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IT'S IN THE BAG



April 2024



ST. CATHARINES MEETINGS:

April 17th: Peter West

Safe and Simple— Ostomy Products

HYBRID MEETINGS ARE HERE!

With Tracey and Ken's help, we will be live streaming our April 17th meeting on Zoom. This is a trial run, so there might be some challenges. If you want to attend virtually, use the link below at 7 pm and wait to be admitted by the host.

Click this link → [Join Zoom Meeting](#)

Meeting ID: 858 7215 9225

Passcode: 447197

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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WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER VIA EMAIL?

In an effort to reduce mailing costs, we would like to offer the monthly newsletter to all of our members electronically.

If you have access to email, please send your request to info@niagaraostomy.com. The newsletter will be in PDF format. Most computers come equipped with the capability to read PDF files.

If you experience a problem opening the file, there will be a free PDF reader program download link attached to the newsletter.

CALL FOR VOLUNTEERS!



Planning for the October 16th Ostomy Health Fair will soon be underway.

If you are interested in helping out, either with planning or on the day of the event, please send an email to

info@niagaraostomy.com.

Cindy will contact you.

President's Message

I'm writing this greeting on behalf of John Molnar, NOA's dedicated President for an amazing 16+ years! John wishes to retire from this role, and we continue to seek a person to replace him. If you, or someone you know is interested, please email us at info@niagaraostomy.com. You will receive a response from Cindy.



As always, there's a lot of behind-the-scenes activity happening with our Ostomy Association.

Website update:

To begin, a big thank you and Happy Retirement wishes to Peter Folk! For many years, Peter maintained our website. He ensured it was hosted and he looked after updates and the website design. Peter also maintained our Facebook and X (previously Twitter) accounts.

We are pleased that our new Board Member, Tracey

Sandilands, has taken over the website hosting and making updates as a volunteer, no-cost service. If you find the website response to be slow, please be patient. Over the coming months, Tracey will refresh the site and its speed will improve.

Tracey is also looking after NOA's FaceBook page and X account. You can check them out for current information. Laura Thompson is creating an Instagram account, soon to be announced.

Hybrid meetings are here!

Of course, we'd love to see you in person at the meeting. Our speakers provide expert information and meetings are a safe place to discuss challenges you might be facing.

With a big thanks to long-time Board member Peter Winter, complimentary coffee, water and snacks are available.

Your Membership:

Please read Ken I'Anson's message in this newsletter. On

behalf of the Board, I underscore the importance of paid membership. On a meagre budget that we fundraise, NOA provides the many benefits outlined in Ken's message that otherwise are not readily available in the Niagara Region: in particular, our monthly meetings, newsletters, social media, annual Ostomy Health Fair, PSW Training, Friendly Visitor Program and our Ask the NSWOC Program (thanks to Board Members and Volunteer Roxie Demers, NSWOC). All these initiatives respond to immediate needs throughout Niagara.

If you haven't renewed or taken out a membership, we ask you to please do so. It benefits all people with ostomies in the Niagara Region. NOA's mission is to **serve and assist all people with ostomies in the Niagara Region.**

As always, we wish you health and happiness! Here's hoping our glorious spring weather continues!

All the best,
Cindy



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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!

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

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. 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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(no password required)

Or visit:

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

CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2024 dates

Apr 17: Peter West, Safe and Simple

May 15: Chantale L'armée, Hollister

June 19: Annual Meeting, Speaker TBA

July-August: No meeting

September 18: TBA

October 16: 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.

2023-24 BOARD OF DIRECTORS

President	John Molnar
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NIAGARA OSTOMY ASSOCIATION

Volunteers 2023-24

Membership Coordinator & Newsletter Assistant	Ken I'Anson
Newsletter Editor	Marlene Heinrichs
Meetings Assistant	Colleen Kollee

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Please read!

2024 NOA Membership Drive

Greetings friends of **Niagara Ostomy Association**! November is the kick-off for our 2024 NOA Membership Drive. Your 2024 NOA Memberships begins January and runs until Dec of 2024. Memberships opened or renewed this fall will be counted as 2024 memberships.

Our Ostomy Support Group, **Niagara Ostomy Association** relies on your membership dues to continue the many programs that in turn, benefit and support you, our member.

NOA programs and benefits include:

- monthly information meetings with guest speakers.
- monthly newsletters that inform and entertain us.
- we have a Friendly Visitor Program and training for those members that would like to be certified by Ostomy Canada and volunteer to assist persons with ostomies.
- we have Facebook, Twitter (X) and web content.
- we have an "Ask an NSWOC" feature on our website.
- annual Ostomy Health Fairs where you can meet one-on-one with industry professionals and training to students completing their PSW certification.

NOA is affiliated with Ostomy Canada which provides a summer camp for young persons with ostomies and is a lobbying body for all Canadians with Ostomies.

I hope you agree your membership provides a lot to you personally and supports our peers with ostomies across Niagara Region and the entire country.

NOA relies on your membership dues to operate, so even if you've taken a "covid-break", we welcome all members back and hope to reach and support new members this year! Our budget is small. Expenses include, but are not limited to, hall rental and incidentals for meetings, postage, providing information packages to be given to new ostomy patients at hospitals and to PSWs at training sessions, website fees. None of the board members or volunteers receive payment for fulfilling their roles.

A membership form is available in the newsletter or online at; [Become A Member](#) on our website, www.niagaraostomy.com. Your \$30 membership fee can be paid online at Payments@Niagaraostomy.com

Please join or re-join us at **Niagara Ostomy Association** and let's support each other!

Kindest Regards,

Ken I'Anson, NOA Membership Chair

OSTOMY YOUTH CAMP

Once again, Ostomy Canada Society is accepting registrations for its popular and life-changing Youth Camp 2024.

Youth Camp Mission: To provide an opportunity for young people aged 9-18 who have ostomies or other special related needs (internal pouch, Crohn’s disease, ulcerative colitis, bladder exstrophy, cancer, cecostomy tube, Mitrofan-off or spina bifida), to attend camp and participate in camp activities under professional supervision.

At this camp, a team of professional and dedicated volunteers provide a welcoming and transformational experience for up to 40 children and youth to attend the Easter Seals Camp Horizon, Bragg Creek, Alberta (southwest of Calgary).

To learn more: <https://www.ostomycanada.ca/camp/ostomy-canada-youth-camp/>

UROLOGY CONCERNS

via *Inland NW (ID &WA) Insider Newsletter*

Source: *North Central Oklahoma Ostomy Outlook Newsletter, April 2024*

Germes are all over the world, but when they are in the urinary tract, either in the conduit, the ureters, or the kidneys, they are in an abnormal location, and that can cause an infection. What causes infection? Mostly, the reasons are unexplainable. Why do some people get more colds than others?

(Continued on page 8)



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Dana



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(Continued from page 7-Urology Concerns)

Infections can be caused by obstructions, kidney stones, tumors, cysts, or scar tissues. Almost synonymous with obstruction is infection, and then too often comes stone formation. Once you have stone formation, it's hard to get rid of the infection. It's a kind of a cycle that goes around and around.

Infection can be caused by urine being forced back to the kidneys through the conduit. This could happen if you fall asleep with the pouch full of urine and accidentally roll over on the pouch, causing urine to be forced back through the stoma and the urinary tract with tremendous pressure. Invariably, the urine in the pouch is contaminated.

In general, to prevent and treat infection, you need a good flow of urine, much like a stream. That not only dilutes the bacteria or germs in the urine but also helps wash them out. Two and one-half liters (quarts) of liquids daily are required for

the average adult. Also, antibiotic therapy is used to fight infection.

Night drainage is recommended. Otherwise, you run the risk of urine backing up into the kidneys which can cause irritation or infection. This is especially important for urostomates with only one kidney.

It's important to be aware of the symptoms of a kidney infection: elevated temperature, chills, low back pain, cloudy urine, or decreased urine output. People with ileal conduits normally produce mucus threads in their urine which give a cloudy appearance, but bloody urine is a danger sign.

You must see your doctor if any of these symptoms occur.



Ostomy Supplies

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CONVEXITY CREATES SOLUTIONS AND RISKS

from Lincoln (NE) Ostomy Association Sparrow

Source: North Central Oklahoma Ostomy Outlook Newsletter, April 2024

Ostomy skin barriers formed with convexity provide great relief by securing the appliance a bit more “deeply” around a stoma surrounded by skin con-

tours. Some even use belts to increase the effect.

Convexity can create issues as well, said Rhonda Soucek, RN BSN CWOCN of CHI Health during a February Lincoln Ostomy Association meeting.

“We’ve learned to recognize the appearance of skin irritation and adjust,” she said. “We see people fitted

with too much convexity could get pressure ulcers. I always say a great fit takes some time and talking. It takes learning and adjusting.”

On the other hand, convexity can greatly improve problems with uneven skin and unusual stoma construction.

“I think convexity is a great tool for improving fit,” Soucek said. “Pressure ulcers are rare, but we know the causes and how to treat them.”

Soucek also discussed the importance of the skin barrier opening, especially regarding convexity. An incorrect size may cause cuts to the stoma.

(Continued on page 14)



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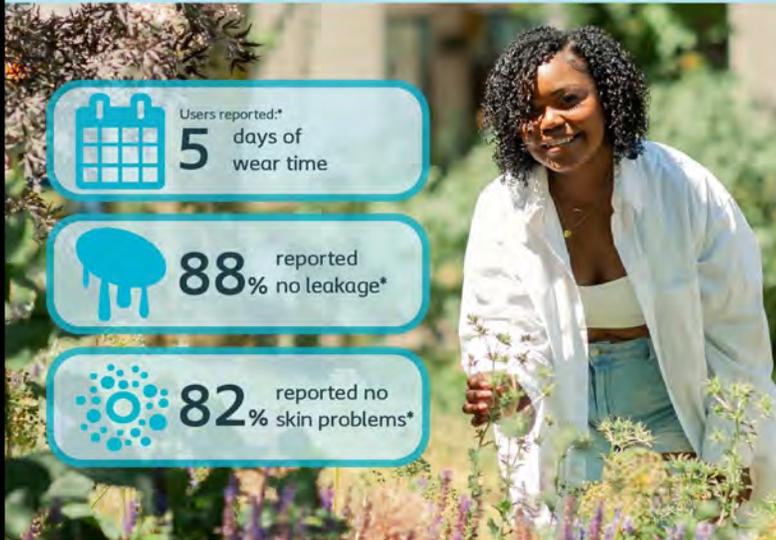
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*St-Cyr, D., Gilbert, D., Dionne, II, & Kameka, N. (2022). Evaluation of SenSura® Mio Concave vs. non-concave appliances in people with outward peristomal body profiles (OPBP). NSWOCC 41st National Conference. Sponsored by Coloplast. Full study available on www.coloplast.ca. Please see complete product instructions for use, including all product indications, contraindications, precautions, and warnings. **Limitations Apply

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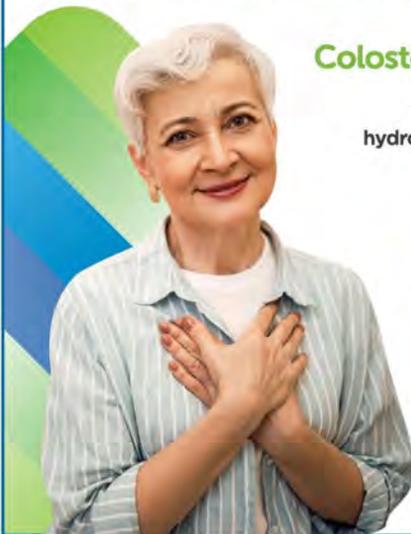
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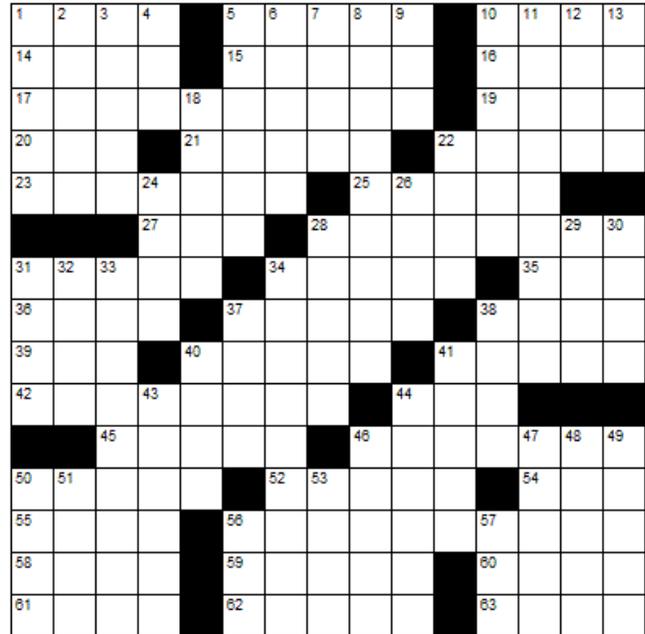
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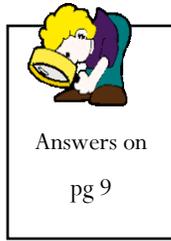


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- | | | |
|-------------------------|--------------------------|----------------------|
| 1. Double-reed woodwind | 34. Feudal lord | the year |
| 5. Blemishes | 35. Foot digit | 58. Extend credit |
| 10. At a distance | 36. Consumes food | 59. Go inside |
| 14. Referees | 37. Deadly snake | 60. Baking appliance |
| 15. Agitated | 38. Dispatched | 61. Clothing |
| 16. Golfer's cry | 39. An uncle | 62. Cast out |
| 17. From the inside | 40. Furuncles | 63. Flippant |
| 19. Thorny flower | 41. Beats | |
| 20. East northeast | 42. Berate | |
| 21. Artist's stand | 44. Expected | |
| 22. Paired | 45. Angered | |
| 23. Blood line | 46. Convention opener | |
| 25. Exhaust | 50. Clowns | |
| 27. Air hero | 52. Lift | |
| 28. A sound defeat | 54. 54 in Roman numerals | |
| 31. Tease romantically | 55. Melange | |
| | 56. Coldest part of | |



- DOWN**
- | | | | | | | |
|-------------------|---------------------|-------------------------|--------------------------|---------------------|-----------------------|----------------|
| 1. Bay window | 8. American plovers | 22. Companion | equipment | 40. Bleats | down clock | 57. Not bottom |
| 2. Sesame | 9. Cunning | 24. Hearing organs | 31. Sense | 41. Purchaser | 49. Occurrence | |
| 3. Frequently | 10. Scared | 26. Indian music | 32. Holy man | 43. Sulks | 50. A roll of cloth | |
| 4. East southeast | 11. Annotates | 28. Christian holy book | 33. Specify individually | 44. Wasteland | 51. Margarine | |
| 5. Supervise | 12. Rear end | 29. Custom | 34. Hanging around | 46. Flying toys | 53. Anagram of "Neat" | |
| 6. Degrade | 13. Marsh plant | 30. Trawling | 37. Price | 47. Martini garnish | 56. Tiny | |
| 7. Part port- | 18. Respond | | 38. Observed | 48. Count- | | |



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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):

- | | | |
|--|----------------|--|
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| <input type="checkbox"/> Ostomy Canada Supporter (optional) | \$25.00 | You will receive the e-newsletter, magazine, webinar notices and updates from Ostomy Canada. |

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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.

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.

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(Continued from page 9-Convexity)



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“If your barrier is the exact same size as your stoma, it could rub and cut you and you would never feel it,” she said. “We recommend you open the hole at least 1/8 inch [3 mm] larger than the base of your stoma. An ostomy nurse helps with measurements.”

Soucek said a WOCN can help navigate surrounding dips, creases, and folds and present the best product options. She said assessment of the stoma and skin should be done while sitting, and not when lying down. Fitting also involves twisting side-to-side, lifting legs, leaning forward, etc.