



Serving the Niagara Ostomy Community since 1974

IT'S IN THE BAG



May 2023



ST. CATHARINES MEETINGS:

May 17th @7:00 pm: In-person Meeting

Speaker: Paul D'Sousa from Coloplast

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

April 19th @ 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.

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President's Message

I hope everyone is waiting for nice spring weather like I am. I really enjoy this time of the year, just not all the yard work that goes with it.



This month's message is short, I don't have much to report on.

We had a really well attended meeting again last month, Steve brought in more chairs so everyone had a place to sit. It's sure nice to see our attendance gaining again.

We have decided it's probably time to lift the mask mandate at our meetings; however, you can still feel free to wear one if you're more comfortable.

The June 21 meeting brings our Annual General Meeting. As always, we promise to keep the business session short, and we will have a guest speaker, Lee Bateman from the Niagara Health System.

Oh, and fresh local strawberries on shortcake with cream! I missed it last year, but I'll be sure to be there and get my fill this year.

We are planning our Ostomy Fair Day for October 18th, so mark your calendars. More information will be available in upcoming newsletters.

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

May 17th—Coloplast

**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



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Car Pooling

If you need a ride or are available to pick up someone in your area for our meetings, please call us at

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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

Volunteers 2023

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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 rectangular banner with a white background. On the left, there is a vertical strip showing two products: a 'Hollister New Image CeraPlus' adhesive skin barrier and a 'Hollister Premier 1 Piece' drainable pouch. Text next to the products includes 'Canada's #1 Online Ostomy Supply Store', the website 'WWW.MYOSTOMY.CA', and the email 'INFO@MYOSTOMY.CA'. A large orange circle contains the text 'SHOP WITH US TODAY!'. The right side of the banner features a central light blue circle with the 'myostomy.ca' logo and the text 'Find all your favourite brands in one place!'. Surrounding this central circle are logos for several brands: Coloplast, Marlen Canada, Hollister, ConvaTec, CUIWEAR, Safe'nSimple, and salts HEALTHCARE.

WHEN TO USE OSTOMY BARRIER

EXTENDERS

Lauren Wolfe RN, MCISc - WH, NSWOC, CWOCN Masdonald's Prescriptions Fairmont Building

Ostomy barrier extenders are one of the newest additions to the list of ostomy accessories in the past 5 years. The question that begs answering is: What is the purpose of these barrier extenders?

When I first became an ostomy nurse, I noticed that some ostomy products lacked the surface area for individuals with a larger abdomen, or if they had a large stoma, we were cutting to the maximum, leaving very little of the barrier to adhere to the abdomen.

Individuals have attended the ostomy clinic with tape around their flange to provide them with the security that their ostomy flange would adhere to their abdomen. I have seen it all, from duct tape to hockey tape to paper tape, attempting a secure seal with different tapes or waterproof tape.

Thus the birth of the Ostomy Barrier extenders. The big question I always get asked is, "Do I need these strips?" As mentioned above, there are times when these barrier extenders play a vital role.

However, the bigger question is; Are they needed? No, not everyone needs them. If you find your flange is starting to lift at the edges

after a day or two, and there is no leakage, applying the Barrier extenders will help prolong your wear time. Perhaps your belly button does not allow the flange to adhere very well; placing a strip over that section may help secure your flange. Other times you may want a little security when being active, like swimming, skiing, bike riding, or perhaps during intimacy. On the other hand, some individuals feel that it gives them a sense of security. Similar to an ostomy belt. A note of caution, these flange extenders are not meant to keep a leak in. What do I mean? They should not be used to trap the urine or stool behind the flange. They cannot prevent a leak; a leak started where your stoma meets your flange opening. Trapping the urine or stool beneath the flange will cause skin breakdown. They can be used to prevent the edges of the flange lifting.

These strips have many names, depending on the company that makes them. *Source: Vancouver Ostomy HighLife Jan/Feb 2021 via Ottawa Ostomy News—March 2023 More info about Ostomy Barrier*

(Continued on page 7)

A Mini Guide to Ostomy Wafer Extenders:
Ostomy Care Tips | VeganOstomy

Via: Ostomy Winnipeg INSIDE/OUT MARCH
2023

Editor's note: The following Ostomy Barrier Extenders article is written by Eric, a Canadian ostomate. I really recommend checking out his website for all sorts of info. The link below will take you to his website. Or just Google Vegan Ostomy.

What Are Wafer Extenders? Wafer extenders (which are also referred to as flange extenders) can be a handy tool for an ostomate. They can be used for a variety of reasons and they are available in many different styles.

Wafer extenders can provide the following benefits:

- Helps to keep your ostomy appliance secure during physical activity.
- Can be used to protect the wafer from water.
- Can be used to protect the edges of your wafer from peeling.

How Wafer Extenders Are Usually Sold There are many different styles and types of wafer extenders, but I'll break down the most popular options to simplify it.

I've seen wafer extenders sold in three distinct categories: Films, tape and "elastic tape". They are also sold in either full extenders, which would cover the entire wafer, or segments, which you can apply to a specific trouble spot on your wafer. *And normally works with any appliance brand. (Editor's note).* Most wafers are waterproof, but some do not handle water well, so their edges will peel or become sticky and annoying,

(Continued on page 8)



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Dana

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(Continued from page 7-Ostomy Extenders)

which defeats their purpose!

Tips When Using Wafer Extenders

- Sample these products from as many different suppliers as possible, since you may find that some are too difficult to use or may not even work very well.
- For products that come in smaller sections, use as few or as many as you like. If there's a single spot on your wafer that tends to be problematic, you don't need to cover the entire circumference of your wafer for the extenders to be of use.
- If you don't have a wafer extender handy, you can use medical tape in a pinch. It would be used in the same way, but it's not as convenient to apply.

A MINI GUIDETO USING BARRIER RINGS

What Are Barrier Rings? Barrier rings, which are sometimes called Eakin rings (although Eakin

is just one brand of many), are often used when an ostomate experiences leaks. Barrier rings work by swelling up around the stoma when it comes into contact with liquid or ostomy output, providing effective protection for any skin that's exposed.

How Are Barrier Rings sold? Barrier Rings are boxed in quantities of 10 - 20 individually wrapped packages. Some brands offer two thicknesses. These rings are usually not cheap (if you're paying for supplies), and typically run around CDN \$5.50 per ring.

How to Use Barrier Rings. These rings can either be placed around the stoma before applying the wafer, or to the wafer directly (after you remove the release liner on the wafer). They tend to be quite sticky, and should be applied to dry, unbroken skin for best results. Because these rings are pliable (like Play-doh), they can be molded around your stoma for the perfect fit. Barrier

(Continued on page 9)

Ostomy Supplies

Speak with your Rexall Pharmacy team for information and support for your ostomy supplies. We stock great brands such as Coloplast, Hollister, and Convatec. Join us Tuesday's for 10% off and ask about our free delivery.

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(Continued from page 8-Barrier Rings)

rings can also be applied to a wafer (just remember to remove the release line off the wafer first). It's best to use gentle pressure over your appliance after fitting it on top of the barrier ring, for a few minutes. This will help the ring stick to your skin better, and will allow the wafer to stick better to the ring! In my video "How To Change

an Ostomy Appliance", I show how I put on a barrier ring: <https://www.veganostomy.ca/guide-to-ostomy-barrier-rings/>

Tips When Using Barrier Rings: Just because you get a ring, doesn't mean you have to use a ring! You can easily tear these rings in half and use

whatever you need. These rings do tend to break down and often "melt" when they are worn for prolonged periods of time, or if you sweat a lot. Some brands break down sooner than others, so it's best to sample a few, since these tend to be expensive. Barrier rings can also help to fill in gaps near your stoma. *Source: Vegan Ostomy website, via Vancouver Ostomy High-Life - Mar/Apr. 2020, Ottawa Ostomy News March 2023*

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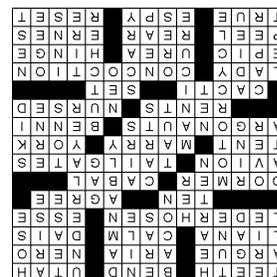
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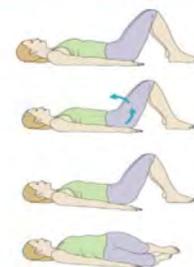
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THINGS THAT MAKE YOU GO HMMM...

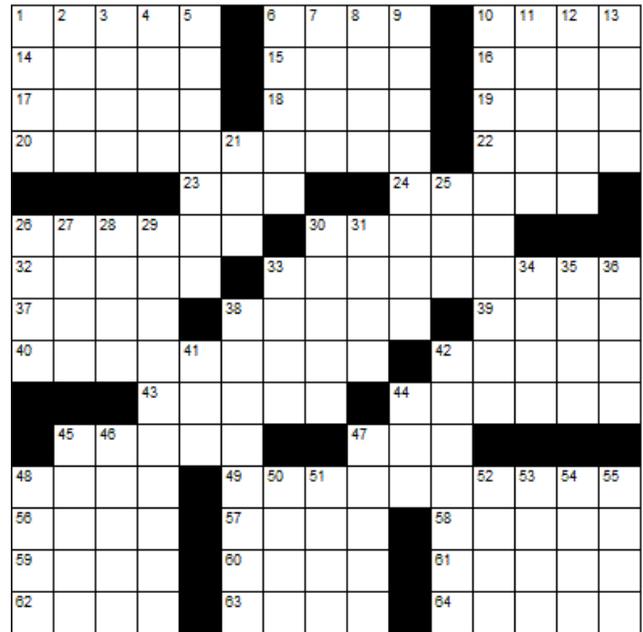
Sometimes in life, people will say something that will make you stop and think. These are my favourites, that I've heard over the years. I've pondered them all quite a lot.

- 1) If love is blind... how comes there's love at first sight?
- 2) They never actually said that Humpty Dumpty was an egg...
- 3) When lightning strikes the sea, why don't all the fish die?
- 4) Can you be a closet claustrophobic?
- 5) Buildings burn up as they burn down
- 6) What was the best thing before sliced bread?
- 7) We eat Pizza from the inside out.
- 8) The word 'ambiguous' only has one meaning.
- 9) How do vampires always look so neat and tidy if they can't see themselves in the mirror?

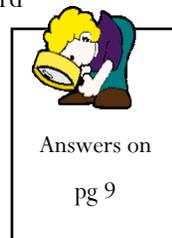
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- ACROSS**
- | | | |
|-----------------------------|----------------------------|--------------------------|
| 1. We chew with them | "Airplane" | 56. Majestic |
| 6. Curve | 33. Follows too closely | 57. Fertilizer component |
| 10. Mormon state | 37. Canvas dwelling | 58. Door pivot |
| 14. Debate | 38. Wed | 59. Rind |
| 15. Diva's solo | 39. English royal house | 60. Backside |
| 16. Adopted son of Claudius | 40. They sailed with Jason | 61. Anagram of "Sneer" |
| 17. Tropical vine | 42. Sesame | 62. Not false |
| 18. Peaceful | 43. Leases | 63. Glimpse |
| 19. Speaker's place | 44. Cared for | 64. Adjust again |
| 20. Leather shorts | 45. Desert plants | |
| 22. Being | 47. Band performance | |
| 23. 5 plus 5 | 48. Female aristocrat | |
| 24. Concur | 49. Mixture | |
| 26. Roof projection | | |
| 30. Secret group | | |
| 32. French for | | |



- DOWN**
- | | | | | | |
|-------------------|-------------------|--------------------|-------------------|------------------------|---------------|
| 1. Not short | 7. Ages | 21. Not him | 36. Lose traction | 47. Alarming | molding |
| 2. A Great Lake | 8. Egyptian river | 25. Joke | 38. Nail care | 48. Variant of "Leapt" | 55. Bird home |
| 3. Mild expletive | 9. Cursedly | 26. Information | 41. Mesh | 50. Minerals | |
| 4. Musical phrase | 10. Carpet pad | 27. Completed | 42. Meat retailer | 51. Half-moon tide | |
| 5. Cheer | 11. Josh | 28. Finger jewelry | 44. Modern | 52. Rubber wheel | |
| 6. Breakfast | 12. Come up | 29. 2- | 45. Escapade | 53. Hotels | |
| | 13. Tube | | 46. Farewell | 54. Curved | |



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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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Privacy Statement: NOA membership and Ostomy Canada information are not shared with anyone outside of the NOA and Ostomy Canada administration.

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2023

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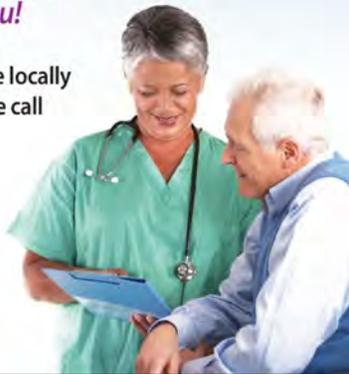
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(Continued from page 10-hmmm)

- 10) Your stomach thinks all potatoes are mashed.
- 11) If you *actually* did something "like a boss," you'd probably have just payed someone else to do it.
- 12) Nothing is on fire, but fire is on things.
- 13) If you woke up earlier at the weekend, you'd actually get 5 days worth of lie-ins during the week.
- 14) Tesla is best known for being unknown.
- 15) There should be a reality show where flat-earthers have to find the edge of the world.
- 16) Our hands have fingertips, but our toes don't have toetips. Yet we can tiptoe...
- 17) Smart phones are probably responsible for reducing graffiti in public toilets.
- 18) Your future self is talking shit about you.
- 19) It's not fair that coffee stains your teeth brown, but milk doesn't stain them white.
- 20) Witches have black cats because if they had white cats they would have white cat hair all over their clothes.
- 21) Bean bags are just boneless sofas.
- 22) Social anxiety is basically Conspiracy Theories about yourself.
- 23) 8 hours of drinking is binge drinking, 8 hours of TV is binge watching, 8 hours of sleep is barely enough.
- 24) Maybe dogs bring home sticks because that was bred into them over millennia of humans needing wood for fires.
- 25) Your belly button is just your old mouth.
- 26) Drinking water with a minty mouth is the cold version of spicy.
- 27) Watching a graduation ceremony is like sitting through a movie that's entirely end credits.

(continued on Page 14)



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(continued from page 13-hmmm



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- 28) If the thumb is not a finger, then there is no middle finger.
- 29) The Wizard of Oz was many people's first exposure to a colour film. Decades later, it's many people's first exposure to a black and white film.
- 30) The E's in pee/bee are silent.
- 31) Pictures are always square or rectangular, but camera lenses are round.
- 32) 100 years ago, everyone owned horses and only the rich owned cars. Now, everyone owns a car and only the rich own horses.
- 33) Is time only a concept made by humans? Is it something we restrict ourselves with?
- 34) Physically, people are 50% legs.