



Serving the Niagara Ostomy Community since 1974

IT'S IN THE BAG



February 2024



ST. CATHARINES MEETINGS:

February 21st: Convatec
Product info/ Q and A

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*

SOUTH NIAGARA OSTOMY GROUP

**In-person meetings postponed until
further notice**

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.

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President's Message

As always, here's hoping you health & happiness.



It seems hard to believe we're almost in the middle of February already. Winter sure has been mild, but we're still not out of the woods as they say.

It turns out that our Webmaster; Peter Folk is retiring after looking after our site for many years. Tracy Sandilands who just joined the Board has the capabilities to take over the hosting & web management. She is currently working on migrating the site over to her web server, and her & Laura Thompson (also new to the Board) will be working on hosting the site and taking over the management. Talk about timing!

Ken & I are hoping to get together to test some PA equipment, but Ken has had some personal issues to tend to, so I don't know when we will get together. Our goal is to have a small PA system for our meetings at the Hall, and we are also hoping to do Hybrid meetings. (Live meetings in the hall, connected over the internet so people can join in online) It's a work in progress.

The January meeting was cancelled because of the cold weather, and Gord Douglas from Hernia helper was scheduled to speak, but we will get him in probably next fall.

The guest speaker for this month's meeting is from Convatec.

Hope to see you at the meeting, February 21!



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Cheers,



John Molnar,
President

20 miles this week

2 successful closings

0 irritation around her stoma

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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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Online Payment/ Donation

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payments@niagaraostomy.com

(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

Feb 21: Convatec

Mar 20: Joel Goldenberg— Premier Ostomy

Apr 17: Peter West, Safe and Simple

May 15: Chantale L'armée, Hollister

June 19: Annual Meeting, Speaker 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

Web Master	Peter Folk
Membership Coordinator & Newsletter Assistant	Ken I'Anson
Newsletter Editor	Marlene Heinrichs
Meetings Assistant	Colleen Kollee

MISSION STATEMENT:

To serve and assist all people with ostomies in the Niagara Region.

The advertisement is split into two main sections. The left section has a dark blue background and features a smartphone displaying the myostomy.ca website. The phone screen shows two product listings: 'Hollister New Image CeraPlus Conva Skin Barrier - 5 per box' and 'Hollister Premier 1 Piece Drainable Pouch with Leak In Roll'. A red 'NEW!' sticker is placed over 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 the text 'SHOP WITH US TODAY!'. The right section has a light blue background and features a large, light blue circle with the text 'myostomy.ca' and 'Find all your favourite brands in one place!'. Surrounding this central circle are logos for several brands: Coloplast, MARLEN CANADA, Hollister, Safe'nSimple, ConvaTec, and CUIWEAR.

**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

THE FLU AND WHAT TO DO

UOAA UPDATE 10/2013

Via: Ostomy Manitoba Inside/Out Jan 2024

The flu brings with it, headache, upset stomach, diarrhea, muscle aches and pains. The advice to drink plenty of fluids and rest in bed remains sound medical advice for your general attack of the virus. But if your case of the flu includes diarrhea, the following may be helpful.

For those with a colostomy, it is usually wise not to irrigate during this time. Your intestine is really washing itself out. After diarrhea, you have a sluggish colon for a few days, so “leave it alone”. Start irrigation again after a few days when your colon has had a chance to return to normal.

For those with an ileostomy, diarrhea is a greater hazard. Along with the excess water discharge, there is a loss of electrolytes and vitamins that are necessary in maintaining good health. This loss is usually referred to as a loss of fluid, which in turn, brings a state of dehydration. Therefore, you must restore electrolyte balance.

- First, eliminate all solid food.
- Second, obtain potassium safely and effectively from tea, bouillon and ginger ale.
- Third, obtain sodium from saltine crackers or salted pretzels.
- Fourth, drink a lot of fluids, including water.
- Cranberry juice and orange juice also contain potassium, while bouillon and tomato juice are good sources of sodium. Increased water intake in the ileostomy patient results in increased urine output rather than increased water discharge through the pouch.

Vomiting also brings the threat of dehydration. If it is severe and continuing, your doctor should be notified.

You should also know that diarrhea may be symptomatic of a partial obstruction or acute gastroenteritis. Since the treatment of these two conditions is entirely different, a proper diagnosis should be sought immediately. **It is very important to determine whether the diarrhea is caused by obstruction or gastroenteritis. If you do not know, check it out with your doc-**

(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

 ConvaTec

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AP-018657-GA

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(Continued from page 7-Flu)

tor. Do not guess—always call your physician unless you are 100 percent certain what you are doing.

For those with a urostomy, be sure to keep electrolytes in balance. Follow the general instruction for colostomies and ileostomies.

- No ostomate should take medicine for pain or a laxative without a physician's order.
- Do not use an antibiotic for a cough or flu unless ordered by a doctor.
- When returning to a normal diet, use fibre-free foods at first then gradually increase to a regular diet.

Prompt attention to symptoms of distress of colds and flu could bring a happier and hopefully healthier winter.

Source: Greater Seattle Ostomy Assoc. "The Ostomist" - Nov. 2013 Reprinted from Winnipeg Ostomy Association INSIDE/OUT January 2014

VITAMINS, MINERALS, AND OTHER NUTRIENT DEFICIENCIES IN OSTOMATES

Via: innergood.ca

The large intestine is the final portion of the gastrointestinal tract. It performs the vital task of absorbing water in addition to vitamins and nutrients that have been produced by gut bacteria. Since some of your body's nutrition is absorbed in the large intestine, those who have received an ileostomy are more susceptible to nutritional deficiencies. Colostomy or urostomy patients also have distinctive dietary variables to consider.

Vitamin B-12: For all intents and purposes, B is the beginning of your nutritional alphabet. Vitamin B-12 is the most common of nutritional deficiencies. Studies show that an estimated 25 percent of all people who have received an ileostomy have developed a B-12 deficiency. You don't want that. A lack of B-12 in your body can result in anemia, with further repercussions that include irreversible nerve and/or brain damage. Sounds scary, but with a nutritionist-advised schedule you can consume a B-12 supplement to abate these concerns. One item worth noting, is that B-complex may cause an odor, so many people opt for a B-12 injection or nasal spray. B-12 is not absorbed as well via an oral route so the injection

Ostomy Supplies

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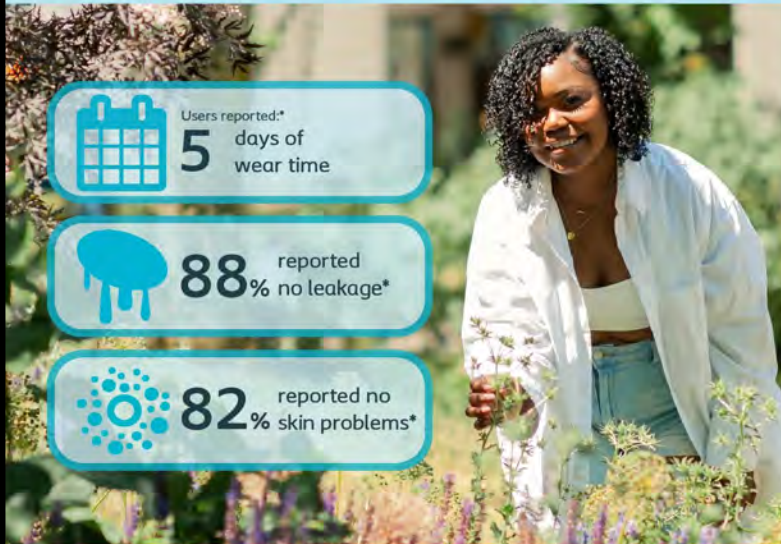


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*St-Cyr, D., Gilbert, D., Dionne, II, & Kameka, N. (2022). Evaluation of SenSura® Mio Concave vs. non-concave appliances in people with outward peristomal body profiles (OPBP). NSWOCC 41st National Conference. Sponsored by Coloplast. Full study available 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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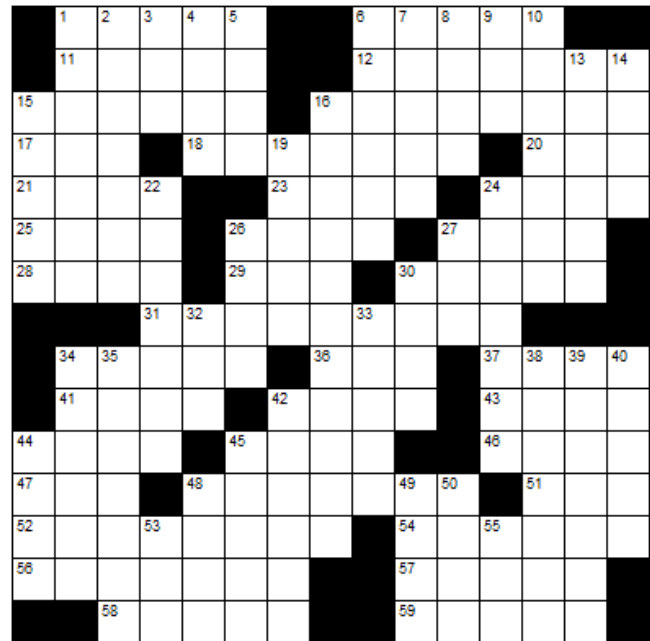
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- | | | |
|-----------------------------|--------------------------------|----------------------------|
| ACROSS | 27. Tins | 51. Buddy |
| 1. Courageous | 28. Border | 52. Party goes |
| 6. Old Jewish scholars | 29. East northeast | 54. Agree out of court |
| 11. Fat | 30. Flatboat | 56. Smiled scornfully |
| 12. Do needlework | 31. Large American flycatchers | 57. 9 person musical group |
| 15. Tapped without swinging | 34. Dress or polo | 58. Ocean trenches |
| 16. Skimpily | 36. Flowery verse | 59. Door |
| 17. Unit of energy | 37. Back of the neck | |
| 18. Salmon type | 41. Individual | |
| 20. Short sleep | 42. Hairless | |
| 21. Colored part of the eye | 43. Concept | |
| 23. Boys | 44. Percussion instrument | |
| 24. Tube | 45. Achy | |
| 25. Heredity unit | 46. Twinge | |
| 26. Moveable fence barrier | 47. Earlier | |
| | 48. Make happy | |



- | | | | | | |
|----------------|-----------------|----------------|-----------------|--------------|---------------|
| DOWN | sounds | 19. A loud | dered | devices com- | 48. Circular |
| 1. Indistinct | 8. Osseous | metallic | 32. Anger | patible | course |
| 2. Dingdonging | tissue | sound | 33. Twiddled | 39. Punish- | 49. Feudal |
| 3. Appropriate | 9. Play a role | 22. Searching | one's thumbs | ment | worker |
| 4. Contends | 10. Gleaming | 24. Whitish | 34. Advertising | 40. American | 50. A noble |
| 5. Poi source | 13. Pass by | edible root | catch- | symbol | gas |
| 6. Give in | 14. Sort | 15. 26. Lady's | phrase | 42. Planks | 53. Golf ball |
| 7. Donkey | 16. Boards | 27. Bounder | 35. Esteemed | 44. Empty | support |
| | 17. with wheels | 30. Engen- | 38. It makes | 45. Slumber | 55. Explosive |



Answers on
pg 9



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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):

- | | | |
|--|----------------|--|
| <input type="checkbox"/> NOA Membership (required) | \$30.00 | You will receive 9 newsletters, plus see box above |
| <input type="checkbox"/> 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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YES, I will volunteer some of my time to NOA. Please call me to discuss how I can help.

Mailing Address _____

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Phone #(s) _____ E-Mail _____

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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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bloated feeling you may have a potassium deficiency. You will need to consult with your doctor immediately. Traditionally, potassium is most effectively delivered via food such as bananas and dark leafy greens. The issue is that to get enough to account for a deficiency, you may have to eat a lot, to the point excessive weight gain. Thus, a supplement is recommended to complement your diet.

Other: Vitamin B-12, folic acid, and potassium are the most common nutritional deficiencies. But there are others you may need to supplement with. These include Vitamin B1, Vitamin B9, Vitamin D, Vitamin K, calcium, iron, magnesium and zinc. As with everyone, a healthy balance of protein, complex carbohydrates, and essential fatty acids will help you not only maintain your health, but will allow you to maximize your potential for all sorts of activities, sports, and physical regimes.