



IT'S IN THE BAG

Affiliated with:



January 2025

**Happy
New Year!**

ST. CATHARINES MEETING:

January 15, 2025

Stomagenics, Inc — Product Info
Stomagenie, available through McKin/Nightingale

NOVEMBER MEETING UPDATE

We enjoyed an excellent presentation from Wellspring Niagara's Executive Director Ann Mantini-Celima and Volunteer Debbie Mantini at our November General Meeting. Wellspring Niagara offers free programs if you or a loved one is living with cancer. Wellspring's many programs can help individuals overcome the emotional, physical and practical challenges they may be experiencing.



Visit their website for more details:

<https://wellspring.ca/niagara>

Photo: John Molnar, President NOA. Ann Mantini-Celima and Debbie Manitini, Wellspring

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***



Scan QR code for link to NOA website

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Message from the Board:

Happy 2025 everyone!



All of us at the Niagara Ostomy Association wish that everyone enjoyed their time during the holiday season. Here's to another year of helping those with ostomies and their families in the Niagara Region!

With the New Year come new changes. We would like to introduce our newest members, Amy Booth and Carol Perry. Amy will be managing our memberships and Carol will be taking on the role of treasurer. We welcome you both and are glad to have you on our team!

We are saddened to announce the loss of one of our board members, Brenda Laboudec. Brenda

passed away on November 29, 2024 after her courageous battle with cancer. Her commitment to the Niagara Ostomy Association as Treasurer will always be appreciated. We extend our condolences to her loved ones during this difficult time.

This month, Stomagenics will be presenting during our upcoming meeting on January 15th. I am also excited to share that we will be having a new vendor present at our meeting in February. They will be showing us some of the newest ostomy products on the market. Who will be presenting? I don't want to spoil the surprise- you'll have to read about it in the next issue of *It's In The Bag!*

I'd like to remind everyone that they can renew their memberships or join the Niagara Ostomy

Association online at niagaraostomy.com or in person during our monthly meetings. We appreciate your support! Memberships are valid for the calendar year and are devoted to hosting and providing you with informative monthly meetings, our monthly newsletter, and access to a support team to help you with your ostomy needs.

I look forward to seeing you all at the next meeting,

Krista



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1 out of 3 people who experience itchy skin around the stoma have healthy looking skin.[†]

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† Consumer Society of Physicians, Hollister Incorporated, 2018. Data on file.
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CE

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 www.hollister.com

Ostomy Care
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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.

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!

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: heinrichsmarlene@gmail.com

Thank you, in advance.



WOULD YOU LIKE TO RECEIVE THIS

NEWSLETTER VIA EMAIL?

To receive our newsletter by email, please go to our website niagaraostomy.com.

Go to Contact Us and scroll down to the newsletter option.



ASK THE NSWOC

Do you have a question related to your ostomy care? You can submit your question via our website, and it will be answered by Roxie Demers, RN, NSWOC (Nurse Specialized in Wound, Ostomy and Continence Canada).

Roxie has been a Registered Nurse for 36 years. She received her certification for International Interprofessional Wound Care from the University of Toronto in 2017/18. She continued her education and completed the NSWOC certification in 2022. She is a practicing specialist, having achieved the Wound Ostomy and Continence Canadian Certification (WOC(C)). NOA is fortunate to have Roxie as a Board member; she works in the Hamilton area for SE Health. Roxie can provide professional recommendations and advice to people with an ostomy and their care providers.

To submit your question, please visit our website www.niagaraostomy.com. Click the “Find Support” tab. From the drop-down tab, select “Ask the NSWOC.” This will direct you to the form where you can send your question.

About NSWOC:

Dedicated to supporting the national standard of excellence in wound, ostomy, and continence care, Nurses Specialized in Wound, Ostomy and Continence Canada (NSWOC®) is a registered charity for over 500 Nurses Specialized in Wound, Ostomy and Continence (NSWOC®s) and over 800 total members. Through its accredited educational programs and a team of highly skilled nurse leaders, NSWOC provides specialized knowledge and skills to healthcare professionals across Canada.

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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2025 dates

Jan 15: Stomagenics, Inc.

Feb 19: David Polson, Best Buy Medical

March 19: Professor Colin McDonald, McMaster University

April 16: Moustafa Ali, Impress / Osteoform

May 21: Laura Williamson, Convatec

June 18: Annual Meeting/Strawberry Social —
Guest Speaker: Roxie Demers, RN NSWOC

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.

2024-25 BOARD OF DIRECTORS

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Director Ask the NSWOC/Speakers	Roxie Demers, RN NSWOCC
Director:	POSITION AVAILABLE
Director : Events	Peter Winter
Director/ Membership Chair	Amy Booth

NIAGARA OSTOMY ASSOCIATION

Volunteers 2024-2025

Newsletter Assistant	John Molnar
Newsletter Editor	Marlene Heinrichs
Meetings Assistant	Colleen Kollee

MISSION STATEMENT:

To serve and assist all people with ostomies in the Niagara Region.

MANAGING THE CHALLENGES OF PANCAKING

SOURCE: NORTH CENTRAL OKLAHOMA, OSTOMY
OUTLOOK JAN 2025

via UOAA E-News October 2024 and UOAA Blog Post

By Janet Stoia Davis RN CWOCN FCN and Janice C.
Colwell APRN, CWOCN, FAAN

What is pancaking? For a person with a fecal stoma, emptying an ostomy pouch can at times be slow, messy and frustrating— especially if they find that stool is stuck at the top of the pouch around the stoma. When stool is thick and dry, a phenomenon called pancaking may occur. Thick stool exiting the stoma that does not fall to the bottom of the pouch can form into the shape of a pancake at the top of the pouch, hence the term “pancaking.”

Why can pancaking be a problem? Thick pasty stool can remain over the stoma, making its way under the pouch adhesive and potentially lifting the adhesive/pouch. When this occurs, the stool contacts the skin around the stoma causing leakage. This leakage can damage the peristomal skin, lift the pouch from the skin, and result in odor and seepage of stool onto clothing.

Who is at risk for pancaking? Anyone with a fecal stoma can experience pancaking, but it is more common among people with a colostomy. Colostomies are created in the colon or large intestine. The colon’s job is to absorb or “suck” water out of the intestinal contents, and as stool travels through the colon it becomes thicker. By the time it reaches the final section of colon on the left side of the body, it can be pasty and dry. Many colostomies are created on the left side of the colon, making the stool pasty, dry, and thick. When

stool is expelled from the stoma, it may not move away from the stoma, getting stuck at the top of the pouch leading to pancaking. Individuals with ileostomies can also experience the challenges of pancaking, but it is less common and will depend on the consistency of their stool. In some cases, form-fitting clothes may constrict the pouch and flatten the stool, preventing it from falling to the bottom of the pouch.

What can be done to decrease instances of pancaking? For some people, increasing fluid intake can make the stool less thick and pasty, which may allow it to travel away from the stoma and drop to the bottom of the pouch. Stool softeners can be taken orally to increase the moisture content of the stool which may also facilitate the movement of the stool into the bottom of the pouch. If an individual’s clothing fits snugly over the pouch, wearing a looser fit may also help decrease the incidence of pancaking.

Some pouching systems have a built-in filter that helps air escape the pouch and deodorizes the gas. However, if the filter removes all air from the pouch, it may create a suctioned environment that makes it difficult for stool to slide to the bottom. A sticker for the gas filter (provided with some pouches for underwater use) or a piece of tape over the filter may help avoid the vacuum effect in the pouch. This will vary by individual.

The use of an in-pouch lubricant can facilitate the movement of stool away from the stoma and into the bottom of the pouch. These lubricants can be applied to the inside of the pouch one or more times per day. This creates a slick surface on the inner lining of the pouch to help thick stool slide to the bottom of the pouch and prevent it from pancaking over the stoma. Lubricants can be used

(Continued on page 7)

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1. Marie Triska-Sowczyk, MD PhD (Georgia, Massachusetts, NY, NY), Mary A. Calvey, MD, MPH-DC, DNP, APRN and Jean-Hélène Plante, PhD The Effects of Using a Reusable Skin Barrier on Peristomal Skin Condition in Patients with a Stoma. Quality: Results of a Prospective, Observational, Multicenter Study. Ostomy Wound Management 2015;60(22): 26-32. Consumer sampling survey. Convatec Inc. February 2015. Unpublished.

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(Continued from page 6-Pancaking)

in both drainable and closed end pouches.

In addition to pancaking reduction, a lubricant may also make pouch emptying faster and cleaner. Several companies make lubricants that can be used in the pouch. A new company, Revel, has placed special emphasis on pancaking and drain time reduction. Revel created a new type of lubricant using a technology called LiquiGlide that creates a long-lasting slippery surface on the inside of the pouch. Their product, It's in the Bag, can last up to 24 hours, alleviate pancaking, and decrease pouch drain time. This product has been used by people with a fecal stoma who reported a decrease in pancaking and emptying time as well as leaving behind an overall cleaner pouch.

Revel is a proud sponsor of United Ostomy As-

sociations of America and dedicated to creating products that make significant improvements in the lives of ostomates. To learn more, visit

<https://revelostomy.com>

Editor's note: This blog is from one of UOAA's digital sponsors, Revel. Sponsor support along with donations from readers like you help to maintain the website and free trusted resources of UOAA, a 501(c)(3) nonprofit organization





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ADVOCATES URGE ONTARIO TO CHANGE FUNDING FOR BREAST PROSTHESES AND OSTOMY SUPPLIES

Via: www.thecanadianpressnews.ca

TORONTO - Advocates for breast cancer survivors and people who have had ostomy surgeries, such as colostomies, are calling for changes to the way an Ontario program covers certain medical devices, saying it leaves them paying a lot of money out of pocket.

The Assistive Devices Program partly funds the cost of equipment, such as wheelchairs, insulin pumps and hearing aids, for people with long-term disabilities.

For most of the devices covered under the program, the province pays 75 per cent of the cost, but the funding for breast prostheses and ostomy devices is set at specific dollar amounts, which users and advocates say amounts to far less than 75 per cent of the total price.

People who have had a mastectomy due to breast cancer, for example, can get reconstruction surgeries that are covered by the provincial health plan. But if they don't qualify for the surgeries or want them, they can instead get an external breast prosthesis that fits inside special mastectomy bras.

The province currently covers \$195 for one prosthesis, but they can cost \$400 to \$500, advocates say. That amount of \$195 was set back in 2006. The Ministry of Health reviewed it in 2011, but made no change.

It is now outdated, said Vanessa Freeman, a board member of the group Speaking of Breasts — Advocacy for Solutions.

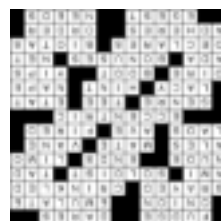
Kelly Wilson Cull, director of advocacy for the Canadian Cancer Society, said people should not have to pay out of pocket for products and services that they need in their cancer recovery.

"In a country like Canada, people often think that we have universal health care and that cancer wouldn't come with a bill, but that's certainly not the case," she said.

"Getting back to a new normal, and getting back to work and sort of reintegrating into your life after cancer, just having those tools to build self esteem and build normalcy is so critical to the huge emotional journey that comes with a cancer diagnosis."

The Ostomy Canada Society also said it hears from people in Ontario who have had ostomy surgeries — procedures that create a new opening to bypass problems with the bladder or bowel — who have trouble affording the supplies they need, such as the pouches that collect waste.

The assistive devices program pays \$975 per ostomy per year, but the average annual cost for supplies is around \$2,500, said Ian MacNeil, who does advocacy and government relations for the society.



"Frequently they have to make decisions on paying the rent, sometimes, it's, 'What can I get at the grocery store and not get

(Continued on page 11)



Paula
Liver | Ostomy Care

Ostomy Guides to Eating and Living Well

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Paula has received compensation from Coloplast to share her information. Each person's situation is unique so your experience may not be the same. Information from Coloplast is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.

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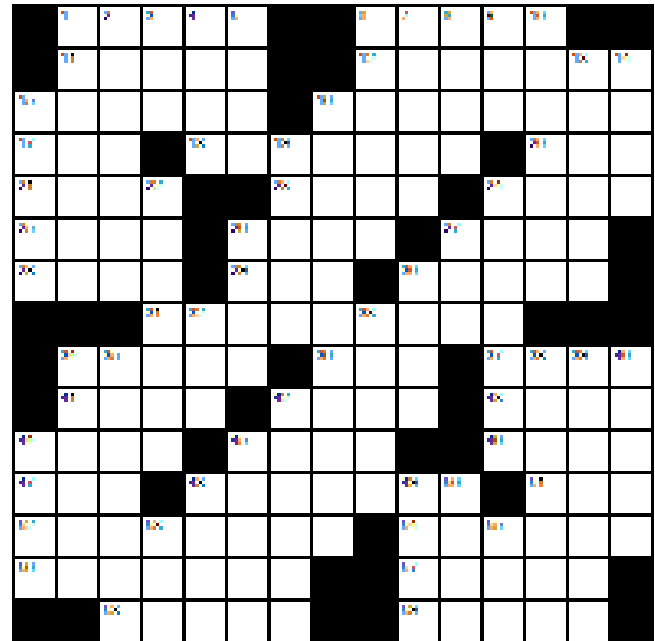
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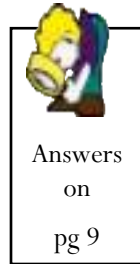


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- | | | |
|-------------------------------------|---------------------------------|-------------------------------------|
| ACROSS | 28. Boys | 48. Perks |
| 1. Chocolate treat | 29. Avenue (abbrev.) | 51. Mesh |
| 6. Challenges | 30. Dismissed | 52. Announces |
| 11. An aromatic flavorful vegetable | 31. Quirky | 54. Region's local floral and fauna |
| 12. Be like | 34. Category | 56. Sticks to |
| 15. Bellowed | 36. Golf ball support | 57. Command |
| 16. Corrugated | 37. French for "State" | 58. Cast out |
| 17. French for "Friend" | 41. Delicate | 59. Requires |
| 18. He sings alone | 42. Suggestion | |
| 20. Small amount | 43. Back of the neck | |
| 21. Naked | 44. Dreadful | |
| 23. Terminates | 45. Overshoe | |
| 24. Luxury car | 46. Puppy sounds | |
| 25. Anagram of "Sale" | 47. American Dental Association | |
| 26. Companion | | |
| 27. Windmill blade | | |

- | | | | | | |
|----------------------------|------------------------|--------------------|-----------------------------|-----------------------|-------------------|
| DOWN | 6. Mock | 14. Poi source | 27. Seven in Roman numerals | 38. Contaminated | of "Bone" |
| 1. Mathematical equation | 7. Awry | 15. Humdrum | 30. Worry | 39. Shows up | 50. Your majesty |
| 2. Unassisted | 8. Litter member | 16. In dispute | 32. Weep | 40. Quizzes | 53. Lower limb |
| 3. Do It Yourself | 9. Antlered animal | 19. Depart | 33. Canvas dwellings | 42. Truthful | 55. Flowery verse |
| 4. Leaves | 10. Soup cracker | 22. Gist | 34. Skated | 44. Baby's first word | |
| 5. Prefix meaning "Within" | 13. Harnessed together | 24. Property crime | 35. Otagia | 45. Drills | |
| | | 26. Riot spray | | 48. Naked | |
| | | | | 49. Anagram | |



(Continued from page 9-Funding)

because I've got these supplies to purchase," he said.

"So it can be very, very problematic."

The last update to the amount of funding came in 2015, MacNeil said. People who receive social assistance or live in a long-term care home receive \$1,300 per ostomy per year.

"We have been hammering the Ontario govern-

ment for a change, but we haven't had any success thus far," MacNeil said.

A Ministry of Health spokesperson said price and funding reviews for breast prostheses and ostomy supplies in the Assistive Devices Program take into account the average annual client cost.

"No additional reviews are planned for this time," W.D. Lighthall wrote in a statement. "Grant amounts for ADP devices are based on stakeholder input, client input and jurisdictional reviews."

This report by The Canadian Press was first published Oct. 18, 2024.



Niagara Ostomy Association

Serving the Niagara Ostomy Community since 1974

info@niagaraostomy.com

www.niagaraostomy.com

905-321-2799

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, Ontario.

Your membership is valued! 100% of your membership dollars helps fund ongoing service to people living with ostomies in Niagara. Programs include 9 monthly meetings and newsletters; Friendly Visitor Program; "Ask the NSWOC" service; maintaining our website and social media; helping sponsor attendance of a Niagara Youth at Youth Camp and affiliation with Ostomy Canada.

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For information on Ostomy Canada Society or to become an Ostomy Canada supporter, please visit www.ostomycanada.ca or call them at 1-888-969-9698

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

2025



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10 TIPS FOR MANAGING YOUR OSTOMY

SOURCE: OSTOMYSASKATCHEWAN.CA,
OSTOMY NEWS JAN 2025

*Lauren Wolfe RN, BSN, MCISc-WH, NSWOC, CWOCN
Macdonalds Prescriptions- Fairmont ;
via Vancouver HighLife Jan-Feb 2022*

1. If your ostomy appliance is leaking, don't patch it, change it.
2. Always change it before it leaks.
3. Warming up your barriers and barrier rings before applying (under your arm is sufficient) can help them adhere better.
4. The best time to change is in the morning. If your ostomy is active go stand in the shower until it slows down or stops.
5. Tap water is all you need for cleaning.

(Continued on page 14)



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www.HausersHealthcare.com

(Continued from page 13-Tips)

JOKE OF THE DAY

6. Ensure you have enough supplies on hand, but not too many, as they can expire.
7. Less is more when using supplies. You may not need all the accessories available.
8. The best ostomy brand is the one that works for your body.
9. If you think you have an odour, you are most likely leaking. Change your pouching system.
10. If you are leaking, have questions or want to trial new products, make an appointment with your stoma nurse.

Don't let your Ostomy Control your Life, You Control your Ostomy!

A prince was put under a spell so that he could speak only one word each year. If he didn't speak for two years, the following year he could speak two words and so on.

One day, he fell in love with a beautiful lady. He refrained from speaking for two whole years so he could call her "my darling." But then he wanted to tell her he loved her, so he waited three more years. At the end of these five years, he wanted to ask her to marry him, so he waited another four years.

Finally, as the ninth year of silence ended, he led the lady to the most romantic place in the kingdom and said, "My darling, I love you! Will you marry me?"

And the lady said, "Pardon?"