



**Niagara Ostomy  
Association**

**SINCE 1974**

# IT'S IN THE BAG



Ostomy Canada Society  
Société Canadienne des  
Personnes Stomisées

May 2021

## **This Month's meetings:**

**May 12th @7:00 pm: Virtual online meeting:**

**Speaker: Open Mic**

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

## **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](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

Welcome everyone. I sure hope everyone is staying healthy, and I hope you're lined up for your jab in the arm. My first shot was done a week ago. Like everyone else, I can't wait to be back to normal. Let's hope that September we can get back to face to face meetings. Fingers Crossed!



This month's online meeting is  
Be sure to contact us if you need the link for the meetings.

Nancy recently did an interview with What's up Niagara. It was in last week's edition, be sure to read it if you get the newspaper. She did a great job talking about Niagara Ostomy & our Visiting Program.

Cindy has been very busy working with our Website Host, Peter Folk. They are working on upgrading and

updating our website. It's been in a bad need of an overhaul for sometime, and Cindy took on the challenge. Great Work Cindy!... It's looking real good.

I was sad to hear that George Scott passed away in February, he & Phyllis were probably without a doubt our longest members. They were always very eager to sign up and help when help was needed at the fund raisers and other events we did. They will be missed at the meetings for sure.

We are still looking for a volunteer Treasurer. If you have any bookkeeping skills, or know anyone that does, please get a hold of us to chat about it. We need your help.

Our Annual General Meeting will be held on June 9<sup>th</sup> at 7PM online. As always we try to keep it short & sweet, but is a formality we need to do, and also, it's an opportunity for our members to meet the Board of Directors, see the finances of the group etc. Previously, when we were meeting in person we had fresh Strawberry Shortcake.

Maybe, just maybe, if we can meet face to face in September we should try to do something like that, Call it "The Welcome Back Meeting"!

Lets keep our fingers crossed that the vaccines keep rolling in, and we all get vaccinated sooner than later.

Cheers All!



Best Regards,  
John Molnar



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0 irritation around her stoma

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## NOA NOTICES!

- Mark your calendar for our annual AGM meeting on June 9th @ 7:00 pm online.
- We are looking for a volunteer Treasurer. If you have bookkeeping skills, or know someone who does, please let us know. We really need your help.
- If you are interested, or would like more information, please contact us at 905-321-2799.

## CAN STOMAS HURT...YES AND NO!

source: [www.browardostomy.org](http://www.browardostomy.org) May 2019 newsletter  
Information collected (in the following 3 articles) by Bob Baumel and published in the N Central OK Ostomy Outlook  
*Does Your Stoma Hurt?*  
By Victor Alterescu, RN, ET

Quite often people tell me that their stoma hurts. This surprises me a great deal since stomas do not have any sensation. You could cut, burn, do anything to the stoma and you would not feel a thing. That's hard to believe, but true. Stomas do not have receptors for pain.

Sometimes, the lack of stoma sensation can lead to problems. For example, an incorrectly

(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

Title	Name
President	John Molnar
Treasurer	Brenda Bagley
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Director	Nancy Ployart
Director	Melanie Presti
Director	Cindy Paskey
Director Director Director	Peter Winter Steve Smith OPEN



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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)

### 2021 Dates

May 12: Online—Open Mic

June 9: Online—Speaker TBA

### Telephone Numbers:

Niagara Ostomy Association: 905-321-2799

Coloplast: (866) 293-6349

ConvaTec (800) 465-6302

Hollister: (800) 263-3236



### 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/need 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

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Brenda Bagley, 66 Portmaster Dr,  
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(Continued from page 3—Stoma Huft?)

fitting appliance may cut into the stoma, but no pain will be felt. A stoma can be badly damaged before the problem is noticed. For this reason, it is important not to wear your pouch for long periods of time (more than a week, in my opinion), since it is good to see if the stoma is OK. Actually,

when people talk about stoma pain, they are usually talking about pain from the skin around the stoma. That skin, the peristomal skin, is full of nerve receptors that are sensitive to such things as heat, cold, chemicals and adhesives that can cause

(continued on page 7)

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(Continued from page 6—Stoma Huft?)

pain. It is the skin that is sensing the pain, not the stoma. If any unusual symptoms or irritations are noticed, do not hesitate to contact your doctor or WOCN for an evaluation and, if necessary, a prescription for a specific treatment

## STOMAS AND PAIN RESPONSE

By Mike D'Orazio, RN, ET

A response to article above by V. Alterescu

While Victor's statements regarding stoma pain are essentially correct, there are legitimate situations when one's stoma will feel pain. In the normal condition of the intestine, of which a stoma is a part, typical pain touch receptors are not present. However, when the bowel is stretched, as when obstructed and subsequently swollen, the bowel will "feel" painful. There are stretch receptors within the bowel wall that inform us of an obstructive event.

While experiencing an obstructive event other physiological phenomena occur to inform and distress us. On rare occasions patients with stomas have strongly complained of stomal pain. Physical exams have often not revealed any clear evidence of harm or obstruction to the stoma site. In these unusual situations the phenomenon of psychic pain has been used to explain the pain.

## THE NERVE(S) OF THOSE STOMAS!

By Mike D'Orazio, RN, ET

The question or comment about stomas lacking sensory nerves, or the more broadly stated claim that stomas have no nerves, is a myth that dies very hard. Allow me to borrow

(Continued on page 8)



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(Continued from page 7-Stoma Hurt?)

from one of my presentations that partly address this issue.

In summary — Putting this in perspective, the claim in the first paragraph that “stomas do not have any pain sensation” is false, as is the claim that “stomas have no nerve endings.” Stomas definitely have nerves that are sensitive to stretching. However, it’s also true that stomas tend to be insensitive to certain other stimuli, notably cutting. This creates real danger, as stated in the first paragraph, that you can cut your stoma without being aware of it. And it’s also probably true that in most cases when people talk about stoma pain it’s really from the peristomal skin.

“...most of the information carried by gastrointestinal primary afferent neurons is not consciously perceived. This is nicely demonstrated by tests on fistula patients who report no sensation when the healthy stomach is probed or in patients

that have had the intestinal lining cut to take a biopsy.” Additionally, we have: “There are more than 100 million nerve cells in the human small intestine, a number roughly equal to the number of nerve cells in the spinal cord. Add in the nerve cells of the esophagus, stomach, and large intestine and you find that we have more nerve cells in our bowel than in our spine. We have more nerve cells in our gut than in the entire remainder of our peripheral nervous system. Alas, stomas do have nerves! There are nerves; but the sensory nerves of the bowel

between the esophagus and rectum, for certain types of painful stimuli, such as cutting or cautery, are either very low in number and caliber or the brain is not readily able to perceive the pain.



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## A FEW INTERESTING UROSTOMY FACTS!

*source: Ostomy Fredericton summer 2018*

- Mucous in the urine is normal. The ileal conduit is made of mucous-secreting intestinal tissue. It doesn't stop doing its job even though it is transporting urine.
- If it is necessary to have a urinalysis, remind the nurse to take the specimen directly from the stoma, not from the pouch.
- Deodorants are not used because they may mask the odor which could signify the presence of an infection.
- Carbonated beverages make urine alkaline, so

stick with cranberry juice.

- Water is useful to reduce the likelihood of a kidney or bladder infection.
- Orange juice is not used by the body as an acid, but as an alkaline.
- Change your pouching system first thing in the morning before eating or drinking.
- Rinse off or wipe off the spout of the

*(Continued on page 10)*



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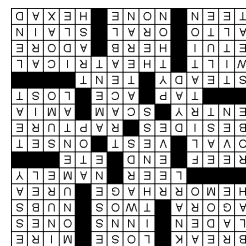
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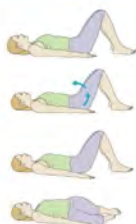




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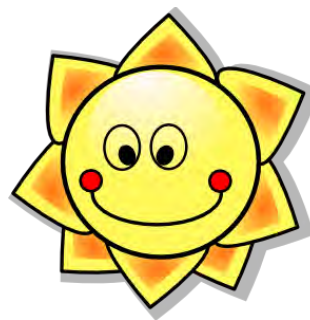
[casupport@coloplast.com](mailto:casupport@coloplast.com)



*(Continued from page 9-Urostomy)*

pouch after emptying to prevent urine odour on underclothes.

- Wearing clean pouches and frequent emptying are vital. Adequate fluid intake, particularly fluids that acidify the urine, decrease problem odor.



**COMING SOON!**  
**ASK THE NSWOC**

We are starting a new column titled, 'Ask the NSWOC'. Questions will be answered by Roxie Demers, NSWOC.

Roxie Demers, has been a nurse for 33 years. She received her certification for International Interprofessional Wound Care Course from University of Toronto in 2017/2018. She decided to continue her education and completed the NSWOC (Nurses Specialized in Wound Ostomy and Continence Canada) in 2020. She wrote the Wound Ostomy and Con-

tinence Canadian Certification (WOCC(C)) in the fall and passed. She has worked at Saint Elizabeth Health Care Hamilton for approximately a year and a half, first as a wound and ostomy nurse and now a WOCC(C).

To submit your question, please visit our website [www.niagaraostomy.com](http://www.niagaraostomy.com). Click on the "About" tab. From there, select "Ask the NSWOC". This will direct you to the form where you can send us your question. Selected questions and answers may appear in upcoming newsletters. Be assured that we will never publish your name or any other identifiable information.

**ACROSS**

1. Crack  
6. Fail to win  
10. Bog  
14. Burdened  
15. Hotels  
16. 1 1 1 1  
17. Ancient Greek market-place  
18. 2 2 2 2  
19. Central points  
20. Bleed  
22. Urine component  
23. Lascivious look  
24. To wit  
26. Coral barrier  
30. Terminate  
31. French for "Summer"  
32. Egg-shaped  
33. Sleeveless garment  
35. Beginning  
39. As well

41. Ecstasy

43. Vestibule

44. Fraud

46. Dogfish

47. Faucet

49. Card with one symbol

50. Misplaced

51. Dependable

54. Canvas dwelling

56. Droop

57. Excessively dramatic

63. Decorative case

64. Parsley or sage

65. Idolize

66. Countertenor

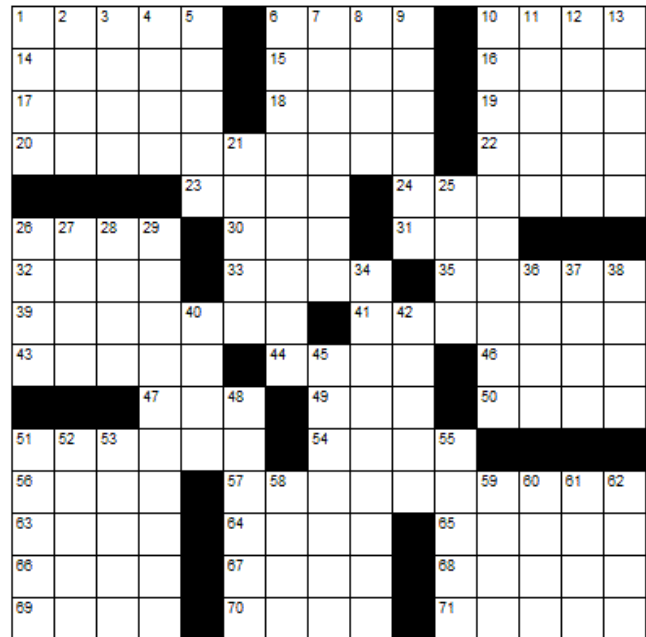
67. By mouth

68. Killed

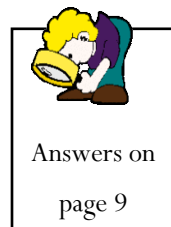
69. Adolescent

70. Not a single one

71. Sextuplet

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

1. Ho-hum  
2. Anger  
3. Anagram of "Dome"  
4. Relating to aircraft  
5. Archaic form of Gnarl  
6. Suppleness  
7. Forward  
8. Kiss  
9. Ancient ascetic  
10. Significant  
11. Accustom  
12. Renegade  
13. An analytic literary composition  
21. Female ruff  
25. At the peak of  
26. Gown  
27. Not odd  
28. Where the sun rises  
29. Dalliance  
34. Trackable  
36. Japanese wrestling  
37. Twin sister of Ares  
38. Nipple  
40. Twosome  
42. Cattail  
45. Scottish Highland robber  
48. Boa  
51. Perspiration  
52. Name of a book  
53. Wash out with a solvent  
55. Garbage  
58. Protagonist  
59. Doing nothing  
60. Cajole  
61. Operatic solo  
62. Extend credit



Answers on  
page 9

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### FUN FACTS

1. A single sneeze travels 100 miles per hour and shoots 100,000 germs into the air.
2. You're born with just 1 pint of blood, but by the time you're an adult you have 4 to 5 quarts.
3. The human body contains enough fat to make seven bars of soap.
4. Humans are capable of echolocation, just like a bat or a whale.
5. It's impossible to hum while holding your nose. Go ahead, try it!
6. All humans have an automatic dive reflex. When your face is submerged in cold water or when you hold your breath, your heart slows and your blood vessels narrow to conserve oxygen.
7. Your stomach acid is strong enough to dissolve metal.
8. The average lifespan of an MLB baseball is just 7 pitches.
9. Golf is the only sport to have been played on the moon. In 1971, Alan Shepard hit two golf balls on the lunar surface with a makeshift 6-iron.
10. The term "winning something hands down" came from horse racing. A jockey who is far enough ahead can slacken the reins and keep his hands down.
11. Wild dolphins call each other by name.
12. Sperm whales are the loudest animal on Earth at 230 decibels. (By comparison, an airplane is 150 decibels at takeoff.)

(Continued on page 13)



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(Continued from page 12-Fun Facts)

13. Polar bears have been mating with grizzlies in the Arctic, making a new animal called the pizzly!
14. To prevent themselves from drifting apart, sea otters hold hands while they sleep.
15. Blue whale hearts weigh almost a ton and beat once every 10 seconds.
16. A dog's sense of smell is so good that it can detect a teaspoon of sugar in a million gallons of water, or two Olympic-sized pools.
17. That apple you buy in the grocery store could be over a year old.
18. Most wasabi paste you get in a sushi restaurant isn't wasabi at all, but horseradish.
19. The term "OK" probably comes from a misspelling of the phrase "all correct."
20. Under certain conditions, hot water actually freezes faster than cold water.
21. Lobsters used to be so cheap that they were frequently used to feed prisoners.
22. Tomatoes are native to the Americas, so there was no such thing as tomato sauce in Italy until at least the 16th century.
23. Dentures were once routinely made out of actual human or animal teeth.
24. Ancient Romans used urine to whiten their teeth.
25. Most store-bought orange juice is artificially-flavored.
26. Cochineal "beetles" — actually a species of scale insect that parasitizes cactuses — are a major source of red food coloring.

(Continued on page 14)





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27. The Food and Drug Administration has a handbook detailing the levels of "insect fragments" and other icky-sounding contaminants that are safe for humans to consume in specific foods.

28. The "bloody mary" cocktail may be named after England's Queen Mary, who had hundreds of people burned at the stake.

29. Pez candy was invented to help people quit smoking cigarettes; the original Pez dispensers were shaped similarly to a cigarette lighter.

30. Babies are born without "kneecaps," as we know them. Babies have cartilaginous structures in their knees which turn to bone by the age of 4.