

ST. CATHARINES MEETINGS:

November 17th @7:00 pm: In-person Meeting:

Open Mic —Covid Protocols in effect

SOUTH NIAGARA OSTOMY GROUP

Boggio Pharmacy, 200 Catharine St, Port Colborne

In-person meetings 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***

COVID PROTOCOL FOR IN-PERSON MEETING

**We will be resuming our
in-person September
Meeting at the Lions
Club at 7:00 p.m.
with a few changes:**

- 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

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Presidents Message

Good Day everyone. As always, I hope this newsletter finds you in good health.



We've had frost on the pumpkin patch, so I guess winter is on its way...YUKKK

I apologize for not having a newsletter last month, Marlene, our newsletter editor, was under the weather for a bit & she wasn't able to do it ... Glad you're feeling better Marlene! Thanks for producing this newsletter month after month, year after year for us!

Our November face to face meeting will be an open Mic session. It's a time to socialize and to learn from each other. We share information and

tips, and discuss any topics or questions you might have. It's proving difficult to get guest speakers at this time. Hopefully, come the new year, we will have better luck. If you have any suggestions, please email info@niagaraostomy.com.

We decided not to have a virtual meeting in November and we will see whether we resume them in January. Maybe we can get someone that's into technology to help us figure out how to do a hybrid meeting, where we do a face to face & a virtual meeting combined. If anyone knows someone that could help us with that, please let us know!

It was with great sadness that I learned of Melanie Presti's recent passing. She fought a tough battle with cancer. She always lit up the room with her big smile & cheerful personality. Melanie always in-

troduced our guest speakers and she will be missed at our meetings and as a valuable Board member.

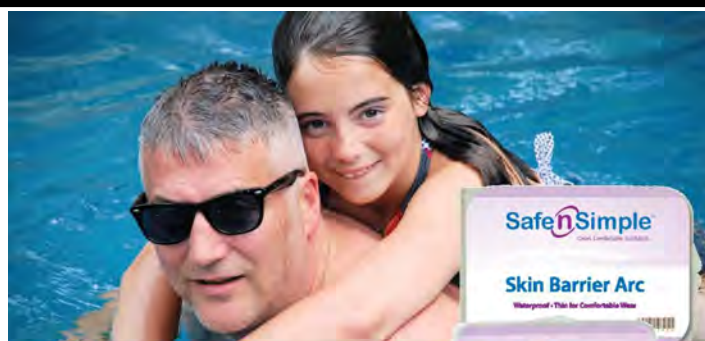
It's membership renewal time! Please remember that your membership is important. It helps NOA fund various projects that benefit the Niagara ostomy community. Please remember to renew now if you haven't already.

Hope to see you Nov 17th at 7 PM in the small hall at the Grantham Lions Club ,732 Niagara St, St. Catharines for our final membership meeting of 2021.

Cheers,

John Molnar,

President



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IN MEMORIAM
MELANIE PRESTI
September 2, 2021

STOMAL BUMPS

Ostomy nurses are sometimes asked about bumps which appear on a formerly smooth stoma. They can be on the surface or around the edge where the stoma meets the skin. They can occur in a single area or around the whole circumference. Most of the time these are granulomas, which are of a benign nature. Granulation tissue is a normal defense reaction of the body to injury.

Those on the edge can be due to a reaction to sutures or too rigid or tight a faceplate. Those on

top or side of the stoma can be caused by an allergic reaction to the pouch or stomal drainage constantly pointing in on direction due to the shape of the stoma. What to do? Don't worry but don't second guess either. See your ostomy nurse and if necessary your doctor.

Occasionally these bumps can be a recurrence of Crohn's disease. Often they can be taken care of by treatment with silver nitrate sticks. Occasionally they need to be biopsied. Quite often a simple change in the pouch or faceplate can help resolve the problem.

Source: Inside/Out- Winnipeg Ostomy Association September 2021--Liz O'Conner, RN, CETN Metro Maryland; Ottawa Ostomy News October 2003 via Vancouver Ostomy HighLife July/Aug. 2008

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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2021 Dates

November: dates and speakers TBA

December: No Meeting. Merry Christmas!

2022

January 5: speaker TBA

Telephone Numbers:

Niagara Ostomy Association:

905-321-2799 (confidential voicemail)

Coloplast: (866) 293-6349

ConvaTec (800) 465-6302

Hollister: (800) 263-3236



Niagara Ostomy Association



@NiagaraOstomy



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.

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 NSWOC 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 persons with ostomies, 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 (payable to Niagara Ostomy Association) should be mailed to:

Dave Booth, Treasurer
Unit 34, 525 Meadows Blvd.,
Mississauga, ON L4Z 1H2

FISTULA

From The Cleveland Clinic; via Tucson (AZ) The Courier

If your bowels and urinary tract are like a plumbing system, a fistula is like an untrained plumber. It connects things that should not be connected. Fistula is a condition in which organs

or vessels in your body form abnormal passageways. For example, a connection forms between the anus and vagina or the bladder and the vagina.

Fistula symptoms are unpleasant at best and life-changing at worst. You may have leakage or

(Continued on page 8)

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IT'S MEMBERSHIP RENEWAL TIME AGAIN.

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Mississauga, ON L4Z 1H2

OR: Pay by secure Interac E-transfer from your bank account by following these general instructions:

- *Start by accessing your online bank account*
- *Find & click "Transfer"*
- *Click "Send Interac e-Transfer"*
- *If you have yet to add the Niagara Ostomy Association as a recipient:*
- *Click the tab "Add Recipient"*
- *Type in NOA as the recipient*
- *Type in payments@niagaraostomy.com*
- *Add payment amount: \$30.00*
- *Hit "Send" and follow any instructions your financial institution provides.*

Your dues are very important, and are used to actively support people with ostomies – whether you are new to living with an ostomy, or you have many years of experience.

Thank you for being a member!



"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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(Continued from page 6-Fistulas)

urine or feces, drainage, chronic infections (painful urinary tract infections are common), irritation, and nausea and diarrhea, for example. The good news: Fistula is less common than it was in the past, because doctors are better prepared for it...and, it is typically treatable. People often associate it with childbirth, which is a major cause. Childbirth causes tears in the vaginal lining. When these tears go all the way through to the rectum, a fistula may form. There are other risk factors though.

People with bowel disorders such as Crohn's disease and diverticulitis—especially left untreated—have a higher risk of fistula. Fistula can happen to people without bowel disorders too, although it is rare. Sometimes the glands inside your anus get blocked and then infected. Then, your body's usual "flow" gets disrupted. In turn, an abnormal passageway, or anal fistula, opens up to give your body's waste a place to go.

Treatment: If you have a fistula, you need to see a specialist. A gynecologist or colorectal surgeon can help, depending on the location and type of fistula. Your doctor or surgeon will propose any number of options.

Antibiotics to treat infection: This usually comes first. To treat you successfully, we must knock out any infections.

A Seton Stitch which is a special type of stitch that helps infections drain.

Catheters that drain fistulas.

Special Glues that seal up fistulas.

Plugs made of Collagen that close abnormal passageways.

Surgery to repair or remove the fistula. Several types are available including minimally invasive options.

If you have had past issues with bowel control—such as chronic diarrhea or irritable

(Continued on page 9)

Ostomy Supplies

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(Continued from page 8-Fistulas)

bowel—we want to decrease your risk of future episodes. So we might choose an option that puts less stress on the sphincter. If you don't have such a concern though, we might recommend surgery to remove the fistula altogether.

No matter the best option for you, see some-

one about your fistula. The short-term symptoms can really hamper your quality of life. And, if left alone, a fistula can lead to nerve damage, organ failure, and a chronic cycle of infections.

Source: Ostomy Association of North Central Oklahoma, *Ostomy Outlook—July/August 2021* VIA: Inside/Out Winnipeg Ostomy Association September 2021

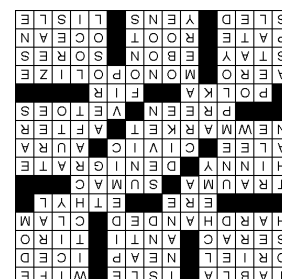
WATER

Source: Regina and District Ostomy News May/June 2021

reprinted from the Winnipeg Ostomy Association's newsletter *INSIDE/OUT—May/June 2003; Inside/Out April 2020*

Editors's note: I have put MANY articles in this newsletter dealing with the importance of water for all ostomates. As I was getting a handout ready for a visit to a patient in hospital I stopped, as a few words "Water reduces itchy skin" caught my eye. After re-reading this article I was reminded that water does more than just quench our thirst. Then I ran and

(Continued on page 12)



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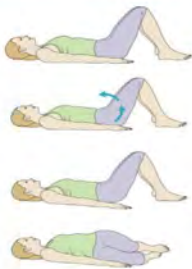



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ASK THE NSWOC

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

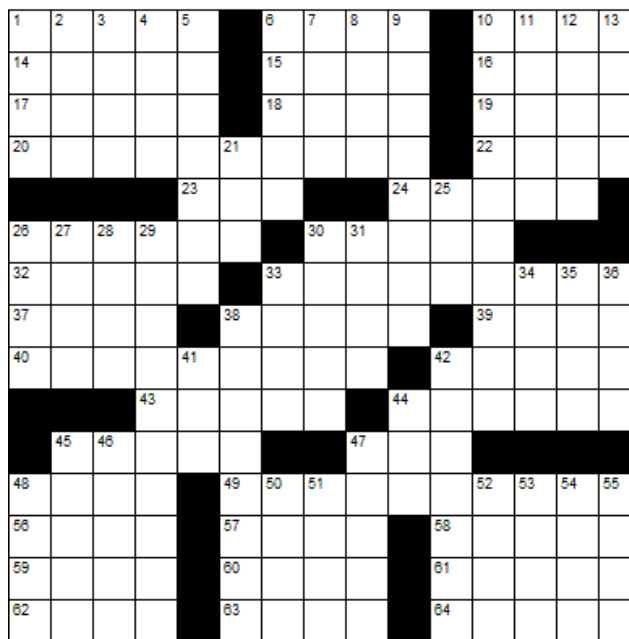
Roxie Demers, has been a nurse for 33 years. She received her certification for International Interprofessional Wound Care Course from University of Toronto in 2017/2018. She decided to continue her education and completed the NSWOCC (Nurses Specialized in Wound Ostomy and Continence Canada) in 2020.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

nence 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. Click on the "Support" tab. From there, scroll down and select "Ask the NSWOC". This will direct you to the form where you can send 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. Small drum
6. Small island
10. Spouse
14. Bay window
15. Half-moon tide
16. Frozen
17. A pinnacle of ice
18. Against
19. Novice
20. Severe
22. Burrowing marine mollusk
23. Before, poetically
24. Kind of alcohol
26. Wound
30. Poison plant
32. Child of a male horse and female donkey
33. Besmirch
37. Away from the wind
38. Relating to a city
39. Emanation
40. 19th century riding coat
42. Later
43. Primp
44. Votes that block a decision
45. A type of dance
47. Coniferous tree
48. Relating to aircraft
49. Fully and exclusively control
56. Remain
57. Black, in poetry
58. Open skin infections
59. Head
60. Part of a plant
61. Sea
62. Sleigh
63. Cravings
64. Fine thread

CROSSWORD www.mirroreyes.com**DOWN**

1. Nonsense (British)
2. Region
3. Ethiopian monetary unit
4. Its symbol is Pb
5. A pseudoscience
6. Absurd
7. Transmit
8. Tardy
9. Outbreak
10. Sorcery
11. In a cold manner
12. Not domesticated
13. Biblical kingdom
21. Genus of mammals
- caws
25. Children's game
26. Part of a comparison
27. Anger
28. Again
29. Jobless
30. One more than 6
31. Module
33. Water barrier
34. Car
35. Tall woody plant
36. Hearing organs
38. Dairy
41. Biblical boat
42. Atomizer
44. Very Important
- Person
45. Floral leaf
46. Give a speech
47. Typefaces
48. Vipers
50. Double-reed woodwind
51. Midday
52. Hubs
53. Angers
54. Ardor
55. Feudal worker



Answers on
page 9

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(Continued from page 9-Water)

grabbed another glass of water. I hope you do too!

Water is important. An ostomate especially needs to drink enough water. It is necessary when you want to take better control of your life. Along with a balanced diet and regular exercise, water has many positive benefits you may enjoy which provides good health for your body and mind. Water keeps us fit. We all want to stay lean and avoid adding fat. Dehydration slows down our metabolism, which leads to a reduction in the number of calories we burn. Did you know that sometimes when we feel hungry it might just be we're thirsty? Next time instead of snacking, drink a glass of water. You actually train your body to be thirsty. Drink water regularly, and you will be thirsty more often. Your body will know when it needs water and will begin telling you, if you train it correctly by drinking enough water.

Water helps prevent headaches, dizziness and cramping caused from dehydration. You will also be able to think and remember more clearly when you

drink enough water throughout the day. Water distributes the chemicals our bodies need. Enough water distributes vitamins and minerals evenly and dilutes them enough for us to use.

Water helps us normalize our body weight. Water washes fats out of our bloodstream. If we start drinking about three litres a day, our weight will increase the first few days. Then, amazingly, our weight goes down sharply. The water we drink is washing the waste out of our bodies while making our metabolism more efficient. Fashion models who need to maintain a very thin figure drink water so their tissues do not store it.

Water reduces itchy skin. If you have ever had itching around your appliance, try drinking a glass of water. Ostomates are notorious for being hydrated. Our skin will become dry and itchy when this happens. New ostomates have the most trouble with itchy skin while their bodies adapt to their new life. Drink water to reduce itching and dry skin.

(Continued on page 13)



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(Continued from page 12-Water)

Water helps lubricate the joints in our bodies. Not only that, out skin will feel softer, and it will be smoother. Drinking water removes wrinkles and creases in the skin. You will look better. The water we drink combines with nutrients in our body to create the oils and lubricants necessary for a healthy and good-looking body.

Water is especially helpful to ostomates in preventing kidney stones and promoting a healthy liver. When the kidneys are overworked because of a lack of water, the liver must assume some of the kidney's tasks. This is not good. Because mineral may not be removed from the kidneys, stones may form more easily. Simply drinking enough water helps prevent this condition. In addition, excess bile salts are utilized and disposed of more easily. This assists the body in efficient operation affecting multiple organs and body units.

Water is an excellent remedy for a hangover, which exists partly because of dehydration. Drinking caffeine drinks like coffee, alcoholic beverages, sodas and the like will actually dehydrate the body. Drink more water after enjoying these drinks. You do not need to remove them from your diet; you just need to drink more water when you imbibe.

Water fights fatigue. Many people have tiring schedules, and by the day's end are exhausted. One source of fatigue might be that we fail to drink enough water during the day. Make sure you always bring along a bottle of water. Drink water on the way to work, at work, at home, away from home ... all the time. You'll feel much more energized.

Most health authorities recommend that a person should drink eight 8-ounce glasses (64 ounces) of water per day. Your body will absorb the water more efficiently if you sip rather than gulp your water. Coffee, tea, juices, fruits and vegetables are all additional sources of water. Kidneys do a wonderful job of eliminating excess water and wastes—anywhere from 5 to 7 gallons a day. Wow! However,

(Continued on page 14)



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HausersPharmacy.com

(Continued from page 13-Water)



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drinking too much water at a time may be harmful to your kidneys and you. Avoid drinking more than 24 to 32 ounces per hour to allow your kidneys a chance to bounce back from a hard day's work. One of the easiest things you may want to do to be healthier quickly is to start drinking more water each day. We value each of our members, and we value the good health of each one of you too.

Source: Chicago's North Suburban Chapter, via Hamilton (ON) OstoInfo, Oct. 2002.