



This Month's meeting:

Tuesday, May 15th

**Sebastian Plassard, B. Braun of Canada
Products and Information**

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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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.

President's Message



Coming soon



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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.

**May 30—Open Mic Night and
Help for New Attendees**

2017 Board of Directors

Title	Name
President	John Molnar
Treasurer	Beth Harwood
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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2018 Dates

Mar 20: Hollister

Apr 17: Dietician

May 15: BB Braun

June 19: Neurologist

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



Car Pooling

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

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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:

Association) should be mailed to:

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

ASK AN OSTOMY LIFESTYLE

EXPERT –Probiotics

www.ostomycanada.ca

Question:

Thank-you for being available to take questions. I am 65 and have had an Ileostomy for 6 yrs. I have had Crohn's for 35 years and Ankylosing Spondylitis for 5 or more years. So, I face many indirect over-the-counter pharmaceutical costs that I try to struggle to manage. There has been a good deal of research and excitement about the value of probiotics.

Given that probiotics are both expensive and usually reside in the large in-

(Continued on page 8)

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life, not
the other
way around"
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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.

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

Join for free and start getting the benefits of me+ today.

Simply call **1-800-465-6302** (M-F, 8:00 AM-6:00 PM EST)
or email at ConvaTec.Canada@convatec.com

(Continued from page 6)

testine, is it worthwhile for me to take them? Has there been any research on this? What have been the results?

Response:

There is not much literature on the use of probiotics in the ostomate specifically. However, there may be a place in therapy to combat bacterial overgrowth in the small intestine. Bacterial overgrowth leads to fermentation of carbohydrates, which produces gases such as hydrogen and methane. These gases can lead to irritation of the intestinal lining and inhibition of proper nutrient absorption. More research is needed, but probiotics may be useful in controlling bacterial overgrowth and improving the health of the remaining intestinal lining.

Probiotics have been available for many years, but only recently have controlled clinical trials in IBD been done.

There is growing evidence that the functioning of the immune system systemically and at the intes-

tinal tract level can be positively altered by probiotics. Available studies of probiotics have tried to determine the mechanisms by which they work. Proposed mechanisms of action of probiotics in the intestinal tract are: secretion of antimicrobial substances to prevent growth of "bad" bacteria, to block "bad" bacteria from attaching to the lining of the intestinal tract, to strengthen intestinal tract lining integrity, and to enhance the function of the immune system in fighting "bad" bacteria. Bad bacteria is the pathogenic (disease causing) bacteria, including *E. coli*, *Salmonella*, *Shigella* and *Vibrio cholera*. There have also been clinical trials that have shown no significant benefit, but also no negative side effects.

Although probiotic use is generally considered a safe intervention in healthy individuals, there are potential negative effects, especially for those who are immune-compromised. Immuno-compromised conditions include, but are not limited to immunodeficiency diseases, malignancy, pregnancy, etc. The potential negative effect

for the immune-compromised individual is sepsis, which means that the probiotic could end up being a potential source of infection that could make its way into the bloodstream. Due to the potential for serious risk, I recommend consulting your physician before taking concentrated quantities of probiotics found in tablets and capsules.

Probiotics can be found at any retail/pharmacy, usually in the

(Continued on page 9)

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(Continued from page 8)

vitamin aisle.

There are many different options in tablet/capsule form that are not as expensive that are worth a try. There are other sources of probiotics such as in certain yogurts and dairy products. Make sure they say that they contain probiotics on the label because not all yogurts contain probiotics.

I would recommend that everyone consult their physician prior to starting a new medication, including probiotics, to weigh the risk vs. benefit.

Most clinical studies have not focused on the probiotics role in the ostomate, but they seem to be a viable new added option in treating IBD.

CARING FOR EXCORIATED SKIN

Via: S. Brevard FL, & Northwind News, Anchorage, AK

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

When a large area of skin is excoriated, remove the appliance and let the skin air at least an hour daily. It might take a week or more of daily airing to heal.

Lock the door, take the phone off the hook, turn on the TV, or listen to radio call-in programs. Sit in a comfortable chair, or prop yourself up in bed, with a small table alongside, and a hairdryer plugged in.

Set up everything needed for changing your appliance within reach, so you don't have to turn over, or get up for anything. Protect furniture, clothing, or bedding with plastic sheets (large garbage bags, cut open, are fine), or old bath towels. Hang a smaller plastic garbage bag securely in a trash container, for soiled items.



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



(Continued from page 9)

Have plenty of tissues, a roll of toilet paper, and unsterile gauze squares for cleaning up. Don't use cotton balls, as they will snag on rough areas and cling to oozing areas. Have a small pan of water available, and a small bar of Ivory soap in a dish.

A kidney-shaped basin is needed to hold under the stoma to catch any eruptions. Don't read or write, as both hands will be needed. Place the basin under the pouch, remove and discard the appliance, and holding the basin under the stoma, gently wash skin and stoma with the soap and water. Rinse well, and pat or blow dry. Dunk clean gauze squares in the water, use and discard. Don't re-dunk them in the clean water!

Let skin air dry for twenty-minutes. Dab plain (not peppermint flavored) anti-acid liquid, such as Maalox, on the raw skin, blow dry on "cool" setting, or fan dry. Paint three layers, one every twenty minutes. Catch any eruptions before they soil the paint job, necessitating washing again.

When your time is up, apply your pouch as usual, right over the three-layer paint job. It will adhere to it, if it's dry.



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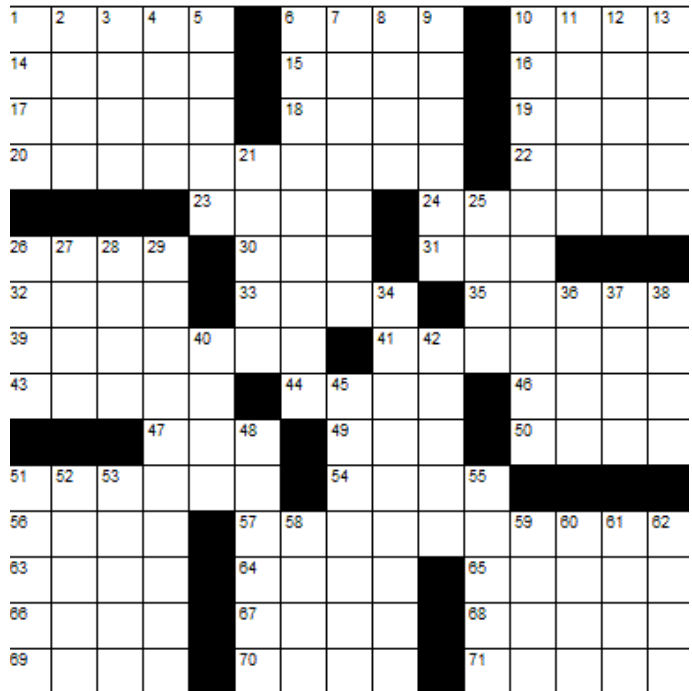
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ACROSS

1. Unrefined
6. Hawaiian strings
10. Skin irritation
14. A Great Lake
15. Following
16. Like a bog
17. Comment to the audience
18. One who colors cloth
19. Trudge
20. Remunerate
22. Smell
23. Relating to aircraft
24. Exclamation of satisfaction
26. Garret
30. Consume
31. Explosive
32. Hodgepodge
33. Quarry
35. A gold coin of ancient Persia
39. A 19th century art movement
41. Frugality
43. Well-known
44. Stigma
46. Hats
47. Record (abbrev.)
49. Before, poetically
50. At one time (archaic)
51. Convulse
54. Thin strip
56. Warmth
57. Acculturate
63. Hindu princess
64. Thrust with a knife
65. Drying cloth
66. Therefore
67. Tailless amphibian
68. Abreast
69. Biblical garden
70. Cravings
71. Homes for birds

CROSSWORD www.mirrorreyes.com**DOWN**

1. Blacken
2. Ploy
3. Relating to urine
4. Extinct flightless bird
5. Colonic
6. Armpits
7. Fundamental or central idea
8. X X X X
9. Avenue
10. Greatness
11. Diacritical mark
12. Criminal
13. 9-headed monster (Greek mythology)
21. Furtive looks
25. Annul
26. Forsaken
27. Margarine
28. Decree
29. Permissiveness
34. Toddlers
36. Lion sound
37. Rascallions
38. Vesicle
40. Midmonth date
42. Whipped or sour
45. Ceding
48. Worthless
51. Half of six
52. Listened to
53. Cooktop
55. Moon of Saturn
58. Achy
59. Part of the outer ear
60. Amazes
61. Nipple
62. Shade trees



Answers on
page 9

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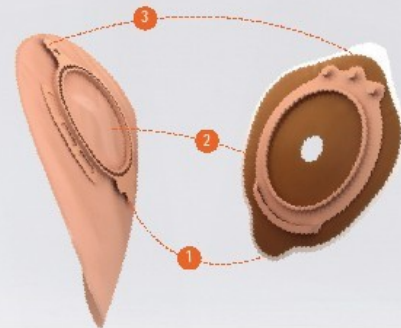
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JOKES OF THE DAY

Choose the Right One

A young man excitedly tells his mother he's fallen in love and going to get married. He says, "Just for fun, Ma, I'm going to bring over 3 women and you try and guess which one I'm going to marry."

The mother agrees.

The next day, he brings three beautiful women into the house and sits them down on the couch and they chat for a while. He then says, "Okay, Ma, guess which one I'm going to marry."

She immediately replies, "The one in the middle."

"That's amazing, Ma. You're right. How did you know?"

"I don't like her."

Source: Funny Clean Jokes



Pull Over!

"Hey, you! Pull over!" shouted the traffic cop. The lady complied, and she was fined seventy-five dollars for not wearing a seatbelt.

She went home in great anxiety lest her husband, who always examined her checkbook, should learn of the incident.

Then inspiration struck and she marked the check stub, "One pullover: \$75."

Source: Jokes and Games

Frozen to Death

Two men waiting at the pearly gates strike up a conversation. "How'd you die?" the first man asks the second.

"I froze to death," says the second. "That's awful, how does it feel to freeze to death?" says the first.

"It's very uncomfortable at first, you get the shakes, and you get pains in all your fingers and toes. But eventually, it's a very calm way to go. You get numb and you kind of drift off, as if you're sleeping.

How did you die?" says the second. "I had a heart attack", says the first guy. "You see, I knew my wife was cheating on me, so one day I showed up at home unexpectedly.

I ran up to the bedroom, and found her alone, knitting.

I ran down to the basement, but no one was hiding there.

I ran up to the second floor, but no one was hiding there either.

I ran as fast as I could to the attic, and just as I got there, I had a massive heart attack and died."

The second man shakes his head. "That's so ironic" he says.

"What do you mean?" asks the first man.

"If you had only stopped to look in the freezer, we'd both still be alive."

Source: AAA Jokes