



**Niagara Ostomy
Association**

SINCE 1974

IT'S IN THE BAG



Ostomy Canada
Society Société
Canadienne des
Personnes Stomisées

February 2021

This Month's meetings:

February 10th @7:00 pm: Virtual online meeting :

Roxie Demers (NSWOC)

Various topics of interest, regarding to appliance, skin issues, hernias etc.
There will also be ample time to discuss any ostomy concerns you may have.

See President's message on how to sign up for meeting

February 17th : in-person meeting:

Postponed until further notice

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

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.



INSIDE THIS ISSUE:

PRESIDENT'S MESSAGE 2

HAVE WE HELPED YOU
ALONG THE WAY? 3

TIPS TO AVOID
PERISTOMAL ITCHING 3

CALENDAR/ APPLICATION
FOR MEMBERSHIP 5

WAYS TO STAY POSITIVE
WHEN TIMES GET TOUGH 9

CROSSWORD 11

Presidents Message

Happy February, Everyone. Will the groundhog be accurate with his prediction? Either way, we can't really complain, it has been a mild winter so far.



It was with great sadness I was informed that Agnes Dobias has passed away. Agnes was a long-time member of Niagara Ostomy, and she was always actively involved in our meetings, and the Health Fair that her retirement residence put on, which we always eagerly attended.

With technology taking over how everyone does business, we have (a new to us) way to pay our memberships & make donations. It saves a cheque and postage by simply doing an e-transfer to payments@niagaraostomy.com. The transfer will auto deposit into our bank account, no password is required, just be sure to note who it is from & what it is for (membership, donation etc.)

More information can be found here,

<https://niagaraostomy.com/pay-your-membership/>

Anyone that hasn't paid for 2021 membership, please do as soon as you can as we rely on our members to continue our programs. For everyone wondering where their membership card is, please be patient, we will get them to you shortly. Your interest and participation in N.O.A has not gone unnoticed, we've just been slow on getting the cards out to you. We have designed a new card to be more in line with our business cards, logo etc.

Our face to face meetings are still on hold, but we will be continuing with the online meetings. For the foreseeable future I can see this being our normal, I urge everyone to try getting online for them. If you need some help getting going, we'd be glad to try & help out over the telephone. Just send us an email to info@niagaraostomy.com, or telephone us @ 905 321 2799. We hold them the second Wednesday of the month at 7PM, all you need are speakers to listen in,



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Boggio & Edwards Pharmacy
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and a microphone to be able to speak. A camera is optional; however it's nice to see friendly faces. This month's guest is Roxie Demers (NSWOC). She will be talking about various topics of interest, like proper measuring of your appliance, skin issues, hernias etc. There will also be ample time to discuss any ostomy concerns you may have.

Unfortunately, it is doubtful we will be holding the Ostomy Fair again this year again due to Covid. This will be the second year in a row since its inception (2010 or so) that we haven't held it.



Fingers crossed that we can get back to normal soon.



Best Regards,
John Molnar



20 miles this week

2 successful closings

0 irritation around her stoma

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Have We Helped You Along the Way?



Cindy Paskey

NOA Board Member

How has the Niagara Ostomy Association made a difference in your life?

We are looking for one or two members that would be willing to be interviewed for a newspaper article. Your photo and full name (first and last) would be required and published by the paper.

If you are interested, or would like more information, please contact me, Cindy, at 905-687-3175. I'd love to hear from you.

Through this article we can help spread the word to others who would benefit from membership in our group.

TIPS FOR AVOIDING PERISTOMAL ITCHING

(and What to Do if You Already Feel Itchy)

www.hollister.com

Itchy skin around the stoma, or peristomal skin, may be a frequent problem, but shouldn't be considered normal. Learn about common causes of peristomal itching and what you can do about it.

Itchy peristomal skin, a condition known as pruritus, can be chronic and difficult to treat. Some people experience itching even with healthy looking skin. Nevertheless, there's plenty you can do to help prevent or deal with this common problem.

(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.

**In-person meetings postponed until
further notice**

**Stay tuned for updates on when we can
resume**

2021 Board of Directors

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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2021 Dates

February 10: Online—Speaker TBA

March 10: Online—Speaker TBA

April 14: Online —Speaker TBA

Telephone Numbers:

Niagara Ostomy Association: 905-321-2799

Coloplast: (866) 293-6349

ConvaTec (800) 465-6302

Hollister: (800) 263-3236

BBraun of Canada: 1-844-463-4305



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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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:

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

(Continued from page 3—Itching)

Understanding Peristomal Itching:

To better understand peristomal itching, we surveyed stoma care nurses and their patients. The goal was to compare their experiences with this issue. The results were somewhat surprising:

Peristomal itching was reported by 87 percent of people with stomas, yet 36 percent of the time the skin appeared healthy – free of breakdown, redness, or rash*

71 percent of nurse respondents recall a time when patients reported peristomal pruritus, yet the skin was intact and free of redness*

(continued on page 7)



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Attiva
Ostomy Essentials

(continued from page 6-Itching)

Nurses encourage patients to report itchy peristomal skin, however, patients did not commonly tell their healthcare providers*

There are many potential causes of peristomal itching; however, two conditions known to cause it are candidiasis (a fungal skin infection) and dermatitis.

About Candidiasis:

Candidiasis is a fungal skin infection that is known to cause severe itching. Candidiasis can usually happen when the peristomal skin is warm and moist. It can also be a result of stoma fluid leakage under the barrier or some medications such as an antibiotic.

Here are some tips for avoiding candidiasis:

- Reduce moisture by making sure your pouching system fits properly around your stoma
- Dry off your pouching system promptly after showering, bathing, swimming, or any exposure to water
- Use anti-fungal powder to absorb moisture from broken skin and treat the fungal infection. When using anti-fungal powder, make sure to brush off the excess before applying your pouching system. Stop using powder once the skin is healed, is no longer moist to the touch and the rash is resolved
- Do not use anti-fungal cream under your pouching system as the pouching system won't adhere
- Address and resolve any leakage issues with your stoma care nurse

(Continued on page 8)



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Dana

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*Model portrayal
AP-018657-GA

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(Continued from page 7-Itching)

About Dermatitis:

Dermatitis, also known as irritant dermatitis, may be caused by an irritant to the skin – such as those in soaps, lotions, and other products. Or it can originate from your skin being exposed to your stomal output due to leakage. Allergic dermatitis is caused by a reaction to a specific irritant or allergen.

Here are some prevention tips:

- Make sure you are using the correct size opening for your pouching system. Use a stoma measuring guide periodically to see if your stoma size or shape has changed
- Work with your stoma care nurse to find the best products for you. A convex skin barrier (instead of a flat one) or a barrier ring, when needed, can help ensure a good fit and prevent leakage
- Make sure you keep your skin care routine simple. Less is better when caring for the skin

around your stoma. For most people, water is sufficient for cleaning it

- Address any leakage issues with your stoma care nurse

Other causes of peristomal itching:

There may be other causes of peristomal itching, some of which don't result in visible signs of skin damage. While leakage remains a top contributor to itching, our survey shows that heat and humidity can contribute to itching as well. Also, dryness is a common cause of itchy skin around the stoma with otherwise healthy looking skin. If you experience itching, a simple and easy first step is to remove and replace your pouch – nearly 79 percent of our survey respondents said this reduced the itchiness.

If you have consistent peristomal skin itching, think you may have candidiasis or a form of dermatitis, or suspect you have any other peristomal

(continued on page 9)

Ostomy Supplies

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(continued from page 8-Itching)

skin complication, contact your stoma care nurse.

*Based on a survey of 164 patients. Consumer Survey of Pruritus, 2016 Hollister data on file.

EFFECTIVE WAYS TO STAY POSITIVE WHEN TIMES GET TOUGH

SOURCE: WWW.OSTOMY.ORG

Living through a crisis is hard for anyone, but there is an extra layer of concern for people with ostomies. Hollister sat down with two influential people in the ostomy community to find out how they cope during challenging times.

Amber Wallace is the creator of the Ostomy Diaries YouTube channel and social media platforms, and Dr. Paul Wischmeyer, MD is a critical care, perioperative, and nutrition physician at Duke University School of Medicine in Durham, North Carolina. Both Amber and Paul live with an ostomy.

Q: How can people with ostomies stay healthy both physically and emotionally when facing a crisis?

Amber: The best way to take care of your emo-

(Continued on page 10)



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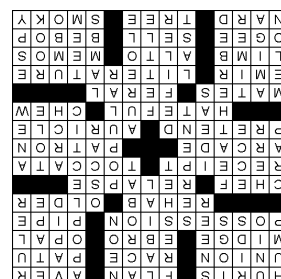
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(Continued from page 9-Stay Positive)

tional health is to take care of your physical health. Continue to take your supplements. Stick to a schedule and make checklists. During a difficult time, I do the same things at the same time every day and that helps. It's also important to get enough rest and exercise, even if you have to find a routine online. Grief and anxiety can manifest physically if you don't put those things into practice.

Paul: I agree with taking the proper supplements. Some of us with ostomies absorb vitamins differently, so it's important to consult your doctor before starting a regimen. Exercise is also very important. As a senior in college, I was doing research with a doctor at Mayo Clinic. One day he said, "Paul, you're getting soft and look a little out of shape – do you want to keep getting sick? You should start running and taking better care of yourself." I had never had anyone say that before and was motivated (and a little miffed) so I started running and ran almost every day for a year. And when that same doctor performed my tenth surgery to remove my failed ileal pouch, it took only four hours instead of eight. Afterwards he said, "Your abdomen looked like you never had surgery – your adhesions were gone! Whatever you did in the last year, you should definitely keep it up!" I haven't stopped running and exercising since.

Q: What can we do to stay healthy if we have to travel during a health crisis?

Amber: It's important to keep a change of ostomy supplies on your person when traveling and make sure to stay hydrated. We all have leak stories. One time I was hiking in the Great Smoky Mountains and my pouch fell off. I had

to change it in a porta potty! And, of course, I use hand sanitizer constantly, especially on my phone.

Paul: I've had leaks on planes and have had to run to the washroom with it pouring down my leg. Never a dull moment with an ostomy some days! I keep supplies in a small kit. I also always wear an ostomy belt, which helps keep my pouch secure. When my wife and I travel now we wear masks and bleach wipe everything we have to touch.

Q: Where should people turn when having a really bad day?

Amber: Stay connected with nature and focus on things that are beautiful. Take a moment and be still. Keep grounded and turn to your faith. It's OK to cry and let those emotions out. Recognize it, feel it, and embrace it. There's a myth that if you ignore depression it will go away. You have to deal with it before you can move ahead. Last year after my wedding I was feeling down and didn't know why. I was too ashamed to tell anyone. So I decided to speak to my doctor. He ran some tests and it turned out that my vitamin levels were out of whack. Never be ashamed to talk to your doctor, that's what they're trained in.

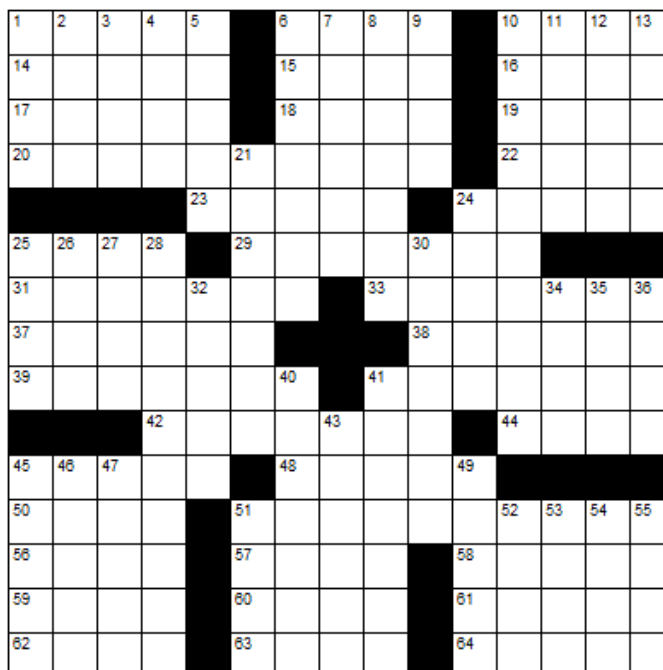
Paul: Well, as I shared before, exercise has been a true lifesaver for me. When I'm down I also often turn to my family. Being vulnerable is hard especially when you're sick. I often have trouble loving myself with a body that could turn on me and threaten my life at any moment. Just a few years ago, I was sick again and needed three surgeries and a prolonged hospital stay (almost a month). My wife slept every night at my bedside in the hospital. Through

(Continued on page 13)

ACROSS

1. Aches
6. Custard dessert
10. Affirm
14. Labor group
15. Dash
16. A Maori club
17. Gnatlike insect
18. River of Spain
19. Iridescent gem
20. Ownership
22. A hollow cylindrical shape
23. Rehabilitation
24. Not younger
25. Cook
29. Get worse
31. Proof of purchase
33. A baroque musical composition
37. Colonnade
38. Supporter

39. Make believe
41. Pinna
42. Hostile
44. Masticate
45. Married partners
48. Not domesticated
50. Arab chieftain
51. Written material
56. Arm or leg
57. Countertenor
58. Notes
59. Curved molding
60. Peddle
61. Jazz style
62. An aromatic ointment
63. Tall woody plant
64. The air in some bars

CROSSWORD www.mirrorreyes.com**DOWN**

1. Something that bulges out
2. Pearly-shelled mussel
3. Purges
4. Clothing
5. Contemptuous look
6. Occurrence of a water flow
7. Relating to the lips
8. Circus performer
9. A noble gas
10. Extremely angry
11. Insipid
12. French for "Storehouse"
13. King
21. Snake
24. Academy award
25. Poop
26. German for "Mister"
27. Behold, in old Rome
28. Mollycoddle
30. Fashionable
32. Anagram of "Aside"
34. Eyebrow shape
35. Lacquered metalware
36. Once more
40. Polluter
41. Halo
43. A state of fitness
45. Cantaloupe for example
46. Girlfriend (Spanish)
47. Anagram of "Merit"
49. Young sheep
51. Not first
52. Swarm
53. Part of an ear
54. A chess piece
55. Catch a glimpse of

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(Continued from page 10-Stay Positive)

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that I realized that perhaps I am loveable no matter what. When feeling depressed, another resource I often use is to connect to the ostomy community on Instagram and other social media. I've seen so many people get support from others all over the world. It's definitely healing to share your story...and to hear others and know you are not alone.

Q: A crisis can present problems with participating in milestone events, such as graduations and funerals. How can people still stay connected?

Amber: If it's a death, you can honor them by the way you live your life and stay positive. That's how you can keep their memory alive. If it's a graduation or birthday, plan something with the person or people when you're feeling better or the crisis is over. Connection is so important. Check-in with people, even your happy friends. You never know what they're going through. Gratefulness works too, I write down one thing I'm grateful for each day and put it in a jar.

Paul: I agree about gratefulness. In our family, we play a game every night called "3 GOOD THINGS" where we all go around and name

(Continued on page 14)



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(Continued from page 13-Stay Positive)



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three good things that happened each day. At our hospital, we are spending conscious time thanking people for the little things they do. Getting out of your head and thanking someone else is so essential and therapeutic. It's so important especially if you're down. Gratitude is as rewarding to yourself as it is to the one you're thanking.

This is an excerpt from "Tips for Coping in a Crisis" in the Hollister Incorporated Ostomy Learning Center.