



Serving the Niagara Ostomy Community since 1974

# IT'S IN THE BAG



September 2023



## ST. CATHARINES MEETINGS:

**Sept 20th @7:00 pm: In-person Meeting**

**Speaker: Janet Paquet, Ostomy Canada**

**Topic: Short Bowel Syndrome, and Youth Camp**

**SOUTH NIAGARA OSTOMY GROUP**

**In-person meetings postponed until further notice**

## OSTOMY FAIR DAY

**Mark Your Calendar!!**

**October 18, 2023 11 am—3 pm**

Grantham Lions Club (*wheelchair accessible*)  
732 Niagara St. , St. Catharines



MEET LOCAL OSTOMY VENDORS INCLUDING:

COLOPLAST, HOLLISTER AND CONVATEC

Free Seminar 11:30-12:15\* — Roxie Demers, NSWOC  
Proper measuring of your stoma/appliance, and skin care, Q&A  
*\*limited seating-first come, first served. Tickets available at welcome desk*

FREE Private 15-min Appointments available with Roxie Demers,  
NSWOC

Call to book: (905) 321-2799 *\*confidential voicemail\**  
(bring an ostomy supply change so that your assessment can be made)

Refreshments available. Free Admission & Parking.

Please call if you can help us out in any way that day.

## 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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## Presidents Message

Good day everyone, where the heck did summer go? It seems like a blur when I look back. Oh well, time flies when you're having fun I guess.



It was a busy summer for your Board of Directors, organizing and reaching out to vendors for the Annual Ostomy fair, being held on October 18<sup>th</sup> at the Lions Club on Grantham Avenue. I'm happy to report we've had great return feedback & many of the vendors have already committed to attending.

It's a day you should try to attend as well. This is the first year we will be holding a seminar at the event. Roxie Demers, NSWOC, will be doing a talk on proper measuring & skin care. It is limited seating so it's first come, first served.

I'm hoping we have a great day since this is our first one since prior to that nasty Covid that we're still all fighting with.

Just at the end of last June, we signed a new Relationship Framework between Ostomy Canada and Niagara Ostomy Association. In the past we had affiliation papers with them, however with changing times that document is no longer valid, but we are still affiliated with Ostomy Canada, but rather than losing our autonomy like previous plans were leading to, this allows our total autonomy still. It is a much better plan than was previously being recommended. It allows us to tap in to Ostomy Canada services as we choose, or not. One example is we are now going to tap in to Ostomy Canada's liability insurance, which will save us about \$1,200 per year. There are other options too, but at this time we are just going to tap in to the insurance option. Each individual member of Niagara Ostomy Association has the opportunity to decide for themselves if they wish to be an Ostomy Canada Supporter or not. It's totally your choice.

Hope you can make our September 20<sup>th</sup> meeting at the Lions Club, 732 Niagara St, St. Catharines.

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! 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](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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(no password required)

**Or visit:**

<https://niagaraostomy.com/pay-your-membership/>

## CALENDAR OF EVENTS

**Our Website:** [www.niagaraostomy.com](http://www.niagaraostomy.com)

**Our Email:** [info@niagaraostomy.com](mailto:info@niagaraostomy.com)

### 2023 dates

**Sept 20th– Janet Paquet—Short Bowel , & Ostomy Canada**

**Oct 18– Ostomy Fair 11am-3pm**

**Nov 15– Roxie Demers, NSWOC — Accessories and question period**

**December no meeting**

### 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.

### 2022-23 BOARD OF DIRECTORS

President	John Molnar
Treasurer	David Booth
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Director/Coordinator, Friendly Visitor Program	Nancy Ployart
Director	Roxie Demers
Director/Interim Secretary	Steve Smith
Director Director	Peter Winter <b>OPEN</b>

### NIAGARA OSTOMY ASSOCIATION

#### Volunteers 2023

Web Master	Peter Folk
Membership Chair	Ken I'Anson
Newsletter Editor	Marlene Heinrichs
Newsletter Assistant	Cathy Waldeck

### MISSION STATEMENT:

To be of service and assistance to all people with ostomies in the  
Niagara Region.

The advertisement is a rectangular graphic with a dark blue background on the left and a white background on the right. On the left, there is a smartphone displaying a product page for 'Hollister New Image CeraPlus Convex Skin Barrier - 5 per box' and 'Hollister Premier 1 Piece Drainable Pouch with Leak-In Roll'. A red 'NEW!' badge is next to the second product. 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', 'WWW.MYOSTOMY.CA', and 'INFO@MYOSTOMY.CA'. On the right side, a large light blue circle contains the 'myostomy.ca' logo and the text 'Find all your favourite brands in one place!'. Surrounding this central circle are logos for Coloplast, Hollister, ConvaTec, CUIWEAR, MARLEN CANADA, Safe'nSimple, and salts HEALTHCARE.

## TOO MUCH OF A GOOD THING

by Sharon Williams, RNET; via Inland NW Insider

via: *Ostomy Outlook* July 2023

Do you need one-and-one-half hours to change your pouch? Does your stock of ostomy supplies resemble the storefront of a local pharmacy? Do you need a “road map” to remember what product goes on first, second, third, etc.? If so, you may be the victim of the “too much of a good thing” syndrome.

Occasionally an individual will come to the Stoma Clinic carrying a large sack containing a vast array of skin care products. He explains “all items are needed in order to apply my pouch.” Unfortunately, the reason the individual usually seeks assistance is due to a problem with pouch adhesion, skin breakdown or inability to afford ostomy products. One particular gentleman who comes to mind was utilizing a special skin cleaner and cream, two types of skin cement, a double-faced tape disc, a paste, AND a popular skin-barrier wipe before the pouch was applied. He had started out with a fairly simple system of ostomy management. However, in his quest to achieve what he felt should be a seven-day wearing time with his pouch, he had been adding product after product. Besides the many items he was now using, he had what he described as a “closet full of products at home.” After checking

his abdomen, it became obvious that what he needed was a product change in the convexity of his pouch and NOT the addition of another product. He also needed a more realistic view of wearing time for his particular situation. Realistically, not everyone may be able to achieve a seven-day, leak-free wearing time. It is much better to anticipate leakage and establish a regular time prior to this.

Here are a few hints to remember to help achieve a successful ostomy management system:

- Keep it simple. Do not use extra skin-care products unless absolutely necessary. Sometimes, extra products actually interfere with appliance adhesion or create skin problems.
- Plain water is still the best cleaning agent for skin around the stoma.
- Do not continue to use therapeutic products after the problem has been solved. As an example: Kenalog spray and Mycostatin powder should not be used routinely when changing the pouch. These products are prescribed for particular skin problems. Kenalog is usually recommended for its anti-inflammatory effects and symptomatic relief of the discomfort associated with skin irritation. However, continued or prolonged use of Kenalog after the problem is re

(Continued on page 7)

*(continued from page 6-too much of a good thing)*

solved may lead to “thinning” of the outer layer of skin, thus making it more susceptible to irritations. Mycostatin powder is useful for yeast infection. However, using Mycostatin after the infection clears serves no purpose.

- Seek advice. See your physician or ostomy nurse if you find yourself a victim of the syndrome. They can help in selecting the most appropriate and economical ostomy management system for your needs.

**ODD SPOT: THINGS YOU NEVER KNEW ABOUT . . . MANURE!!**

*Via: Vancouver Ostomy HighLife September / October 2022*

In the 16th and 17th centuries, everything for export had to be transported by ship. It was also before the invention of commercial fertilizers, so large shipments of manure were quite common. It was shipped dry, because in dry form it weighed a lot less than when wet. But once water (at sea) hit it, not only did it become heavier, but the process of fermentation began again, of which a by-product is methane gas. As the stuff was stored below decks in bundles you can see what could (and did) happen. Methane began to build up below decks and the first time someone came below at night with a lantern, BOOM! Several ships were destroyed in this manner before it was determined just what was happening. After that, the bundles of manure were always stamped with the instruction ‘Stow high in transit’ on them, which meant for the sailors to stow it high enough off the lower decks so that any

*(Continued on page 8)*

“There is hope and there is light. Being happy is a choice that you can make. It’s your choice.”  
Dana

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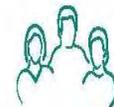
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\*Model portrayal  
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(Continued from page 7-Manure!)

water that came into the hold would not touch this “volatile” cargo and start the production of methane. The instruction was naturally shortened to the stamp ‘ S.H.I.T ’ , (Stow High In Transit)

So its origins are that it was never really meant to be a swear word. You probably didn’t know the true history of this word.

Neither did I. I always thought it was a golfing term.



## WHAT IS PARASTOMAL HERNIA?

via: [www.salts.co.uk](http://www.salts.co.uk)

A hernia develops when there is a weakness in the muscle wall. A parastomal hernia can occur around the stoma and is where part of your bowel pushes through the abdominal muscle to create a swelling under the skin of the stoma, which can cause discomfort or pain.

A hernia can develop at any time during and after your stoma surgery. Parastomal hernias can also develop over time, if the muscle stretches or becomes weaker.

A parastomal hernia is more common depending on the following risk factors:

Age, Weight , Strenuous or heavy lifting,  
Smoking, Multiple abdominal and/or emergency surgery

(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-Hernias)*

How big is a parastomal hernia?

A parastomal hernia can vary in size from as small as a golf ball to as large as a football.

How to prevent a stoma hernia

It is important that you partake in some form of regular exercise, this could be simply a gentle

daily walk.

Gentle exercise is important to try and prevent the development of a parastomal hernia. It is necessary to try and strengthen your core muscles, your Stoma Care Nurse is able to advise you on specific exercises.

Try to support your abdomen/stoma area by holding firmly when coughing sneezing, this will offer additional support to the muscles around this area.

It is recommended that you wear a light support garment as prevention. However, if you are taking part in strenuous activity, it is necessary to be measured for a more supportive garment. Your Stoma Care Nurse can arrange this for you.

In some people, the parastomal hernia will not

*(Continued on page 14)*



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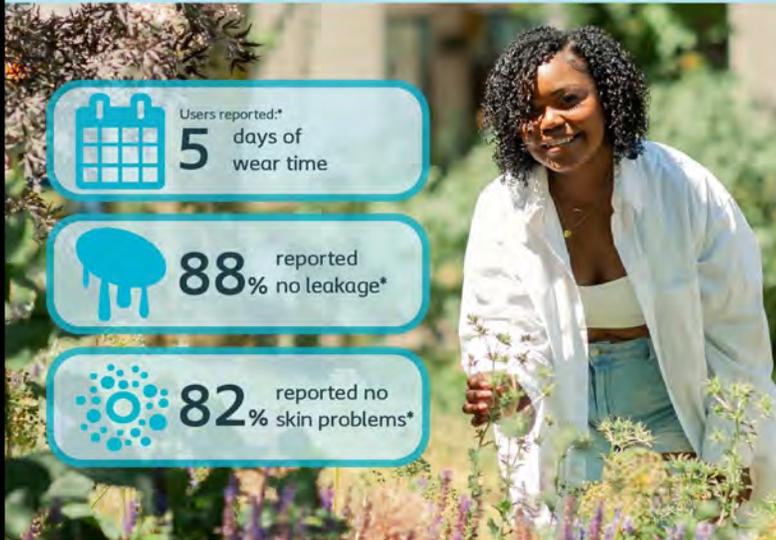
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\*St-Cyr, D., Gilbert, D., Dionne, H., & Kameka, N. (2022). Evaluation of SenSura® Mio Concave vs. non-concave appliances in people with outward peristomal body profiles (OPBP). NSWOCC 41st National Conference. Sponsored by Coloplast. Full study available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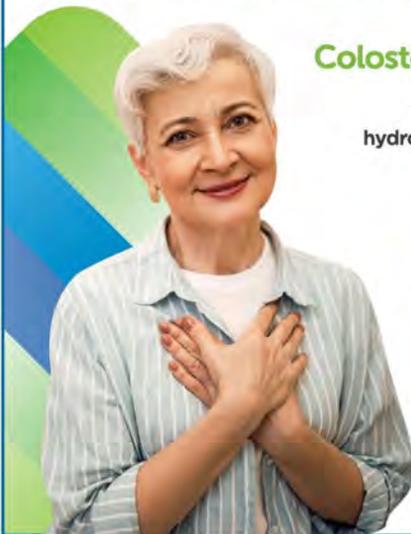
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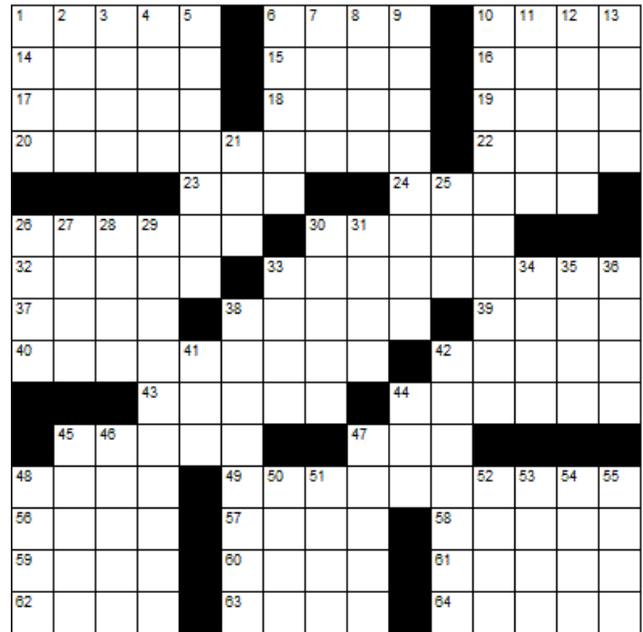
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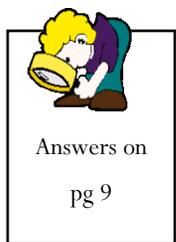


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- ACROSS**
- |                                     |                                  |                    |
|-------------------------------------|----------------------------------|--------------------|
| 1. Feeling                          | 22. Buffoon                      | 45. Vineyard       |
| 6. Anagram of "Ties"                | 23. Put down                     | fruit              |
| 10. Death notice                    | 24. Leaves out                   | 47. Unit of energy |
| 14. Move furtively                  | 26. Jail                         | 48. Burden         |
| 15. Writing styles                  | 30. Scoundrel                    | 49. Newscaster     |
| 16. Tarry                           | 32. Rose dye                     | 56. Dry            |
| 17. Initial wagers                  | 33. Handedness                   | 57. 1 1 1 1        |
| 18. A flat float                    | 37. Untamed                      | 58. Din            |
| 19. Freudian topics                 | 38. Beauty parlor                | 59. Prison room    |
| 20. A protective mask with a filter | 39. Threesome                    | 60. Inactive       |
|                                     | 40. Teen party                   | 61. Fanatical      |
|                                     | 42. Scare                        | 62. Being          |
|                                     | 43. Undersides                   | 63. Pixels         |
|                                     | 44. French president's residence | 64. Donkeys        |



- DOWN**
- |                       |                            |                     |                           |                   |                             |                     |
|-----------------------|----------------------------|---------------------|---------------------------|-------------------|-----------------------------|---------------------|
| 1. Cicatrix           | 7. Suckling spot           | images              | island                    | 38. Magnetic coil | trains run on               | dear!"              |
| 2. Coastal raptor     | 8. Data                    | 13. Exam            | 29. Style of horse riding | 41. Music genre   | 47. S S S                   | 53. Applies lightly |
| 3. Trawling equipment | 9. Female hormone          | 21. Hurried on foot | 30. Angers                | 42. Arithmetic    | 48. Shoe-string             | 54. A Great Lake    |
| 4. Exude              | 10. In a submissive manner | 25. Muck            | 31. Smell                 | 44. Be mistaken   | 50. Prefix meaning "Within" | 55. Scarlets        |
| 5. Greek letter       | 11. Racist                 | 26. Wooden benches  | 33. Rescue                | 45. Impales       | 51. Whip mark               |                     |
| 6. Aerosol            | 12. Graven                 | 27. Aggravate       | 34. Ages                  | 46. What          | 52. "Oh                     |                     |
|                       |                            | 28. Small           | 35. Your majesty          |                   |                             |                     |
|                       |                            |                     | 36. Several               |                   |                             |                     |



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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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| <input type="checkbox"/> <b>Ostomy Canada Supporter (optional)</b> | <b>\$25.00</b> | You will receive the e-newsletter, magazine, webinar notices and updates from Ostomy Canada. |

**Circle One: Renewal Membership – New Membership – Gift Membership**

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2023

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cause any discomfort, but others may experience a dragging sensation, discomfort or pain. This will often depend on the size of the hernia and can be eased by wearing a measured support garment.

Living with a parastomal hernia can be difficult, but there are numerous abdominal support garments that are helpful in concealing and supporting the hernia.

It is possible to have surgery to repair the hernia depending on the symptoms and effect on quality of life, but this will be assessed on an individual basis by your Surgeon. Unfortunately, there may still be a risk of another hernia developing following the repair.