



This Month's meeting:
Wednesday, March 20th

Peter West from
"SafenSimple" Medical
— Ostomy Product Line —

REMINDER!!

New dates and location for our meetings!



Meeting Location: The Grantham Lions Club, 732 Niagara St, St. Catharines, ON L2M 7W7 (corner of Parnell Rd & Niagara St) in the smaller hall at the Parnell end of the building (use Parnell doors)

Meeting day & time: Third **WEDNESDAY** of each month, doors open 7:00 PM, meeting starts 7:15 PM (excluding December, July & August)

INVITATION TO START UP NIAGARA'S GUSTY GANG SOCIAL CLUB

ARE YOU BETWEEN AGE 20 TO 40 WITH AN OSTOMY... AND... interested in occasionally getting together with similar folks for social networking and personal support in a fun setting?

Then... consider being part of a group to build **Gutsy Gang Social Club (Niagara)**, especially if you have expertise in applying social media, and call Dave at 905 327-2806 for more information.

Location:

Grantham Lions Club

(in the smaller hall)

732 Niagara St, (corner Parnell & Niagara St.) St. Cath.

Use Parnell Entrance

Doors open @ 7:00p.m.

Meeting starts @ 7:15p.m.

*** fully accessible—no stairs***

(Ridgeway / Pt. Colborne meeting info on Page 4)



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Board MemberMessage

My name is Nancy Ployart, I joined the Niagara Ostomy Group in November 2013, following colostomy surgery in September 2013.

I learned so much from this association regarding how to cope with my new life, appliance use, from the health fairs and the friendship that developed.

After two years, I volunteered my services as a board member and thus became the Visiting coordinator (I have a nursing background) a good fit. My role is to arrange our trained visitors to meet with new ostomates to help them adjust to

their new lifestyles, IE-- exercise diet and self-image plus any other questions they may have. We see nearly 15 ostomates annually and hopefully make a difference.

As a board member, I also participate in Outreach to make our association known to all types of ostomates via Pharmacies, Doctors, Hospitals, Public service worker classes and attending Health Fairs.

I would encourage our members to participate in any of the opportunities that are available.

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 and shadows will fall
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— WALT WHITMAN



GH



20 miles this week

2 successful closings

0 irritation around her stoma

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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.

Meetings:

Wed, March 27th — Niagara Local Health
Integration Network

Topic: Home and community care support

Wed, May 29th — TBA

2018/19 Board of Directors

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President	John Molnar
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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2019 Dates

Mar 20-SafenSimple Ostomy

Apr 17- Lori MacCullough; Director
Nursing Professional Practice and Elder
Care

May 15

June 19

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

TIPS TO AVOID OSTOMY PANCAKING

-by Kelsey Scarborough-

[http://www.shieldhealthcare.com/
community/ostomylife/2018/11/21/tips
-and-tricks-to-avoid-ostomy-pancaking/](http://www.shieldhealthcare.com/community/ostomylife/2018/11/21/tips-and-tricks-to-avoid-ostomy-pancaking/)

A common issue ostomates face is pancaking. It can sometimes feel like you have tried everything with no luck. But don't give up! I have compiled this troubleshooting guide based on my experience as an ostomate and dealing with my fair share of pancaking. Give these tips a try to limit pancaking in your pouch.

(Continued on page 8)



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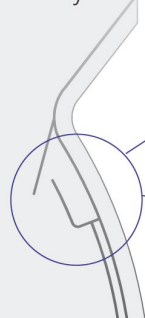


Coloplast

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Wendy



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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.

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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)

What is pancaking?

Pancaking is a term often used when describing ostomy output sticking to the bag at the stoma site and not falling down as it should. This causes the stool to form around the wafer and “smoosh” itself into the shape of a pancake.

Pancaking can be a hassle! I get it often because I have a colostomy which is more likely than an ileostomy to pancake because the stool is thicker. I also tend to wear tight pants with my pouch tucked into them – preventing stool from sliding down to the bottom of my bag. I’m going to be honest with you, my stool almost never falls into my bag on its own, and I have to guide it with one method or another. So how do I manage?

Dress for Success

- **Loose fitting pants with a tight waistband.** I find that dressing for my ostomy is helpful

for many situations including the prevention of pancaking. Loose fitting pants with a tight waistband can be beneficial. Make sure to have the waistband sit just above the stoma, applying pressure to the top of the bag. This and more leg room will encourage the stool to fall properly. Scrub pants work well for me at work because the waistband applies pressure and the pants are loose, allowing the stool to fall down.

- **Tuck in your bag.** Also, folding the top part of your bag down and tucking it into the waistband can limit the space available for pancaking. This also helps keep the stool from accumulating around the filter – preventing a clog. When all of this fails, and sometimes it does fail, the crease in my bag has usually done its job of protecting my filter and top of my bag. Then I can just go into the restroom, squeeze the sides of my bag, and run my fingers along the pouch to squeeze the stool down. I also sometimes use a flat “karate-chop hand” and slide it down the front of the bag gently. But when doing this, I am careful

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not to put a large amount of force on the bag because this could compromise the seal by squeezing stool under the wafer. I slowly and carefully push the stool down a little at a time. It is important to just try and push what's on the outside of the wafer, not the stool that's inside the flange circle. To deal with the stool inside the flange circle, I gently use my finger to guide it down into the bag, then squeeze it down as before.

Convex Wafers

When it comes to pancaking, some ostomates say that convex wafers cause more pancaking. Because convex wafers are curved to place pressure around the stoma, the thought is that stool can pool in the "cup" created by this shape. I find

though, that pancaking is more of an issue of the stool spreading to the bag surrounding and sticking to the flange circle, creating a short stack you didn't order.

When I first got my ostomy, pancaking was a problem and caused frequent leaks. This occurred until I began using convex wafers. I find that my convex barrier prevents leaks when pancaking occurs and creates a good enough seal to allow me to gently squeeze the stool down.

Other Tips and Tricks

When I was having major pancaking and leaking issues, nurses were still coming to my home regularly. While helping me adjust after surgery my nurses taught me some tricks:

- **Inflate the pouch.** If your pouch does not

have a filter, blow air into the bag and pull the walls apart from each other before putting it on. This puffs the bag out so that the stool can fall to the bottom. If the bag is collapsed, it prevents stool from falling down.

- **Add toilet paper.** If your pouch has a filter, inflating the pouch won't work because air will leak from the filter causing it to collapse. Roll up a small piece of toilet paper and

(Continued on page 10)



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(Continued from page 9)

insert it into the bag. Roll into a little tube like a pie crust comes rolled up in a box – this keeps the bag open, allowing stool to fall properly.

Lubricate your pouch. You can use things like baby oil or olive oil **as long as these don't compromise you seal or decrease your wear time.** To prevent this from occurring when lubricating your pouch, try using a commercial lubricating deodorant made specifically for ostomies: **Adapt, Adapt purse size, Brava,** and **Lubricating gel deodorant.** When lubricating your pouch make sure that you are evenly distributing the lubricating drops around the pouch to ensure it is slippery. Try to get the gel around the wafer site as well as down into the pouch. You can do this by smooshing the pouch up in your hands with the drops inside and manipulating it around. Laura also recommends increasing your fluid and fiber intake to help make your output less sticky and prevent the stool from being able to stick to the bag.

Cover your filter. Eric from **Vegan Ostomy** says that sometimes a filter can work so well that

(Continued on page 14)

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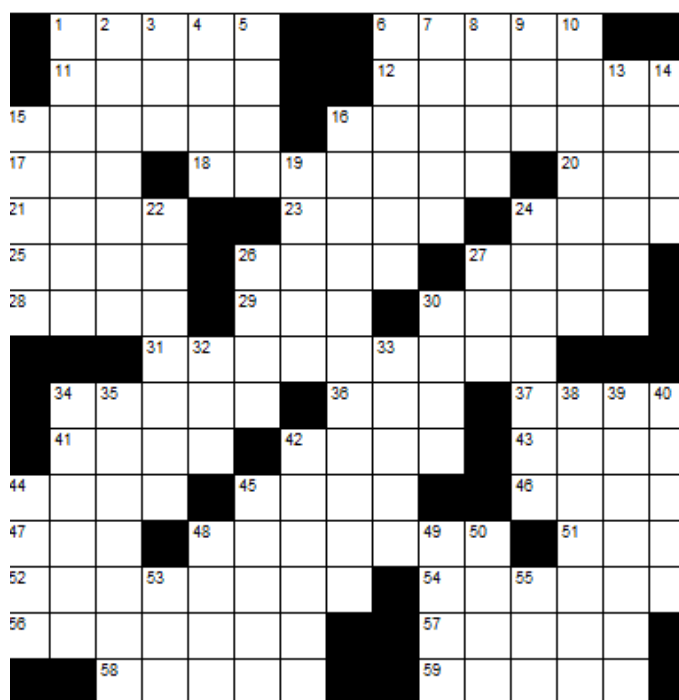


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ACROSS

1. Monetary penalties
6. Manager
11. Picture
12. Name
15. A citrus fruit
16. Participant
17. Beer barrel
18. Caught
20. French for "Summer"
21. Dogfish
23. Gunk
24. Infants
25. Long ago
26. Car trunk (British)
27. Essence
28. Moving within
29. A large vase
30. Hockey footwear
31. Elkwoods
34. Gives forth
36. Muck

37. After-bath powder
41. Demolish
42. Citrus fruit
43. Always
44. A ceremonial staff
45. Sit for a photo
46. Wander
47. An Old Testament king
48. Knickknack
51. C
52. People with red hair
54. Magician
56. Gallivant
57. Leave out
58. Doled out
59. Storehouse

CROSSWORD www.mirroreyes.com**DOWN**

- | | | | | |
|----------------------------------|---------------------------|----------------------------------|------------------------------|--------------------|
| 1. He fights blazes | 8. Copied | 24. A small kitchen appliance | 35. Paving material | 50. Scrabble piece |
| 2. Follower of free verse poetry | 9. Bamboozle | 26. Insects | 38. Popular salad ingredient | 53. Hasten |
| 3. Indian bread | 10. Hideaway | 27. Calypso offshoot | 39. A young hare | 55. Nil |
| 4. Hens make them | 13. Urticate | 30. On the left or right | 40. Belief system | |
| 5. Observed | 14. T T T T | 32. Consumed food | 42. Wealthy | |
| 6. Surgical cord | 15. Relative of a giraffe | 33. Unit of luminous flux | 44. Shopping place | |
| 7. Chose | 16. Field-crop experts | 34. Found at the end of a pencil | 45. Stage | |
| | 19. Fruit of the oak tree | | 48. Cried | |
| | 22. Spray very finely | | 49. Was indebted | |

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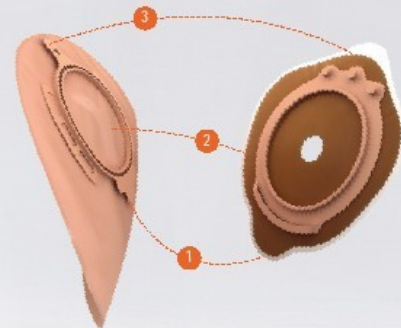
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SHARING EXPERTISE

(Continued from page 10)

it "pulls at" the bag trying to rid it of any gas, creating a vacuum within the bag. If this is occurring, it will certainly cause pancaking by almost vacuum-packing the stool around the stoma site as it comes out. If you think this could be the case with your filter, Eric suggests covering the filter on the outside of the bag with a sticker or a piece of tape to prevent the vacuuming situation.

Then, if gas accumulates in your bag, you can simply remove the tape for it to be filtered out and recover it after.

- **Try a different pouch.**

If you have tried everything and still can't avoid pancaking, you may want to look into changing the type of bag

you use. A different appliance may have a less active filter, a more slippery inside, or different



material that prevents pancaking of your stool.

Ostomy Liners. Colo-Majic is a plastic bag that goes inside your ostomy and fans out around the flange. You then clip your bag to the flange over the bag rim and the bag sits inside your pouch to collect the stool, leaving the pouch clean. Although I have not personally used this product, I think it might be worth a try. It seems like this would work because of the product's hourglass shape. The top part of the liner bottle-necks, and the liner slides *down* into your pouch, with no room for it to slide up. If you are feeling adventurous, give it a shot. This product is also **flushable!!!** So you can flush your poo, not throw it in the trash at a friend's house where their dog can pull in out and chew it open right in the living room... ahem.

JOKE OF THE DAY

A lawyer runs a stop sign and gets pulled over by a sheriff. He thinks he's smarter being a big shot lawyer from New York and has a better education than a sheriff from West Virginia. The sheriff asks for license and registration. The lawyer asks, "What for?" The sheriff responds, "You didn't come to a complete stop at the stop sign." The lawyer says, "I slowed down and no one was coming." "You still didn't come to a complete stop. License and registration please," say the sheriff impatiently. The lawyer says, "If you can show me the legal difference between slow down and stop, I'll give you my license and registration and you can give me the ticket. If not, you let me go and don't give me the ticket." The sheriff says, "That sounds fair, please exit your vehicle." The lawyer steps out and the sheriff takes out his nightstick and starts beating the lawyer with it. The sheriff says, "Do you want me to stop or just slow down?"



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