



This Month's meeting:
Virtual online meeting
May 20th @ 7:00 pm

VIRTUAL MEETING DETAILS

Please email us at info@niagaraostomy.com
for additional instructions on how to join
and sign up

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:



During this time of
Covid-19, we have sus-
pended our in-person
location meetings and
will be conducting them
online.

See note in newsletter for
more details.

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Presidents Message

Once again, I hope this newsletter finds everyone in good health and spirit.

It's a very challenging time we're going through. I hope everyone is coping well with this pandemic situation we're all in.



Since the last message I sent, we have seen a real change in how we do things, from shopping for groceries, to buying repair items for our houses, our eating habits, how we do our banking, how we visit with friends & loved ones. The list goes on.

All reports now indicate it will still be some time before we see "normal" back in our lives.

It is time for Niagara Ostomy to think outside of the box, and we really need your input. It may be several months before we will be able to meet in the way we are used to.

A few simple questions;

How can we help you? How do we do it? How should we change? What happens next? There are probably a hundred or more questions we can ask.

We are going to host a virtual meeting this month, May the 20th at 7PM. anyone that has a computer should be able to view it and listen. If you wish to participate with questions & comments, you will need a microphone.

As always, there will be ample time to listen & discuss your issues too. Please don't hesitate to join us to assist you too.

We really encourage you to join in; we are looking for answers to the above questions, and above all, ideas from you on how we could proceed. We have been in continual existence since 1974; we can't give up on the chapter now. Please, please consider joining us on our First Virtual Meeting. It is very important that we hear your ideas and suggestions. Please email us at info@niagaraostomy.com for additional instructions on how to join & sign up. I assure you the process is very easy (most times) and we can guide you through the process to

get you started if you need help.

Our last two Board of Directors meetings have been virtual meetings; I can see this the normal way for the board to meet from here on.

For those that unfortunately don't have a computer, can you get your children or grandchildren to help you out? We don't wish to exclude anyone, if you cannot join us on May 20th, please send us a letter or call us at 905 321 2799, and share your thoughts.

We're really counting on you to help us through these difficult times, so that we can continue to help fellow ostomates that need our help. Remember, just because Covid-19 is all the news these days, doesn't mean that people with ostomies that are having issues should be put on the back burner.



Thanks for taking the time to read this,

Best Regards

John Molnar



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0 irritation around her stoma

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LEARNING TO LOVE YOUR OSTOMY

by Amber J. Resca, ET, *Verywell.com*;

via *Island Ostomy News*; *Regina (SK) Ostomy News*; and *Halifax (NS) Gazette*

Source: *OK Ostomy Outlook* March 2020

Your Ostomy Helps You Live a Better Life, And Here Are the Reasons Why:

The day you found out you were going to get an ostomy may have been a dark one for you. In some cases, ostomy surgery may even be done on an emergency basis, and patients wake up to their ostomy as a total surprise. No matter how or why you came by your ostomy, it will become a part of your life going forward. Once you've had some time to get used to the idea, and settled into your post-surgery routine, you can learn to appreciate your ostomy.

Here are the reasons why your ostomy can be your best friend, and how you can be grateful for it.

1. Your Ostomy Saved Your Life: For many of us,

ostomy surgery was also a life-saving surgery. In the case of colon cancer, removing the cancerous parts of the intestine, along with any other cancer cells, and creating the ostomy may prevent the cancer from spreading to other organs. In the case of Crohn's disease, removing a diseased part of the colon can help you back out of a flareup and towards better health. In the case of ulcerative colitis, an ostomy could have been necessary to treat toxic megacolon or to prevent colon cancer. Whatever the reason it was done, without the availability of ostomy surgery, many lives would be cut short unnecessarily.

2. No More Emergency Bathroom Runs: For many people, life with an ostomy is better than it was before. In the case of ulcerative colitis or Crohn's disease, life pre-ostomy may have been filled with emergency trips to the bathroom. Some people with IBD are even afraid to leave their homes for very long or avoid eating before going out in order to prevent a rush to the toilet. With an ostomy, the pressure to find a bathroom in a hurry is over. You need to empty your pouch, but this can be done when and where you need to, without a need to make a mad dash

(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.

ALL MEETINGS CANCELLED UNTIL FURTHER NOTICE DUE TO COVID-19.

Please check back for details
on when we can re-open.

2019 Board of Directors

Title	Name
President	John Molnar
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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2020 Dates:

May 20: online
meeting

June: TBA

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

905 321 2799

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:

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

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because of a case of diarrhea.

3. No One Knows (Really — They Don't!):

New ostomates may worry that every person they meet will know that they have an ostomy. In truth, there is no way anyone will know unless you tell them. There is no smell from your stoma, and ostomy pouches are so advanced now that they don't rustle or make noise. All of these factors help keep your ostomy secret (if you choose to keep it that way). Additionally, people are not as observant as we often think they are. Most people are not scrutinizing your waistline or paying any attention to your comings and goings. If you do decide to tell people about your ostomy, they will probably tell you they had no idea.

(Continued on page 7)

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Wish emptying your pouch could be less messy?

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See our full line of ostomy accessories at: www.AttivaOstomy.com
Dealer inquiries welcome.

Attiva
Ostomy Essentials

(Continued from page 6)

4. Your Life is Better Than It Used To Be:

Remember when you were so sick? You could barely make it out of bed some days. You may have worried about bathroom accidents or even had trouble sleeping. With your ostomy you can begin to take your life back — have a social life, travel, exercise, even swim. If you think of your ostomy as a tool, a key to new opportunities, you can do anything that anyone who does not have an ostomy can do. And now you can do it in better health.

5. You Can Wear Anything You Want:

It's true, you can wear anything you want. What's to stop you from wearing an evening gown? Swim trunks? Even a bikini? The only thing that will limit your wardrobe is you. There are a variety of ostomy appliances available today that can help you get into your pre-ostomy clothes with no problem. There are tiny pouches, disposable pouches, even pouches with attractive covers. There are no limits for you except those that you set for yourself.

6. Those Who Matter Don't Mind:

Be who you are and say what you feel because those who mind don't matter and those who matter don't mind — Dr. Seuss. That's right. Dr. Seuss was quoted! The fact remains that he is absolutely correct. You are going to meet people who are going to say horrible and insensitive things to you about your ostomy. But you are also going to meet people who are not going to care about your ostomy any more than they would care about your hair color or your weight. Your ostomy is part of you, and you are a package deal. Someone who would be cruel to you about your ostomy would most likely also be cruel to you about any other thing that makes you "different," no matter what it was. Those people will not be able to stick by you — or anyone else — during the twists and turns life takes, especially as it's not your job to fix them, although you may have the opportunity to educate them if you wish to do so.



"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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ASK AN OSTOMY LIFESTYLE EXPERT

Jo-Ann L. Tremblay

WWW.OSTOMYCANADA.CA

Convexity

QUESTION

I am 84 yrs. old. I have an ileostomy which I have had for about 29 years, on my right side. A skin sag has developed about one inch below the stoma and is causing adhesion problems for my appliance. I use ConvaTec SUR-FIT Natura Stomahesive Flexible wafer REF 125264. I use Coloplast Brava strip paste just at the start of sag, to build up the sagging area a bit, just below the wafer adhesive border, and then I apply 3M Medipore H Surgical tape to hold everything in place. This results in a fairly wide surgical encumbered area. Any suggestions to reduce this rather extensive area use. Thanks.

RESPONSE

Our Medical advisor recommends that you try a “convex flange”.

Following is a good resource to help you assess your ostomy issue:

<https://psag-consumer.wocn.org/#home>

- Also, call the customer service at Convatec, and ask for a convex flange/system sample.

- Different companies make different styles of convexity, if the Convatec flange does not work for you, then call other Ostomy manufacturers.

Convexity

Convexity in ostomy supplies exists to provide optimum stoma seal. Convex ostomy systems are beneficial for people who have stoma with uneven shape, unusual size, or other irregularities around the stoma skin area. The convex ostomy bag system is designed to curve inward toward the stoma. This enables the ostomy bag to attach securely and firmly with the surrounding skin. Convex ostomy bag system thereby directs urine or stool into the pouch and not under the wafer or skin barrier.

Convex Ostomy Systems

The main purpose of the convex system is to avoid ostomy leakage. The ideal ostomy convex pouch system should adapt intuitively to the peristomal skin contour while sustaining the movements and stress caused during normal wear. It should potentially increase ostomy bag wear and feel comfortable. The tightly secured convex

(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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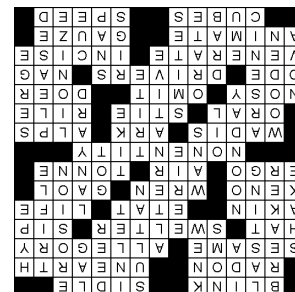
THE
OSTOMY *Clothing*
COMPANY

It will possibly take a few phone calls and experimentation. The various Ostomy manufacturers produce high quality and varied products, that upon request will send the free products for you to try, and then will follow up with you. There is a solution to your current peristomal skin issue.

- Hot water
- 1/4 cup white vinegar
- 2 tbsp Dr Bronner's pure-Castile liquid soap (or Eco-friendly dishwashing liquid if you don't have Dr Bronner's)
- 1 tbsp Borax (optional)

few inches at the top. Add the rest of the ingredients, give it a gentle shake to combine, then get trigger happy. Feel free to add essential oils – peppermint, lavender, or tea tree oil to boost the disinfecting power of the spray.

This spray can replace the majority of your cleaning arsenal – you truly don't need special products for tile floors, counters, bathrooms and toys. Don't be worried about germs, either; a recent study showed that antibacterial products are no more effective at eliminating bacteria than plain old soap and water. You just end up paying more for them and washing toxic ingredients down the drain.



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5 FOODS TO EAT IF YOU HAVE DIARRHEA OR CHRONICALLY LOOSE STOOL



Bananas: Bananas are a great food to eat when you have diarrhea. Bananas are easy to digest, and they are high in potassium which is lost through diarrhea. Bananas are soothing, filling and readily available.

Rice: Eat plain rice during bouts of diarrhea. Rice is easy on the digestive system. It is also low in fiber and helps slow down the gastrointestinal tract, which is beneficial for cases of diarrhea.

Applesauce: Incorporate applesauce into your diet when you are suffering from diarrhea. Applesauce contains pectin, a water-soluble fiber, which is known to help reduce diarrhea. Applesauce is also very nutritious containing an appropriate balance of vitamins and sugar.

Boiled Eggs: The body loses energy during bouts of diarrhea. Eggs provide protein which energizes the body and gives it strength. Avoid fatigue by eating well-cooked eggs.

Pretzels: Eat salted pretzels while dealing with diarrhea. This will help your body retain water and keep you from becoming dehydrated. The salted pretzels will also help soothe and settle your stomach.

Source: Green Bay Area OSG Jan/Feb 2019; via: Winnipeg Ostomy Inside/Out March 2020



HEALING SKIN AFTER LEAKAGE

www.myostomycare.com

Leakage happens from time to time, like forgetting where you put your keys, or putting your shirt on backwards. **It should not happen regularly.** If leakage is a regular occurrence, you may need to review your pouching system with your Nurse Specialized in Wound, Ostomy & Continence (NSWOC) or WOC nurse.

Leakage can irritate skin. It can feel like a burn and it can itch.

UROSTOMY: The moisture of urine, and the waste products that make it urine, can cause irritation of the skin. The skin around the stoma may turn whitish grey.

COLOSTOMY: The moisture content of the stool on the skin can cause irritation. The higher up in the bowel the stoma is located, the more moisture there will be in the stool.

ILEOSTOMY: The moisture content of the stool is quite high, and this can damage the skin. Ileostomy output also contains digestive enzymes, chemicals our body makes to help breakdown food. These enzymes also work on the skin, and cause damage.

Damaged skin can be red, itchy or burning, and sometimes is weepy or oozing. This weepiness is moisture coming to the surface of the skin to help heal the damaged areas. If your skin was uncovered, this would make a scab.

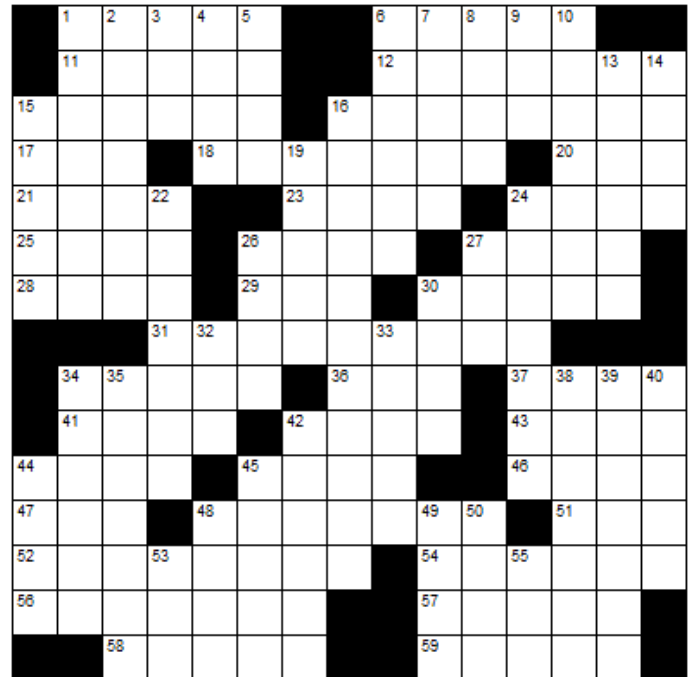
Your pouching system sits on top of this damaged area. The moisture your body is sending to heal this area will break down your seal more quickly. This leads to leakage on tissue that is trying to heal. Damaged skin will start to heal as soon as the cause (leakage) is removed. To help the skin heal and become dry again, you will need to change your pouch more often until your skin is healed.

(Continued on page 13)

ACROSS

1. Briefly shut the eyes
6. Move furtively
11. A radioactive gaseous element
12. Discover
15. Benni
16. Fable
17. Cap
18. Be uncomfortably hot
20. Take in slowly
21. Analogous
23. French for "State"
24. Vitality
25. Gambling game
26. Small songbird
27. Jail (British)
28. Therefore
29. Atmosphere
30. 1000 kilograms
31. A person of no influence
34. Gulleys

36. Biblical boat
37. Austrian peaks
41. By mouth
42. Anagram of "Ties"
43. Anger
44. Prying
45. Leave out
46. One who accomplishes
47. Lyric poem
48. Chauffeurs
51. Henpeck
52. Revere
54. Cut
56. Quicken
57. A type of bandage
58. Blocks
59. Velocity

CROSSWORD www.mirrorreyes.com**DOWN**

1. Surf
2. Enduring
3. Actress Lupino
4. French for "Names"
5. Was cognizant
6. Ruler
7. Arm of the sea
8. Doe
9. Delay
10. Ablation
13. Triviality
14. Hoopla
15. Vibrate
16. Choice
19. Creepy
22. Midday
24. A cord worn around the neck
26. Sickens
27. Snagged
30. Kid
32. Petroleum
33. Hackneyed
34. Stiff
35. Insecticide
38. Exalt
39. Delighted
40. Twilled fabric
42. Hits
44. Exploded star
45. Give a speech
48. Blah
49. Trailer trucks
50. Break
53. Large Australian flightless bird
55. Prompt

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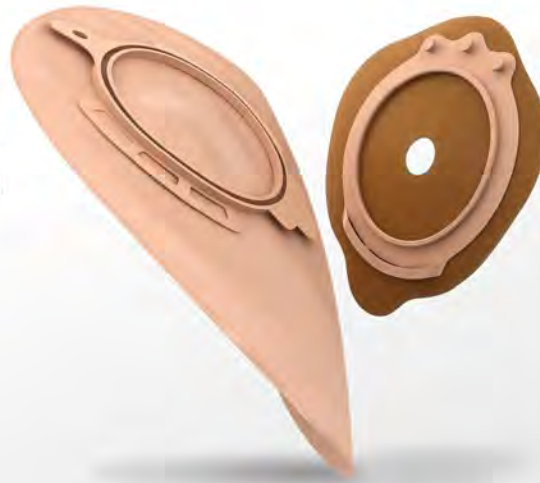
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CREATING A DRY SURFACE OVER DAMAGED SKIN:

Some people use **crusting** to absorb some of the extra moisture. “Crusting” refers to the use of ostomy powder and a skin barrier film to create a dry surface over top of damaged skin around a stoma. It is done in the case of skin breakdown where there is a small amount of moisture present. Crusting allows the affected area of skin around the stoma to become dry in order to stick the flange/barrier and remain stuck, thus providing a more secure seal.

Crusting is a tool you can use when you have weepy skin. If you have red, dry skin and the powder doesn’t stick, you don’t need crusting, so stop.

If you need to use crusting with every change, you may need to see your ET nurse to re-evaluate the fit of your entire pouching system. Leakage behind the flange caus-

ing skin damage should be a once-in-a-while event, like putting your shirt on backwards. If you’re having weepy, irritated skin every time you change, something isn’t right. Perhaps your flange is cut too small, or too large, or maybe you are waiting too long in between changes. Barrier rings are also helpful for absorbing some of the extra moisture coming from your skin as it heals. Most manufacturers will send out free supplies. Trial and error is usually what’s needed to find out what works best for you.

CHANGE BEFORE THE NEXT LEAK HAPPENS

Changing your pouch before stool or urine gets on your skin again is the most important factor in helping skin heal. Sometimes this means changing daily or every second day until your skin is healthy. Once the skin around your stoma is healing and dry, you can return to your regular change schedule.





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1. What's the best thing
about Switzerland?.....
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2. George Clooney, Leonardo Di-
Caprio, and Matthew McConaughey get
together to make a movie.

Clooney says, "I'll direct."

DiCaprio says, "I'll act."

McConaughey says, "I'll write, I'll write, I'll
write."