



This Month's meeting:
Tuesday, June 20th
ANNUAL GENERAL MEETING
OPEN RAP SESSION
STRAWBERRY SOCIAL

This will be our last meeting and newsletter until
September.

Enjoy your summer break!!

Meetings resume on September 19th, 2017

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.



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)*

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President's Message

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



I learned recently of the passing of Ted Collins, a member for several years. He will be missed at the meetings. Sincere condolences to his family.

A huge thank you to everyone that took the time to fill out the survey. We had 75% of our member's reply, that's amazing. We have compiled all of the information and will be analyzing it. It was great to read everyone's answers and comments. The results will be sent out to our members in the September newsletter. The next Board

Meeting is in September (we are taking the summer months off) and we will be looking at the results and making decisions based on them. (Don't get too excited, based on the answers, I don't see any major changes happening)

We still need some volunteers to help out at the Turkstra Barbecues this summer. Many of the dates are filled in but there are still a few spots open. Please, please consider helping out if you can. Thanks to Nancy, we have a new (to us) tent so you're not in the blazing sun, and it is not a difficult task to help serve. If you can spare a few hours on a Friday, let us know & we can put your name on the list. Thanks so far to Nancy, Dave, Mary Ann and Debb for their help.



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We had a very good Visitor Training Session this past Saturday. It was nice to see the participant's involvement and eagerness to attend. I always find visiting so rewarding. We have added a handful of new visitors to our list. Thanks to everyone that attended, including Roger for his involvement, and Ann, Di and Richard for assisting with the day.

As I mentioned in last month's newsletter, I let my name stand for Ontario Regional Director for Ostomy Canada Society. I heard from a little birdie that no one else put their name forward, so I am assuming I will be acclaimed to the position at the AGM in August. I have served on Ostomy Canada Board of directors previously, and am looking forward to the position.

(Continued on page 3)

(Continued from page 2- President's Message)

June's meeting is our Annual General meeting; I promise we will keep it short. After the meeting will be an open rap session and we can enjoy fresh local strawberries with short-cake & whipped cream

Have a great summer, and I hope to see you at the June 20th meeting.

Regards

John Molnar



2017 Board of Directors

Title	Name
President	John Molnar
Treasurer	Beth Harwood
Secretary	Dave Muir
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Doors Open 7:00pm, meeting at 7:15pm

UPCOMING MEETINGS:

September 27, 2017

November 29, 2017

March 28, 2018

May 30, 2018

SUMMER SUGGESTIONS FOR APPLIANCE STORAGE

by Bill Capman, Worcester Ostomy Association

Summer heat! Be careful where you leave those extra appliances. Very high temperatures can develop when a closed vehicle is left in the sun, especially at the beach or in an exposed parking lot.



Appliances that are not properly protected may be unusable, and it may be at a time when you

need them the most. If you must leave your supplies in a closed car for an extended period, put them in an insulated bag or cooler and keep the container covered and out of the direct sun light. This method may not guarantee total protection but should provide adequate short-term protection for day trips.

Don't keep a large quantity of supplies on hand, especially in the summer. Let your supplier store them. Hot and humid weather can damage appliances.



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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2017 Dates

June 20: AGM, Open
Mic, Strawberry Social

July & August: No
meeting



2018 Dates

September 19

October 17

November 21

Telephone Numbers:

Niagara Ostomy Association: 905-321-2799

Coloplast: (866) 293-6349

ConvaTec (800) 465-6302

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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:

Association) should be mailed to:

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

FOUR STEPS FOR DEALING WITH A FLUSH STOMA

via: *Winnipeg Ostomy Inside/Out Jan 2016.*

One of the more difficult challenges an ostomate may face is dealing with a stoma that either protrudes just a little bit or not at all. Some are even what I like to call "below the water line" or lie below skin level. After some unsuccessful surgery I have been dealing with this condition for a few years. When your stoma is flush the output has difficulty being directed into your pouch; thus, leaks occur and pouch changes are more frequent and annoying.

(Continued on page 8)

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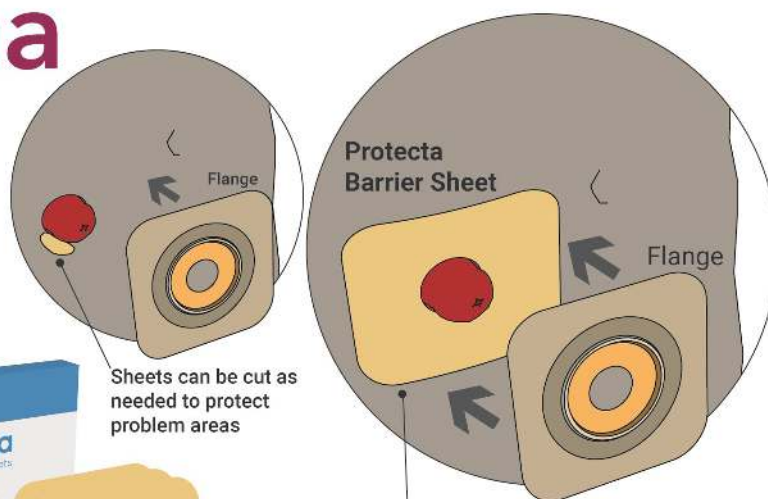


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(Continued from page 6-Flush Stoma)

For ileostomates or colostomates with a liquid output, changing your skin barrier wafer immediately when experiencing leakage is not an option to be delayed, as the output contains digestive enzymes and bile salts which damage and irritate your skin. If you do have a flush stoma, here are four suggestions that might help make your life easier.

First try using a skin barrier wafer that has built-in convexity. This means that the wafer doesn't lay flat on your skin but has a gentle curve toward your body that pushes the skin around your stoma down and away. But for some, this solution is insufficient to take care of the problem, and greater convexity is needed.

Secondly, you might try the ostomy products on the market that are in the shape of flexible washers called Barrier Rings. You may know of them as Eakin Cohesive Seals (distributed in North America by Conva-Tec), or Adapt Barrier Rings by Hollister. There are also other generics on the market. Be careful. Quality does differ among these rings. If placed around the skin of your stoma underneath the barrier wafer, the rings add an extra depth of convexity thus helping to push the skin down around your stoma even farther. Remember, no other skin creams, preparations of any kind or stoma pastes should be used along with the barrier rings, as this will adversely affect the adhesion of the seal. Also make sure your skin is clean and dry before applying and use a soap with no oils or creams. I use a hair dryer set on very low to make sure my skin is dry in humid South Florida.

Third hint is that you actually might need to use an ostomy appliance belt (not a hernia belt).

(Continued on page 9)

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(Continued from page 8-Flush Stoma)

ConvaTec makes a white one and Hollister a flesh tone one. Both can be used interchangeably and snaps onto the sides of your pouch. I put very little pressure on with the belt, forcing my skin barrier closer to my body and thus pushing my stoma up. DO NOT use a belt with-out first consulting your ostomy nurse or doctor as some conditions such as a hernia make wearing one a prohibited option.

As all three of these options used together still don't completely solve my problem I've had to go to DEF-CON level 4. I have to lose weight. Some extra pounds I really don't need have given my tummy a little pooch which makes my convexity options less effective. As I've been losing weight

my tummy's gotten flatter and the convexity options one through three are more effective. When out to dinner with my husband honey, I hate this option as desserts are always calling to me off the menu. But a functional ostomy pouching system just happens to be more important.

by Wendy Lueder, Broward County (FL) Broward Beacon; via NorthCentral OK Ostomy Outlook, Apr 2013 via Regina Ostomy News March/April 2015.

ENJOYING THE SUMMER WITH YOUR OSTOMY

Via: <https://www.exmed.net/blog/ostomyhelp/post/2012/06/22/Enjoying-The-Summer-With-Your-Ostomy.aspx>

With the end of June hot on our heels, we start looking towards fireworks for the Fourth of Ju-

ly, mid-day swimming, BBQs with friends and family, and even more fun in the sun. Making sure we take a few precautions in mind, there is no reason not to enjoy these great outdoor activities this summer with your Ostomy.

Do not expect to have the same wear time on your pouches in the middle of summer as you normally do the rest of the year. Your flanges and barriers may melt faster in the heat than

(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- Summer With Your Ostomy)

otherwise which requires that you change out your appliances more frequently. If you find that your wear times are greatly reduced beyond normal, then you might need to look into a different skin barrier.

With the heat comes skin irritation often times due to the plastic pouches trapping the moisture from our perspiration between the device and our skin. The constant rubbing against the skin leads to the minor redness and irritation. A pouch cover can greatly reduce the irritation as well as using powders to absorb perspiration and reduce friction on our skin.

If you are very active and do not feel comfortable with your two-piece system while enjoying your sports or hobbies, look for ways to secure your pouch to prevent it from popping off its barrier at an inopportune moment. Solutions as simple as using 2"-3" tape to secure the pouch to your abdomen work great for keeping your pouch in place. If adhesive sensitivity concerns are present, using an abdominal binder to hold your pouch in place can give you peace of mind as well. If you are swimming, remember to use waterproof tapes such as 3M Blenderm or MegaZinc Pink for extra security in the pool. (NOA editors note: From my own personal experience, I always use Sure-Seal Rings (<http://alpglobal.com/Sure-Seal-TM-Rings.html>). I get mine from Shoppers Home Health Care. They are a lifesaver and let me wear my appliance for up to 4 or 5 days even when I'm basically in and out of the pool and hot tub all summer.)

Another common problem for ostomates in the summer is the potential for developing a Monilia

(Continued on page 14)



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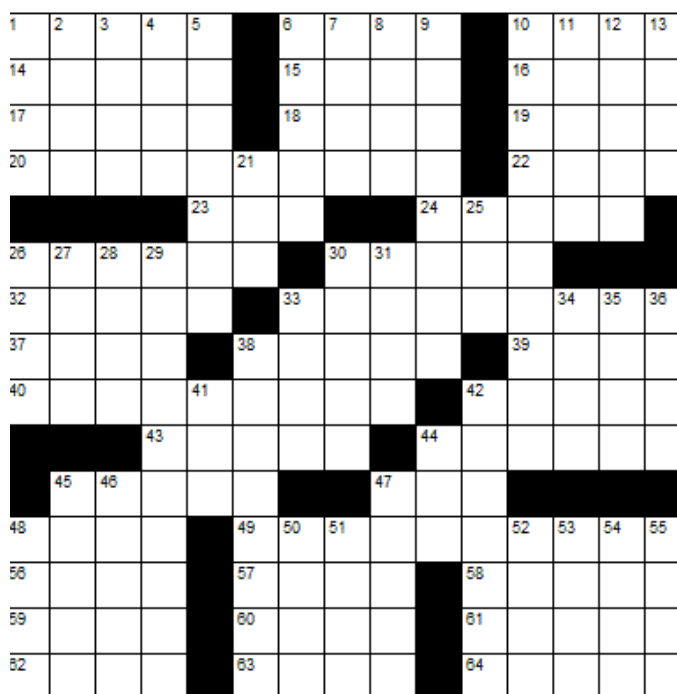
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- | | |
|------------------------------|----------------------------|
| 1. Behind bars | 42. Look closely |
| 6. Charity | 43. Garbage |
| 10. A Greek territorial unit | 44. Ransom |
| 14. Pertaining to the moon | 45. Take as one's own |
| 15. Rich soil | 47. Ambition |
| 16. False god | 48. Affirm |
| 17. A kind of macaw | 49. Recover |
| 18. Hubs | 56. Sodium chloride |
| 19. Bristle | 57. Atop |
| 20. A type of lender | 58. Not urban |
| 22. Portent | 59. Friends and neighbors |
| 23. Wager | 60. 1/100th of a dollar |
| 24. Unit of gold purity | 61. Site of the Trojan War |
| 26. African foxlike animal | 62. Kill |
| 30. Pasture | 63. T T T T |
| 32. Dimwit | 64. Nipples |
| 33. Hastily | |
| 37. Past tense of Leap | |
| 38. Fertile areas | |
| 39. Train track | |
| 40. Casts | |

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- | | | | | |
|-----------------------|------------------------|-------------------------|----------------------|----------------------|
| 1. Applaud | 8. A ceremonial staff | 26. Dossier | (cosmology) | 50. Type of sword |
| 2. Emanation | 9. People who smile | 27. Biblical garden | 38. Block | 51. Ice cream holder |
| 3. Chew | 10. Disarrayed | 28. Bites | 41. Chart | 52. Govern |
| 4. Acquire deservedly | 11. Swelling under the | 29. Remarkable | 42. Mark for miscon- | 53. Diva's solo |
| 5. Coarse unbleached | 12. Sacred song | 30. A friction match | duct | 54. Tight |
| linen | 13. Distinctive flair | 31. Angers | 44. Tear | 55. Shade trees |
| 6. Bestow | 21. Record (abbrev.) | 33. Stop | 45. Utilize | |
| 7. Search | 25. Anagram of "Ail" | 34. Broad valley | 46. Greek letter | |
| | | 35. Not pre-recorded | 47. Parental sisters | |
| | | 36. The original matter | 48. Questions | |

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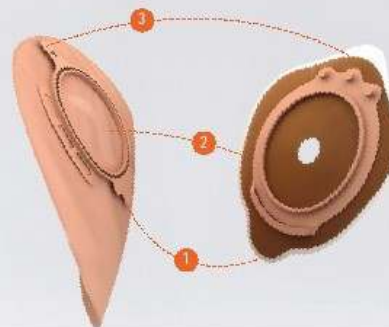
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SHARING EXPERTISE

(Continued from page 10- Summer With Your Ostomy)

(or Candida) rash (yeast infection), characterized by a fine bumpy red rash usually along the edges of the redness. This red raised itchy rash, generally on the peristomal skin, is uncomfortable and often times prevents pouches and devices from adhering to the skin. Monilia rash must be treated with an antifungal powder. The antifungal powder can be used with other barrier powders or alone. If the rash continues, contact your physician for more specific care.

As with any activities outdoors in the summer, making sure you are properly hydrated is key. Remember to drink plenty of fluids before, during, and after you spend time outdoors. The general guideline is "half of your body weight in ounces of water per day". For example, a 200lb person should drink at least 100 ounces of water, or 12.5 8oz glasses of water, per day. As an ostomate, you should likely drink one to two extra glasses of water in addition to that standard. Drinking water, non-caffeine herbal tea, and natural fruit juices all count towards your required amount of fluid intake for the day. I personally find the easiest way to track my water consumption is to take a large water bottle and note how many of these I have to drink rather than having to remember how many of the smaller 8oz glasses I have had all day.

So drink your water, prep your ostomy appliances, protect your skin with sunscreen, and enjoy the outdoor activities this summer!



JOKES OF THE DAY



A man asks a farmer near a field, "Sorry sir, would you mind if I crossed your field instead of going around it? You see, I have to catch the 4:23 train."

The farmer says, "Sure, go right ahead. And if my bull sees you, you'll even catch the 4:11 one."

I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.

Police officer talks to a driver: Your tail light is broken, your tires must be exchanged and your bumper hangs halfway down. That will be 300 dollars.

Driver: Alright, go ahead. They want twice as much as that at the garage

A recent scientific study showed that out of 2,293,618,367 people, 94% are too lazy to actually read that number.

I've always thought my neighbors were quite nice people. But then they put a password on their Wi-Fi.