



Serving the Niagara Ostomy Community since 1974

IT'S IN THE BAG



June 2023



ST. CATHARINES MEETINGS:

June 21st @7:00 pm: In-person Meeting

Speaker: Lee Bateman— Niagara Health System.

Annual General Meeting

Strawberries and Shortcake to be served

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

June 21st @ 7:00 pm

We welcome every-
one to our meetings.



Masks are now optional,
however you may still wear
one if you would prefer.

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.

INSIDE THIS ISSUE:

PRESIDENT'S
MESSAGE 2

SHARE YOUR STORY 3

ASK THE NSWOC 4

TIPS FOR BATHROOM
ETIQUETTE 6

BE CAREFUL NOT TO
OVER-ORDER SUPPLIES 7

CROSSWORD 10

President's Message



It's hard to believe we are at the end of the season already. As they say, Time flies when you're having fun!

Our June meeting brings our Annual General Meeting, followed by a guest presentation by Lee Bateman from the Niagara Health System. Lee will discuss her role at the Hospital and will answer some questions we may have. This meeting also brings our annual Strawberries & Shortcake (Thanks Peter for looking after all the snacks!) Hopefully you can make this last meeting of the season. We pick up again in September.

Here's a reminder for our upcoming Ostomy Fair Day, Wednesday, October 18th at the Lions Club in the large hall. We won't have a meeting that month so try to make the Ostomy Fair day; it's a valuable day for sure.

Cindy, Steve & I did an Ostomy Seminar to PSW Students earlier this month. There were 20 students that participated in our 3-hour seminar. We hadn't done any since prior to Covid, so it was nice to get involved again. The Teacher assured us we will be asked again next year.

The students enjoyed our presentation, and most of them eagerly wore the ostomy pouch we gave them to see what it is like. One student had to take the pouch off early as it was itching and caus-

ing redness, so she likely had an allergy to the adhesive. One student in the class has a child that has a birth defect, so he may be a future camper to Ostomy Canada's camp in Bragg Creek Alberta, he was too late for this year to get on the list.

Hope to see you at the June Meeting, and here's wishing everyone a safe, healthy and enjoyable summer!



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

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

2023 dates

**June 21st—Annual General Meeting
& Strawberries and shortcake**

July & August — No Meetings

Sept 20th—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

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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 'n 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' and provides the website 'WWW.MYOSTOMY.CA' and email 'INFO@MYOSTOMY.CA'. The right side of the graphic 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. The bottom right corner features the 'salts HEALTHCARE' logo.

TIPS FOR A RESPECTFUL BATHROOM ETIQUETTE

by Susie LeonardWeller, via Inland Northwest "Insider" Newsletter

Source: Ostomy Association of North Central Oklahoma; Ostomyok.org April 2023 newsletter

When away from home, many ostomates fear using a public or a guest bathroom when visiting friends and family. Concerns about embarrassing odors or having an accident can limit where ostomates choose to travel.

Thankfully, there are multiple ways to reduce these anxieties. Carol Nelson, Spokane's Ostomy Support Group Facilitator, recently led a well-attended Zoom meeting on this topic. She shared ideas from the Winter 2023 issue of *The Phoenix Magazine* on "Ostomy Hygiene." It encouraged ostomates to experiment with a wide variety of ways to empty their pouch. Although most ostomates sit frontwards on the toilet, you can also straddle the toilet bowl backward by facing the tank. Others prefer to stand or kneel in front of the toilet. Some use alternative receptacles such as a closed-end disposable pouch, or a pouch liner such as Colo-Majic®.

You can avoid "splash-back" by lining the toilet with toilet paper before emptying your pouch. If you're in a public restroom, place the disposable

toilet tissue seat liner into the toilet before draining your bag.

If there's any stool residue remaining after flushing, use a toilet cleaning brush to remove it. I prefer using a dedicated flexible rubber spatula to clean the toilet bowl because it doesn't leave any unsightly stool on the brush. When I'm away from home, I use a travel toothbrush with a carrying case to clean up any waste residue. I also carry a small spray bottle of Lysol® to sanitize the toilet seat, if needed. Bottom line – leave the toilet very clean for the next person using it.

I've tried diverse ways to manage odor by using external and also internal deodorizers. These include lubricating liquids, as well as Devko® tablets that go inside the pouch. Or you can chew deodorizing tablets, such as Devrom® that are taken internally. Various ostomy manufacturers provide sprays that absorb odor, not just mask them with another scent. Many ostomates like the Poo-Pourri® brand of deodorizers which are sprayed into the toilet before emptying the bag.

However, my most helpful resource has been using a mini portable air purifier with a HEPA Filter. Although it's rechargeable, I leave it plugged into an outlet in my bathroom. (It's about \$40 from Amazon; visit pureenvironmental.com for details.) It has three speeds for efficiently clear

(Continued on page 7)

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ing the air and odor. Often, I will use a combination of the air purifier with a deodorizing spray.

These tips were put to the test during the Winter Holidays when six adults were using our one bathroom for six days. Thankfully, there were no complaints! It's true that it takes a few extra minutes to clean up a toilet and deodorize the bathroom after every emptying. However, choosing to practice respectful bathroom etiquette maintains relationships and supports easier visits away from home.

BE CAREFUL NOT TO OVER-ORDER, AS IT MAY PROVE TO BE COSTLY IN THE END

Lauren Wolfe RN, BSN, CWOCN MacDonalds Prescriptions Fairmont

Source: UOA Vancouver, July / August 2022

When I travelled to Birmingham I had the pleasure of meeting with chemist Richard Darwood, who is the Research and Development Lead Chemist Hydrocolloid for Development for Salts Healthcare. He shared some interesting facts with me that I had not known in my years of being a NSWOC nurse. Richard is involved in the development of the barrier portion of ostomy flanges that is the part that sticks to your skin. He shared with us that "Cycling is when the hydrocolloid is stored in conditions that are not constant, or at least rise and fall repeatedly. Varying humidity levels of the storage area can de-

(Continued on page 8)



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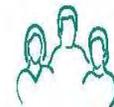
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(Continued from page 7)

grade the hydrocolloid very quickly. Hydrocolloids are designed to absorb fluid, either from the skin, the stoma or from the air.....it is not picky!!! If the hydrocolloid is stored in a bathroom for instance, the adhesive will absorb moisture from the air when the bathroom is steamy and then dry out as the bathroom becomes less humid. Day after day (if the bathroom is used regularly), the hydrocolloid will absorb moisture from the air and then dry out and it is this repetitive “cycling” that destroys the hydrocolloid. The adhesive will be seen to develop “cracks”, it will become brittle and will not be as sticky, and it will not absorb fluid as effectively if worn. The product is not fit for use.”

In regards to temperature Richard states “Whilst temperature itself does not drastically affect the hydrocolloid (there is some effect but it is minimal), the only true effect of temperature is that an increase can cause “cold flow”, i.e. the ad-

hesive will creep from the edges of the wafer and may leave residue on the skin of the patient. It is not a product failure, the pouch can be worn but obviously it is not as good as it would be if the storage temperatures were correct!!!! ”

Although temperature does not affect the composition of the hydrocolloid ostomy nurses have found that during extreme heat or cold temperatures leaving a spare set of product in the car may lead to application challenges. In the heat the hydrocolloid becomes soft and often feels like it has melted and in the cold it needs to be warmed up or adherence to your skin will take longer.

Living in Vancouver (*NOA editor's note: or the Niagara region*) we see fluctuation in temperature and humidity. Recently we experienced one of the hottest summers on record and a few years ago I recall freezing temperatures and high snowfalls. With these temperature variances we are seeing fluctuations in humidity. We suggest putting your flanges in a heavy ZipLoc bag and put-

(Continued on page 9)

Ostomy Supplies

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ting them in a small travel cooler with a cold pack in summer and in winter months make sure to warm up the product before application.

Why is this important? With my recent knowledge in understanding that products are susceptible to humidity I would caution that it is

best to purchase no more than a 2-3 month supply ensuring that you store your product away from areas that will have fluctuations in humidity and changes in temperature. Other reasons to not overstock your supplies are that your stoma may change in size and shape as you age, especially

with weight gain or loss. If you use a precut flange/appliance or are close to the maximum cutting surface of a cut to fit, the product may no longer fit you correctly leading to the possibility of leakage and decreased wear time. If you develop a parastomal hernia or skin issues you may need a different appliance as well. Companies are consistently developing new products and it limits your ability to try a new product as many people will wish to use up their current products.

(Continued on page 10)



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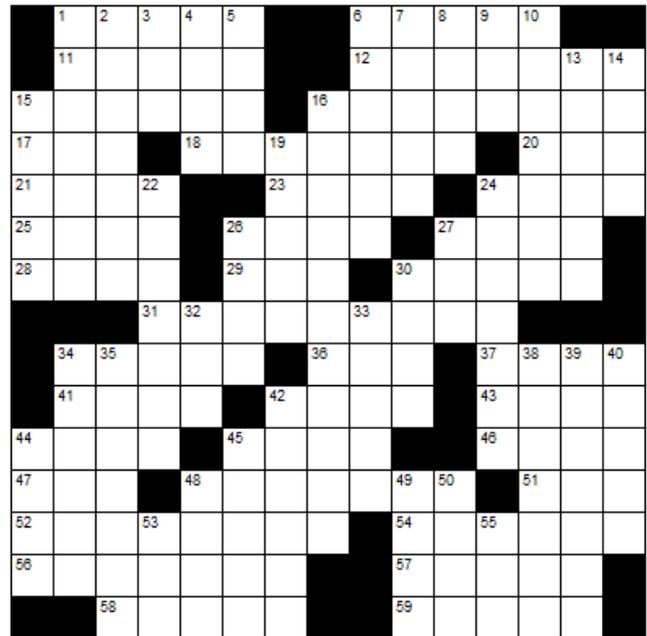
Take home message: Purchase no more than a 2- 3 month supply at any given time. Store your product in a room that does not experience variances in humidity and temperature.



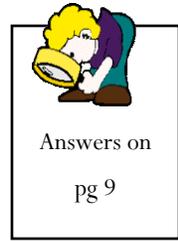
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- ACROSS**
- | | | |
|----------------------------|-------------------------|-------------------------|
| 1. Personnel | 30. Canvas dwell-ings | 52. Aspiring ac-tresses |
| 6. Not together | 31. One-dimensional-ity | 54. A person who rules |
| 11. Christmas song | 34. Fragrance | 56. Allay |
| 12. Fluctuating | 36. Can | 57. Command |
| 15. Against | 37. Upper limbs | 58. Go inside |
| 16. Clasp or pin | 41. Jump | 59. Rosary compo-nents |
| 17. Arctic bird | 42. Queue | |
| 18. Competence | 43. Horse color | |
| 20. Anger | 44. Blend | |
| 21. Obscene term for feces | 45. Neighbor of Vietnam | |
| 23. Egyptian river | 46. A ridge of sand | |
| 24. Impose | 47. Before, in po-etry | |
| 25. Wife of Zeus | 48. Fettle | |
| 26. Hearing organs | 51. North north-east | |
| 27. Flower holder | | |
| 28. Countercurrent | | |
| 29. Explosive | | |



- DOWN**
- | | | | | | |
|-------------------------|-----------------------------|-------------------------------|------------------|------------------------|----------------------------------|
| 1. Diligently searched | 8. Pretentious | 19. Fatuous | 30. Fork | 39. Social skills | 48. Level |
| 2. Mug | 9. Deli loaf | 22. Rocket's cargo | 31. prong | 40. Contemp-tuous look | 49. Untidy one |
| 3. Paintings | 10. Smallest | 24. Rigging | 32. Evil spirit | 41. Contemp-tuous look | 50. Arid |
| 4. Ancient marketplaces | 11. Fretful-ness | 26. Europe's highest vol-cano | 33. Washer cycle | 42. Second of two | 53. Hurry on foot |
| 5. Body fat | 12. Between black and white | 27. Animal | 34. Alarms | 44. Plateau | 55. American Dental Asso-ciation |
| 6. Services | 13. Stash | 38. Turned a | 35. Let go | 45. Feudal lord | |
| 7. Adhesive | 14. Coquet- | | | | |



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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!

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- | | | |
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2023



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LAUGH FOR THE DAY

The other night I was invited out for a night with the “boys.” I told my wife that I would be home by midnight, “I promise.”

Well, the hours passed and the drinks when down way too easily. Around 3 a.m., a bit loaded, I headed for home.

Just as I got in the door, the cuckoo clock in the hallway started up and cuckooed 3 times.

Quickly, realizing my wife would probable wake up, I cuckooed another 9 times. I was really proud of myself for coming up with such a quick-witted solution. Even when I was totally smashed... 3 cuckoos plus 9 cuckoos equals 12 cuckoos which equals MIDNIGHT!

The next morning, my wife asked me what time I got in. I told her “MIDNIGHT”.. .she didn’t seem that mad in the least. Whew, I thought, I got away with that one! Then she said, “We need a new cuckoo clock.” When I asked her why, she said, “Well, last night our clock cuckooed three times, then said “oohh nooo”, then cuckooed 4 more times, cleared its throat, cuckooed another 3 times, giggled, cuckooed twice more, and then tripped over the coffee table and farted.”

OOHHH NOOO! Busted!

(continued on Page 14)



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—Tooth pics!
3. Did you hear about the first restaurant to open on the moon?
—It had great food, but no atmosphere.
4. What did one ocean say to the other ocean?
—Nothing, it just waved.