



Serving the Niagara Ostomy Community since 1974

IT'S IN THE BAG



March 2022

ST. CATHARINES MEETINGS:

March 16th @7:00 pm: In-person Meeting

Speaker Topic: Medicinal Cannabis

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

March 16th @ 7:00 pm

- 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

Welcome everyone!
As always, I hope this newsletter finds you well. I don't have a lot to report on this month.



This month I am celebrating 14 years with an ostomy. I don't know where the time has gone.

We are planning to meet face to face on March 16th at the Lions Hall, 7PM. Guest speaker will be discussing Medicinal Cannabis; it should be an interesting topic. I saw a similar presentation a few years ago at the Hamilton Chapter meeting and developed a new understanding and appreciation for it. There's a lot more to it than the old "Hippies" sitting on park benches smoking a joint.

We have upgraded our virtual meeting software to the ZOOM platform. Our previous platform, Lifesize served us well, but it expired and we decided to change as Zoom has more options and it is better recognized.

Roxie Demers, NSWOC, and Niagara Ostomy Board of Director answered questions from participants at our Feb 16th meeting. We had some great discussion about products to use, and other questions. I always enjoy listening to Roxie.

As with almost everything else, printing costs have gone up dramatically over the last while. Our newsletters are costing over \$3 each to have printed and mailed. To reduce our costs we have culled our snail mail list to reduce the mail outs, but we may have to seriously look at ways to re-

duce our costs even more. I assure you, we won't make any rash decisions, but with declining membership and funds, we have to be frugal. We all know the last few years have been very difficult. Hopefully we will begin to see more normal sooner than later.

Our new online e-payment is working now. We have received several payments for membership in the last while. Please consider using it as an option, and if you haven't paid your membership renewal, e-transfer is an easy option. Payments can be transferred to payments@niagaraostomy.com

Cheers for now,
John Molnar



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MY PERSONAL STORY

Steve Smith, NOA Director/Interim Secretary

I have a Urostomy!

First hint of trouble was in the fall of 2017 when I had some blood in my urine. Doctor determined it wasn't an infection and sent me to a urologist. After an ultrasound and blood tests, it was decided to do a CT scan of the abdomen. These showed the need for a cystectomy which showed carcinoma in situ. After many more tests, MRI, bone scan and X-rays, it was decided that a transurethral resection of bladder tumour or (TURBT) was needed to get biopsies.

The TURBT showed pre-cancerous cells in the bladder and BCG treatment was suggested. Before this could be started, they found a tumour

on my right kidney that they thought was cancerous and as I had good kidney function, it was decided to remove the kidney - that surgery happened in April of 2018.

About 4 weeks after the kidney surgery which was cancerous, I started BCG treatment with a treatment every week for 6 weeks. Another cystoscopy in July showed new tumours in the bladder that would need another TURBT. This procedure showed Grade 3, Stage T1 aggressive bladder cancer. Another cystoscopy and TURBT late in the fall confirmed previous cancer results and it was not yet muscle invasive but getting close. Chemo and radiation are done only if the cancer is muscle invasive so I elected to have my bladder removed.

Surgery was done in April of 2019 for a radical

(Continued on page 6)

2021-22 BOARD OF DIRECTORS

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NIAGARA OSTOMY ASSOCIATION Volunteers 2022

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MISSION STATEMENT:

To be of service and assistance to all people with ostomies in the Niagara Region.



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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2022 Dates

March 16: In-person Meeting:

Topic: Medicinal Cannabis

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

(Continued from page 3-My Personal Story)

cystectomy where the bladder and prostate were removed. I now have an illegal conduit or urostomy.

In the fall of 2019, I elected to attend some meetings of the Niagara Ostomy Association and

joined this group as they had some good speaker presentations and I got some very good tips on how to manage my ostomy.

Also in the fall of 2019, a lump appeared on my neck and after needle and surgical biopsies, it was determined that I had Diffuse Large B Cell Lymphoma. After more bone scans, CTs, bone

(Continued on page 8)



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IT'S MEMBERSHIP RENEWAL TIME AGAIN.

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Dave Booth, Treasurer
Unit 34, 525 Meadows Blvd.,
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!



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(Continued from page 6-My Personal Story)

marrow tests, lung and heart tests and a PET scan, starting in February of 2020, I underwent a course of 6 chemotherapy treatments, one every 3 weeks which after more scans and testing showed the lymphoma to be gone. I will be followed for 5 years with regular CT scans and bloodwork and discussions with the oncologists with the results of these.

All in all, I had excellent care from my surgeons and nursing staff at Joseph Brant hospital in Burlington where I had my surgeries and from the Oncologists and nursing staff at the Walker Family Cancer Centre in St. Catharines where I went for the chemotherapy.

I am also very supportive of the Bladder Cancer group in Hamilton and the Niagara Ostomy Association for the ongoing support that each group offers.

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.

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.

Ostomy Supplies

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WHAT YOUR URINE COLOUR SAYS ABOUT YOU

Source: *UOA Vancouver Ostomy High Life*,
Jan / Feb 2021

Human urine has been a useful diagnostic tool since the earliest days of medicine. The color, density, and smell of urine can reveal much about

the state of our health.

Here is a quick look at some of the things you can tell from the hue of your liquid excreta.

NO COLOR, TRANSPARENT: You're drinking a lot of water. You may want to cut back.

PALE STRAW COLOR: You're normal, healthy and well hydrated.

TRANSPARENT YELLOW: You're normal.

DARK YELLOW: Normal, but drink some water soon.

AMBER OR HONEY: Your body isn't getting enough water. Drink some now.

SYRUP OR BROWN ALE: You could have liver disease, or severe dehydration. Drink water and see your doctor if it persists.

PINK TO REDDISH: Have you eaten beets, blueberries or rhubarb recently? If not, you

(Continued on page 12)

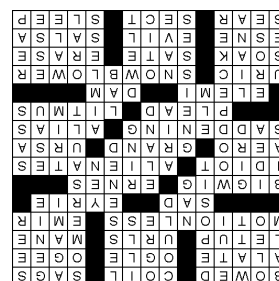


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ASK THE NSWOC

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-

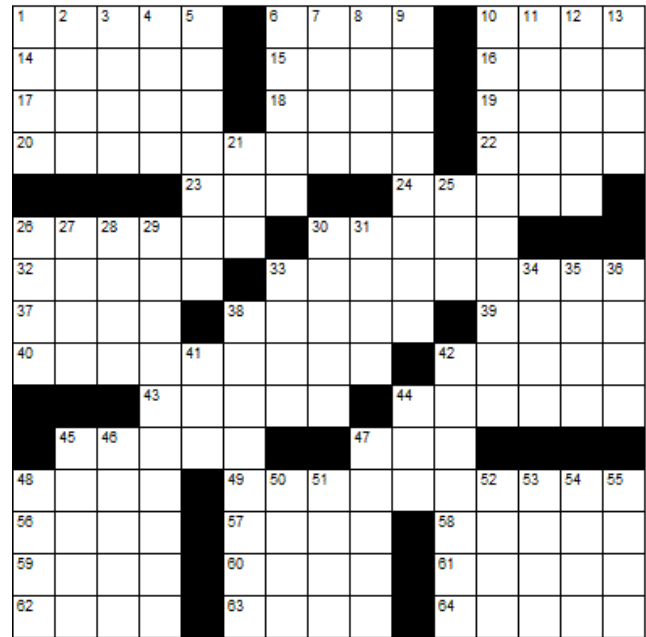
nence Canadian Certification (WOCC(C)) in the fall and passed. She has worked at Saint Elizabeth Health Care Hamilton for approximately a year and a half, first as a wound and ostomy nurse and now a WOCC(C).

To submit your question:

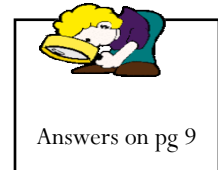
Please visit our website www.niagaraostomy.com. Click on the “Find Support” tab. From there, scroll down and select “Ask the NSWOC”. This will direct you to the form where you can send your question. Selected questions and answers may appear in upcoming newsletters. **Be assured that we will never publish your name or any other identifiable information.**

CROSSWORD www.mirroreyes.com

- ACROSS**
- | | | |
|-----------------------|--------------------------|------------------------|
| 1. Genuflected | 33. Disaffects | 57. Satisfy |
| 6. Spring | 37. Relating to aircraft | 58. Delete |
| 10. Droops | 38. Opulent | 59. Feudal worker |
| 14. Winged | 39. Constellation | 60. Anagram of "Live" |
| 15. Leer at | 40. Making unhappy | 61. Chip dip |
| 16. Curved molding | 42. Assumed name | 62. Char |
| 17. Abatement | 43. Implore | 63. Religious offshoot |
| 18. Website addresses | 44. Acid test | 64. Slumber |
| 19. Head of hair | 45. Lacquer ingredient | |
| 20. Unmoving | 47. Dike | |
| 22. Arab chieftain | 48. Relating to urine | |
| 23. Unhappy | 49. Snow thrower | |
| 24. Lofty nest | 56. Saturate | |
| 26. Important person | | |
| 30. Sea eagles | | |
| 32. Fool | | |



- DOWN**
- | | | | | |
|-----------------------------------|------------------------------------|------------------------|---------------------------------|-----------------------|
| 1. Emollient | 8. Ailments | 27. Bright thought | 35. Brother of Jacob | 46. Tropical vine |
| 2. Margarine | 9. Diminished | 28. Prepare for action | 36. Back talk | 47. Inhabited |
| 3. Light bulb unit | 10. Flip | 29. Tree-boring bird | 38. Laminated metamorphic rocks | 48. Functions |
| 4. Decorative case | 11. A long-legged S. American bird | 30. African antelope | 41. Shade tree | 50. Anagram of "Vane" |
| 5. Sediment | 12. Wish granter | 31. Jewelry | 42. Pointless | 51. Ear-related |
| 6. A word used in polite requests | 13. Clairvoyant | 33. Diva's solo | 44. Chemist's workplace | 52. By mouth |
| 7. Brute | 21. Henpeck | 34. Snip | 45. Jagged | 53. Welt |
| | 25. Hankering | | | 54. Existence |
| | 26. Partiality | | | 55. Harvest |



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(Continued from page 9-Urine)

may have blood in your urine. It could be nothing, or it could be a sign of kidney disease, tumors, urinary tract infections, prostate problems or something else. Contact your doctor.

OUTSIDE INFLUENCES: Stuff you take can change the color of your urine. For instance, some medications, laxatives, chemotherapy drugs and dyes doctors give you to diagnose urinary tract infections can make your urine darker than normal.

FINAL WORD: The Invisible World of Urine: You can tell a lot from looking at your urine. But you can tell a lot more from the kind of urinalysis you should be getting along with a regular physical exam by your doctor. Blood in the urine, a serious sign, is often invisible to the naked eye.

The level of sugars in your urine may indicate a risk for diabetes. When you're at your doctor's office, don't be afraid to pee in the cup. It's one of the best things you can do for your health.

- Cleveland Clinic - *The Color of Pee: Via Ottawa Ostomy News, Oct 2019; Niagra Ostomy Association, November 2019; Regina & District Ostomy News Nov Dec 2020*

PREVENTING UTI'S IN UROSTOMIES

www.securicaremedical.co.uk

The biggest issue for urostomates is urinary tract infections.

The most important thing to consider when you have a urostomy is the risk of urinary tract infec-

(Continued on page 13)



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(Continued from page 12-UTI)

tions (UTIs). You can avoid these by continuously flushing your urinary tract through, by:

Drinking around 2-3 litres of fluids per day (that's around 10-11 large glasses, or 13 mugs of liquid)

Eating foods that are high in Vitamin C - this makes urine acidic and helps prevent infections

Drinking at least two glasses of cranberry juice a day (unless contraindicated)

Why is cranberry juice so useful for urostomates?

Cranberry juice can help avoid urinary tract infections (UTIs) and reduce the amount of mucus that your urostomy produces. If you don't like cranberry juice, you can get cranberry tablets from chemists and health food stores. (NB: don't drink cranberry or grapefruit juice if you are taking warfarin).

Drinking cranberry juice can help reduce the formation of urine crystals in your urostomy - if they do form, a cloth dampened with white vinegar dissolves them

There are no particular food restrictions with a urostomy.

Having a urostomy means that you don't have any particular food restrictions, so you can enjoy a normal diet. Some things worth bearing in mind, though, include:

Fish, onions, garlic and asparagus can make your urine smelly

After eating beetroot, your urine (and sometimes your poo) will often be pink.

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LAUGH FOR THE DAY

One night a state cop saw a car going only 22 miles per hour. He pulled the car over.

When he approached the driver's side, he noticed five old ladies were seated in the car and all them looked to be in shock. They were all very pale.

The lady driver greeted him, "Officer, Why did you pull me over? I was going the speed limit exactly. What is the issue?"

"Ma'am you weren't going over the speed limit, however driving under the limit is just as dangerous."

"But I was going 22 mph, the exact speed limit."

"No, ma'am, 22 is not the speed limit, it's the route number," he laughed.

Feeling embarrassed the older woman thanked him.

"Before I let you go, is everyone ok? The other ladies seem a bit unsettled."

"Oh, they'll be fine in a minute. We were just on route 119."