



This Month's meeting:
Tuesday, February 20th
Open Mic/Rap Session

PLEASE NOTE!!

BEEF ON A BUN FUNDRAISER

Originally Scheduled for Sat. Feb 17th
has been cancelled.



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

Is anyone tired of winter yet?

Apologies for the late newsletter this month.



It's been a quiet year for the board this year; several had come down with that nasty cold that is going around so we have only had one meeting so far. We have decided to postpone the Beef on a Bun Fundraiser this year because we didn't figure we were well enough prepared and lacking manpower to help out.

This month's meeting will be again an open mic or rap session, no guest speaker. The open mic sessions can be very informative; often times you can pick up a tid bit of information relating to

Ostomy, hopefully we will see you there.

I was supposed to travel to Brockville & Barrie on consecutive days for Ostomy Canada last week, Brockville is forming a new support group but they weren't ready for me yet. Barrie was cancelled due to the inclement weather we were having last week.

There is a Visitor Training seminar being held in Hamilton in June, anyone that wishes to renew their visitor card, or become Ostomy Canada Certified Visitor, please let me know so we can add you to the list.

As always, good health.

John Molnar, President



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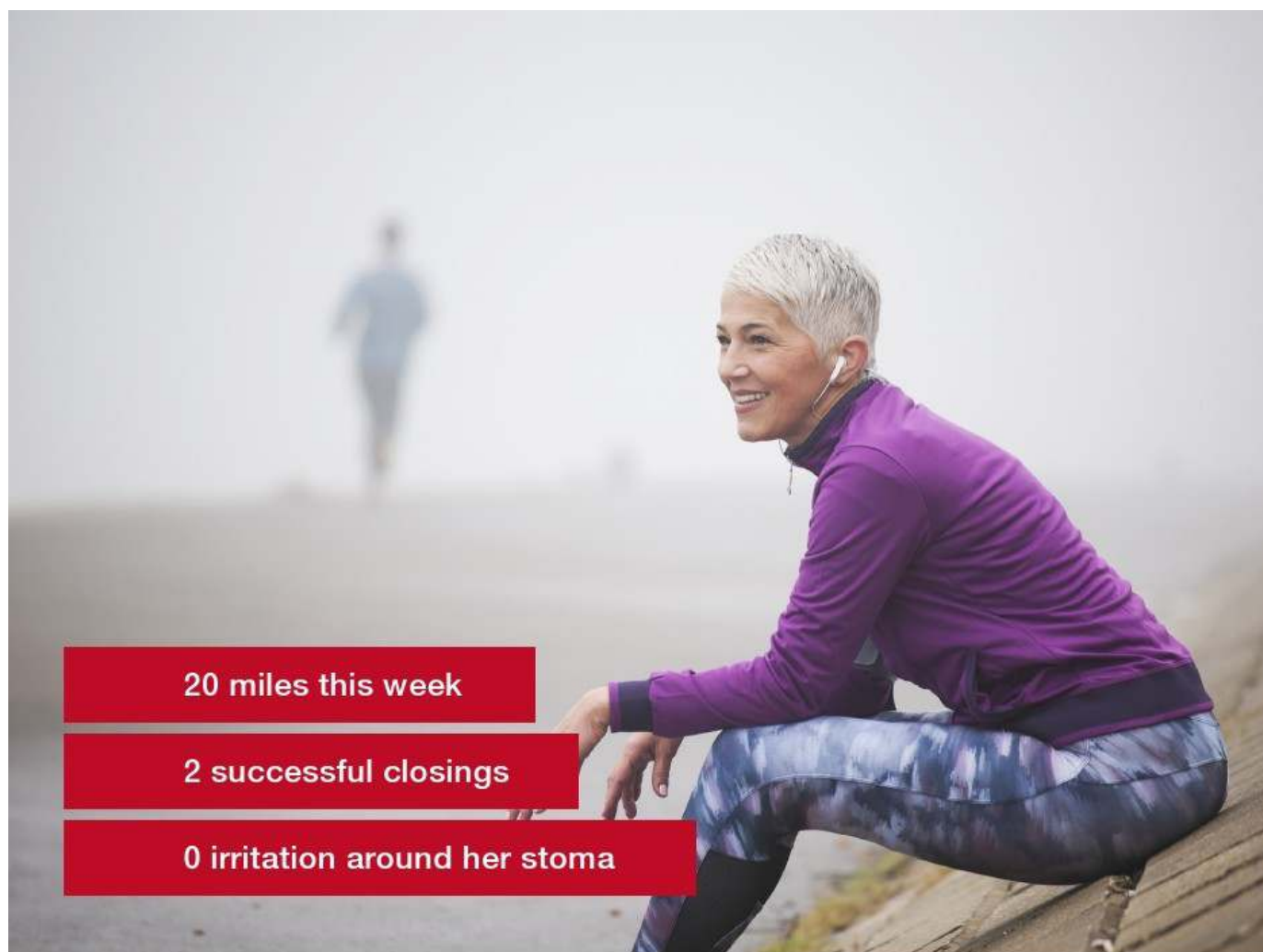
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NEW TIME!!

Doors Open 6:15pm, meeting at 6:30pm

Please note that the meetings are held after business hours when the pharmacy is locked. To keep the pharmacy secure, the front door is attended by staff and unlocked only to admit attendees between 6:15 and 6:30pm. No-one else will be admitted after 6:30 because the staff are also involved in the meeting.

March 28, 2018—Heather Penny, RD, Clinical Dietician, NHS, Welland Hospital Site

May 30—Tracey Shenk & Jennifer Smith, Representative of Hamilton Niagara Haldimand Brant Local Health Integratin Network (LHIN)

2017 Board of Directors

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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2017 Dates

Sept 19:

Oct 17:

Nov 21

December: No meeting

2018 Dates

Jan 16— open mic

Feb 20-open mic

Mar 20-Hollister

Apr 17

May 15

Telephone Numbers:

Niagara Ostomy Association: 905-321-2799

Coloplast: (866) 293-6349

ConvaTec (800) 465-6302

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



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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

**5 THINGS TO DO DAILY TO
KEEP YOUR HEART HEALTHY**
BREATHE EASIER BY FOLLOWING
THESE GOOD HABITS

Contributor: A. Marc Gillinov, MD

*[https://
health.clevelandclinic.org/2016/01/5-
things-to-do-daily-to-keep-your-heart-
healthy/](https://health.clevelandclinic.org/2016/01/5-things-to-do-daily-to-keep-your-heart-healthy/)*

You know that exercise and a good diet can keep your heart healthy. But what else can you do to keep your

(Continued on page 8)

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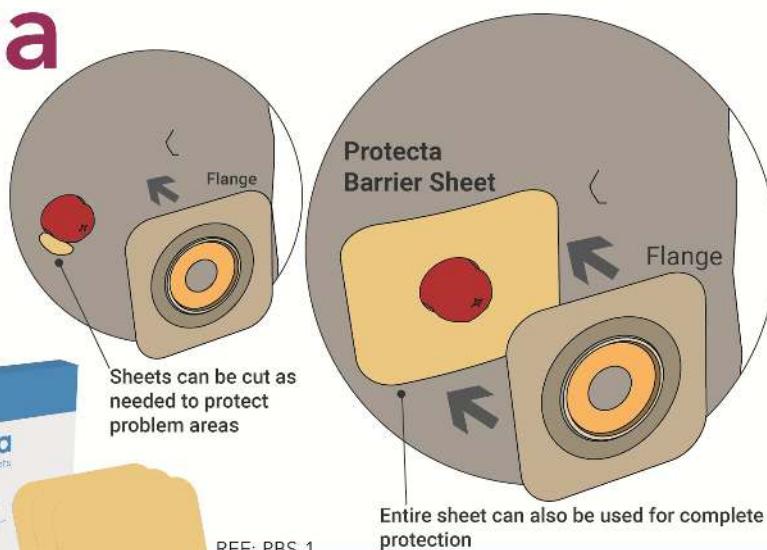


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Living with an ostomy can take education, resources, and support. With me+ we make sure you don't have to figure it out alone.

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(Continued from page 6)

ticker going strong? Here are five key things you need to do every day to help your heart work most efficiently. Incorporate these habits into your lifestyle and your heart health will be the best it can be for you.

1. Eat healthy fats, NOT trans fats

We need fats in our diet, including saturated and polyunsaturated and unsaturated fats. One fat we don't need is trans fat, which is known to increase your risk of developing heart disease or having a stroke over a lifetime. This is because trans fat clogs your arteries by raising your bad cholesterol levels (LDL) and lowering your good cholesterol levels (HDL). By cutting them from your diet, you improve the blood flow throughout your body. So, what are trans fats? They are industry-produced fats often used in packaged baked goods, snack foods, margarines and fried fast foods to add flavor and texture.

Tip: Read the labels on all foods. Trans fat appears on the ingredients list as partially hydrogenated oils. Look for 0 percent trans fat. Make it a point to avoid eating foods with trans fat.

2. Practice good dental hygiene, especially flossing your teeth daily

Dental health is a good indication of overall health, including your heart, because those who have periodontal (gum) disease often have the same risk factors for heart disease. Studies continue on this issue, but many have shown that bacteria in the mouth involved in the development of gum disease can move into the bloodstream and cause an elevation in C-reactive pro-

(Continued on page 9)

(Continued from page 8)

tein, a marker for inflammation in the blood vessels. These changes may in turn, increase your risk of heart disease and stroke.

Tip: Floss and brush your teeth daily to ward off gum disease. It's more than cavities you may have to deal with if you are fighting gum disease.

3. Get enough sleep

Sleep is an essential part of keeping your heart healthy. If you don't sleep enough, you may be at a higher risk for cardiovascular disease no matter your age or other health habits. One study looking at 3,000 adults over the age of 45 found that those who slept fewer than six hours per night were about twice as likely to have a stroke or

heart attack as people who slept six to eight hours per night. Researchers believe sleeping too little causes disruptions in underlying health conditions and biological processes, including blood pressure and inflammation.

Tip: Make sleep a priority. Get 7 to 8 hours of sleep most nights. If you have sleep apnea, you should be treated as this condition is linked to heart disease and arrhythmias

4. Don't sit for too long at one time

In recent years, research has suggested that staying seated for long periods of time is bad for your health no matter how much exercise you do. This is bad news for the many people who sit at sedentary jobs all day. When looking at the combined results of several observational studies that in-

cluded nearly 800,000 people, researchers found that in those who sat the most, there was an associated 147 percent increase in cardiovascular events and a 90 percent increase in death caused by these events. In addition, sitting for long periods of time (especially when traveling) increases your risk of deep vein thrombosis (a blood clot).

Tip: Experts say it's important to move through-

(Continued on page 10)

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<p>Carlton Heights Pharmasave 595 Carlton Street, St. Catharines 905.934.2222 www.carltonheightspharmacy.com</p>	



(Continued from page 9)

out the day. Park farther away from the office, take a few shorter walks throughout the day and/or use a standing work station so you can move up and down. And remember to exercise on most days.

5. Avoid secondhand smoke like the plague

Studies show that the risk of developing heart disease is about 25 to 30 percent higher for people who are exposed to secondhand smoke at home or work. According to the American Heart Association, exposure to tobacco smoke contributes to about 34,000 premature heart disease deaths and 7,300 lung cancer deaths each year. And nonsmokers who have high blood pressure or high blood cholesterol have an even greater risk of developing heart disease when they're exposed to secondhand smoke. This is because the chemicals emitted from cigarette smoke promote the development of plaque buildup in the arteries.

Tip: Be firm with smokers that you do not want to be around environmental smoke—and keep children away from secondhand smoke.

Healthy Heart



Healthy You

Follow these five tips and you'll be doing your heart a favor. You'll feel better and be able to stay active with a heart-healthy lifestyle.

UPCOMING TRAINING SESSION

Saturday, June 2nd

In Hamilton

More details to follow



Check future newsletters for more
Information

A FEW OSTOMY TIPS

AVOIDING BACKSPLASH

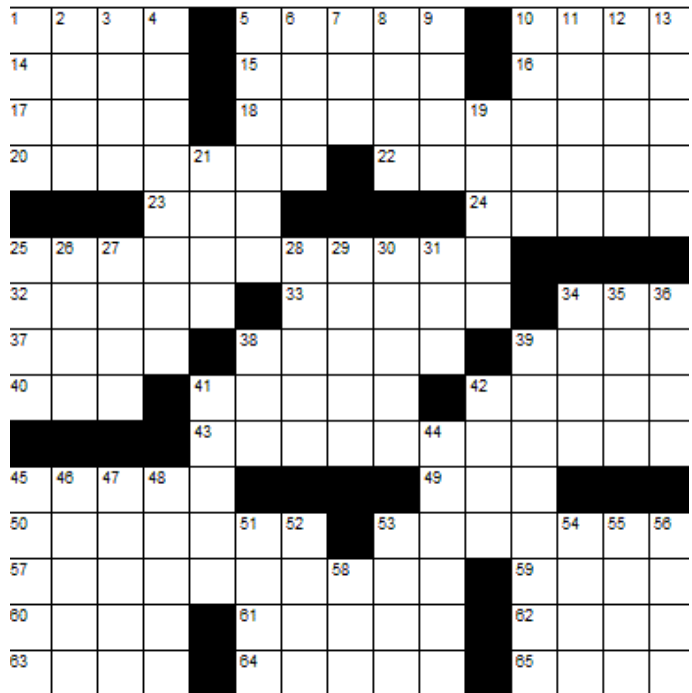
If you find that emptying your bag results in splashing of toilet water, try flushing just as you empty. Emptying into the bowl as the water rushes down may help prevent backsplash. Another technique is to try sitting on the toilet backwards in order to empty the bag. Lay some toilet paper down over the water and up onto the front of the toilet seat. Empty down onto the paper instead of directly into the water.

SALINE WIPES

ET Nurses will tell you to stay away from baby wipes because they contain chemicals that can leave a film on skin and prevent the wafer from sticking properly. Even wipes that claim to be all natural still may cause problems. The best thing to use is a washcloth and plain water, but in a pinch, a sterile saline wipe can be used on the skin if it's truly needed. Sterile wipes can be found in medical supply stores.

ACROSS

1. Appear
5. Naughts
10. Wanes
14. Diatom
15. Put forth, as effort
16. ____ du jour = Meal of the day
17. Shower
18. Cubbyhole
20. Perceptiveness
22. The presiding officer
23. Cook in hot oil
24. What place?
25. Science investigators
32. Pretentious
33. Product of bees
34. Bleat
37. Pace
38. Light purple
39. Graphic symbol
40. East southeast
41. Data stream manipulator
42. Slowly, in music
43. Being filled with wonder
45. Muscle contraction
49. Hearing organ
50. Snipped
53. An endocrine gland
57. Opposition
59. Relating to aircraft
60. Qualified
61. Revere
62. Trigonometry (abbrev.)
63. G G G G
64. Clan emblem
65. Cocoyam

CROSSWORD www.mirrorreyes.com**DOWN**

1. Indian dress
2. Distinctive flair
3. Auspices
4. Apparent
5. Greek god of the west wind
6. Way out
7. Regulation (abbrev.)
8. Mining finds
9. Cease
10. Ancient unit of dry measure
11. Fellow
12. A machine for baling hay
13. Cubic meter
19. Chatty
21. A neutral color
25. Anger
26. Historical periods
27. Anagram of "Ties"
28. Scold
29. Gaps
30. Make into law
31. Record (abbrev.)
34. Built in bed
35. Pot
36. Many millennia
38. Not high
39. Play
41. Temporary lodgings
42. Teller of untruths
44. Ransom
45. Scrawny one
46. Academy freshman
47. Lane
48. Secret agents
51. French for "State"
52. Carpenter's groove
53. Unit of land
54. Egghead
55. Dry
56. Corporate image
58. Excluding

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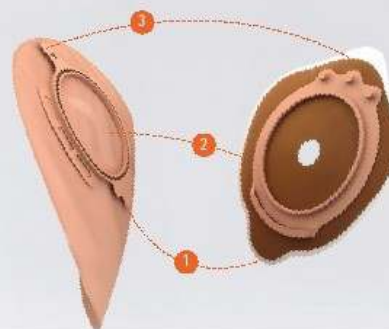
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SHARING EXPERTISE

CARING FOR YOUR OSTOMY

By Pat Murphy, RN, CETN, Middle GA, Ostomy Rumble

UOAA Updated May 2015

Here are some simple pointers for ostomy care. They may not be new, but sometimes it is good to be reminded of them. Good ostomy care habits can catch and nip problems in the bud-the rosebud that is.

Inspect your stoma and skin each time you change your skin barrier. Your stoma should be bright red, smooth and shiny. Inspect the lower edge especially well. Use a mirror if necessary. Look for any signs of irritation or bleeding. These signs may mean your skin barrier is rubbing there.

Your skin should not be pink, purple or gray, even right next to the stoma. You may, however, notice some pink skin under pressure points when you first remove the skin barrier from your body. This is the same as when you take off your watch or a pair of stockings and is normal.

Inspect your skin in a sitting position to see if creases or low areas form around the stoma. This will tell you where to take special steps to even out the area when you put on your skin barrier. Stretching the skin to make it smooth may be all you need to do, or you may need a dab of ostomy paste to help seal the area.

Remember: a new stoma can change size for up to a year. Re-measure your stoma every time you change the skin barrier for the first six months after surgery and every month thereafter. Always re-measure if you are having a leak. Measure the stoma at the base from side to side and from top to bottom.

Many stomas are oval. If you are cutting a skin barrier of a one-piece pouching system, no skin

should show when it is in place. However, making sure the skin barrier doesn't touch the stoma unless it is an extended-wear skin barrier manufactured to be able to touch the stoma (these skin barriers are designed to "turtleneck" where they touch the stoma). Since it can be tricky to cut the opening to the correct shape without leaving gaps around the stoma, manufacturers have developed skin barrier seals and ostomy paste that can be used to fill the gaps.

If your stoma is not perfectly round, do not trace and cut a round circle. Instead, make the skin barrier fit exactly. Your ostomy nurse can show you how. It should just miss the stoma, sealing down on the skin right next to it. Your skin barrier should not go over any red, wet mucosal tissue, the kind that forms the stoma. If you wear a pouch with a Karaya ring on it, the ring should gently touch the stoma all around.



"Sugar why don't you sit down by the table and we'll start supper." Said Dorothy to her Husband of 50 years. "Sure thing," said her husband settling himself down.

"Now darling, would you like the soup first or the salad?" Questioned Dorothy.

"Umm I guess I'll take the soup." He responded.

After a whole meal of one endearing term after another, their guest Bob couldn't contain his curiosity any longer. Bob snuck into the kitchen and asked, "Dorothy do you always talk to your husband like that?"

"Bob, I'll be honest with you," Dorothy replied. "It's been five years now, I just can't remember his name, and I am just too embarrassed to ask him!"