

## This Month's meeting:

**October 14 th @ 7:00 pm: Virtual online meeting**

**In Attendance: Melanie Tulini, Chronic Care Specialist  
B.Braun Ostomy Supply**

**October 21st @ 7:00 pm: In-person Meeting:**

**Speaker: Judy Valk,  
Outreach Program Co-ordinator  
Niagara North Family Health Team**

**See President's message for information on how to join online,  
as well as what to do in case of In-person cancellation.**

## 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*

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## COVID PROTOCOL FOR IN PERSON MEETING

Please take note of the following changes to our in-person meeting:

- Maximum 20 people
- Social distancing in effect, remain 6 feet apart
- Stay home if you are feeling unwell
- Masks are required
- Masks and hand sanitizer will be available at the meeting
- Sign in sheets mandatory for contact tracing
- No snacks or coffee, but bottled water will be provided



**PRESIDENT'S MESSAGE:**

Hello again. I hope everyone had a Happy Thanksgiving. We certainly are in trying times, hopefully one day this will all be behind us and we can get back to some sort of normal in our lives.



We are still planning on holding our virtual meetings, as well as trying to get back to face to face meetings. We will be going month by month on the face to face meetings. If we get reasonable attendance we will try to continue with them. Lining up guest speakers may be a bit more difficult than in the past though.

WE NEED YOUR SUPPORT, please join either our face to face or virtual meetings, as well send in your membership dues as soon as possible. Remember when you were new at the Ostomy game and needed some guidance? We are still seeing new ostomy patients and they can use our help.

Guest Speaker Melanie Tulini , Chronic Care Product Specialist from B. Braun ostomy supplies will attend our online virtual meeting, October 14<sup>th</sup> at 7 PM. If you would like to attend, please email us for a link to the meeting at [info@niagaraostomy.com](mailto:info@niagaraostomy.com) I realize that you may receive this newsletter too late for this month's online meeting, but I encourage you to join in our virtual meetings, it seems to be the "way of the future" for a lot of functions.

Guest speaker for Our Face to Face meeting, 7 PM, October 21 at the Grantham Lions Club will be Judy Valk. Judy is a former E.T nurse, now working for Niagara north Family Health Team, Virgil site Her position there is the Outreach program co-coordinator for the health team patients, to follow up with Hypertension, Diabetes, Ostomies, post-op complications etc. in the Niagara north region. Many of our members will remember Judy so please do join us on Oct.21st @7pm

If by chance we have to cancel our face to face meeting on

short notice due to Health Regulations, we will have a message on our telephone the morning of September 21 indicating that. Please call 905 321 2799 and we will have a message on there if we have to cancel the meeting.

I would like to thank everyone that filled out the questionnaire we sent out in late August. We had over 50 % returned. We had 27 people agree with the board of Directors, 1 person objected. Our mandate is pretty clear to withhold membership funds from Ostomy Canada for up to two years. Up until that time, if we see promising direction with Ostomy Canada, we will re-establish our connection with them; otherwise, we will sever ties with them and fly on our own.

I'll say it again, please get your membership dues in as soon as possible. We are all going through changing times; please continue to support us. People with new ostomies want our help, let's all step up.

Stay healthy,

John Molnar



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## PARASTOMAL HERNIAS

[www.badgut.org](http://www.badgut.org)

### Question:

My doctor says I have a hernia around my stoma. What do I need to know about this?

### Answer:

Simply, a hernia is an abnormal protrusion, or out-pouching, of bowel through a weakened area in the abdominal wall (the abdominal wall being the muscle and fat layers). In the case of a hernia around the stoma, the weakened area is where the stoma comes through the abdominal wall. Depending upon how large that weakened area is and how much bowel protrudes through, you may notice only a slight bulge of your abdomen around your stoma, to a significant large protrusion

that is noticeable even under clothes. There are several things you should know about the hernia and how to manage it.

A hernia around the stoma (parastomal hernia) occurs in about 5-10% of people with colostomies, and about 3-10% of people with ileostomies. While it is difficult to predict who will develop a parastomal hernia, certain factors are known to predispose someone to its development:

Site of the stoma: ideally, when a new stoma is made, it should be brought through a muscle in the abdomen called the rectus abdominus. Placement of the stoma outside of this muscle (more over to the side of the abdomen) can lead to a hernia around the stoma.

Obesity: people who are obese may develop

*(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.

### MEETINGS:

**TBA**

### 2020 Board of Directors

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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)

### 2020 Dates

October 14—Virtual meeting

October 21—Judy Valk

November 18: TBA

December: 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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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



(Continued from page 5—Hernia)

parastomal hernias more readily than those of normal weight.

**Malnutrition:** poor nutrition around the time of the stoma surgery may delay normal healing, and result in a weakness in the abdominal wall.

**Age:** poor abdominal muscle tone with advancing age may result in eventual herniation.

**Increased intra-abdominal pressure:** increased pressure within the abdomen, which can occur with severe or chronic coughing, severe sneezing, or lifting heavy objects, may weaken the abdominal muscle around the stoma, leading to a hernia.

**Infection after stoma surgery:** this may, again,

(continued on page 7)



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**Attiva**  
Ostomy Essentials

(Continued from page 6-Hernia)

weaken the abdominal muscle and result in a parastomal hernia.

Parastomal hernias may develop soon after surgery, or may take years to develop. Most people (about 80%) will not experience any difficulties with the hernia and will not require any intervention. The remaining 20%, however, may have symptoms that require some help to manage. Some hernias will correct themselves with different positions: you may find that your hernia is only noticeable when you are standing or sitting, and may “disappear” when you are lying on your back. Sometimes the hernia is noticeable regardless of your position.

A parastomal hernia may cause some abdominal discomfort. People can describe a sense of fullness or tightness, or a heavy weight to the parastomal area that is not painful, but uncomfortable. Supporting the hernia with a special elastic hernia belt or with a lycra type undergarment may provide enough support to eliminate that feeling. Belts need to be measured or sized to appropriately fit your abdomen, and to ensure correct placement of an opening within the belt that allows for the ostomy appliance to come through. If you are having severe pain related to your stoma or hernia, you must seek immediate medical attention. An Enterostomal Therapy (ET) nurse can help you to decide if a belt or lycra undergarment is an option to help manage your hernia.

A parastomal hernia may also change the size and shape of your stoma. You may even find that the size and shape of your stoma changes

(continued on page 8)



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(continued from page 7—Hernia)

when you are standing/sitting, and again when you are lying flat. These changes may cause more frequent leaks of your appliances, or may cause peristomal skin irritation. If the hernia is large, you may also find that you can no longer see your stoma to adequately care for it. If this occurs, you should contact your ET to review pouching options with you, and you should also see your surgeon to discuss options for surgical repair of the hernia.

Some people find that a parastomal hernia changes their stoma function and bowel habits. The hernia can cause the stoma to not function as often or even to cramp when it tries to function; it may cause abdominal distension (or bloating). Discussion with your surgeon should occur if you are experiencing these symptoms, as surgery may be indicated. More seriously, you may find that the hernia prevents the stoma from functioning. You must immediately seek medical attention if

this occurs. People who have a colostomy and a parastomal hernia, and who manage their stoma with irrigations may need to consider stopping irrigations all together. Irrigations may worsen symptoms and cause further complications. You can consult your ET to discuss conversion to a regular pouching system.

Some people simply dislike the appearance of the hernia and want to have it surgically corrected. You should discuss with your surgeon whether repair of the hernia is an option for you. Different approaches can be taken to repair the hernia, including a local repair right at the stoma site, or resiting the stoma to the other side of the abdomen and closing the hernia.

Your surgeon will be able to discuss with you if surgery is indicated, and the risks and benefits of the different types of repairs.



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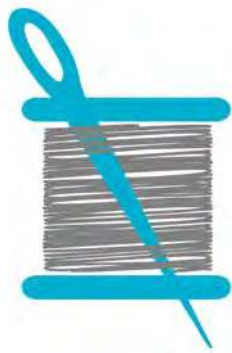
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## OVERCOMING SKIN IRRITATION AROUND YOUR STOMA

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

Skin irritation around your stoma is usually caused by leakage from your ostomy pouch and the output from your stoma getting underneath the adhesive and onto your skin. It is uncomfortable and can stop your pouch from working well.

The skin around your stoma should look similar to the skin on the rest of your body. Immediately after you take off the adhesive, it may be a little pink, but if this doesn't fade or if the skin is broken or damaged, your skin may be irritated.

### What should I do?

Remove the adhesive and check the back. Is there any sign of faeces or urine that could have caused

the irritation?

Is there any irritation or damage around your stoma that corresponds to what you see on the adhesive?

How well does your pouch fit around your stoma? Is your skin exposed to the output from the stoma due to poor fitting? Assess the diameter and shape of your stoma to see if your template has the right size and shape. Use the release liner from the pouch as a guide and if needed, adjust the hole in the adhesive so that

(Continued on page 10)

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*(Continued from page 9-Skin Irritations)*

it exactly fits the diameter and shape.

What is the position of the stoma opening in relation to the surface of your skin? Is it above the skin surface, level with the skin surface or below the skin surface? If the stoma is level with or below the skin surface, or if it is situated in a deep fold, you may need a different type of pouch or accessories for your body profile.

Has the adhesive eroded? If so, the pouch may have needed to be changed earlier. Try more frequent changes or consider an erosion-resistant adhesive if you're not already using one.

If your skin irritation is caused by other reasons, consult your stoma care nurse or doctor.

#### OTHER SKIN IRRITATIONS TO LOOK OUT FOR:

##### If your skin is red and 'pimply'

If a rash seems to develop with small, painful pimples or pustules rather than a more diffuse irritation, it could be caused by an infection in the hair follicles in the skin around your stoma.

Infection in the hair follicles can develop if you shave the hair in the area around your ostomy too often or incorrectly (e.g. not using a clean, sharp razor, shaving against the direction of the hair growth etc.), or if you tear off the adhesive plate with force, tearing out hair as well. In most cases, scissors or an electric shaver will work better for the skin than a razor.

##### If your skin is wet and bumpy

Rashes (area of reddening, usually itchy) or with red or purple patches or with white substance over affected areas could be signs a fun-

gal infection. If you have diabetes or lowered immune system, you could be especially at risk for this.

Dark and moist areas are particularly prone to fungal infections, so the most effective prevention is to keep the peristomal skin clean and dry when changing the pouch.

##### If your skin is bleeding

Start by carefully examining where the bleeding is coming from. Bleeding from the skin around your stoma could be a sign of a contact reaction, and may require treatment or preventive measures, and you must seek advice from your stoma care nurse.

However, a little bleeding from the ostomy itself is not necessarily alarming. The ostomy tissue bleeds easily, similar to gums when flossing or brushing.

##### Are you having an allergic reaction?

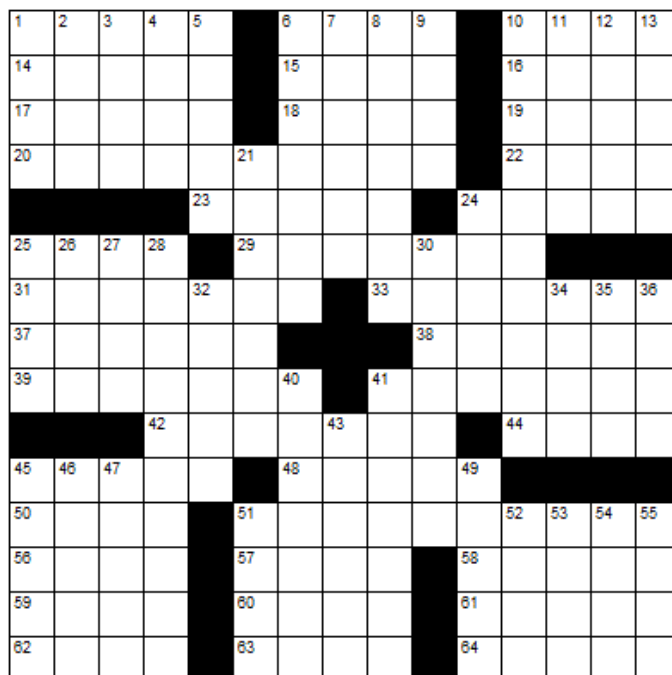
First of all: An allergic reaction is a very rare reaction. However, if you do have one, the skin would likely be quite irritated or possibly itchy in the entire area exposed to the irritant.

Start by looking at the cleaning products you use. Do you ever use perfume, soaps with moisturisers, fragrances or oils? Perhaps alcohol-based cleansing products? Try avoiding these products completely, and wash the peristomal skin gently using water only for some time.

You could also be allergic to some of the supporting products you use, such as sprays, wipes or pastes, possibly even to components of your pouching system – so if the problem persists, talk to your stoma care nurse about alternatives.

**ACROSS**

1. Tomb  
6. Deep cut  
10. Rascalions  
14. Ascended  
15. Savvy about  
16. Groan  
17. Requested  
18. Burden  
19. Cogitate  
20. Without hope  
22. Initial wager  
23. Adult female  
24. Aquatic mammal  
25. Hawkeye State  
29. The combining power of atoms  
31. Spruce up  
33. Pull back  
37. A Eurasian annual herb
38. Primarily  
39. Empower  
41. An accuser  
42. Opportunities  
44. Adriatic resort  
45. Locale  
48. Street urchin  
50. By mouth  
51. Indecisive  
56. Magma  
57. Hats  
58. Indian antelope  
59. French for "State"  
60. Not odd  
61. Make improvements  
62. Only  
63. Expunge  
64. Affirmatives

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

1. Alumnus  
2. Ascend  
3. Poses a question  
4. Vice President  
5. Provide with a permanent fund  
6. American clarinetist  
7. Toughen  
8. A very attractive woman  
9. Party thrower  
10. Extraneous  
11. Increase  
12. Adhesive  
13. Contemptuous look  
21. A short novel  
24. In base 8  
25. Small island  
26. Portent  
27. Desire  
28. Eloquent  
30. Goddess of divine retribution  
32. Church offering  
34. Against  
35. LummoX  
36. Apprentice  
40. Etch  
41. Estate  
43. Anagram of "Parcel"  
45. Field mice  
46. Muse of love poetry  
47. Pertaining to the oceans  
49. Offensively curious  
51. Anagram of "Dice"  
52. Disabled  
53. Applications  
54. Prong  
55. Terminates

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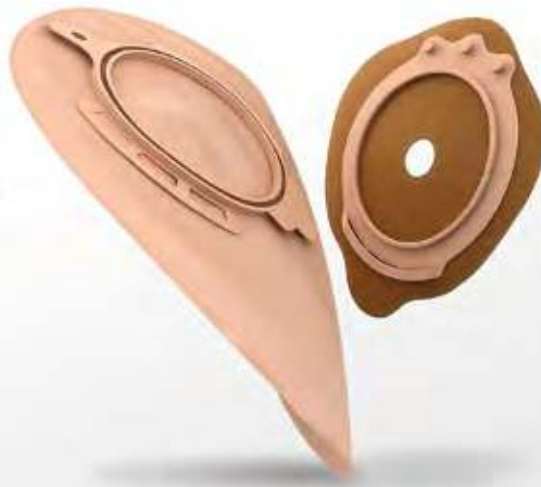
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One day, Einstein has to speak at an important science conference.

On the way there, he tells his driver that looks a bit like him:

"I'm sick of all these conferences. I always say the same things over and over!"

The driver agrees: "You're right. As your driver, I attended all of them, and even though I don't know anything about science, I could give the conference in your place."

"That's a great idea!" says Einstein. "Let's switch places then!"

So they switch clothes and as soon as they ar-

rive, the driver dressed as Einstein goes on stage and starts giving the usual speech, while the real Einstein, dressed as the car driver, attends it.

But in the crowd, there is one scientist who wants to impress everyone and thinks of a very difficult question to ask Einstein, hoping he won't be able to respond. So this guy stands up and interrupts the conference by posing his very difficult question. The whole room goes silent, holding their breath, waiting for the response.

The driver looks at him, dead in the eye, and says:

"Sir, your question is so easy to answer that I'm going to let my driver reply to it for me."





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*Health care . . . for a better you!*

HMMMM???



1. "Security at every level of an airport is absolutely ridiculous. Until you get to the baggage claim. Then it's just, like, take whatever bag you want."
2. "There is no physical evidence to say that today is Wednesday, we all just have to trust that someone has kept count since the first one ever."
3. "The first person who inhaled helium must have been so relieved when the effects wore off."
4. "When medication says 'do not operate heavy machinery,' they're probably mainly referring to cars, but my mind always goes to a forklift."
5. "When we're young, we sneak out of our houses to go to parties. When we're old, we sneak out of parties to go home."