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# IT'S IN THE BAG



March 2024



## ST. CATHARINES MEETINGS:

March 20th: Joel Goldenberg

Premier Ostomy (Welland Medical and Hernia Garments)

## 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](mailto: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.

### 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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## President's Message

Can we say spring is almost here?



It's been a sad month, we lost 2 of our Members, Gloria & Lois. Roger Ivoll from Hamilton also passed away after a short battle with Leukemia. Roger was a great mentor for me in the early days when I was getting my feet wet, so to speak. He lived & breathed Ostomy, and he will be missed by many. Nancy is not well; she is terminal and has resigned from the Board. Her dedication and expertise will be missed at our meetings.

Okay. Enough of the bad news, let's hear something good.

Our 2 new board members, Tracey & Laura have seemed to settle in nicely. They each have strong backgrounds in social media, and are working together on enhancing our presence there. A work in progress will also be an update to our website, but that may take some time. The current website has been transferred over to Tracey's hosting and it is fully operational.

We did a Hybrid meeting last month at the Lions hall, it worked reasonably well, and we just need to fine tune a few things. We're planning for the April Meeting to be our first Hybrid meeting, so people can stay at home & participate in the meeting over the internet. (Fingers crossed)

Also, our annual Ostomy Fair Day is scheduled for Oct 16<sup>th</sup>, 2024 at the Lions Hall. Mark your Calendars for this great event.

I hope you can make our March 20<sup>th</sup> meeting.

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](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)

### 2024 dates

**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

**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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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

### MISSION STATEMENT:

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### 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](http://www.niagaraostomy.com). Your \$30 membership fee can be paid online at [Payments@Niagaraostomy.com](mailto: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**

## EIGHT NUTRITION TIPS FOR ILEOSTOMY PATIENTS

by Robert Velasquez; via Chicago (IL) *The New Outlook*; and Regina & District (SK) *Ostomy News*

Source: *Ostomy Outlook*, March 2024--*Ostomy Association of North Central Oklahoma*

Although you should be careful with what you eat the first few weeks after your surgery, remember that your digestive system is adjusting to a new way of processing food. In no time, you'll be able to eat all the foods you used to enjoy pre-surgery. Here are the top eight tips for healthy nutrition when living with an ileostomy.

**#1. Go bananas.** As children, we were often told that an apple a day will keep the doctor away; in your case, have a banana. Rich in potassium, bananas will help you restore potassium levels that are lost through your stoma. Bananas can also help harden loose stools, making you more comfortable. Potassium (K+) is an essential dietary mineral and major intracellular electrolyte and osmolyte necessary for fundamental processes such as membrane excitability, ion and solute transport and cell volume regulation.

**#2. Carry peppermint tea bags.** Affordable, practical, and found in most stores, peppermint tea helps prevent gas. While nobody is immune to gas (and the embarrassment that comes with it), it is more frequent among patients living with a stoma. Peppermint tea or oil can help you cope and prevent discomfort. Peppermint tea is a delicious and refreshing way to boost your overall health in a number of ways, due to its ability to improve digestion, reduce pain, eliminate inflammation, relax the body and mind, cure bad breath, aid in weight loss and boost the immune system. Its impact on the digestive system is considerable, and its base element of menthol is perhaps the most valuable part of its organic structure. Peppermint has been traditionally considered to have carminative effects, generally

(Continued on page 8)



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(Continued from page 7-Tips)

used as tea or digestive tablet or candy. Peppermint is a plant. The leaf and oil are used as medicine. Peppermint is one of the most popular flavoring agents used for the common cold, cough, inflammation of the mouth and throat, sinus infections, and respiratory infections. It is also used for digestive problems including heartburn, nausea, vomiting, morning sickness, irritable bowel syndrome (IBS), cramps of the upper GI tract and bile ducts, upset stomach, diarrhea, bacterial overgrowth of the small intestine, and gas. When peppermint is taken after a meal, its effects will reduce gas and help the digestion of food by reducing the amount of time food is in the stomach. This is one reason after dinner mints are so popular.

**#3. Eat throughout the day.** This is good advice for everybody, eating smaller portions during the day will help boost your metabolism. Eat heavier meals during the daytime, preferably lunch. Sleep well by keeping dinner light, as large meals before bedtime can increase stoma output. The exact mechanism is not known, but it is proposed that one way is the essential oils relax the esophageal sphincter, which

then releases the gas. Essential oils used directly in the stomach, however, give many people heartburn, especially if hiatal hernia is present.

**#4. Drink plenty of water.** It is essential to keep hydrated throughout the day. Your body will release higher levels of fluids through your stoma and it is important for you to compensate by drinking water, at least 8 to 10 glasses a day. If you are one of those people that have a hard time remembering to regularly drink water, a good tip is to carry a water bottle with you; set a reminder every hour to keep you on track, or download an app (yes there is an app for that).

**#5. Introduce new foods gradually.** All bodies are different, what sits well with you may not sit well for somebody else. Were you able to eat broccoli, cabbage, and other gassy foods before your surgery? You may still be able to enjoy them post-surgery, just make sure to incorporate these foods one at a time into your diet. This way, if you experience any discomfort, you can easily identify which food is best to avoid. It's recommended to keep a simple and

(Continued on page 9)

## Ostomy Supplies

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*(Continued from page 8-Tips)*

bland diet for the first few weeks after your surgery to give your body time to adjust and then slowly add new foods to your diet. You will quickly learn that living with an ileostomy is not tantamount to boring tasteless meals.

**#6. Pass the salt, please.** Yes, salty foods are actually good for you if you are an ileostomy patient.

Add a bit more salt to your diet to help you recover the sodium loss from your stoma. Carry a bag of pretzels to satisfy salty cravings; it will also help you thicken loose output.

**#7. Yogurt is your new super-food.** Yogurt can help you control gas, harden stools, and prevent unpleasant smells. The nutrient composition of yogurt

is based on the nutrient composition of the milk from which it is derived, which is affected by many factors, such as genetic and individual mammalian differences, feed, stage of lactation, age, and environmental factors such as the season of the year. Other variables that play a role during processing of milk, including temperature, duration of heat exposure, exposure to light, and storage conditions, also affect the nutritional value of the final product. In addition, the changes in milk constituents that occur during lactic acid fermentation influence the nutritional and physiologic value of the finished yogurt product. The final nutritional composition of yogurt is also affected by

*(Continued on page 14)*

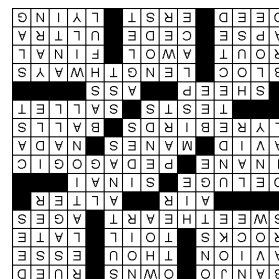


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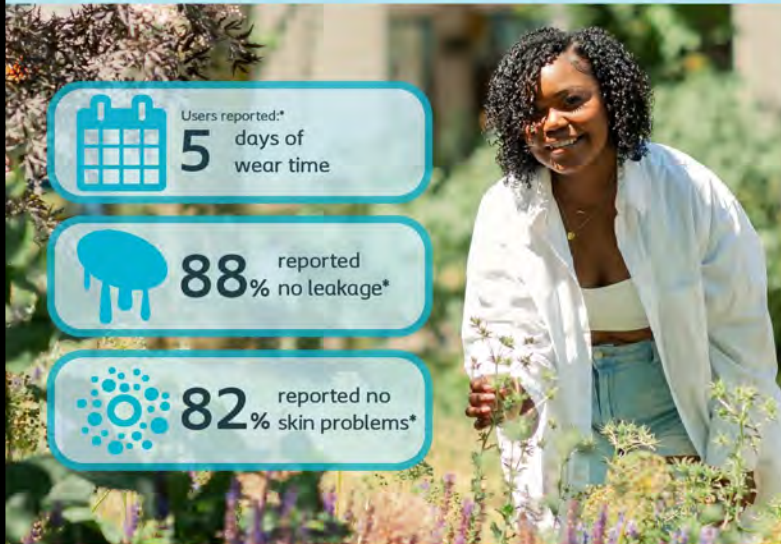
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\*St-Cyr, D., Gilbert, D., Dionne, II, & Kameka, N. (2022). Evaluation of SenSura® Mio Concave vs. non-concave appliances in people with outward peristomal body profiles (OPBP). NSWOCC 41st National Conference. Sponsored by Coloplast. Full study available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

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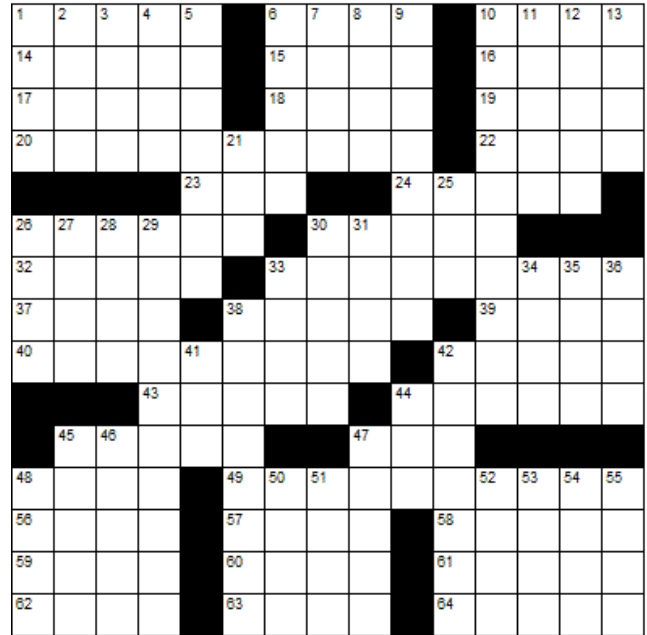
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- |                           |                                |                          |
|---------------------------|--------------------------------|--------------------------|
| 1. A stringed instrument  | 30. Red Sea peninsula          | sively                   |
| 6. Possesses              | 32. Fatuous                    | 57. Absent Without Leave |
| 10. Lamented              | 33. Relating to teaching       | 58. Last                 |
| 14. French for "Airplane" | 37. Ardent                     | 59. Abbey area           |
| 15. You (archaic)         | 38. Flowing tresses            | 60. Formally surrender   |
| 16. Being                 | 39. Nil                        | 61. Extreme              |
| 17. Stones                | 40. Large Australian songbirds | 62. Exploit              |
| 18. Hard work             | 42. Orbs                       | 63. Formerly (archaic)   |
| 19. Not early             | 43. Quizzes                    | 64. Mendacious           |
| 20. Beloved               | 44. Old-time helmet            |                          |
| 22. Long, long time       | 45. Rams and ewes              |                          |
| 23. What we breathe       | 47. Jerk                       |                          |
| 24. Change                | 48. Alliance                   |                          |
| 26. Flood                 | 49. Longitudinally             |                          |
|                           | 56. Defeat decisively          |                          |



**DOWN**

- |                    |                       |                            |                    |                            |                    |
|--------------------|-----------------------|----------------------------|--------------------|----------------------------|--------------------|
| 1. Taverns         | 8. French for "Black" | 13. D D D                  | 30. Dispatches     | insect                     | 48. Small fastener |
| 2. Affirm          | 9. Seedless           | 21. Hasten                 | 31. Mid-month days | 42. Self-consciously timid | 50. Pitcher        |
| 3. Pleasant        | 10. Comparative       | 25. Delay                  | 33. Role           | 44. Supersonic transport   | 51. Silent assents |
| 4. One-liner       | 11. Utilization       | 26. Found on rotary phones | 34. Chutzpah       | 45. Hillside               | 52. Cunning        |
| 5. Performing      | 12. Aromatic compound | 27. Covet                  | 35. Inactive       | 46. Domicile               | 53. Against        |
| 6. Aquatic mammal  |                       | 28. Den                    | 36. Actors         | 47. Lace tip               | 54. Wool           |
| 7. Stop to a horse |                       | 29. Unnoticed              | 38. Lose           |                            | 55. Dross          |



Answers on  
pg 9



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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):**

- |  |                |  |
|--|----------------|--|
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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.

2023

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*(Continued from page 9-Tips)*



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the species and strains of bacteria used in the fermentation, the source and type of milk solids that may be added before fermentation, and the temperature and duration of the fermentation process.

**#8. Properly chew your food.** Eating should be one of life's biggest pleasures. Eat slowly, savor the flavors! By chewing each mouthful 20 times, you can prevent blockage in your stoma.