



**WE REMEMBER**

## This Month's meeting:

**November 20th**

Lori MacCullough;

Director Nursing Professional Practice and Elder Care at Niagara Health System.

## 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)*



REMINDER:  
NO MEETING  
OR  
NEWSLETTER  
IN DECEMBER

## 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](mailto: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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## Presidents Message

Hello everyone.

Just a friendly reminder that it is membership renewal time, please get them in as soon as you can. Thanks to the many that have done so already.

Our Ostomy Day was a great success; we saw many familiar faces & many new faces. We had several folks sign up for membership too! The vendors were all happy with the number of people they saw & commented positively on our new venue. I must say that I really like it too. Our first meeting there was November of 2018, how time flies. It's hard to believe we've been there a year already! I wish to thank all of the volunteers that helped that day, as well as the vendors. Without all of you we would never be able to hold this event.



I know I didn't get around to thanking the volunteers that day.

Be sure to attend this November meeting with guest speaker Lori MacCullouch from the St Catharines hospital. I'm sure she will be talking about the changes and highlights of the Hospital. I know they have hired an NSWOC nurse, so that's great news!

I have a tentative Ice fishing trip planned for January 18-21. I'm looking forward to it --nice relaxing time with good friends.

With the recent changes to Friends of Ostomates Worldwide (Canada) and Hollister, we are now

accepting packages at the St. Catharines location. Several dozen packages have come in so far, and we've got word more is on the way. I'm anxious to see how it's going to work out, so far the plan is working. FOWC is looking at doing more frequent, smaller packs for the short term. Instead of a few packs per year, we're looking at maybe 1 per month. It's going to be a learning curve, that's for sure.

This is our last newsletter for 2019, so an early Season's Greetings & Happy New Year to all!

Hope to see you at the November meeting !

Cheers,

John Molnar,

President



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**Boggio & Edwards Pharmacy**  
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20 miles this week

2 successful closings

0 irritation around her stoma

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## AVOIDING SLIPS AND FALLS WHEN IT'S ICY OR WET OUT

[www.speakingofsafety.ca](http://www.speakingofsafety.ca)

Take an icy cold snap, add lots of rain, and up goes the risk of slipping and falling. How can people walk more safely while at work and in the community?

One night, during B.C.'s intense 2017 winter season, I found my neighbour's phone on the ground, beside the path and under a tree. I found out later she had lost the phone when she slipped on the icy ground, fell, and broke her wrist – one of many people injured this way.

“Ankle fractures, sprained wrists, head injuries in people that are otherwise in good health – they're all from these slips and falls. It's very treacherous for people out there,” said a paramedic quoted in this 2017 CBC news story on how Vancouver's icy

conditions resulted in an increase in fall-related injuries.

But slipping and falling isn't just a winter problem. It also happens in spring – both outdoors and indoors – because of all the melting snow and ice, not to mention all the rain. Here are a few recent examples of slip/fall incidents in B.C. workplaces:

A worker entered a building from the parking lot on a wet and snowy day. The worker stomped and wiped both feet on a mat, then stepped onto the floor, slipped, and fell backward.

A worker slipped on snow-covered ice while walking to his vehicle at the end of his shift.

A community care worker was on her way to a home visit. She slipped on an icy public sidewalk, striking her head and losing consciousness.

*(Continued on page 6)*

## SOUTH NIAGARA OSTOMY GROUP

Boggio Pharmacy, 200 Catharine St,

Port Colborne

**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.

**November 27, 2019: Lukas Wagner, Coloplast**

**March 25, 2020: Laura Thompson, Convatec**

**May 27, 2020: Les Coulter, The Ostomy Clothing Company (formerly Weir Comfees)**

### 2019 Board of Directors

Title	Name
President	John Molnar
Treasurer	Brenda Bagley
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Past President	Laura Gazley
Director	Nancy Ployart
Director	Melanie Presti
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## CALENDAR OF EVENTS

**Our Website:** [www.niagaraostomy.com](http://www.niagaraostomy.com)

**Our Email:** [info@niagaraostomy.com](mailto:info@niagaraostomy.com)

### 2019 Dates

Nov 20: Lori Mac-  
Cullouch, Niagara  
Health System

December: No meet-  
ing

### 2020 Dates

Jan 15

Feb 19

Mar 18

Apr 15

May 20

### 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:

Brenda Bagley, 66 Portmaster Dr,  
St. Catharines, ON L2N 7H7

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### Walk like a penguin?

Ideally, people will shovel snow from walkways and mop water from floors. But if they don't, how can people stay safe and avoid slipping? I saw one interesting suggestion on Twitter from the Dublin Fire Brigade: "Do the penguin walk! Walking like a penguin in compacted snow and ice will help prevent slips, trips and falls."

Bend slightly and walk flat footed  
Point your feet out slightly like a penguin  
Keep your centre of gravity over your feet as much as possible

Watch where you are stepping  
Take shorter, shuffle-like steps

(Continued on page 7)

## Request your **FREE** ostomy scissors

Coloplast® ostomy scissors have curved blades to facilitate circular cuts on your ostomy baseplate.



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[www.coloplast.ca/scissors](http://www.coloplast.ca/scissors)

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**Coloplast**

## Wish emptying your pouch could be less messy?

It can be with **Flushable Ostomy Pouch Liners** from Attiva Ostomy Essentials. Simply remove the liner, place in the toilet and flush away. No mess, no fuss.

Our liners also extend pouch life and are **much more affordable** than other liners on the market - helping you save money!



### **New Improvements:**

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- double perimeter seals to eliminate leaks

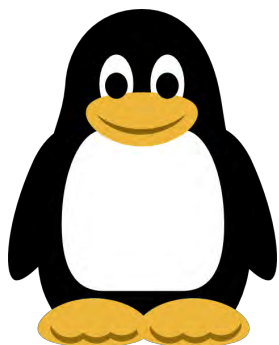


For samples or to order:  
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[AttivaOstomy.com](http://AttivaOstomy.com)

See our full line of ostomy accessories at: [www.AttivaOstomy.com](http://www.AttivaOstomy.com)  
Dealer inquiries welcome.

**Attiva**  
Ostomy Essentials

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Keep your arms at your sides (not in your pockets!)  
Concentrate on keeping your balance  
Go S-L-O-W-L-Y

Following in the footsteps of these experienced – and adorable – ice walkers is a great idea any time you're on slippery ground.

## SKIN IRRITATION

<https://badgut.org/information-centre/ostomies/skin-irritation/>

Redness on the skin around the stoma can be from several sources. Some of the more common reasons can include irritation from stool, sensitivity/allergy to the products you are using, or yeast. Characteristics of each will be discussed below.

Most commonly with an ileostomy, redness to the skin around the stoma, accompanied by burning and itching, is the result of stool having direct contact with the skin. Stool from an ileostomy is corrosive and can cause damage to the skin within a short period of time. Damaged skin will often result in itchiness and burning, particularly when the stoma is functioning. You may also notice small amounts of bleeding from the skin if the irritation has been for a prolonged period of time.

There are several possible reasons why the skin may be exposed to the stool. The opening

(Continued on page 8)

"There is hope and there is light. Being happy is a choice that you can make. It's your choice."  
Dana

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\*Model portrayal  
AP-018657-GA

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(Continued from page 7)

of the flange may be too large for the size of the stoma. It is recommended that the aperture, or opening of the flange, should be about 1/8th of an inch (3-4 millimetres) larger than the base of the stoma. If the aperture is larger than this, too much peristomal skin is exposed and can't be properly protected by the appliance barrier and/or paste. You should ensure that the opening of the flange is the correct size. Most ostomy suppliers have measuring devices that can help you to determine the correct size of flange opening. You can also reserve the release paper from the back of your flange (usually paper or plastic), and place it over your stoma, making sure your stoma is centred in the middle of the opening. Look in a mirror and measure the gap between the base of your stoma and the inner edge of the release paper. That gap should be no more than 1/8th of an inch (3-4 mm). If you are having difficulty measuring the gap or determining the correct size, contact your Enterostomal Therapy Nurse (ET)

to help you.

Skin exposure may also be the result of an inappropriate appliance. Different characteristics of the stoma (shape, degree of protrusion), and different characteristics of the skin around the stoma (dips, creases, folds, crevices) may prevent you from obtaining a "good seal" with your appliance. If you don't have a good seal, this can allow stool to leak under your flange and to come in contact with your skin. You may require an alternative type of appliance (e.g. perhaps switching from a

flat flange to one with convexity) or the addition of another product (such as a barrier ring) to help prevent leakage and skin exposure. Your ET can help you determine if an alter-



(Continued on page 9)

## Ostomy Supplies

Speak with your Rexall Pharmacy team for information and support for your ostomy supplies. We stock great brands such as Coloplast, Hollister, and Convatec. Join us Tuesday's for 10% off and ask about our free delivery.

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THE  
**OSTOMY** *Clothing*  
COMPANY

(Continued from page 8)

nate product would be beneficial.

The redness could also indicate a reaction to one or more of the products that you are using for your ostomy care. You may be sensitive to an ingredient, or have an actual allergy to the product. Typically, the redness associated with a product reaction will have very defined borders, mimick-

ing the contours of the offending product. For example, if you are having a reaction to the tape border of your flange, then the redness would be directly under, and only under, where the tape comes in contact with your skin. The area under the barrier portion of the flange would be okay. Given the description of where your redness is, you may be having a reaction to the paste. Tube pastes tend to contain alcohol, and some people

will react to the alcohol causing redness, itching and burning. If it is an allergy, you may also notice blistering. You will need to stop using the offending product, and find an alternate. Your ET can help you to determine if the products you are using are causing the problem.

The redness and itchiness may also be the re-

(Continued on page 10)



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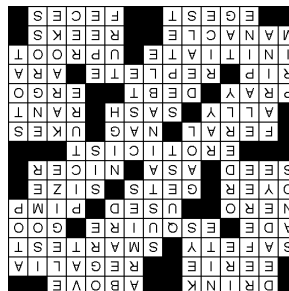
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(Continued from page 9)

sult of a yeast infection to the skin. Yeast infections tend to be bright red (in the initial stages; the color will change as the infection resolves), have irregular borders or edges, and will likely have several smaller pink dots on the skin away from the main part of the redness /infection. These are called satellite lesions and are new areas of yeast growth. Yeast likes to grow in moist, dark, warm places, like under an ostomy appliance. Yeast will sometimes start after someone has been on antibiotics. It can also result from frequent soaks in hot-tubs or baths, or with excessive perspiration, like in warm weather or with exercise. Yeast is easily treated with a silver based powder called Arglaes®. The powder is applied directly onto the skin, and must be “sealed” with a skin barrier wipe, such as No Sting™. If you don’t seal the powder, the flange will not adhere to your skin. Equally, you should not use a cream based anti-fungal preparation as this will also prevent the flange from adhering. You will need to apply the powder for about a two week period. Usually, you do not need to change your flange more often than normal while using the powder. You should also check other common body sites for signs of yeast, such as under breasts, in the groin, or axillae (underarms). If you notice yeast in these areas, you will need to treat as well (though here, a cream based preparation is okay) to prevent re-infection under your flange. Your ET can help you to determine if yeast is causing your redness.

Stool irritation, product sensitivity and yeast are certainly the more common reasons for redness around the stoma. However, there are oth-

er potential reasons for redness. You should contact your ET for a proper evaluation.

---

## WHAT YOUR URINE COLOR SAYS ABOUT YOU

*By Cleveland Clinic - The Color of Pee: Via Ottawa  
Ostomy News, Oct 2019*

Human urine has been a useful diagnostic tool since the earliest days of medicine. The color, density, and smell of urine can reveal much about the state of our health.

Here is a quick look at some of the things you can tell from the hue of your liquid excreta.

**NO COLOR, TRANSPARENT:** You’re drinking a lot of water. You may want to cut back.

**PALE STRAW COLOR:** You’re normal, healthy and well-hydrated.

**TRANSPARENT YELLOW:** You’re normal.

**DARK YELLOW:** Normal, but drink some water soon.

**AMBER OR HONEY:** Your body isn’t getting enough water. Drink some now.

**SYRUP OR BROWN ALE:** You could have liver disease, or severe dehydration. Drink water and see your doctor if it persists.

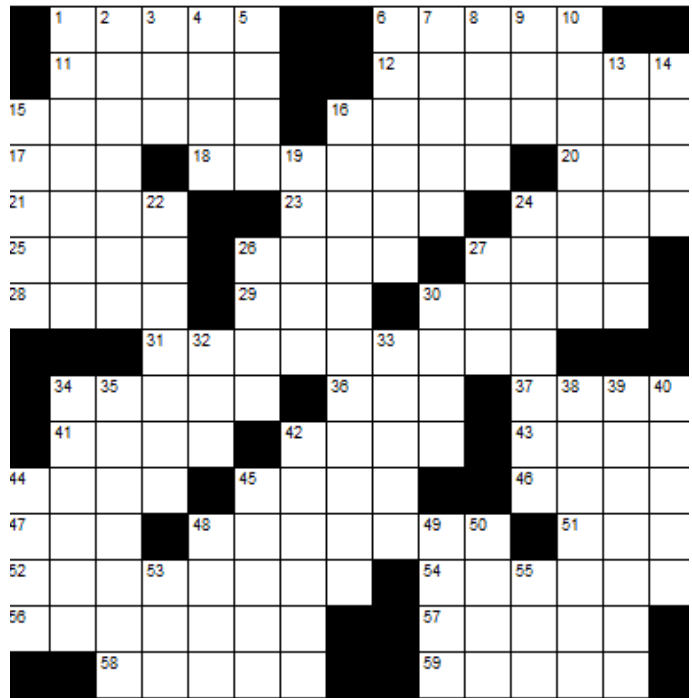
**PINK TO REDDISH:** Have you eaten beets, blueberries or rhubarb recently? If not, you may have blood in your urine. It could be nothing, or it could be a sign of kidney disease, tumors, urinary tract infections, prostate problems or something else. Contact your doctor.

**Outside Influences:** Stuff you take can change the color of your urine. For instance, some medications, laxatives, chemotherapy drugs and

(Continued on page 13)

**ACROSS**

- |                                   |                      |
|-----------------------------------|----------------------|
| 1. Beverage                       | 34. Not domesticated |
| 6. Upon                           | 36. Henpeck          |
| 11. Creepy                        | 37. Hawaiian strings |
| 12. Fine or decorative clothing   | 41. Helper           |
| 15. Personal security             | 42. Cumberbund       |
| 16. Brightest                     | 43. Deliver a tirade |
| 17. Citrus drink                  | 44. Beseech          |
| 18. A British title of respect    | 45. Liability        |
| 20. Slime                         | 46. Therefore        |
| 21. Roman emperor                 | 47. Tear             |
| 23. Previously owned              | 48. Full             |
| 24. Panderer                      | 51. Genus of macaws  |
| 25. One who colors cloth          | 52. Start            |
| 26. Obtains                       | 54. Displace         |
| 27. Small, medium or large        | 56. Handcuff         |
| 28. Sow                           | 57. Stinks           |
| 29. An Old Testament king         | 58. Excrete          |
| 30. More pleasant                 | 59. Fecal matter     |
| 31. One who indulges in eroticism |                      |

**CROSSWORD** [www.mirroreyes.com](http://www.mirroreyes.com)**DOWN**

- |                      |                                |                                     |                          |
|----------------------|--------------------------------|-------------------------------------|--------------------------|
| 1. Sharpshooter      | 9. Big wine holder             | 26. Jail (British)                  | 39. Engage               |
| 2. Umpire            | 10. Compose an elegy           | 27. Female sibling                  | 40. Brown ermine         |
| 3. Fury              | 13. Chemical cousin            | 30. Near                            | 42. 7 member group       |
| 4. Anagram of "Tine" | 14. At the peak of 15. Smooths | 32. Beam                            | 44. Dainty               |
| 5. Lock openers      | 16. Capable of being continued | 33. Hindu social division           | 45. Trades               |
| 6. Battalions        | 19. Mission                    | 34. Fine wheat meal                 | 48. Type of cereal grass |
| 7. Whiskers          | 22. Hospital attendant         | 35. Pertaining to cobra-like snakes | 49. Territory            |
| 8. Monster           | 24. Painting                   | 38. Modern sing-along               | 50. Type of sword        |
|                      |                                |                                     | 53. Children's game      |
|                      |                                |                                     | 55. Record (abbrev.)     |



Answers on  
page 9

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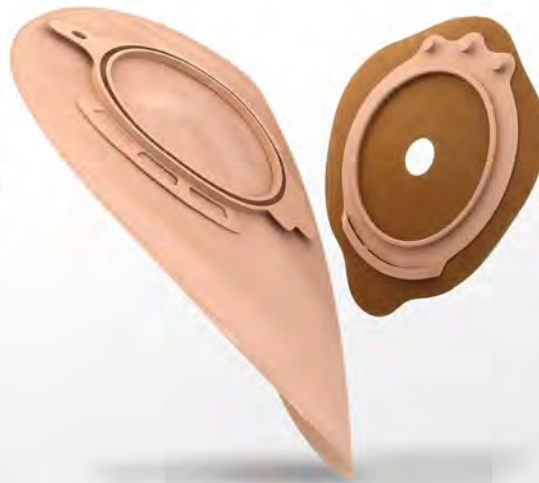
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dyes doctors give you to diagnose urinary tract infections can make your urine darker than normal.

**Final Word: The Invisible World of Urine:** You can tell a lot from looking at your urine. But you can tell a lot more from the kind of urinalysis you should be getting along with a regular physical exam by your doctor. Blood in the urine, a serious sign, is often invisible to the naked eye. The level of sugars in your urine may indicate a risk for diabetes. When you're at your doctor's office, don't be afraid to pee in the cup. It's one of the best things you can do for your health.

## LAUGH FOR THE DAY

An Amish husband, wife and son travel to the city on vacation. They visit a shopping mall and while the mother is shopping, the father and son are standing in awe in front of an elevator (having no idea what it is). As they watch, an elderly lady walks into the strange silver doors and the doors close. The father and son watch as the numbers go up, and then back down. When the doors open, a beautiful young woman walks out. The father leans over and whispers to the son, "Son, go get your mother!"

A Spanish captain was walking on his ship when a soldier rushes to him and exclaims, "An enemy ship is approaching us!" The captain replies

(Continued on page 14)





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calmly, "Go get my red shirt." The soldier gets the shirt for the captain. The enemy ship comes in and heavy rounds of fire are exchanged. Finally, the Spaniards win. The soldier asks, "Congrats sir, but why the red shirt?" The captain replies, "If I got injured, my blood shouldn't be seen, as I didn't want my men to lose hope." Just then, another soldier runs up and says, "Sir, we just spotted another twenty enemy ships!" The captain calmly replies, "Go bring my yellow pants."

