



Serving the Niagara Ostomy Community since 1974

# IT'S IN THE BAG



April 2023



## ST. CATHARINES MEETINGS:

**April 19th @7:00 pm: In-person Meeting**  
**Speaker: Shie Gorman, Crohn's and Colitis**

## 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

**April 19th @ 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.

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## President's Message



As always, I hope this newsletter finds everyone well.

I apologize for missing a few President's messages recently. I want to thank Ken for stepping up in my absence and writing an introduction about himself.

I am celebrating 17 years with an Ostomy. It's kind of hard to believe where the time has gone. I guess time waits for no one.

On that note, and after long very difficult consideration, I have decided it's coming time for me to retire from the Presidency of Niagara Ostomy As-

sociation. I have been at it for 15 years (with a 1 year break about 8 years ago). It is time for some new blood, new ideas and fresh enthusiasm. I have truly enjoyed my time as president. It has been a privilege, I have learned a lot, met many wonderful people, and have made many friends & contacts.

I will remain President until June 2024. That gives ample time for the board to recruit a new President and to decide on the direction NOA will take. I assure everyone that I am not abandoning the ship, I will still be around and help out where & when I can. It's just time for me to step back a bit. It's time for new blood!

There's a great team of Board of Directors at the reins of NOA and I am confident the group will continue move forward, helping Ostomates in the

Niagara Region.

As with many people and groups, Covid knocked the socks off of us. I am confident we've turned the corner & will start to rebuild again. Last meeting had a great turnout, the best I've seen since pre-covid.

Sorry for the delay in the newsletter, Marlene was patiently awaiting my message, I had a lot going on the last few weeks.

Cheers for now,  
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](mailto:marlene.h@niagaraostomy.com)

Thank you, in advance.



## ASK THE NSWOC

Do you have questions related to your stoma care? You can now submit questions via our website and they 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 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](http://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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## CALENDAR OF EVENTS

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

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

### 2023 dates

**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.

### 2022-23 BOARD OF DIRECTORS

President	John Molnar
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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 Lock-In Roll'. A red 'NEW!' badge is next to the second product. To the right of the phone, the text reads 'Canada's #1 Online Ostomy Supply Store', 'WWW.MYOSTOMY.CA', and 'INFO@MYOSTOMY.CA'. Below this is a yellow circle with 'SHOP WITH US TODAY!'. The right side of the ad 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.

## ESTABLISHING YOUR OSTOMY ROUTINE

*Coloplast, The Courier, Tucson AZ Ostomy Support Group*

*Source: Ostomy Winnipeg Inside/Out March 2023*

The early days following your ostomy surgery can be challenging. There are many new things to learn and adjust to, including how to properly care for your ostomy. What's one way to help make caring for your ostomy a little easier? Create a daily routine! Having a system that works for you will help you with adjusting to your ostomy and minimizing your chances of uncomfortable bloopers. Below are some of our tips and tricks for caring for your ostomy.

### Emptying your ostomy pouch:

It will be helpful if you can establish a routine for emptying your ostomy pouch - try to keep it as simple as possible. You should empty your pouch when it is 1/3 to 1/2 full to help reduce your risk of leakage and other accidents. While emptying or changing your pouch, it is also a good time to make sure that your barrier is still well adhered and has not started to peel.

### Routine pouching system change:

Keep a log of how long your pouching system lasts and build into your weekly routine. Re-

member, you will need to allocate more time on appliance change days, so make sure to plan accordingly. You may find that changing your pouching system first thing in the morning before you've had anything to eat or drink is a good time for you, however, you will need to determine what schedule works best for you.

You should make it a habit to examine the area around your ostomy and make a note of any changes you notice. Whenever you empty or change your ostomy pouch is a good time to inspect your skin to catch and manage any irritation. Start by comparing the skin around your ostomy to the skin on the other side of your abdomen to see if it looks similar (using a mirror may help you with this). Being aware of even the smallest changes to the area around your stoma and adjusting your products to those changes may help you reduce the risk of leakage and skin irritation.

Log your meals and pouch change times. In the beginning of your ostomy journey, you may find it helpful to keep a journal of what you eat, meal-times, and what time you empty or change your pouch, so you can better anticipate when you will need to make a trip to the bathroom. Keeping a consistent meal schedule will also help your digestive system be more consistent. What you

*(Continued on page 7)*

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eat can also contribute to how quickly food moves through your system and out your stoma, which is why keeping track of what you eat can be helpful when identifying which foods agree with your body.

Avoid foods and beverages that don't agree with your stoma:

As you get used to your ostomy, you'll start to recognize patterns with certain foods and how they affect your digestive system. You'll likely be able to identify which foods move quickly or slowly through your system, which cause excessive gas, and which create more output than what was consumed. Keep this in mind if you decide to indulge in a food or beverage that's not in your regular diet.

Learn your stoma's night time habits:

Sticking to a consistent dinnertime and knowing how the contents of your meal affect your stoma will also help you determine your night time routine. In the beginning, you may find it helpful to set alarms periodically throughout the night to check the quantity of output in your bag. Empty or change as necessary and keep a log so you can tweak your alarm schedule accordingly.

It's all about you:

At the end of the day, it all comes down to what works best for you. Every person's experience is unique, and how you care for your ostomy will likely be unique to you as well. Over time, you will find your own routine that works best for you and your lifestyle, so try to remember to be patient and open to finding new resources.

Source: *Vancouver Ostomy HighLife* Mar / Apr 2023



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## CAN DEHYDRATION AFFECT YOUR BLOOD PRESSURE?

Source: *Vancouver Ostomy High Life*, March 2022

Dehydration can be serious. If it's left untreated, it can lead to life threatening complications, like heat-related emergencies and kidney problems. Additionally, dehydration can cause potentially dangerous changes in blood pressure.

Dehydration and low blood pressure: Low blood pressure (LBP) is when your blood pressure (bottom number) reading is lower than 60 mm Hg. Dehydration can cause LBP due to a decrease in blood volume. Blood volume is the amount of fluid that's circulating in your blood vessels. When you're very dehydrated, your blood volume can decrease, leading to a drop in blood pressure. When blood pressure drops too low, your organs won't receive the oxygen and nutrients they need and you could potentially go into shock.

Dehydration and high blood pressure: High

blood pressure is when you have a systolic (top number) reading of 140 mm Hg or higher, or a diastolic (bottom number) reading of 90 mm Hg or higher. Dehydration has been linked to high blood pressure. Although more research is needed, it's worth noting that dehydration can lead to an increase in blood pressure due to the action of a hormone called vasopressin. Vasopressin is secreted when there's a high amount of solutes (or sodium level) in your blood, or when your blood volume is low. Both of these things can happen when you lose too much fluid. When you're dehydrated, your kidneys reabsorb water as opposed to passing it in urine. High concentrations of vasopressin can cause your blood vessels to constrict which can lead to an increase in blood pressure.

Other symptoms of dehydration: In addition to changes in blood pressure, there are other dehydration symptoms to look out for. These symptoms include: thirst • dry mouth • urinating less

(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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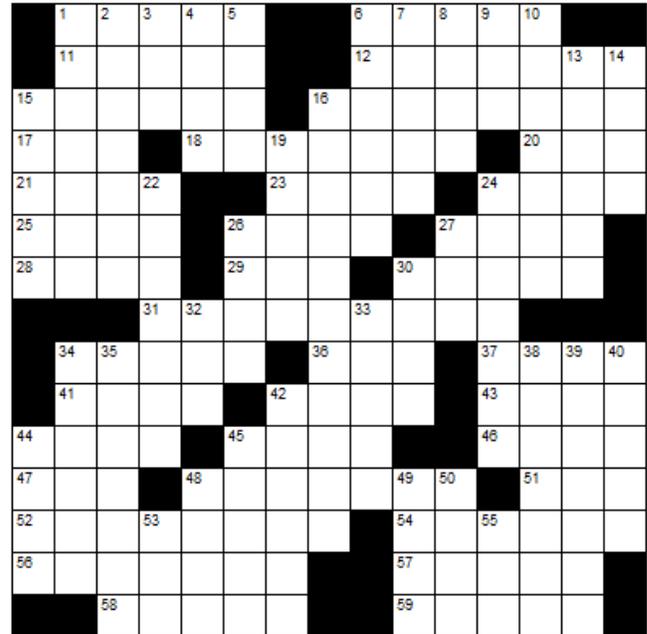


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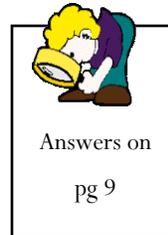


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- |                                  |                          |                       |
|----------------------------------|--------------------------|-----------------------|
| <b>ACROSS</b>                    | 27. Citrus fruit         | 51. C                 |
| 1. What trains run on            | 28. Rear end             | 52. Airways           |
| 6. Brown ermine                  | 29. East southeast       | 54. Rolls of tobacco  |
| 11. More than bad                | 30. Legitimate           | 56. Healthful routine |
| 12. Give legal advice            | 31. Flattening (Br. sp.) | 57. Angered           |
| 15. Catnap                       | 34. Valleys              | 58. Leavening         |
| 16. Break                        | 36. Toss                 | 59. Took a chance     |
| 17. Ever last one                | 37. Unit of paper        |                       |
| 18. Cilium                       | 41. Distinctive flair    |                       |
| 20. Excluding                    | 42. Asphalt              |                       |
| 21. Frosts, as a cake            | 43. Inactive             |                       |
| 23. Absorbed                     | 44. After-bath powder    |                       |
| 24. Flat masses of soft material | 45. Not early            |                       |
| 25. Deep cut                     | 46. Mongrel              |                       |
| 26. Anger                        | 47. Before, in poetry    |                       |
|                                  | 48. Precise              |                       |



- |                        |                          |                       |                        |                         |                             |
|------------------------|--------------------------|-----------------------|------------------------|-------------------------|-----------------------------|
| <b>DOWN</b>            | 7. Breakfast bread       | 15. Siberian antelope | 27. Local Area Network | sensitivity reaction    | 48. Capital of Peru         |
| 1. Railroad car        | 8. Ow!                   | 16. Scourges          | 30. Feeling            | 38. Train               | 49. Caustic                 |
| 2. Devoid of reverence | 9. Picnic insect         | 19. Eliminate         | 32. Evening (poetic)   | 39. Changed             | 50. Former Italian currency |
| 3. Possibilities       | 10. Destructive sea wave | 22. A thin varnish    | 33. Devotee            | 40. Distributes         | 53. Falsehood               |
| 4. Fretted instrument  | 13. Worn away            | 24. Wayfarer          | 34. Term of endearment | 42. Evident             | 55. Needlefish              |
| 5. Kill                | 14. Allows               | 26. Guns an engine    | 35. Hyper-             | 44. Rip                 |                             |
| 6. Abrasion            |                          |                       |                        | 45. They connect points |                             |



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## Niagara Ostomy Association

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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](http://www.niagaraostomy.com)) or by cheque.

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

- |   |                |  |
|---|----------------|--|
| <input type="checkbox"/> NOA Membership (required)          | <b>\$30.00</b> | You will receive 9 newsletters, plus see box above   |
| <input type="checkbox"/> Ostomy Canada Supporter (optional) | <b>\$25.00</b> | 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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Mississauga, ON L4Z 1H2

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

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.

2023



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(Continued from page 9-Dehydration)

that's black or bloody

For low blood pressure: A lower than normal blood pressure reading, without other symptoms, may not be a cause for concern. However, if you have low blood pressure readings along with other symptoms, it's important to get medical care. Symptoms to look out for include: feelings of light-headedness or dizziness • nausea • feeling tired or fatigued • blurry vision Shock is a medical emergency that needs immediate care. Call for help if you have much lower than usual blood pressure and symptoms like: skin that's cold or clammy • quick, shallow breathing " a pulse that's rapid and weak • confusion

For high blood pressure: High blood pressure doesn't usually cause symptoms. Most people find out about it during a routine checkup with their doctor. If you regularly take your blood pressure and find that your readings are consistently high, see your doctor.

How much water should you drink each day? Daily fluid recommendations can depend on several factors, including things like: age • sex • weight • your overall health • weather conditions • activity level • pregnancy or breastfeeding According to the Mayo Clinic, a good goal to aim for is to drink at least eight glasses of water a day. If you find it hard to drink plain water, you can also stay hydrated by drinking: water infused with slices of fruit, like lemon or cucumber • sugar-free sparkling water • smoothies made with fruits and vegetables • decaffeinated herbal tea • milk • low sodium soups Also remember

(continued on Page 14)



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[HauzersPharmacy.com](http://HauzersPharmacy.com)

*(continued from page 13-Dehydration)*

that you can get water from some food sources, particularly fruits and vegetables.

Tips to Stay Hydrated • Always drink when you feel thirsty. • Remember to drink more water when you're being physically active, in a hot climate, or have a fever, vomiting, or diarrhea. • Carry a water bottle with you as you go about your daily activities. • Choose water instead of sugary sodas, energy drinks, sweetened beverages, or alcoholic drinks. —Healthline



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