the skin with plain soap and water afterwards. Rinse your skin well so no cream or soap residue remains.

If your skin is very irritated and itchy, we have found that Kenalog spray or Desonide lotion is extremely helpful. This is a steroid (cortisone)

solution, which decreases the itching and irritation dramatically. Apply these lightly, and then allow to dry completely prior to placing on your new skin barrier. These medications have a slightly oily base, which means your skin barrier probably will not stay on as long as you are accustomed.

This procedure will relieve the itching and promote healing. Skin heals better covered by a skin barrier than it would if aired out. Do not use any steroidal spray as part of your regular

(Continued on page 6)



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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2017 Dates

Apr 18: Convatec

May 2: TBA

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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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: _____

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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—Shave around Stoma)

changing routine because steroids are absorbed into your system through the skin. Moreover, steroids will thin the skin compounding peristomal skin issues.

If there are actual pustules around the irritated hair follicles, you may need to use an antibiotic powder such as Polysporin powder to clear this up.

Source: Kathy Dalin, RN, Riverside HealthCare, Kankakee; *Metro Halifax News*, via *Vancouver Ostomy HighLife*—Jan/Feb. 2017

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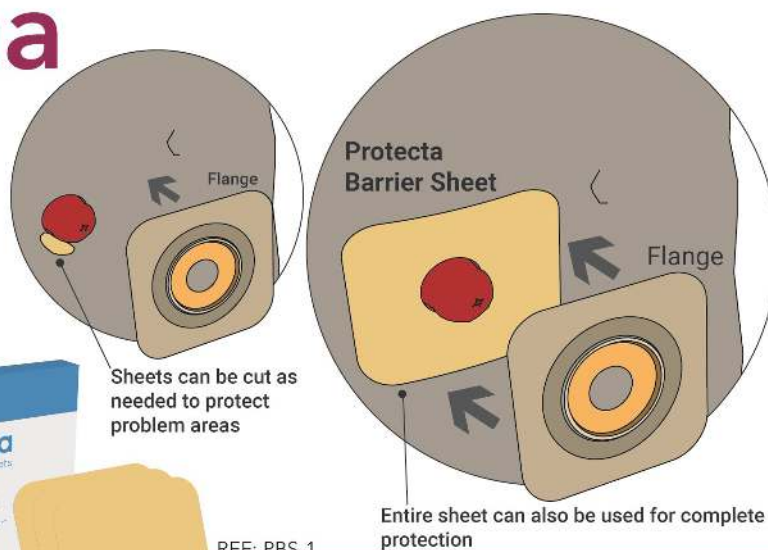


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Homemade Oral Rehydration Solution:

Source: <http://ostomyaware.blogspot.ca/2013/05/homemade-oral-rehydration-solution.html>

People with ileostomies typically need extra potassium (K) and sodium (Na) in their diet because the colon was once responsible for the majority of water absorption, and with it salts and other minerals. K and Na are also lost in sweat, so it's important to replenish these nutrients along with plenty of water, especially on hot summer days.

Beverages like Gatorade® or Powerade® are not normally required, but may help if your ostomy output is more than 1L/day. Pedialyte® is another easy option but my homemade solution contains more of the necessary elements and fewer sugars and things we don't necessarily need to restore.

Fluids like tomato juice, vegetable cocktails and vegetable soups (especially those with tomato, carrot, sweet potato or yams) contain a great deal of K and Na.

Examples of other fruits high in potassium (200mg servings) are:

- 1 medium banana (425mg)
- ½ of a papaya (390mg)
- ½ cup of prune juice (370mg)
- ¼ cup of raisins (270mg)
- 1 medium mango (325mg)
- 2-3 kiwis (240g)

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(Continued on page 9)

(Continued from page 8-Oral Rehydration Solution)

- 1 small orange (240mg)
- ½ cup of orange juice (235mg)
- ½ cup of cubed cantaloupe (215mg)
- ½ cup diced honeydew melon (200mg)
- 1 medium pear (200mg)

This recipe makes approximately 1L (4 cups), and is best taken frequently in small amounts rather than all at once. It's also delicious frozen into popsicles. To me it tastes sort of like a carbonated fruit drink. You can experiment by adding more fruit juices like apple (in place of sugar) to alter the flavour a little. Orange juice is important though because it contains the K you need.

Orange Rehydration Solution:

- 1L / 4 cups - orange juice
- 5mL / 1tsp - corn syrup, honey or sugar
- 5mL / 1tsp - baking soda
- 5mL / 1tsp - salt

Let me tell you a little story about salt. Back in the old days people decided white salt was much more visually appealing than in it's grey, unrefined, natural state. Thus it is stripped of all its natural minerals to achieve this. Even if it says 'sea salt' on the container (the loophole there is that *technically* all salt comes from the sea -duh!), only iodine is replaced, because otherwise we would all die of goiter.

I recommend you choose a salt like pink Himalayan salt that contains 85 minerals vs. regular iodized table salt which only has 1. It tastes way yummier and is much healthier for you. Especially for those of us with misplaced colons.

Refined sugar is the same story, so I choose the thick creamy unrefined honey sold at bee keep shops and health food stores.

(continued on page 10)

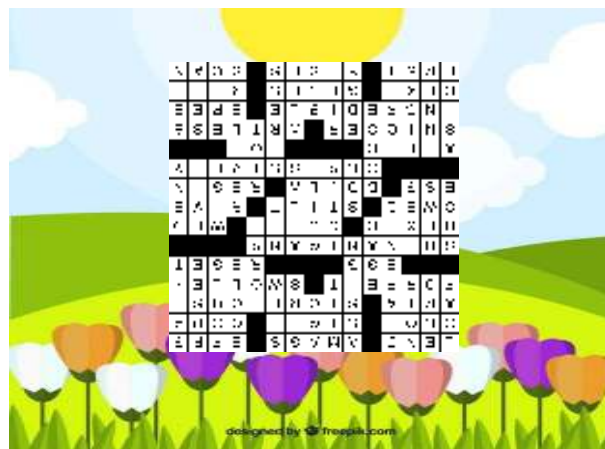
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Carlton Heights Pharmasave 595 Carlton Street, St. Catharines 905.934.2222 www.carltonheightspharmacy.com	



(Continued from page 9- Oral Rehydration Solution)

These ingredients are generally not found in grocery stores.

If you have symptoms of dehydration: dry mouth/lips, dry eyes or skin, thirst (obviously), little or no urination that is dark in colour, decreased or thickened ostomy output, diarrhea, sleepiness, headache, dizziness, low blood pressure (seeing 'stars') etc. You should try to rehydrate simultaneously with water and a beverage like the ones I've described **slowly**. And if symptoms worsen do not hesitate to seek medical assistance as it could be signs of something more serious like renal failure.



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VITAMIN B-12 DEFICIENCY IN PATIENTS FOLLOWING BOWEL SURGERY

by D. Kucker, RN, via Metro Maryland; and S. Brevard (FL) Ostomy Newsletter

There have been articles in the urology literature recently about possibilities of vitamin B-12 deficiency in patients who have had surgery involving the terminal ileum, a portion of bowel that is used in continent urinary reservoir surgery.

Because vitamin B-12 is absorbed exclusively by the distal ileum (the very end of the small intestine), its removal from the gastrointestinal tract makes a deficiency a potential complication.

(Continued on page 14)



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10. F F F F
14. Double-reed wood-wind
15. A seal
16. Masterstroke
17. Diva's solo
18. Warehouse
20. Surrender
22. Distended
23. It comes from a hen
24. Adjust again
25. Tomfoolery
32. Under a spell
33. Good-looker
34. Married
37. Was indebted
38. Supporting column

39. Rend

40. S

41. Birthing coach

42. Varnish ingredient

43. Compulsively

45. Suffered

49. Foot digit

50. A disrespectful laugh

53. Not devious

57. Beyond belief

59. Type of sword

60. Apollo astronaut Slay-ton

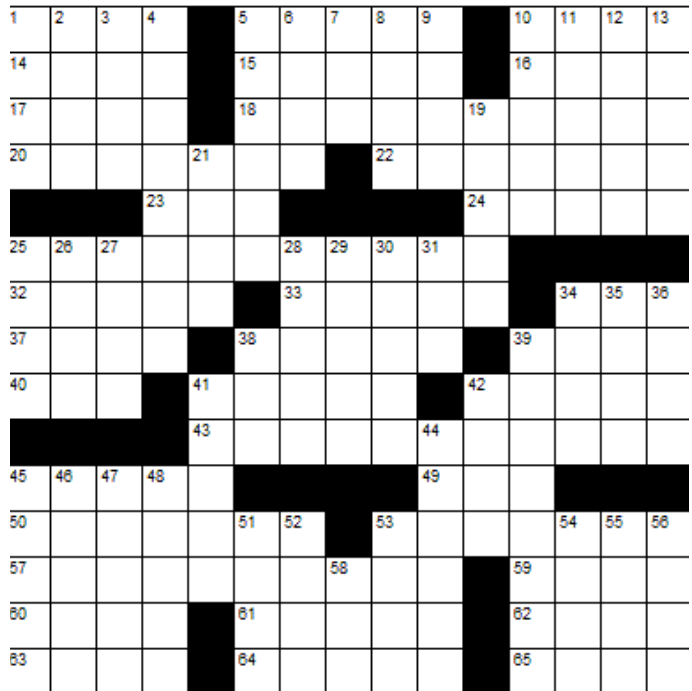
61. Adhesives

62. Liturgy

63. At one time (archaic)

64. Affirmatives

65. Glance over

CROSSWORD www.mirroreyes.com**DOWN**

1. Unit of bread
2. River of Spain
3. French for "Black"
4. Was unbearably loud
5. Designate
6. Glove
7. Yore
8. Knights
9. Killed
10. French school
11. Infractions
12. A friction match
13. All tuckered out
19. Steed
21. Quaint outburst
25. Sneaker or pump
26. Chops
27. Former lovers
28. Convulsion
29. Cunning
30. Collection of maps
31. Louse-to-be
34. Sage
35. Wicked
36. Declare untrue
38. Weep
39. Merrymakers
41. Avoid
42. Violent disturbance
44. Pressure
45. Comment to the audience
46. Not outer
47. Tongue touches
48. Everglades bird
51. Jittery
52. Anger
53. Away from the
54. Sweeping story
55. Bristle
56. Observed
58. Passenger vehicle

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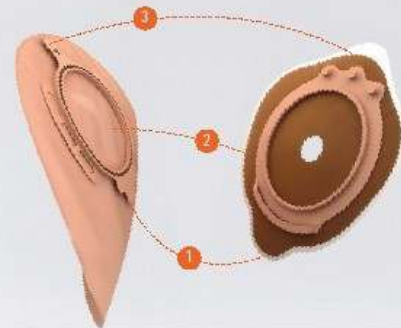
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SHARING EXPERTISE

(Continued from page 10- Ostomy Complications)

Vitamin B-12 has two major functions. Essential for normal red blood cell development, it is also necessary for normal nervous system functions. Dietary sources of B-12 are animal products such as liver, milk, and eggs. If the body is not able to absorb the vitamin in the intestinal tract, it must be replaced in injectable form.

If you have a continent urinary reservoir, or other bowel surgery that may have involved removal of the terminal ileum, a yearly blood test can determine your B-12 levels. If a deficiency is detected, monthly injections of the vitamin may be given to maintain adequate levels for the prevention of pernicious anemia.

ORIGINS OF EVERYDAY PHRASES

Bite the bullet: Meaning: To accept something difficult or unpleasant

Origin: In the olden days, when doctors were short on anesthesia or time during a battle, they would ask the patient to bite down on a bullet to distract from the pain. The first recorded use of the phrase was in 1891 in *The Light that Failed*.

Break the ice: Meaning: To break off a conflict or commence a friendship.

Origin: Back when road transportation was not developed, ships would be the only transportation and means of trade. At times, the ships would get stuck during the winter because of ice formation. The receiving country would send small ships to “break the ice” to clear a way for the trade ships. This gesture showed affiliation and understanding between two territories.

Butter someone up: Meaning: To impress someone with flattery

Origin: This was a customary religious act in ancient India. The devout would throw butter balls at the statues of their gods to seek favor and forgiveness.

Mad as a hatter: Meaning: To be completely crazy

Origin: No, you didn’t already know this one, because it didn’t originate from Lewis Carroll’s *Alice in Wonderland*. Its origins date from the 17th and 18th centuries — well before Lewis Carroll’s book was published. In 17th century France, poisoning occurred among hat makers who used mercury for the hat felt. The “Mad Hatter Disease” was marked by shyness, irritability, and tremors that would make the person appear “mad.”

Turn a blind eye: Meaning: To ignore situations, facts, or reality

Origin: The British Naval hero, Admiral Horatio Nelson, had one blind eye. Once when the British forces signaled for him to stop attacking a fleet of Danish ships, he held up a telescope to his blind eye and said, “I do not see the signal.” He attacked, nevertheless, and was victorious.

Don’t throw the baby out with the bathwater: Meaning: Don’t get rid of valuable things along with the unnecessary ones.

Origin: You won’t believe this one! In the early 1500s, people only bathed once a year. Not only that, but they also bathed in the same water without changing it! The adult males would bath first, then the females, leaving the children and babies to go last. By the time the babies got in, the water was clouded with filth. The poor mothers had to take extra care that their babies were not thrown out with the bathwater.