



Serving the Niagara Ostomy Community since 1974

IT'S IN THE BAG



February 2023



ST. CATHARINES MEETINGS:

February 15th @7:00 pm: In-person Meeting

Speaker: Chris Lillies

Salts Ostomy 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***

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COVID PROTOCOL FOR IN-PERSON MEETING

February 15th @ 7:00 pm

We welcome every-
one to our meetings.



However, in attempts to pro-
tect the health of every-
one, kindly wear a mask to
our meetings.

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

Please stay at home if you're
feeling unwell.

Volunteer Profile – Membership Chairperson – Ken I'Anson member since June 2022



Fellow Ostomates, I'd like to introduce myself, provide a description of my volunteer role plus a little background and my experience with NOA. This past fall I volunteered to help the NOA Board update the Membership List, contact members and advertisers and report back to the board. As a result, I've been

asked to assume the duties of the Membership Chairperson.

The term Chairperson gets used a lot in news reports, business and not for profit groups, but I have to admit I wasn't 100% sure of the true definition of a chairperson, so I investigated; Chairperson – is responsible for making sure agreed tasks are carried out and making decisions

between meetings if necessary. Great, now it's crystal clear and the Board has given me a mandate.

As your NOA Membership Chairperson I'm updating and editing the existing membership list, contacting each member by e-mail (when we have an address) or by phone. Many have received a membership renewal reminder e-mail already and others a phone call. Thank you for your responses! In addition, my plan is to contact each member prior to the monthly in-person meeting to remind our members of the meeting and let everyone know about guest speakers or special events. During these follow-up contacts, please let me know your suggestions and comments so that I can get them in front of the Board.

Background: I arrived at this point like many of you, post-surgery April 2022, I found I had a new body feature, a Colostomy! I had no background, knowledge or experience with an ostomy, so I needed help! In my discharge package from St. Catharines General, there was a pale yellow brochure that introduced and outlined the Niagara Ostomy Association. With discharge resources stretched, I needed to get this ostomy sorted out and figure out how

to take care of myself quickly. I reviewed the NOA pamphlet and attended the very next meeting.

Experience to date: at my first meeting, I met Saint Roxy! I had cell phone photos of the rash I was experiencing around my stoma, nervously I shared these images. Much to my relief, without embarrassment or judgment, advice and suggestions were offered. I followed up with Roxy through our NOA website, "ask the NSWOC" and was reassured I was on the right path moving forward. By attending the monthly meeting I've met many wonderful fellow ostomates, learned of the real risk of hernias (I'm an active skier, sailboat racer and mountain biker), I learned of a cool tip by using Calamine Lotion as a skin prep, I learned of several travel tips with an ostomy, found out about the Federal Disability Tax Credit and enjoyed the Strawberry Shortcake treat at our last meeting prior to the summer break.

My 2022 experience changed from a worrisome time to enjoying the support and friendships of the NOA members. I'm committed to volunteering

(Continued on page 3)



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0 irritation around her stoma

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with NOA hoping to help new ostomates and keep the existing members engaged, hoping everyone can make it out for as many NOA meetings as to reap the benefits our association offers. Lastly, there are many volunteering opportunities available through NOA, if you're as moved as I am, I encourage you to reach out and join the team. I look forward to meeting you soon!

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 news-

letter 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.



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 NSWOCC (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

2023 dates

February 15th —Salts Ostomy

March 15th —Convatec

April 19th—Crohn’s and Colitis

May 17th—Coloplast

June 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.

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NIAGARA OSTOMY ASSOCIATION

Volunteers 2023

Web Master	Peter Folk
Membership Chair	Ken I’Anson
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.

The advertisement is a promotional graphic for myostomy.ca. On the left, a smartphone displays two product listings: 'Hollister New Image CeraPlus Convex Skin Barrier - 5 per box' and 'Hollister Premier 1 Piece Drainable Pouch with Leak-In Roll'. Below the phone is a yellow circle with the text 'SHOP WITH US TODAY!'. To the right of the phone, the text reads 'Canada's #1 Online Ostomy Supply Store', 'WWW.MYOSTOMY.CA', and 'INFO@MYOSTOMY.CA'. The right side of the graphic features a large light blue circle with the 'myostomy.ca' logo and the text 'Find all your favourite brands in one place!'. Surrounding this central circle are logos for Coloplast, Hollister, ConvaTec, CUIWEAR, MARLEN CANADA, Safe'nSimple, and salts HEALTHCARE.

REDUCE YOUR RISK OF GETTING A HERNIA BY WEARING AN OSTOMY BELT

by *Susie LeonardWeller, Spokane Ostomy Support Group*

Did you know that up to 50% of new ostomy patients will get a peristomal hernia within their first year?* A hernia develops when the intestines press outward near the stoma and create a bulge—perhaps as large as a golf ball. When this happens, it's more difficult to get a strong seal when you're applying your pouching barrier. If your hernia gets larger, it can cause pain, increase difficulty with elimination, and potentially cut off blood supply to your stoma which will require a visit to the ER for a surgical repair.

Risk factors for getting an abdominal hernia include:

- weak muscle tone
- nutritional status
- constipation
- stomach flu with lots of heaving
- heavy lifting
- poor stoma placement
- post-op infection, or
- a history of a previous hernia.

You can minimize your risk of getting a hernia by maintaining a healthy weight, using safe lifting techniques, and strengthening your abdominal wall with specific exercises approved by your doctor.

Consider wearing some form of an ostomy support belt throughout your day. The narrower ones attach to the belt loop tabs on your pouching system. A belt helps to keep your pouch close to your body and provides extra support whenever your bag gets heavier with excrement.

At the August Spokane OSG Meeting, Teresa Patterson, a WOCN from the Providence Sacred Heart Wound Clinic, demonstrated several types of ostomy support belts. These range from a simple 1 to 1.5 inch belt, a pouch cover that has a built-in pocket to support the bag, to the more extensive ostomy/hernia belts. These belts are typically 3 to 9 inches in width to either help prevent a hernia or provide peristomal support. They can be customized for an exact fit.

Rich Judd from Byram Healthcare reminded ostomates that it is important to have a WOCN

(Continued on page 7)

(continued from Page 6 —Hernias)

precisely measure you before ordering a hernia belt. Medicare will pay for one hernia belt every six months.

Sadly, once you've had a hernia, 20-30% of ostomates will be at greater risk of getting a second one within a few years. Teresa reminded us that surgery for a hernia is very invasive and takes a long time to recover. It's much better to prevent a hernia than to repair one! *Summer 2022 Phoenix Magazine article: "Ostomy and Hernia Belts."

ABOVETHE BELT - HIGH SITED STOMAS (ATTENTION MEN!)

Source: Ottawa (ON) Ostomy Newsletter, Calgary (AB) Simply Ostomy via North Central Oklahoma Ostomy Outlook - January 2023

Where is your stoma? Does it sit high up on your body? Is it different than other people you know? We hear more concerns from men rather than women about stomas that are sited high on their abdomen. This may be because men tend to be shorter through the hops than women, giving the surgeon less vertical room to choose from and also how and where men put on weight. There are sometimes compelling reasons for a high stoma siting - the diseased portion of the bowel may make it necessary to remove more of the descending and sigmoid colon, leaving the surgeon without adequate bowel length to reach a lower region. Or the patient may carry excess

(Continued on page 8)

There is hope and there is light. Being happy is a choice that you can make. It's your choice.
Dana

me+ 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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*Model portrayal AP-018857-GA

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(Continued from page 7-High Stomas)

weight around their stomach, which would make it difficult to see the area to change the appliance, so the WOCN may site the stoma above the spare tire. Scars from previous surgeries or many skin folds in the lower quadrants can be other reasons your stoma nurse may site the stoma higher.

If you have not had your surgery yet, it's critical that your stoma be sited beforehand by a qualified WOA nurse. Ideally, the stoma should be sited below the line of the navel, to the left or right, depending on which type of surgery you will have. Ask for such a siting if possible, and if your nurse advises it be higher, ask to have the reasons explained - stress how you prefer to wear your trousers (and belts). Stomas situated level with or above the navel are more problematic to dress around. If your normal belt line falls on top of or under the stoma, it can make proper draining into the pouch more difficult, not to mention making it harder to conceal the appliance.

So how do you dress around this? You can buy your pants larger in the waist and belt more loosely, or wear suspenders if you're having trouble keeping loose-waisted pants up. You can buy the type of sports shirt meant to be worn outside pants which conceals the top of the appliance well, but lots of guys tuck their shirts in anyway. The appliance may show somewhat, but this is far more apparent to the wearer than anyone else. Vests, sweaters, hoodies and suit jackets etc., are good camouflage over a shirt. If you're feeling self-conscious about the outline of the pouch showing anywhere, bear in mind that this is far more glaring to you than anyone else. It's also perfectly all right to wear your pants lower on the hips and just tuck the lower half of the pouch into the waist. You can tuck your shirt in over this or just let it hang out. Whatever makes you feel the most comfortable is the right choice.

Ostomy Supplies

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What you will find in this guide:

- Step by step instructions on the Core 4 exercises for ostomates
- What is parastomal hernia?
- Find out if you are at risk of developing a hernia & much more...



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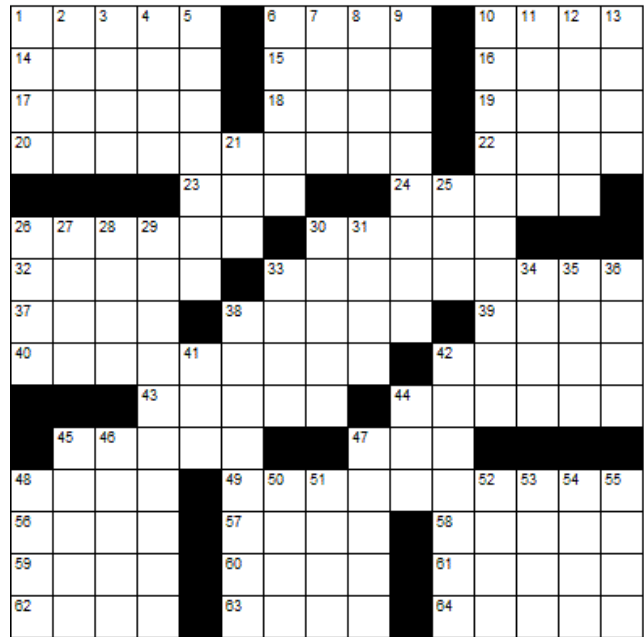
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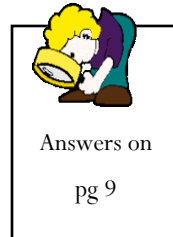


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- | | | |
|------------------------------|--------------------------------|------------------------|
| ACROSS | 37. Angers | 61. Peak |
| 1. Coral reef | 38. Poker holdings | 62. Formerly (archaic) |
| 6. Kittens' cries | 39. Behold, in old Rome | 63. Fortune teller |
| 10. Declines | 40. Crying fits | 64. Affirmatives |
| 14. Female demon | 42. Exclamation of contempt | |
| 15. Ear-related | 43. Hazardous | |
| 16. Run for it | 44. Busts | |
| 17. Assumed name | 45. Blow up | |
| 18. Albacore or blue-fin | 47. Thick flat pad | |
| 19. Replete | 48. Disable | |
| 20. Disavowal | 49. Completely | |
| 22. By mouth | 56. Look at flirtatiously | |
| 23. Sticky stuff | 57. Person's manner of walking | |
| 24. Type of hat | 58. Nigerian money | |
| 26. Season after winter | 59. Adolescent | |
| 30. Explosion | 60. Prefix meaning "Within" | |
| 32. Doglike nocturnal mammal | | |
| 33. Innocent | | |



- | | | | | |
|-----------------------|---------------------------|-------------------------|----------------------|---------------------|
| DOWN | case | device | 38. Captives | 50. Alley |
| 1. Winglike | 8. Drunkard | 21. Sprocket | 30. A young rabbit | 51. Ocean motion |
| 2. Story | 9. Disgraceful | 25. Estimated (abbrev.) | 41. Down-turn | 52. Empty weight |
| 3. Leave out | 10. Easy | 26. Leveling wedge | 42. Vigor | 53. Goes quickly |
| 4. Teller of untruths | 11. Promotional statement | 27. Combustible pile | 44. Groceries holder | 54. Celtic language |
| 5. Layered dish | 12. Fasten | 28. Bobbin | 45. Keen | 55. Rodents |
| 6. Slogan | 13. Peddle | 29. Musical | 46. Angers | |
| 7. Decorative | | | 47. Engine | |
| | | | 48. Speck | |



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MEMBERSHIP APPLICATION or RENEWAL

Our Mission

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

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.

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, annual Ostomy Health Fair and affiliation with Ostomy Canada. Your membership is valued!

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

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

- NOA Membership (required)** **\$30.00** You will receive 9 newsletters, plus see box above
- Ostomy Canada Supporter (optional)** **\$25.00** You will receive the e-newsletter, magazine, webinar notices and updates from Ostomy Canada.

Circle One: Renewal Membership – New Membership – Gift Membership

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Privacy Statement: NOA membership and Ostomy Canada information are not shared with anyone outside of the NOA and Ostomy Canada administration.

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2023



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(Continued from page 9-Boost your Modd)

3. Talk to someone

'It doesn't matter whether you meet up face to face, talk on the phone, chat online or use Skype, connecting with other people helps to bring you out of yourself.'

4. Help others

'Research shows that helping other people will help to lift your mood. So do a favour for a friend, donate to charity or volunteer.'

5. Live in the moment

'If you're feeling low, try to regulate your breathing and pay attention to what you can see, hear and feel at the present moment. This will help you to feel calm and bring you back into emotional balance.'

Bet you didn't know.....

- It is impossible for most people to lick their own elbow. (try it!)
- A crocodile cannot stick its tongue out.
- A shrimp's heart is in its head.
- It is physically impossible for pigs to look up into the sky.
- The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister in the English language.
- If you sneeze too hard, you could fracture a rib.
- Wearing headphones for just an hour could increase the bacteria in your ear by 700 times.
- In the course of an average lifetime, while sleeping you might eat around 70 assorted insects and 10 spiders, or more.

(continued on Page 14)



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Health care . . . for a better you!

(continued from page 13-Bet You Didn't Know)

- Some lipsticks contain fish scales.
- Cat urine glows under a black-light.
- Like fingerprints, everyone's tongue print is different.
- Rubber bands last longer when refrigerated.
- There are 293 ways to make change for a dollar.
- The average person's left hand does 56% of the typing (when using the proper position of the hands on the keyboard; Hunting and pecking doesn't count!).