



Serving the Niagara Ostomy Community since 1974

IT'S IN THE BAG



February 2022

ST. CATHARINES MEETINGS:

February 16th @7:00 pm: Virtual Meeting:

Speaker: Roxie Demers (NSWOC)

— Ostomy Nurse question and answer period —

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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President's Message

Good day everyone,



I am writing this as our second major snow storm is upon us, Wiarton Willie has predicted an early spring and we're seeing the recent Covid Restrictions letting up.

The last few years have certainly been interesting times. Hopefully we can begin to see more normal pretty soon. I know that I'm ready.

I would like to take this opportunity to welcome Roxie Demers (NSWOC) to our Board of Directors. Many of you will know Roxie from the presentations she has done for us over the last few years. Roxie attended her first board meeting tonight & she had a ton of ideas. We actually ran out of time and will have to pick up on them next meeting. Thanks for stepping up & volunteering Roxie!

We have decided not to hold a face to face general

meeting for February, however we will be doing a Virtual meeting on February 16th @ 7PM. Our guest speaker will be Roxie, she will be available to answer Ostomy Nurse related questions that you might have.

We have decided to purchase the virtual meeting software "ZOOM" since our subscription for our current platform; "Lifesize" is expiring soon. Zoom seems to have a lot more features that make it more appealing, as well as being better recognized. Lifesize has served us well, but it's time for a change. As always, a link to the meeting will be sent out in advance. If you're not currently on our email list for virtual meetings, please email us @ info@niagaraostomy.com to be put on the list.

How about writing a short story about your life with an ostomy: how long you've had it for, why you had to get it, what your initial thoughts were when you heard, "You need an ostomy", how your life is now, and so on. Your story can remain anonymous if you'd prefer. We value your privacy. Make your submissions to our newsletter editor, Marlene, at marlene.h@niagaraostomy.com



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Hit "Transfer" and then hit "Send Interac e-Transfer"

You then must hit the tab "Add Recipient"

The recipient is: NOA

The e-mail address is: payments@niagaraostomy.com

The amount of the payment: \$

Hoping to see you Online, February 16th @ 7PM

Cheers!

John Molnar,
President





20 miles this week

2 successful closings

0 irritation around her stoma

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My Story about Life with a Colostomy

By: Nancy Ployart
NOA Director

First, I am a widow, retired Registered Nurse and living alone.

When I heard I had colon cancer, I was devastated but due to my positive outlook on life, I thought another hurdle to overcome! Why me? My family history was not good, ie: my mother, grandmother and 3 uncles all succumbed to Cancer.

In September 2013, I had an abdominal/perineal resection ie: permanent colostomy, (I spent many years as a OR nurse). I knew what to expect and asked questions pre & post operation (a great advantage when facing this surgery).

I had excellent care with Care Partners (formerly C.C.A.C.) and a E.T. Nurse (now known as an NSWOC) who guided me through the first weeks. That nurse introduced me to the Niagara Ostomy Association, I learned a lot from the speakers and members at chapter meetings.

My whole perspective on living with an ostomy changed and I realized that I had been given a gift of "life" and yes there are many hiccups but they can be fixed. My goals then focused on helping other people with ostomies, emotionally and giving small "tips "on how to manage their new life!

P.S. I do have many interests, love the Theater and thoroughly enjoy life!

2021-22 BOARD OF DIRECTORS

President	John Molnar
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Director/Coordinator, Friendly Visitor Program	Nancy Ployart
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Director Director	Peter Winter OPEN

NIAGARA OSTOMY ASSOCIATION

Volunteers 2022

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Newsletter Assistant	Cathy Waldeck

MISSION STATEMENT:

To be of service and assistance to all people with ostomies in the
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(no password required)

Or visit:

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

CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2022 Dates

February 16: Roxie Demers NSWOC

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—2022

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Type of Ostomy(optional): _____

New memberships from June to December
carry over into the following year.

Dues are \$30.00 per year, renewable by December 31st 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

WHAT IS PANCAKING?

Source: www.salts.co.uk

Pancaking occurs if the internal layers of the stoma bag stick together causing a vacuum which prevents the contents from dropping to the bottom. The stool remains at the top of the stoma bag which can potentially block the filter.

The bag can also be forced off the body.

How to prevent pancaking:

If you experience pancaking, then you should try and implement the following tips, which may help:

(Continued on page 8)

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IT'S MEMBERSHIP RENEWAL TIME AGAIN.

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Dave Booth, Treasurer
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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!



More than just great products – me+™ brings you the tools and advice to help you make life with an ostomy completely your own.



me+™ care

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me+™ answers

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me+™ community

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(Continued from page 6-Pancaking)

- Place some air into the bag by blowing into the bag prior to application, then apply the filter cover, this will ensure some of the air remains within the bag, then once the stoma has functioned try removing the filter cover, this will hopefully encourage the stool to drop to the bottom of the stoma bag.
- Some people find it helpful to roll up a small piece of toilet paper or place a cotton wool ball into the bag.
- Others find using a drop of oil or liquid soap placed into the hole of the adhesive (ensuring it coats the opposite internal film) can sometimes help the output to slide to the bottom of the stoma bag.
- If you are using a drainable bag or a two piece system some individuals living with a stoma find it useful to "de-vac" or "burp" the bag to encourage air into the bag.

Please note: If you continue to have pancaking issues with your stoma bag, you should contact your Stoma Care Nurse for further advice and support.

ILEOSTOMIES & COLOSTOMIES AND DIET

Mary Flesher, Clinical Dietitian

*First published in the Inside Tract® newsletter issue
106 – March/April 1998*

Via www.badgut.org

For individuals with an ileostomy (opening into the ileum) or a colostomy (opening into the colon), a well-balanced diet is important.

For both groups, there are losses of fluid via the ostomy because water is normally reabsorbed by the body in the colon. A typical fluid intake per day for people with Ileostomies or colostomies is two litres (or 8 cups). It is best to drink mostly

(Continued on page 9)

Ostomy Supplies

Speak with your Rexall Pharmacy team for information and support for your ostomy supplies. We stock great brands such as Coloplast, Hollister, and Convatec. Join us Tuesday's for 10% off and ask about our free delivery.

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(Continued from page 8-Diet)

water and limit drink high in caffeine like colas, strong tea, or coffee.

Neither group should limit salt in their diets. Salt, which is normally reabsorbed in the colon, is lost through ostomies. People with Ileostomies should use extra salt on their meals because of the risk of

dehydration. People with colostomies should not restrict salt but take a moderate amount with their regular diet.

Supplementation of Vitamins B12, A, D, E and K may be necessary if more than 100 cm of the terminal ileum has been removed with the ileostomy. Ask your physician if this applies to you.

People with ostomies may potentially develop

problems like diarrhea, constipation, odour, gas and/or blockage. Most can enjoy a regular diet, but it may be necessary to make some adjustments if any of the above problems occur.

Diarrhea:

Stool output from an ileostomy is usually liquid in texture therefore, diarrhea is usually considered to be more than 1000 ml of loose, liquid stool per day. Diarrhea in individuals with colostomies is usually defined as frequent, watery stools. The following may help to re-

(Continued on page 12)

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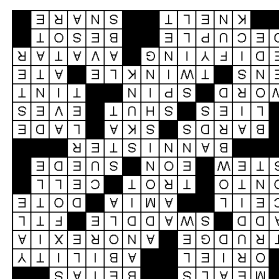
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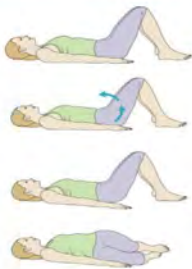



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ASK THE NSWOC

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-

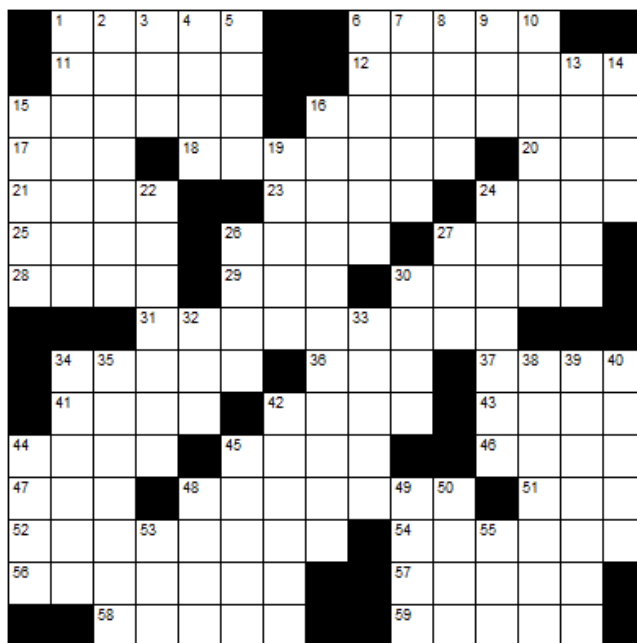
nence Canadian Certification (WOCC(C)) in the fall and passed. She has worked at Saint Elizabeth Health Care Hamilton for approximately a year and a half, first as a wound and ostomy nurse and now a WOCC(C).

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. Breakfast and supper | 27. Mobile phone | 48. Scintillate |
| 6. Test versions | 28. Goulash | 51. Consumed food |
| 11. Bay window | 29. Many millenia | 52. Enlightening |
| 12. Talent | 30. Soft leather | 54. Personification |
| 15. Slog | 31. Handrail | 56. Tenfold |
| 16. An eating disorder | 34. Poets | 57. Stupefy |
| 17. Annex | 36. Calypso offshoot | 58. Genuflected |
| 18. Swathe | 37. Stow, as cargo | 59. Trap |
| 20. Faster than light | 41. Untruths | |
| 21. Cover with plaster | 42. Close | |
| 23. Dogfish | 43. Nights before | |
| 24. Shower with love | 44. Unit of language | |
| 25. Savvy about | 45. Whirl | |
| 26. Gait faster | 46. Hue | |
| | 47. Ensign | |

CROSSWORD www.mirrorreyes.com**DOWN**

- | | | | | | |
|----------------------------|------------------------|-------------------------|-----------------------------------|-------------------------|---------------------------|
| 1. A melodic embellishment | 7. African virus | 16. Expressing reproach | 30. Immediately | like projections | 50. Not odd |
| 2. Scholarly | 8. Rubber wheel | 19. Moses' brother | 32. Commercials | 40. A chemical compound | 53. Merriment |
| 3. Assist | 9. Beer | 22. Unrefined (persons) | 33. Stinky black and white mammal | 42. Small piano | 55. An Old Testament king |
| 4. Lower limbs | 10. Sextuple | 24. Chevrotain | 34. Light-haired | 44. Noxious plant | |
| 5. Killed | 13. Jot | 26. 10 10 10 10 | 35. Nauseous | 45. Slop | |
| 6. Brigand | 14. Harvard rival | 27. Prompt | 38. Flyer | 48. Sort | |
| | 15. Anagram of "Coast" | | 39. Having tooth- | 49. Laboratories | |



Answers on pg 9

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(Continued from page 9-Diet)

lieve diarrhea:

- Increase your fluid intake to 2 ½ litres (10 cups) per day.
- Take foods that may thicken stool like apple sauce, bananas, yogurt, rice and oatmeal.
- Limit foods that may aggravate the diarrhea like prunes, prune juice, alcohol, broccoli, cauliflower, brussel sprouts and cabbage.
- Use extra salt or eat salty foods.
- Choose foods high in potassium like bananas, oranges, tomatoes, potatoes, meats and dried fruits.

Constipation:

Constipation can occur in individuals with colos-

tomies only (not with ileostomies). The following can help relieve constipation:

- Drink a minimum of 2 ½ litres (10 cups) per day of fluid.
- Eat foods high in fibre like bran, fruits, vegetables and whole grains. Prunes and prune juice may also help.

Odour:

If odour is a problem, you may want to:

- Limit foods that increase odour, such as broccoli, cauliflower, cabbage, turnip, brussel sprouts, legumes, garlic and onion.
- Increase foods that reduce odour, such as parsley, buttermilk and yogurt.

(Continued on page 13)



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Fonthill Pharmacy 155 Hwy 20 W., Fonthill Tel: (905) 892-4994	Boggio & Edwards Pharmacy 307 Ridge Rd., Ridgeway Tel: (905) 894-2200

www.boggios.com

(Continued from page 12-Diet)

Gas:

Gas may be caused by many of the above listed under foods that should be limited to reduce odour. Gas can also be caused by swallowing too much air so chewing gum and drinking carbonated beverages should be limited if gas is a problem.

Blockage:

Blockages may occur in people with Ileostomies. If there is no stool output for several hours from the ileostomy, then a blockage may have occurred. To prevent a blockage:

- Drink at least 2 ½ litres (10 cups) of fluid per day.
- When first trying high fibre foods after surgery (ileostomy), choose only one new food at a time. Foods that have seeds or pits should be tried cautiously (e.g. popcorn, nuts, seeds, corn, strawberries or raspberries).

Conclusion:

People with ostomies can usually eat a regular diet as long as it contains adequate amounts of fluid and salt. When adding a new food, especially one that could contribute to a potential problem, (diarrhea, constipation, odour, gas, or blockage) only one new food should be tried at a time. Being aware of problems that may arise and how to help relieve these are important in caring for your ostomy.





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FUN FACTS

- It is impossible to stand backwards on stairs.
- A sloth takes 2 weeks to digest the food he's eaten.
- In the USA, there are more Chinese restaurants than all the McDonald's, KFCs, Burger Kings and Wendy's put together.
- At any given moment, about 0.7% of the people in the world are drunk.
- In 2001, a seven foot bull shark bit off a boy's arm. His uncle not only saved the boy, but dived in after the shark, wrestled it to shore where the shark was shot, retrieved the boy's arm and it was sewn back on in the hospital.
- There are more English speakers in China than in the United States.