



Serving the Niagara Ostomy Community since 1974

IT'S IN THE BAG



January 2024



ST. CATHARINES MEETINGS:

January 17th: Gord Douglas
Hernia Helper —Product info

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

Welcome,

Here's hoping everyone had a nice Holiday Season, and wishing everyone a Happy and Healthy new year.

It's a great pleasure to welcome Tracey Sandilands and Laura Thompson to our Board of Directors.

Tracey lives in St. Catharines and has had an ostomy since June 2020. She works as a healthcare technology writer for independent companies, publishing educational materials for her clients online and on social media. She hopes to increase the resources available to NOA members through

various digital channels.

Laura lives in Milton and has a passion for helping people living with ostomies. She works at a medical device company and educates nurses and other health care professionals about the various products available to them for wound, ostomy, continence, and critical care. Laura is excited about her opportunity as a director, and her goal is to work with Tracey to expand on the current social media platforms for the Niagara Ostomy Association.

We all look forward to working with Tracey & Laura.

The plan to use a small PA system in the meeting hall is still a work in progress. But I assure you we will have something real soon. We are still explor-

ing hybrid meetings, so we can meet in person & have a simultaneous online meeting. Ken is working on that.

Our guest speaker list for the season is filled. Thanks, Roxie, for looking after that. This month's speaker is Gord Douglas, from Hernia Helper.

Hope to see you on the 17th

Cheers ,



John Molnar,

President



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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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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2024 dates

Jan 17: Gord Douglas, Hernia Helper

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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Director Events	Peter Winter
Director Marketing/Social Media	Laura Thompson

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

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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

IMODIUM AND LIVING WITH AN ILEOSTOMY, DO YOU NEED IT?

- Lauren Wolfe RN, BSN, MCISc-WH, NSWOC, CWOCN
Macdonalds Prescriptions Fairmont

Via: Ostomy Manitoba Association Inside/Out Nov-Dec 2023

Taking Imodium, when living with an ileostomy, is very different from those who do not have an ileostomy. The following information is a guide to how to take it. Please discuss this with your stoma nurse, Nurse Practitioner, or physician before taking it. **If this is a new or sudden onset of liquid output, DO NOT USE Imodium, as this change may be due to something eaten or a G.I. bacteria, it is best to seek medical attention if this occurs.**

An ileostomy is created from the small intestine. It can be permanent or temporary. The small intestine is where your food is broken down and absorbed by the body. The large intestine is bypassed when having an ileostomy and is where water is absorbed. Bypassing the large intestine means the small intestine needs to absorb the water. This leads to ileostomy output being more like apple sauce consistency. Some individuals experience more watery output leading to challenges in maintaining hydration and electrolyte balance. Dehydration is frequently encountered with individuals having an ileostomy and is the leading cause of readmission to hospital. As the body and intestine adapt to absorbing more liquids, ostomates may find that in the early days, they need to take Imodium. It can depend on diet or how much small intestine remains; for others, the reason may not be as apparent. Some individuals may need to take it for the duration of having an ileostomy.

What is Imodium? Imodium is a medication that decreases the motility of the intestine.

(Continued on page 8)



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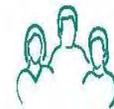
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(Continued from page 7-Imodium)

How does Imodium work? This decrease in motility slows the transit of food and water, allowing for improved absorption of water, nutrients, and electrolytes resulting in thickened output.

How much Imodium do I take? The dosage is varied between people and finding the correct dosage for you may take some time. The more you take, the thicker your output should become if you do not take enough, your output will be watery. It is recommended that you start with a low dose until you find the amount that works for you.

Which format of Imodium do I take? The best format of Imodium is in tablet or quick dissolve format. Liquid formulations contain ingredients like sorbitol that can increase output.

When to take Imodium? Taking Imodium 1/2 hour before a meal is recommended as this will help decrease the motility of the bowel before

eating to allow for improved absorption. If your output is thinner at night, taking it before sleep can be helpful.

Suggested Regime : Start by taking 2mg before a meal. If your output is thin in the morning, best before breakfast or before going to bed at night. If this doesn't thicken your output enough, increase to take 2mg before each meal and add on a dose at bedtime if needed. If the output is still not porridge consistency, slowly increase the dosage to 4mg before each meal and bedtime for a total dosage of 16mg/day.

If your stoma stops passing stool, or you are feeling nauseous, vomiting or have abdominal pain, please contact your Stoma Nurse, or GP or go directly to the nearest ER.

Source: Vancouver Ostomy HighLife, March 2023 via Regina Ostomy News May/June 2023

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EXPLORE THE BEST EXERCISE OPTIONS AFTER OSTOMY SURGERY.

source: www.hollister.ca

Even a little exercise can help you recover from surgery faster. It may also prevent potential complications that can arise from sitting or lying down too much. The exercise doesn't have to be strenuous either. In fact, you

should take it easy. Start out slowly and enjoy the feeling of getting back into a routine.

Trouble feeling motivated? Try getting a friend involved. When you know someone is waiting to join you for a walk around the block, or a round of golf, you're instantly energized. This kind of exercise can benefit your social life, as well as your body.

Let's start with a few exercise options that will start you on your journey back to fitness and health:

Walking: This is the easiest and most effective form of exercise. Walking benefits you by:

Getting the blood flowing, Helping increase your mental alertness, Lifting your spirits and sense of purpose, Walking can be started soon after surgery, and you can gradually add minutes and distance over time. You can even walk in the house. Listen to some invigorating music to help set the pace. Some people walk up and down stairs to increase stamina and endurance. If weather permits, a walk outside in the fresh air can do wonders, both physically and mentally.

(Continued on page 14)



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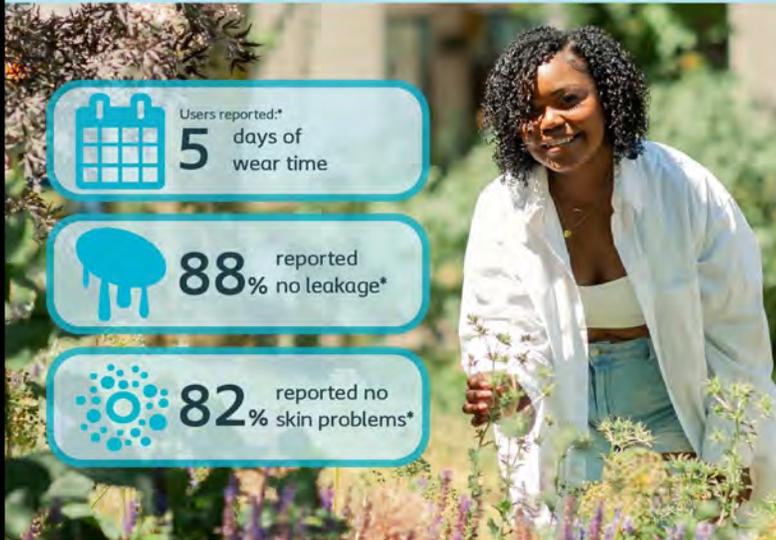
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*St-Cyr, D., Gilbert, D., Dionne, II, & Kameka, N. (2022). Evaluation of SenSura® Mio Concave vs. non-concave appliances in people with outward peristomal body profiles (OPBP). NSWOCC 41st National Conference. Sponsored by Coloplast. Full study available 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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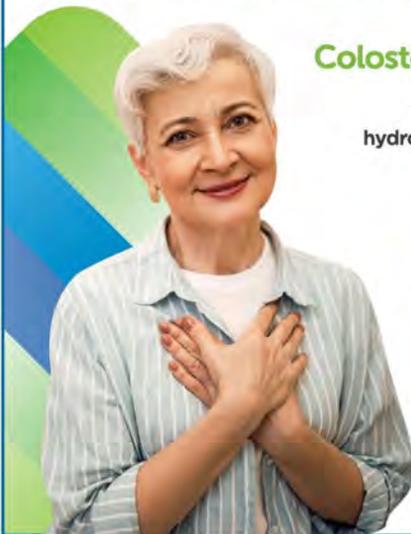
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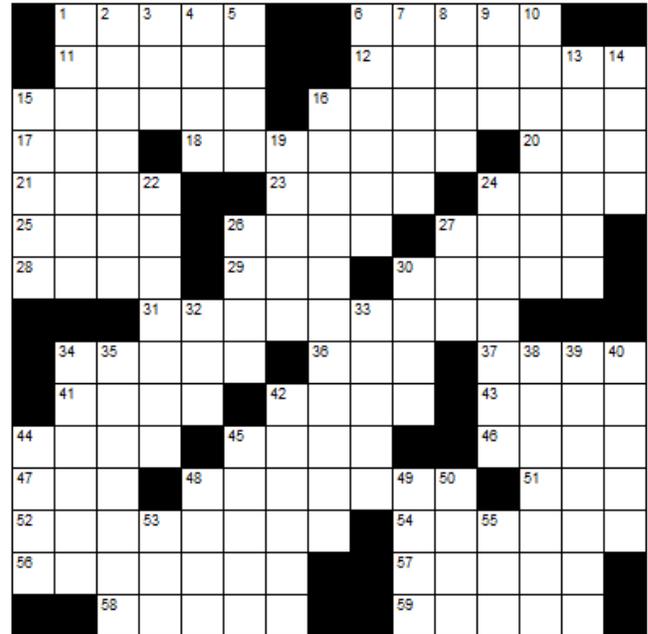
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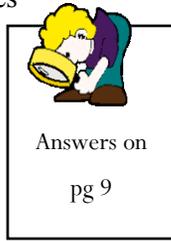


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- ACROSS**
- | | | |
|------------------------|--------------------------|-------------------------|
| 1. Flogged | 27. Fruity pastry | 47. Beer |
| 6. Anagram of "Clasp" | 28. Not first | 48. Edicts |
| 11. Door pivot | 29. Antlered animal | 51. East northeast |
| 12. Outcasts | 30. Chocolate source | 52. Ringing in the ears |
| 15. Northern | 31. Brand | 54. Steam generator |
| 16. Don Quixote's love | 34. Legitimate | 56. Siren |
| 17. Ever last one | 36. Anagram of "One" | 57. Breakfast strip |
| 18. Disfigures | 37. Sow | 58. Inscribed pillar |
| 20. Arid | 41. Decorated, as a cake | 59. Exhausted |
| 21. G G G | 42. Eject | |
| 23. Charged particles | 43. Pinnacle | |
| 24. Garden tools | 44. Documents | |
| 25. Celtic language | 45. Stinging insects | |
| 26. Not his | 46. Iota | |



- DOWN**
- | | | | | | | | |
|----------------------------------|--------------------------------|-----------------------------|-----------------------|--------------------|------------------------|-------------------------|-----------------------|
| 1. An acute intestinal infection | 5. Expunge | 10. Mythological box opener | roll | 16. Door-men | 30. Walking stick | 40. Discourage | 48. Cubes |
| 2. Unventilated | 6. Rejects rudely | 13. Regarding this point | 19. Meadow | 22. Comes to terms | 32. Purge | 42. Fasten tightly | 49. Declines |
| 3. North northeast | 7. Settles down | 14. Articulates | 24. Metal cutter | 26. Noggin | 33. Rodent | 44. Day, month and year | 50. A cleansing agent |
| 4. Mild expletive | 8. Circle fragments | 15. Doughnut-shaped | 27. Drive-way surface | 39. Distin-guished | 34. Fiddle | 45. Kind of nut | 53. Young louse |
| | 9. Fifty-two in Roman numerals | | | | 35. High-lighting hues | | 55. Frozen water |



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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 |
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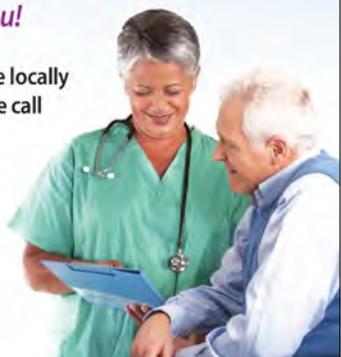
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Bicycling: Riding your bike is a great activity for several reasons: It won't put too much strain on your abdomen, or involve heavy impact. You can start gradually, and increase distance over time. Fresh air and the outdoors can feel very revitalizing.

If you have a perineal wound, however, you should start with a different form of exercise. This area can take a long time to heal, and sitting on a bike seat may be uncomfortable. Walking is a better option, at least until the wound has fully healed.

Swimming: Swimming may be the best exercise option of all. Some people shy away from the water after ostomy surgery, but there's no reason to do that.

Other favorite activities: You might enjoy other aerobic activities such as skating, jogging, or tennis. Training with light weights and frequent repetitions can be beneficial as well. You'll be able to get back to these activities soon enough.