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IT'S IN THE BAG



May 2024



ST. CATHARINES MEETINGS:

May 15th : Chantale L'armée
Hollister Ostomy Products

HYBRID MEETINGS ARE HERE!

With Tracey and Ken's help, we will be live streaming our meeting on Zoom. Please be patient with us, as we are still working out the kinks.

For the zoom link, please check our website, Facebook, or X (Twitter) for the information on how to connect

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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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.

CALL FOR VOLUNTEERS!



Planning for the October 16th Ostomy Health Fair will soon be underway.

If you are interested in helping out, either with planning or on the day of the event, please send an email to

info@niagaraostomy.com.

Cindy will contact you.

President's Message

Hello Everyone,



I want to thank Cindy for stepping up last month and writing a message. I'm finding it more difficult to think of things to say. I've been writing messages for about 17 years and my old brain is out of things to say, I guess.

I have agreed to stay on for one more year as President; however, I will not be writing many president's messages. I am stepping back even more for next season. It's really time for someone else to take on the job of President. Just a side note; I will not extend at the end of the next year. Can we say "Someone needs to step up and take over."

I would like to introduce Brenda Leboudec to our Board of Directors. Brenda will be taking over the Treasurer's position. I think she must hold the record for having Ostomy Surgery, coming to a membership meeting and taking on the Treasury position. All within a few months. Welcome Brenda!

And a big thank you to Dave Booth! He has done a great job for us, bailing us out when we were in desperate need of a Treasurer. We thank him for three plus years of volunteering for our group. Over the next month, Dave will transition the Treasurer role to Brenda.

We are still working on the hybrid meetings. Last month worked quite well. However, it's still a work in progress as we figure out the technology

requirements. Thanks to Ken and Tracey for doing all the work on that. It was quite ironic. Our scheduled guest speaker totally forgot about our meeting. He lives in the Windsor area, so obviously there was no way he could get here when we called him. We were able to have him come on to Zoom and he provided his presentation.

Hope you can attend the meeting in May, whether in person or by Zoom. The meeting link can be found elsewhere in this newsletter and will also be posted on Facebook and X.

Cheers,



John Molnar,
President

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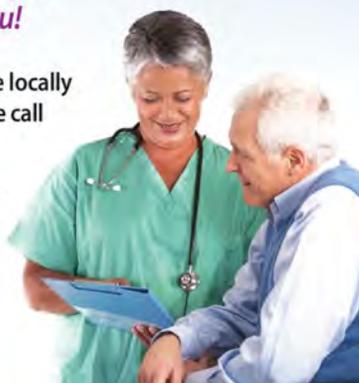
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SHARE YOUR STORY

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

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

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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.

2023-24 BOARD OF DIRECTORS

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NIAGARA OSTOMY ASSOCIATION

Volunteers 2023-24

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

WHAT TO DO FOR RAW AND WEEPING SKIN AROUND YOUR STOMA?

Edited by Madelene Grimm, CWON via Ostomy Association of Greater Chicago.

Source: Broward Beacon Newsletter Winter 2019, Broward Ostomy Association

The key to successful ostomy pouch wear time is directly related to the placement of the stoma barrier on a clean, dry, mostly hair-free peristomal skin. The stoma barriers/wafers are designed to melt into the irregularities of the abdominal skin. There are times when this dry skin becomes raw and weeping (denuded) and under these conditions, the wear time will decrease and often becomes unpredictable. We need at this point to make an artificial dry peristomal pouching surface.

First, we need to determine the cause of the skin irritation, discontinue the irritation, and make a temporary patch to fix the skin until the skin can heal. This artificial patching process is called crusting. We make a dry crusty patch over the moist denuded skin and create the dry pouching surface we need for reliable wear time.

Here is the crusting procedure which helps support the healing of the irritated or raw peristomal skin:

1. Clean the peristomal skin with water (avoid soap) and pat the area dry.
2. Sprinkle skin barrier powder onto the denuded skin.
3. Allow the powder to adhere to the moist skin.
4. Dust excess powder from the skin using a gauze pad or soft tissue. I actually like to use a clean and no longer used make up brush designed for face powder application. Once this brush is used for ostomy use, retire it from your make-up application. The powder should stick only to the raw area and should be removed from dry, intact skin.
5. Using a blotting or dabbing motion, apply the polymer skin barrier over the powdered area, or lightly spray the area if you're using a polymer skin barrier spray. This polymer product is what we now refer to as the skin

(Continued on page 8)



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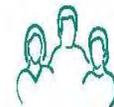
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(Continued from page 7-Weeping Skin)

prep or skin barrier. The older barrier wipes had an alcohol base and happily the new polymer has removed that irritation.

6. Allow the area to dry for a few seconds; a whitish crust will appear. You can test for dryness of the crust by gently brushing your finger over it. It should feel rough but dry.

7. Repeat steps 2 through 6 two to four times to achieve a crust.

8. Apply a pouching system over the crusted area. Stop using the crusting procedure when the skin has healed and is no longer moist to the touch.

The crusting process may shorten the wear time of your pouching system, but, the stoma barrier will be adhering to the crust and not the painful denuded skin. Once the skin is healed return to your original pouching process monitoring for whatever condition caused the denuded skin. Crusting is an intervention not intended to be an ongoing process. Should healing not take place, seek out the assistance of your Ostomy Nurse.

DIET for DIABETICS with a COLOSTOMY

Via It's in the Bag—Olympia Hope

Source: Ostomy Manitoba; Inside/Out, APRIL MAY 2017

A colostomy adds a level of complexity to diabetes. Diabetics who already manage their condition through diet need not radically transform their eating habits once the colostomy fully heals. Typically, the procedure requires on dietary restrictions. However, healing a newly acquired colostomy does require a few considerations for diabetics.

Type 1 diabetes is typically diagnosed in children and young adults and happens when the pancreas no longer manufactures the hormone insulin, which the body requires to utilize glucose for energy. Type II diabetes is the most common and manifests later in life.

A Type 2 diabetic's body still produces insulin, however his system either ignores it, or does not receive enough to function effectively.

A colostomy procedure diverts the body's solid waste from the colon through the abdominal wall into an ostomy pouch or bag, outside the body. Colostomies occur in cases where the large intestines has been removed or needs time to heal thus colostomies can be temporary

(Continued on page 9)

Ostomy Supplies

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(Continued from page 8-Diabetics and Colostomy)

or permanent. Many diseases necessitate a colostomy, including cancer, diverticulitis, inflamed tissue in the colon, and bowel obstruction. In the case of diabetics, colostomies may be related to poor diet. For example, doctors link diverticulitis to a low fiber diet.

Wound Healing

Diabetes hampers wound healing according to a 1996

article published by Vittoria Pontieri-Lewis in the journal "MedSurg Nursing">" Diabetes delays the early phases of the wound healing process, thus providing more opportunity for infection to occur following the colostomy procedure, particularly for diabetics who are overweight or obese. Vitamin C factors significantly in wound healing and vitamin C rich foods such as tomatoes and tomato juice, citrus fruits, potatoes, red and green peppers,

strawberries, kiwi fruit, broccoli, cantaloupe, Brussel sprouts, and fortified breakfast cereals all provide excellent sources, according to the National Institute of Health of Dietary Supplements.

Carbohydrates and Fats

Once the colostomy heals, a low carbohydrate diet may not be necessary to the management of diabetes. According to Cassie Rico, registered dietitian and the Associate Director of Medical Affairs and Health Outcomes at the American Diabetes Association, an effective combination of health carbohydrates and fats such as fruit, vegetables, beans, whole grains, nuts, seeds and vegetable oils evenly spaced out over the course of the day combined with regular exercise, underpin successful diabetes management.

(Continued on page 14)



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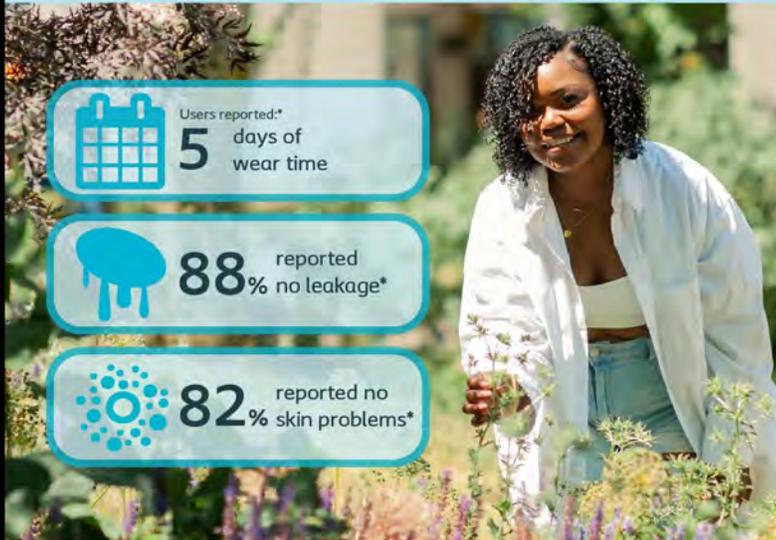
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*St-Cyr, D., Gilbert, D., Dionne, II, & Kameka, N. (2022). Evaluation of SenSura® Mio Concave vs. non-concave appliances in people with outward peristomal body profiles (OPBP). NSWOCC 41st National Conference. Sponsored by Coloplast. Full study available 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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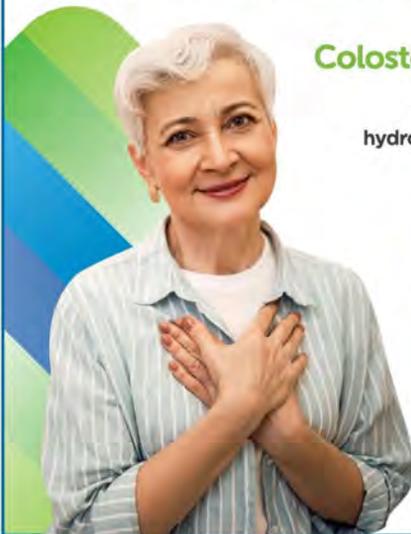
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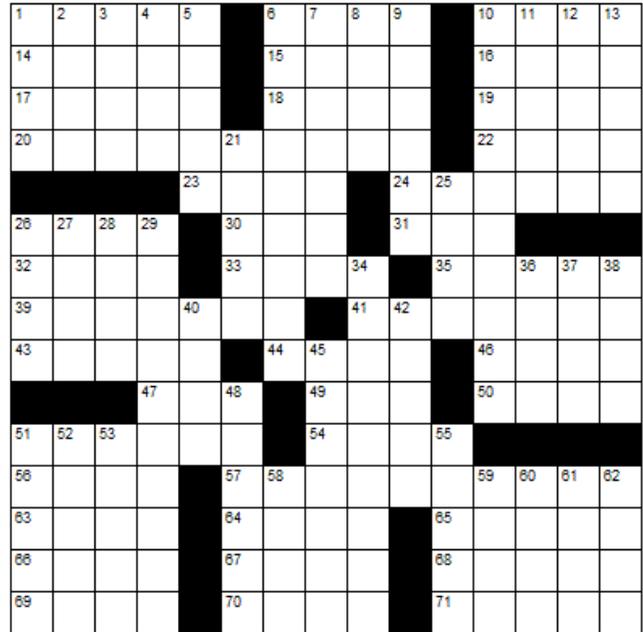
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- | | | |
|-------------------------|------------------------|-------------------------|
| 1. Affaires d'honneur | 30. How old you are | 56. Nitpicky to a fault |
| 6. Grasp | 31. Immediately | 57. Food dryer |
| 10. Bleats | 32. 1 1 1 1 | 63. Fizzy drink |
| 14. Wading bird | 33. Not we | 64. Unit of land |
| 15. Designed for flight | 35. Noodles | 65. Picture |
| 16. Repose | 39. Russian beet soup | 66. Rewrite |
| 17. Shad | 41. Not western | 67. Blacken |
| 18. Cease | 43. Symbol of slowness | 68. Delineated |
| 19. A Great Lake | 44. Exchange | 69. Arid |
| 20. Purifying | 46. French for "State" | 70. Clothing |
| 22. Assistant | 47. Blemish | 71. Bodies of water |
| 23. French for "Black" | 49. Fire residue | |
| 24. Maintenance cost | 50. Beams | |
| 26. Laugh | 51. Dog | |
| | 54. Expressed | |



DOWN

- | | | | | | | | |
|------------------------------|------------------------|---------------------------|------------------|-------------------------|--------------------|--------------------------|--------------------|
| 1. Not alive | 5. Spot | 10. Seawall | 21. Reluctant | ate | family | terminal | cle |
| 2. Type of fruit | 6. Manipulates | 11. Eagle's home | 25. Bursts | 34. Yes men | 42. Plant | 53. Low point | 61. Curved molding |
| 3. Cupid's Greek counterpart | 7. Pensioner | 12. Parenthetical comment | 27. Any minute | 37. Used to carry meals | 45. Cleaning cloth | 58. Bounce back | 62. Communists |
| 4. For fear | 8. Metal used in steel | 13. Precipitous | 28. Wife of Zeus | 38. Picnic insects | 48. Edit | 59. Dogfish | |
| | 9. Noisy toy | | 29. Accultur- | 40. Extended | 51. Instances | 60. Armored combat vehi- | |

Answers on page 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 |
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Circle One: Renewal Membership – New Membership – Gift Membership

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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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(Continued from page 9-Diabetics and Colostomy)



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Fiber

While fiber supports digestive health and plays an important role in nutrition for diabetics, high fiber foods such as raw fruits and vegetables need to be avoided immediately following the colostomy surgery. Speak to your doctor or health practitioner to learn how soon after the surgery you can begin reintroducing fiber to your diet if you are a diabetic. *Source: Ostomy Association of the Houston Area—July 2015*

