

January 2022

ST. CATHARINES MEETINGS:

January 19th @7:00 pm: Virtual Meeting:

Speaker: Catherine Porter, Simpson's Pharmacy (Virgil)

Director of Home Health and Retail Operations

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

Postponed until further notice:

- 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

Here's wishing everyone a happy healthy 2022. Let's hope it's a good year for everyone.



Unfortunately we all know that Covid is still in the news and surging again. Even though this variant is rising at a much higher rate than the Delta variant did, it doesn't appear to have as bad affects in most cases. With the latest lock-down, we won't be having a face to face meeting in January. We will have a virtual meeting, Wednesday January 19th at 7 pm.

If you wish to attend the meeting, and don't get a link in your email by the end of Sunday January 16th, please email us at

info@niagaraostomy.com and let us know you'd like to join the meeting. We have a guest speaker, Catherine from Simpsons Pharmacy in Niagara on the Lake, and she will discuss her role in assisting Ostomates with supplies & guidance when problems arise. She is also going to speak about the pharmacies role during the pandemic.

Do you have a story you'd like to share with us for our newsletter? Please read the article elsewhere in the newsletter for details. We'd love to hear from you, please take a few minutes and write up your story.

Remember that we rely on your membership money to help us fund various projects. Please remember to renew now if you haven't already.

Our online payment is now working. Many thanks to Dave Booth, our treasurer.

Secure payments can be made by;
Start by accessing your online bank account
Hit "Transfer" and then hit "Send Interac e-Transfer"

You then must hit the tab "Add Recipient"

The recipient is: NOA

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The amount of the payment: \$

Cheers,

John Molnar



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SHARE YOUR STORY

Do you have a story you'd like to share with us for our newsletter? We'd love to hear from you about Life with your Ostomy.

Why, you might ask?

Sharing our stories, tips and helpful advice is a powerful way to let others know that living a full, active life is possible after Ostomy Surgery. Many of us have learned along the way that our best learning comes from each other! Especially now, when we aren't able to meet in person, our newsletter provides a way to connect with people and inspire others.

How did you react when you heard you were going to need Ostomy Surgery? How did you deal

with it then, and how are you dealing with it now? Do you have tips and helpful advice? Where do you find your best support?

Your privacy will be maintained, if that's what you prefer. Just be sure to mention that in your submission.

To submit:

Please send an email to Marlene, our newsletter editor. She will review submissions and contact you, if necessary.

Email to: marlene.h@niagaraostomy.com

Thank you, in advance.

2021-22 BOARD OF DIRECTORS

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NIAGARA OSTOMY ASSOCIATION**Volunteers 2021**

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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2022 Dates

January 19: Catherine Porter

February 16: TBA

March 16: TBA

April 20: TBA

May 18: 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

UROSTOMY FLUID and INFECTION

By Juliana Eldridge, WOC nurse

People with urinary diversions of a urostomy no longer have a storage area, a bladder for urine. Therefore, urine should flow from the stoma as fast as the kidneys can make it. In fact, if one's urinary stoma has no drainage after even an

hour, it is of serious concern. The distance from the stoma to the kidneys is markedly reduced after urinary diversion surgery.

Any external bacteria have a short route to the kidney.

Since kidney infection can occur rapidly and be

(Continued on page 8)

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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-Infections)

devastating, prevention is essential. Wearing clean pouches and frequent emptying are vital. Equally important is adequate fluid intake, particularly fluids that acidify the urine and decrease problems of odour. In warm weather, with increased activity, or with a fever, fluids should be increased to make up for body losses due to perspiration and increase metabolism. It is important to be aware of the symptoms of a kidney infection: Elevated temperature; chills; low back pain; cloudy, bloody urine; decreased urine output.

All ileal conduits normally produce mucus in the urine, which gives it a cloudy appearance. Blood in the urine is a danger signal. Thirst is a good index of fluid needs.

NOTE: If one is asked to give a urine specimen, be sure your doctor and nurse know a sterile specimen must be taken directly from the stoma and not from the pouch. Bacteria build up in the pouch constantly. One will always get a false

positive test result if the sample is taken from the pouch instead of the stoma.

If they are not sure how to do this, do the following:

- Remove the pouch
- Clean the stoma
- Bend over
- Catch the urine in a sterile cup.

Source: *The Ostomy Assoc. of Greater Chicago "The New Outlook", Reprinted from Winnipeg Ostomy Assoc. IN-SIDE/OUT - February 2013*



Ostomy Supplies

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NINE SIGNS OF VITAMIN B12 DEFICIENCY THAT ALL OSTOMATES SHOULD LOOK OUT FOR.

*Some aren't consuming enough B12, while others
may not absorb it effectively – both issues can
contribute to deficiency.*

JASON MIHALOPOULOS, MBA, MS, MPH; JAN 8, 2018

In partnership with Parthenon; <https://>

ostomyconnection.com/page/ostomyconnectus

You may not have given much thought to vitamin B12, but it turns out this nutrient is quite important since it helps to keep our body's nerve and blood cells healthy. B12 can also prevent a type of anemia called megaloblastic anemia that makes people feel tired and weak.

Vitamin B12 is produced by certain microorganisms

and is found almost exclusively in animal-based products: fish, meat, dairy and eggs. Normally, B12 is readily absorbed in the terminal ileum (the last part of the small intestine and first part of the colon). However, it also must combine with intrinsic factor, a protein produced in the stomach.

For ileostomates who have all of their colon removed and part of their terminal ileum removed, the main concern is whether or not vitamin B12 is being adequately absorbed. In urostomates, roughly 6-8 inches of terminal ileum is removed and used as a conduit for urine when a urostomy is

(Continued on page 12)



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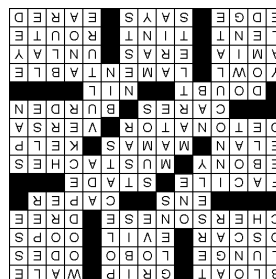
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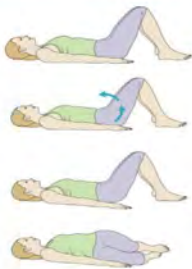



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ASK THE NSWOC

Ask the NSWOC is a private, free service your Niagara Ostomy Association provides in collaboration with 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 "Find 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. Distend
6. Handle
10. Welt
14. Move forward suddenly
15. Gray wolf
16. Poems
17. Academy award
18. Wicked
19. Klutz's cry
20. A peninsula
22. To endure (archaic)
23. N N N N
24. Escapade
26. Eloquent
30. Ancient Greek unit of

length

32. Hard wood
33. Growths of upper lip hair
37. Dash
38. Mommies
39. Large brown seaweed
40. Blasting cap
42. Vice ____
43. Concerns
44. Encumbrance
45. Uncertainty
47. Zero
48. Distressed cry
49. Deplorable
56. Dogfish
57. Historical periods
58. To untwist

59. Gave temporarily
60. Hue
61. Way to go
62. Border
63. Articulates
64. Dog-____

CROSSWORD www.mirrorreyes.com**DOWN**

1. Coalition
2. Verdant
3. A single time
4. Food thickener
5. In a concise manner
6. Secluded valleys
7. Wander
8. Nile bird

9. Skunks
10. Tree-boring bird
11. Worship
12. Pariah
13. To be, in old Rome
21. In song, the loneliest number
25. American Den-

- tal Association
26. Provide nourishment
27. Qualified
28. Jacket
29. Vaccinate (alt. spell.)
30. Japanese wrestlers
31. Russian em-

- peror
33. Spouse
34. Group of cattle
35. If not
36. Extent
38. European house martins
41. Apprehend
42. Raptor
44. Container

45. Vaulted
46. Unpaid
47. Homes for birds
48. Harvard rival
50. Diva's solo
51. Numerous
52. Dwarf buffalo
53. Make unclear
54. Tardy

55. Gave the once-over



Answers on
page 9

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(Continued from page 9-B12 deficiency)

created. And when a continent urostomy is formed, even more of the small intestine and terminal ileum are used which could result in B12 deficiency. The ileum is usually not involved in colostomy surgery, however colostomates should confirm with their doctor exactly what portion of their colon was removed.

Here are nine signs of vitamin B12 deficiency that all ostomates should look out for.

1. Extreme Fatigue You need B12 to make red blood cells, which help carry oxygen through your body. Not having enough B12 can lead to anemia, which means your body does not have enough red blood cells to do its job. If your cells aren't getting enough oxygen, you'll likely suffer from tiredness and exhaustion.

2. Pins & Needles Sensation A condition called paresthesia is the sensation of uncomfortable tingling or prickling, usually felt in the arms, legs, hands or feet. Experts warn experiencing pins and needles could be a sign of Vitamin B12 or Vitamin B9 deficiency.

3. Forgetfulness If left untreated, B12 deficiency can lead to symptoms such as confusion and poor memory. The good news is that this nutrient is one of the easiest vitamins to supplement (when you don't forget to take it) in the right form and dosages.

4. Altered Taste The tiny red bumps on your tongue are known as papillae, or what we commonly call the "taste buds." The loss of papillae could be from a B12 deficiency, causing your tongue to become smooth and red which in turn affects the taste of food.

(Continued on page 13)



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(Continued from page 12-B12 deficiency)

5. Depression, Moodiness & Irritability Serotonin is an important mood-regulating neurotransmitter that plays a vital role in good mental health. Certain nutritional factors can impact your brain's ability to produce serotonin, including a lack of vitamin B12.

6. Vision Problems Not enough B12 in the body can affect the optic nerve and also block the blood vessels in the retina. Blurred vision, extreme sensitivity to light, and spotting are common problems experienced by those with vitamin B12 deficiency.

7. Appetite Loss You might not get your regular hunger pangs or hardly want to eat anything at all. Lack of hunger or finding food tasteless is an important sign of vitamin B12 deficiency.

8. Ringing in The Ears Tinnitus is a condition where a person hears a ringing, buzzing or whistling sound in the ears. It's believed that tinnitus is a result of a deficiency in the body and the use of vitamin B12 may be able to get to this root cause and eliminate it.

9. Mouth Ulcers Mouth ulcers (also known as canker sores) are painful sores that appear in the mouth, often on the inside of the cheeks. It has been noted in several studies that canker sores are either caused (or triggered further) when there is a deficiency of B12 in the body.

FUN FACT: Did you know there's a two-step process required for the body to absorb vitamin B12 from food? The National Institutes of Health says that first, hydrochloric acid in the stomach separates B12 from the protein found in food. After this, vitamin B12 combines with a protein made by the stomach (intrinsic factor) which is needed in order for B12 to be absorbed in the large intestine.

(Continued on page 14)



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(Continued from page 13-B12 Deficiency)



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Unfortunately, signs of a vitamin B12 deficiency can take years to show up, and diagnosing it can be complex. If any of the symptoms above sound familiar, ask your doctor to run a blood test to check your levels. Ostomates may find that Vitamin B-12 Dermal Patches are a great alternative to taking oral supplements or injections.

Source: Edmonton "Mail Pouch" Nov 2018—

via: Regina Ostomy News Jan/Feb 2021