



Serving the Niagara Ostomy Community since 1974

IT'S IN THE BAG



October 2022

ST. CATHARINES MEETINGS:



October 19th @7:00 pm: In-person Meeting

Chantale Laramee, Hollister, Territory Manager Ostomy

is delighted to discuss Hollister appliances and accessories and will answer any questions related to use of Hollister Products.

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***

INSIDE THIS ISSUE:

PRESIDENT'S MESSAGE	2
SHARE YOUR STORY	3
ASK THE NSWOC	4
REVIEWING RECTAL DISCHARGE	6
I AM A STOMA!	9
MEMBERSHIP FORM	12

COVID PROTOCOL FOR IN-PERSON MEETING

October 19th @ 7:00 pm

We welcome everyone to our meetings.



However, in attempts to protect the health of everyone, kindly wear a mask to our meetings.

Seating that allows you to keep apart from others while enjoying dessert and conversation will be available.

Please stay at home if you're feeling unwell.

President's Message

Welcome,

As always I hope everyone is doing well.



There was heavy frost on the pumpkin patch a few days ago so I guess fall is here.

Remember that it is membership renewal time again. Our little group depends on your support so we can do things like print the newsletter, hold our ostomy health fair day, host meetings to help educate people living with an ostomy and maintain our website. Please consider renewing your membership so we can continue with our mission: ***To be of service and assistance to all people with ostomies in the Niagara Region.***

For the 2023 membership year, we have introduced a 2-tier membership. You can join Niagara Ostomy

for \$30 per year, and if you wish to support Ostomy Canada you can do that with an additional \$20 per year. The new membership form is in the newsletter and on the website. We now offer easy online transactions too. Visit our website at niagaraostomy.com and scroll to the *Become a Member* page and follow the instructions.

We welcome a new volunteer, Ken I'Anson to our group. He joined in on our October board meeting and offered to help with some behind the scenes work. He is going to start with phoning our members to introduce himself and ask a few questions. He will also welcome new members and visitors at our general meetings. We look forward to working with Ken.

We have a great team of volunteers, but we still need some more help. Let Ken know if you are interested in volunteering with us. Your help will be greatly appreciated by everyone.



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We're planning the Ostomy Health Fair for some time in May. You'll hear more details in upcoming newsletters. It was unfortunate that we had to cancel our plans to hold it this fall.

If you have topics or people you would like to see for guest speakers, please let us know. We're working on filling up the calendar for speakers at our meetings.

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 go-

ing 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.



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 NSWOC (Nurses Specialized in Wound Ostomy and Continence Canada) in 2020. She wrote the Wound Ostomy and Continence Canadian Certi-

fication (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.



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Or visit:

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

CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2022 Dates

October 19th: Hollister

Nov 16th: Safe and Simple Ostomy

December: No meeting

2023 dates

January 18th April 19th

February 15th May 17th

March 15th June 21st

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.

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NIAGARA OSTOMY ASSOCIATION

Volunteers 2022

Web Master	Peter Folk
Membership Chair	Beth Hardwood
Newsletter Editor	Marlene Heinrichs
Newsletter Assistant	Cathy Waldeck

MISSION STATEMENT:

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

REVIEWING RECTAL DISCHARGE

Any individual who has a fecal ostomy with an intact rectum/anus will experience rectal discharge. Unfortunately, a lot of these individuals aren't told about this when they are discharged from the hospital and can become quite distressed the first time this occurs. This discharge

is due to the remaining bowel attached to the rectum. One of the main jobs of the bowel is to secrete mucous to lubricate the stool on its journey through the intestines. While the bowel is very good at its job, it isn't very smart. So it doesn't realize that there is no poop coming through, and as such, it keeps secreting mucous

(Continued on page 8)



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IT'S MEMBERSHIP RENEWAL TIME AGAIN.

See updated membership form on Page 12

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.



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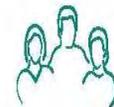
me+™ support

Live nurses by phone or email for any questions you may have.



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(Continued from page 6-Rectal Discharge)

like it always has. Normally, when passing feces, we wouldn't really see the mucous because it would be coating the stool. But in the absence of feces, this mucous has to go somewhere, and it follows the natural progression down to the anus to be evacuated. Once at the anal sphincters, the mucous can cause the sensation of needing to have a bowel movement, or it can leak out the rectum if the sphincter tone is poor.

For some individuals who lack sensation or muscle tone, it can also dry up into a ball and cause pain. If you experience the sensation of needing to have a bowel movement, it is best to sit on the toilet and try to bear down. For some, this is enough to expel the mucous, which varies in consistency from clear and thin (like egg whites) to a thicker, stickier creamy colour. Due to the bacteria that lives in the bowel, the mucous does have an unpleasant odour. If the mucous won't come out naturally, a glycerine suppository or enema

may be required to help pass it. How often these products are used is very individual: it may be a few times a week or as little as once a month. If the mucous leaks out due to poor sphincter tone, it can be very irritating to the anus and surrounding skin. Using a barrier cream or spray (such as Critic-Aid or Cavilon) can help to protect the skin from excess moisture and prevent breakdown. In addition, applying a few squares of gauze between the buttocks, or using a panty liner in your undergarments can absorb the mucous as it exits the body.

Some individuals may be able to strengthen their sphincter tone through pelvic floor exercises, which may help to control the passage of the mucous. These may not help everyone depending on possible nerve damage, but a consultation with a Pelvic Floor Physiotherapist or your surgeon can help determine if these exercises would help you.

Source: *Ostomy Winnipeg Summer 2022 - Cathy Downs RN ET, NSWOC reprint Ottawa Ostomy News April 2015 & 2022.*

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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I AM A STOMA!

by Mary Lou Thomas, RN,ET; North Arundel Hospital; via Northern Virginia *The Pouch*

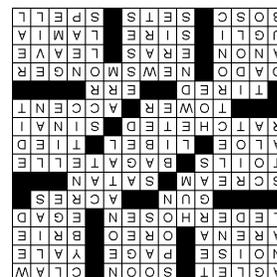
Source: <https://www.ostomyok.org/newsletter/news0102a.html>

Hi, I'm a stoma! I am great when you think about it. I must admit I have upset many people. Some people even consider me crude, rude and socially unacceptable. Well, EXCUSE ME!! Just about everyone gets bent out of shape when

their doctor says, "It may be necessary to create a stoma." Me!! They make it sound like a dirty word. Listen, it isn't the greatest for me either. I'm usually created from a piece of your intestines. I guess you know all about that. And then, just maybe you don't. So I will tell you. Becoming a stoma wasn't my original function. No sirree!!! I used to just lie there in your abdomen, minding my own business. Then boom!!

Some surgeon decided--let's make a stoma. He had a nerve! Why?? How could he consider such a thing? Well, I guess it was because you hurt so much, because you were very sick from a disease such as ulcerative colitis or cancer, from a trauma such as an automobile accident or from a birth defect. Your surgeon knew that by putting me to work, you could be free of discomfort and problems. In truth, so you could get on with living. If that is why I was created, then why do so many people complain about me? Did you

(Continued on page 13)



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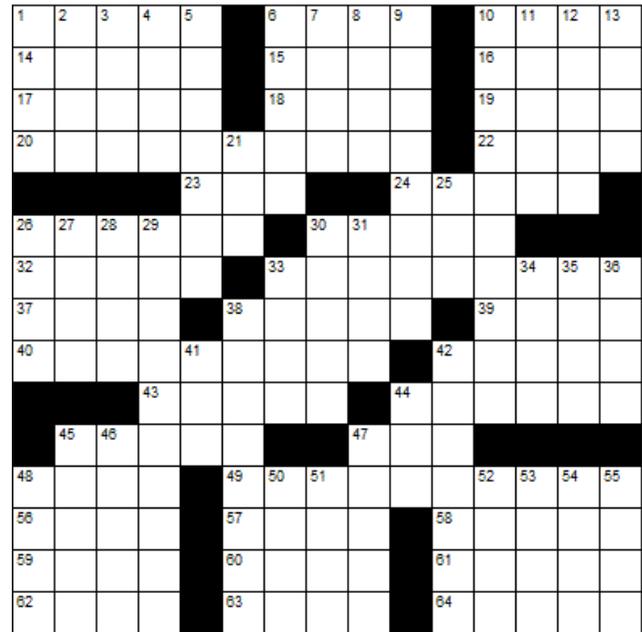
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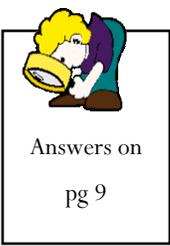


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- ACROSS**
- | | | |
|----------------------------|-------------------------------|------------------------|
| 1. Lace tip | tive | 45. Weary |
| 6. Any time now | 23. Firearm | 47. Be mistaken |
| 10. Talon | 24. Units of land | 48. Woodworking groove |
| 14. Sound of any kind | 26. Yell | 49. Tattletale |
| 15. Part of a book | 30. Devil | 56. Any minute |
| 16. Harvard rival | 32. Labors | 57. Ages |
| 17. Sporting venue | 33. Indoor ball game | 58. Depart |
| 18. Black-and-white cookie | 37. Balm ingredient | 59. Type of fruit |
| 19. French cheese | 38. Besmirch | 60. Your majesty |
| 20. Leather shorts | 39. Bound | 61. Female demon |
| 22. Mild expletive | 40. Moved by steps or degrees | 62. Pear type |
| | 42. Red Sea peninsula | 63. Adjusts |
| | 43. Castle component | 64. Hex |
| | 44. Dialect | |



- DOWN**
- | | | | | | |
|------------------------|-------------------------------|---------------------------|----------------------------|-------------------|-----------------------------|
| 1. Nitpicky to a fault | 6. Not a knife or fork | 11. Immense | 26. Asterisk | 33. Chomp | 44. Superior Lake |
| 2. Pierce | 7. Paddles | 12. Assumed name | 27. Soft drink | 34. Queue | 51. Verruca |
| 3. Told an untruth | 8. Curved molding | 13. Noxious plant | 28. Violent disturbance | 35. Not fatty | 52. Half-moon tide |
| 4. Slave | 9. Hospital unit for newborns | 21. A low monotonous tone | 29. Powered by electricity | 36. Rewrite | 53. An amusement or pastime |
| 5. An anti-riot weapon | 10. Relating to computers | 25. Feline | 30. Type of sword | 38. Salaciousness | 54. Wicked |
| | | | 31. Ancient tracts | 41. Furrow maker | 55. Genuine |
| | | | | 42. Papyrus | |
| | | | | 46. Graven images | |
| | | | | 47. S S S | |
| | | | | 48. Smear | |
| | | | | 50. A Great | |



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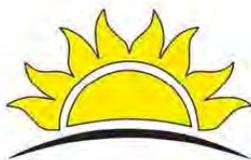
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Our Mission

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

To become a member or renew, please complete this form. Payment can be made electronically via our website (www.niagaraostomy.com) or by cheque mailed to:

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

Annual (membership year runs from Jan 1 to Dec 31):

- NOA Membership** **\$30.00**
- Ostomy Canada Supporter (optional)** **\$20.00** You will receive the newsletter, magazine, webinar notices and updates from Ostomy Canada.

If payment of dues is a hardship, please email info@niagaraostomy.com or call 905-321-2799 and leave a confidential message to request a waiver of fees.

100% of your membership dollars is devoted to serving the Niagara Ostomy community via website, social media, newsletters (9/year), membership meetings, advocacy with the health care system, Ask the NSWOC service, Friendly Visitor Program and annual Ostomy Health Fair. Your membership is valued!

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- YES**, I will volunteer some of my time to NOA. Please call me to discuss how I can help.

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Privacy Statement: NOA membership and Ostomy Canada information is not shared with anyone outside of the NOA Board of Directors and Ostomy Canada administration. Your privacy and confidentiality are maintained.

The Niagara Ostomy Association (NOA) is a volunteer driven, non-profit organization that provides practical help and emotional support to people with ostomies living in the Niagara Region of Ontario.

The materials and other information provided by NOA are for educational, communication and information purposes only and are not intended to replace or constitute legal or medical advice or treatments.

Fall 2022



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(Continued from page 9-I am a Stoma!)

know that I am not given to just anyone? You see, there is a lot of planning and reviewing of each human being before I am created. So I know you can say only a "chosen" million or so are lucky enough to have me. You see, my people are special. My people are not like the normal run-of-the-mill people. I must say it takes them a while to recognize that fact. And, sad to say, there are a few who never do.

It isn't easy being a stoma! Some of you just don't understand what a miracle I am! Listen, before creation, I just lay quiet and usually content in your abdomen.

Now I work! It's rather easy when fecal waste comes through because that's what I am used to. But some character decided, why not water waste as well? We then found out that character was very wise because that works also.

You think YOU have problems adjusting! Phooey. Did you realize that I am a delicate mucous membrane? Yet I am durable, but some people think I am asphalt tile. Thank God, I don't have feelings. But my friend skin does. You want complaints? Give a listen to her sometimes. She really gets upset because of ulcers, fungus, irritants, barriers, etc. We are a team! And a darn good one. I'm moist, she is dry. I'm pink red, she is natural. I'm smooth, she is a little bumpy.

One of my biggest problems is my size. I am not always the same size from one human to the next. I am not always round. I don't always protrude nicely. Then why do some of you insist that my pouch opening is always the same? You need to check my size once in awhile and fit me appropriately. Your shoes fit, don't they? Some of you complain because I am not pretty.

(continued on Page 14)



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(Continued from page 13-I am a Stoma)

Well, your anus wasn't Miss America! I think I am attractive. I am red like a rose. I am always moist if I am healthy. And, I don't smell. My discharge can't help smelling from what you put in your mouth. If you care for me with thought and keep my equipment clean, that just about takes care of that.

In closing, let me say you can have a good life, a productive life. It's up to you. Believe me, I do not deserve a pedestal life. I am just part of you trying to do my job. All I ask is that you be honest about me. The doctors, special nurses, other professionals and your ostomy association are always ready, willing and able to help you.