



# IT'S IN THE BAG



May 2022



## ST. CATHARINES MEETINGS:

**May 18th @7:00 pm: In-person Meeting**

**Topic: Friends of Ostomates Worldwide Canada**

**Presented by: Richard Olley, Director FOW**

**Also in attendance:**

**Roxie Demers, NSWOC to answer any concerns**

## 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

**May 18th @ 7:00 pm**

We welcome every-  
one to our meetings.

However, in attempts to  
protect the health of  
everyone, kindly wear a  
mask to our meetings and  
keep apart from others.

Please stay at home if  
you're feeling unwell.

No snacks or beverages  
will be available at  
our meetings until further  
notice.



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## Presidents Message

Good Day, Everyone!



I hope everyone is enjoying this cool, damp spring. Spring is a favoured time of the year for me.

Well, that Covid thing got me. Fortunately it wasn't a bad case, but it knocked the socks off me for 4 days. The friend I got it from was out for a day. Doesn't seem fair, does it? Actually he felt bad, and he was calling every day for a week asking if I was OK, if I needed anything and so on. Fortunately, I don't think I passed it along to anyone else.

The presentation for last month's cancelled meeting has been put over to this month's meeting. Richard Olley (Director) from Friends of Ostomates Worldwide (FOW) Canada will provide a short presentation. Roxie Demers, Board member and NSWOC, will also be in attendance to discuss anyone's Ostomy concerns after the FOW presentation. We hope to see you there!

Our board of directors met this evening and it's looking like the Annual Ostomy Fair is a go for this year. With the two-year hiatus due to covid, we are surely looking forward to it again. Once we have the date, we will let you know so that you can mark your calendars for the event. For anyone that has not attended one, it's a great educational day. Most of the main ostomy suppliers will be there, local health care stores are invited, as well as general interest topics like Niagara Region Sen-

ior Services (as an example). Admission is free for people to come and visit us that day.

It's also time to resume fundraising. If you have any ideas, we'd love to hear from you.

Can you help at any of our events? We'd love to hear from you. Please consider stepping up if you can.

Just call 905-321-2799 and leave a voice message, or email [info@niagaraostomy.com](mailto:info@niagaraostomy.com) We appreciate your involvement!

Hope to see you soon!

Cheers,  
John Molnar



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0 irritation around her stoma

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## MY PERSONAL STORY

### Marlene Heinrichs, NOA Member

May 25, 1999 was the turning point in my life. That's when my ileostomy was born. I had a very long journey up until then. I was diagnosed with Crohn's Disease at the age of 19, only 1 year into my marriage. I had been sick for quite a while until they finally came to the diagnosis. I suffered through most of my twenties with flares off and on, but also giving birth to 2 beautiful children, my daughter in 1995 and my son in 1997. The struggles were so difficult at times, with most days being stuck on the toilet or laying on the couch. I had to plan my days around when I would be able to run to the bathroom, and I certainly knew where the best restrooms in the city

were located. I missed most of my kids' best years because I was too sick to play with them or simply had no energy. I was in and out of the hospital with blockages and blood transfusions. Until finally, in early 1999, I was down to 90 lbs and could only eat bread, crackers and water. My doctor said that I needed surgery to remove my diseased colon or else I might not make it. I was referred to a wonderful surgeon at McMaster Hospital who quickly put me on his schedule. After a few more tests, MRI's and another dreaded colonoscopy, he came to the same conclusion. My large bowel was so ulcerated and full of scar tissue that he could no longer save it. At that point, all I wanted to do was enjoy life again and see my babies grow up. So on May 25<sup>th</sup>, my

*(Continued on page 6)*

**2021-22 BOARD OF DIRECTORS**

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**NIAGARA OSTOMY ASSOCIATION****Volunteers 2022**

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Membership Chair	Beth Hardwood
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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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## CALENDAR OF EVENTS

**Our Website:** [www.niagaraostomy.com](http://www.niagaraostomy.com)

**Our Email:** [info@niagaraostomy.com](mailto:info@niagaraostomy.com)

### 2022 Dates

**May 18: FOW and Roxie Demers**

**June 15: TBA**

**July, August: NO meetings**

**September 21st: 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)

husband and I headed up to the hospital to start the long process of continuing this fight against Crohn's. The surgery took just over 8 hours. They removed a melon sized tumour along with my entire large colon. Thankfully the tumour

turned out to be benign after having to wait 5 long days for the results to come back. But in my heart, I knew that it would all work out. After a few minor complications, I was finally able to go home and start the journey of healing.

(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](mailto: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.



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### me+™ support

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### me+™ answers

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*(Continued from page 6-My Personal Story)*

When I was discharged, the ET nurse on staff there had given me the contact info for the Niagara Ostomy Association. The internet had just started to become readily available so I hadn't had too much ability to do any research on the topic of ileostomies. I remember stepping into my first NOA meeting in June of that year and it was so amazing to see a room full of people just like me. Until then, I felt so alone and wasn't sure what to make of it all. Everyone was so welcoming and open, a weight had been lifted. My husband was thankful as well, as he was able to speak to spouses and partners of ostomates, as he was struggling with his own journey through all of this. I attended almost every month, and even became the president for a few years and now I enjoy creating the newsletters every month. I enjoyed many friendships over the years and am so

very grateful for all of the support that I received. Ever since then, I have lived my life so freely, thankful for my ileostomy. We have been able to travel to Alaska, the Mediterranean, as well as Europe and enjoyed a few cruises. I have been able to go zip-lining, whale watching, hiking and getting lost in Venice, all without fear of where the next bathroom would be. I am so thankful for the Niagara Ostomy Association. It has been a huge help to me over the years! Thanks to everyone for all of the hard work that they do! Cheers!

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](mailto:marlene.h@niagaraostomy.com)

Thank you, in advance

## Ostomy Supplies

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## CONTROLLING GAS

*Via: Winnipeg Ostomy Association Inside/Out April 2022*

In other words, farting.

Everybody expels gas but now yours will exit from the front of your body and unlike those with an intact set of bowels, you can't hold it in.

This can cause some embarrassment in public if the noise is audible or if there is an odour, and it can sometimes cause problems overnight if the bag gets too full of gas that isn't being vented. Most bags have a filter, which will help with letting the gas out, but filter effectiveness can be minimal at times. A pouch that is strained by an overabundance of gas may be at risk of breaking the seal and leaking.

**OVERNIGHT** It's important to watch what you eat prior to bedtime. Be cautious about beans, broccoli, starchy breads and pastas, and especially soft drinks. All of these can cause gas buildup and could potentially cause an issue for you overnight. Also, try to refrain from eating too close to bedtime; a suggested deadline is 1½ hours before bedtime. If you need a small snack at bedtime, try to avoid the above problematic foods. Be sure to empty or 'burp' the bag before turning in.

*(Continued on page 12)*

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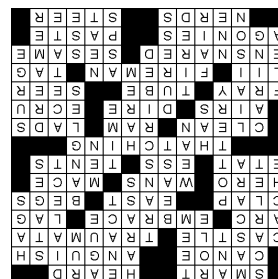
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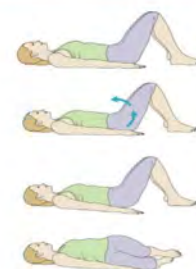
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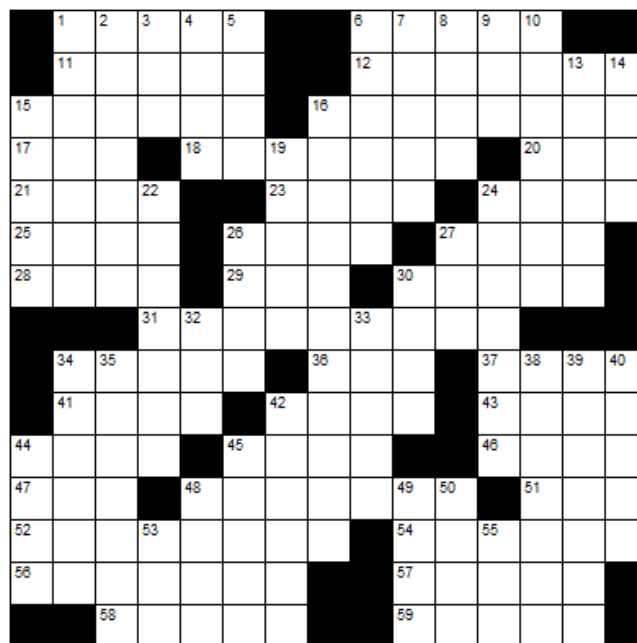
1. Intelligent  
6. Discovered  
11. Small and light boat  
12. Worry  
15. Palace  
16. Injuries  
17. Circle fragment  
18. Hug  
20. Delay  
21. Applaud  
23. Where the sun rises  
24. Pleads  
25. Protagonist  
26. Grows pale  
27. Riot spray  
28. French for

"State"

29. S  
30. Canvas dwellings  
31. Plant-based roofing  
34. Not dirty  
36. Butt  
37. Boys  
41. Broadcasts  
42. Awful  
43. Beige  
44. Skirmish  
45. Hollow cylinder  
46. Fortune teller  
47. Fifty-two in Roman numerals  
48. Fire fighter  
51. Label

52. Trapped

54. Benne  
56. Torments  
57. Adhesive  
58. Geeks  
59. Direct

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

1. Red  
2. Eye makeup  
3. Picnic insect  
4. Part portrayed  
5. Abound  
6. Pester  
7. Legislate

8. Chills and fever  
9. A strong drink  
10. Idiom  
13. Levels  
14. Crones  
15. Stash  
16. Wrote out from speech

19. Brute  
22. Earthenware  
24. Bracelets  
26. Withdraw gradually  
27. Adult males  
30. Fourth dimension

32. Consumes  
33. A group of concubines  
34. Feeling compassion  
35. Go-between  
38. Film material

39. Fantasizer  
40. Upswell  
42. Coercion  
44. Wingless bloodsucking insect  
45. Weary  
48. Carnival  
49. Snakes

50. Tidy  
53. North northeast  
55. South southeast



Answers on pg 9

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(Continued from page 9-Gas)

**IN PUBLIC** Again, do your best to avoid the most gas producing foods if you can.

You can help limit gas production by:

- Eating slowly
- Have loose dentures refitted
- Avoid milk products if you are lactose intolerant
- Avoid using a straw to drink liquids
- Limit eating foods that contain sorbitol and fructose
- Limit carbonated beverages

Despite your best efforts to discourage gas production, your guts will always expel some gas. For new ostomy patients, this can be a huge source of worry because they dread being embarrassed. It's normal to feel that way and we all felt self-conscious in the beginning. You're going to be hypersensitive to your own body sounds for awhile so bear in mind that what sounds loud to you may not be audible to others. Your body may give you subtle signs a moment or two before expelling gas and you will become tuned into this, giving you time to employ a few tricks to mask the sound. A well-timed cough can help, or rustling papers or shopping bags. You can hold something like a parcel or purse over your stoma to muffle sound, or even your forearm casually crossed and pressed over top can help suppress things. If you're in a crowd you can play innocent but if there's no way out, a simple "Excuse me" will do. Nobody's perfect. Everybody on the planet has accidentally farted in public. Editor's Note: Ostomates can take comfort in the fact that the sound is not followed by a smell. Regarding gas odour control, eating yogurt or buttermilk helps some individuals reduce odour. Parsley is another natural deodorizer. For some-

thing stronger, try Devrom tablets. You chew one to three of these after a meal or snack and they can be pretty effective in neutralizing scent. The taste is mildly pleasing, sort of like banana. Devrom will turn your stool black but this is harmless. *Source: Hamilton & District (ON) Ostomy Assoc. "Osto Info" via Brantford & District Ostomy Assoc. News by Greater Seattle (WA) "The Ostomist" Jan / Feb. 2016*

### WHICH BATHROOM STALL IS THE CLEANEST

*Via: Ostomy Canada Connects Spring 2022*

Researchers have discovered which public restroom stall is traditionally the cleanest, says Reader's Digest reports. According to studies, the middle stalls are to be avoided if possible. Apparently, people tend to choose the middle one because of the "centrality preference." On the other hand, the first stall, which is the least used, is likely to be the cleanest.

After teaming up with a local custodian, a psychologist tracked how often the toilet paper was changed in each of four stalls for 10 weeks. Sixty percent of finished rolls came from the middle stalls, whereas only 40 percent came from those at the ends. This indicated that far more people used the stalls in the middle. Add to this the results of a 2015 survey from New York Magazine that analyzed the preferences of men and women. It was determined that the majority of both men and women prefer to use the middle stalls, when they are available. In cases when the middle stall is taken, men then lean toward the stall closest to the door. Women go to the stalls farthest away. Still, just because fewer people use

(Continued on page 13)



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(Continued from page 12-Bathroom Stall)

an end stall, that doesn't necessarily mean it's cleaner. Reader's Digest suggests that those used less frequently might also be cleaned less often, so people avoid them. There may be other factors in stall choice. An article on CleanLink reported that a 2016 survey by the restroom fixture manufacturer Bradley Corporation found that the most aggravating restroom situation is empty or jammed toilet paper dispensers, followed closely by partition doors that don't latch, an overall dirty or unkempt appearance, and empty or jammed towel or soap dispensers. *Source: National Association for Continence, BHealth Blog, CleanLink.*

## FLUIDS FOR OSTOMATES

via: Alberta Ostomy Association, Simply Ostomy, Spring 2022

People with urinary diversions no longer have a storage area (bladder) for urine. Therefore, urine should flow from the stoma as fast as the kidneys can make it. In fact, if your urinary stoma has no drainage for even an hour during the day, it is time for concern. The distance from the stoma to the kidney is markedly reduced after urinary diversion surgery. Any external bacteria have a short route to the kidney. As kidney infections can occur rapidly and be devastating, prevention is essential.

Wearing clean appliances and frequent bag emptying are vital. Equally important is adequate fluid intake, particularly fluids that acidify the urine and decrease problems of odor. In warm weather, with increased activity or with

(Continued on page 14)



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(Continued from page 13-Fluids for Urostomates)

a fever, fluids should be increased even more to make up for body losses due to perspiration and increased metabolism.

It is important to be aware of the symptoms of kidney infections: elevated temperature; chills; low back pain; decreased urine output; and cloudy, bloody urine. Ileal conduits normally produce mucous threads in urine which give a cloudy appearance, but bloody urine is a danger sign. Thirst is a great index of fluid needs. If you are thirsty, drink up! Also, develop the habit of sampling every time you see a water fountain. Source: Article by Juliane Eldridge, RN, CETN.

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