



IT'S IN THE BAG



April 2025



ST. CATHARINES MEETING:

April 16, 2025

Moustafa Ali, Impress / Ostoform

Introducing a new line of products, including FLOWASSIST

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

COMMUNITY EVENT

April 29, 2025

Wellwise by Shoppers

145 Carlton St in St. Catharines

Come out to enjoy a fabulous lunch and
great deals in store.

REMINDER

Renew your membership if
you haven't done so.

100% of your membership
dollars helps fund ongoing
service to people living with
ostomies in Niagara.

See Page 12.

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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.

Message from the Board:

Spring is in the air and the days are getting longer!



What better way to spend the evening than to come out to the Niagara Ostomy Association's April meeting? Join us on April 16 to learn about some of the newest ostomy products on the market. This month, a representative from Impress will show us a new line of products from Ostoform, including the FLOWASSIST- which reduces the chances of leaks and skin complications!

Didn't attend the meeting in March? Here's what you missed!

Pictured on next page: Dr. Colin McDonald- Associate Professor in Biomedical Engineering and the Co-Director of the iBioMed Program at McMaster University. iBioMed allows students to work with health professionals, manufacturers, and people with ostomies to invent potential real-life solutions to common ostomy-related issues. The background slide shows an innovative student project proposal from the iBioMed program that allows filters to be changed on ostomy pouches. The products are designed to tackle common ostomy issues such as leaks, and blockages. One of the highlights of this project was the Stomatrap. This product looks like a finger trap (the ones you probably played with as a kid!) attached to a flange to protrude the stoma. The ideas these students have come up with are extremely innovative



Assure C Odor Eliminator
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and just simply out of the box. Who knows, we may see them on the market in the future!

See us out in the community! The Niagara Ostomy Association will be participating in a community event hosted by Wellwise on 145 Carlton St. in St Catharines on April 29. Wellwise will be providing patrons with a fantastic BBQ lunch, so come out and say hi!

Make sure to follow us on Facebook to stay up to date on our monthly meetings and community events. If you're interested in volunteering, feel free to contact us at info@niagaraostomy.ca, call us at 905-321-2799, or let us know in person at our monthly meetings

We look forward to seeing you!
Krista

Sometimes you see it,

Sometimes you don't

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

The CeraPlus skin barrier may help. It helps protect against dryness, a possible cause of itching, by working to protect your skin's natural moisture barrier.

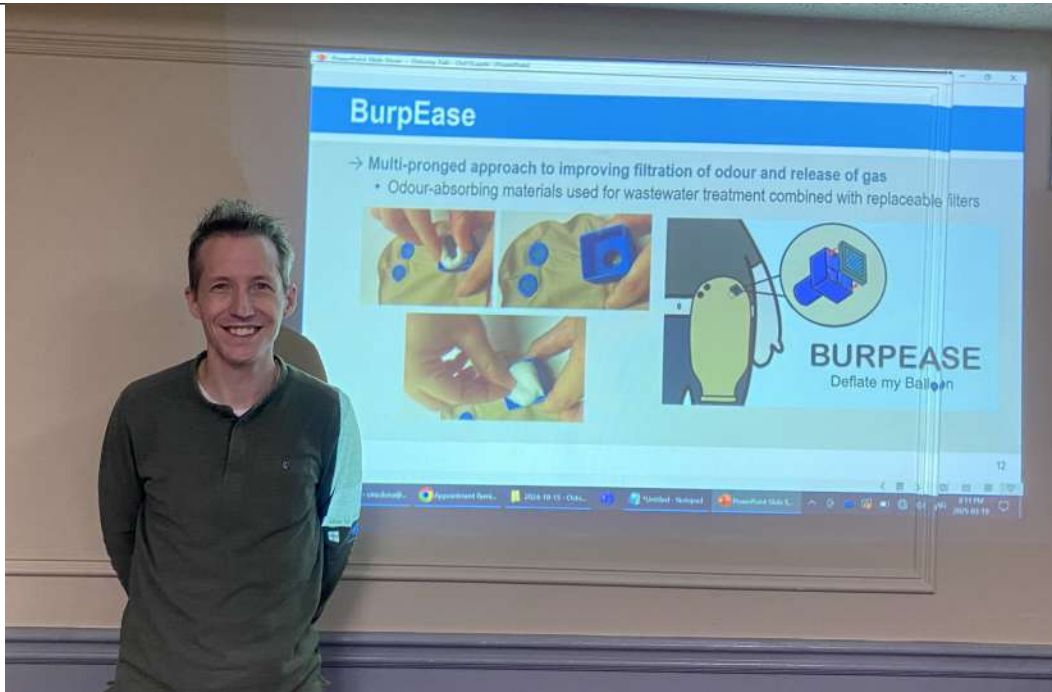


To learn more about the ceramide-infused CeraPlus skin barrier, visit us at www.hollister.com.

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.
† Consumer Survey of Pruritus, Hollister Incorporated, 2016. Data on file.
The Hollister logo, CeraPlus, and "Healthy Skin. Positive Outcomes." are trademarks of Hollister Incorporated
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Ostomy Care
Healthy skin. Positive outcomes.



Dr. Colin McDonald- Associate Professor in Biomedical Engineering and the Co-Director of the iBioMed Program at McMaster University. The background slide shows an innovative student project proposal from the iBioMed program that allows filters to be changed on ostomy pouches.



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.

Learn more at www.nswoc.ca

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motioncares.ca



Online Payment/ Donation

Etransfer to:

payments@niagaraostomy.com

(no password required)

CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2025 dates

April 16: Moustafa Ali, Impress / Osteoform

April 29: Wellwise Community BBQ

May 21: Andrea Good, Convatec—new Esteem products that are coming to Canada

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

July and August: no meetings

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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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.

IN MEMORIAM**NANCY PLOYART**

We are sad to announce that Nancy Ployart, long-time NOA volunteer and Board member, passed away peacefully on March 10.

An advocate for ostomy awareness, Nancy was featured in news articles and was deeply interested in the well-being of her fellow members which led her to act as Coordinator of our Friendly Visitor Program.

A good-humoured, enthusiastic friend, she enjoyed hosting Christmas social gatherings for the Board at her home.

We are grateful for her insightful comments and many contributions to the Niagara Ostomy Association.

Our condolences to her family and friends, many of whom she recruited as volunteers for our Ostomy Health Fair.

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.

STAY POSITIVE

<https://www.southernliving.com/positive-thinking-quotes-7255842>

"Friends are the family we choose." — Jennifer Aniston

"My purpose: to lift your spirit and to motivate you." — Mavis Staples

"Kindness is one thing you can't give away. It always comes back." — George Skolsky

"Great things happen to those who don't stop believing, trying, learning, and being grateful." — Roy T. Bennett

"Try to be a rainbow in someone else's cloud." — Maya Angelou

"Sometimes, when things are falling apart, they may actually be falling into place." — Unknown

THE ONLY THING THAT GETS CUT OUT IS THE WORRY.



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Scan to request a sample, or visit convatec.ca or contact us at 1-800-465-6302 or convatec.canada@convatec.com

1. Maria Teresa Szewczyk, MD, PhD; Crazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCN-AP; and Karin Holzel-Piontek, RN: The Effects of Using a Moldable Skin Barrier on Peristomal Skin Condition in Persons with an Ostomy: Results of a Prospective, Observational, Multinational Study. *Ostomy Wound Management*. 2014;60(12):16–26. 2. Consumer sampling survey, N=61, ConvaTec Inc, February 2021, data on file.

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STRICTUREPLASTY

<https://www.crohnscolitisfoundation.org/patientsandcaregivers/what-is-crohns-disease/treatment/surgery/strictureplasty>

(NOA Editor's note-Marlene Heinrichs: In January of 2023, I received a strictureplasty to resolve an area in my small bowel that had narrowed quite significantly, creating a blockage. Thankfully, my surgeon decided to try this form of surgery in order to save the remaining length of my colon. I am happy to say that it was extremely successful and I would recommend asking your surgeon if you are a candidate for strictureplasty, if you ever are in the need for reconstruction intestinal surgery. It was a much faster recovery, as I went home in just a few days.)

Chronic inflammation in the intestines can cause the walls of your digestive tract to thicken or form scar tissue. This can narrow a section of

intestine, called a stricture, which may lead to an intestinal blockage. A strictureplasty is a surgical procedure to repair a stricture by widening the narrowed area without removing any portion of your intestine.

It is important to repair strictures because the narrowing of your intestine could lead to a blockage that prevents stool from passing through the body. When strictures are caused by disease inflammation, initial treatment may typically include medication to help improve the narrowing of the intestines. Surgery may also be a necessary option. Strictureplasty and small bowel resection are two surgical procedures to repair a stricture.

(Continued on page 9)



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816 E Main St., Welland

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Garrison Square Remedy's Rx

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West Lincoln Pharmasave

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Simpson's Pharmacy

1882 Niagara Stone Rd., Virgil

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Simpson's Apothecary

233 King St., Niagara on the Lake

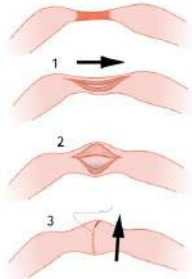
Tel: (905) 468-8400

www.boggios.com

(Continued from page 7-Strictureplasty)

Symptoms of a stricture

- Nausea
- Vomiting
- Severe cramping
- Constipation



1. Cuts open the narrowed section of the bowel (stricture) along the longest side of the bowel.
2. Opens the cut and reshapes it.
3. Sews the cut back together along the opposite way it was cut open. This makes the narrowed section wider.

What You Should Know About Strictureplasty

Any surgery is concerning, but learning about the procedure can lessen your concerns and give you information to discuss with your healthcare team.

- Strictureplasty is a generally safe procedure. It is most effective in the lower sections of the small intestine, called the ileum and the jejunum.
- Strictureplasty is less effective in the upper section of the small intestine, called the duodenum.
- Strictureplasty avoids the need to remove a section of your small intestine. It is preferred when possible, because removing portions of your small intestine cause

sometimes cause other complications, including a condition called short bowel syndrome (SBS) which occurs when large sections of the small intestine are removed due to surgery (or various surgeries) and the body is unable to absorb adequate amounts of nutrients and water.

During the procedure

Your surgeon will make cuts lengthwise along the narrowed areas of your intestine, then sew up the intestine crosswise.

This type of incision and repair shortens and widens the affected part of your bowel, allowing food to pass through.

Your surgeon may repair several strictures during the same surgery.

Ask Your Doctor

- How is the stricture diagnosed?
- What preparations will I need to make before my strictureplasty?
- What are the potential complications from surgery?
- What kind of restrictions will I have after my surgery?
- How long will it take me to recover from my strictureplasty?
- How will the surgery affect my diet and bowel movements?





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compared to users of Hollister® CeraPlus™*

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Please see complete product instructions for use, including all product indications, contraindications, precautions, and warnings.

**Limitations Apply

*Based on a retrospective study conducted at 2 affiliated university hospitals; n=214 patient charts with surgery dates ranging from February 2022 to June 2023. Patient events were charted by the WOC nurse at each pouch change; review captured up to 5 pouch changes or 2 weeks of data. Statistical analysis controlled for key differences between sites and found predicted probability of leakage for SenSura Mio was 15.1% and Hollister® CeraPlus™ was 25.6%, corresponding to a 40.8% lower risk (p=0.011). Coloplast data on file.

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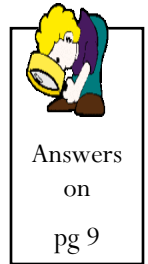


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| ACROSS | 34. Sneaks a look | 58. Economic pros- |
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| 5. Illustrated | 36. Gorillas | 59. Rent |
| 10. Goblins | 37. Squeeze | 60. Lack of diffi- |
| 14. Coagulate | 38. Online journal | culty |
| 15. Sound | 39. Zero | 61. Rational |
| 16. Type of sword | 40. Requires | 62. Aromatic com- |
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| ment | 42. Icebreakers | 63. Lyric poems |
| 19. Culminating | 44. Honey insect | |
| point | 45. Stop | |
| 20. Permit | 46. Choral compo- | |
| 21. British biscuit | sition | |
| 22. Off-white | 50. Mend | |
| 23. Stalker | 52. Approaches | |
| 25. Funeral piles | 54. Consumes | |
| 27. "I agree" | 55. Freshwater | |
| 28. Water removal | mussel | |
| 31. Adjust again | 56. Perspicacity | |

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NURTURING MENTAL WELL-BEING ON THE OSTOMY JOURNEY: A HOLISTIC APPROACH

<https://www.ostomycanada.ca/ostomy-care/health-and-wellness/mental-health/>

Embarking on the ostomy journey, whether due to medical conditions or life-saving surgeries, encompasses both physical and mental adjustments. In this guide, nestled within the health and wellness section, we explore the crucial aspect of mental health for individuals living with ostomy. By addressing the emotional dimensions of the journey, we aim to provide valuable insights and support for fostering mental well-being and resilience.

Understanding and acknowledging the emotional impact of an ostomy is the first step toward nurturing mental health.

Emotional Rollercoaster:

Recognize that the ostomy journey may bring about a range of emotions, including grief, anxiety, or self-image concerns. Understand that these feelings are normal and part of the adjustment process.

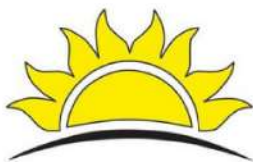
Open Communication:

Foster open communication with healthcare providers, loved ones, and support networks about your emotional challenges. Seek professional counseling or join support groups to share experiences and coping strategies.

Setting Realistic Expectations:

Establish realistic expectations for the emotional ups and

(Continued on page 13)



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.

Circle One: Renewal Membership – New Membership – Gift Membership

\$30 - Membership year runs from Jan 1 to Dec 31

Member Name _____

Mailing Address _____

City _____ Postal Code _____

Phone #(s) _____ E-Mail _____

Payments via our website (www.niagaraostomy.com) or by cheque payable to Niagara Ostomy Association & mailed to:

Treasurer
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St. Catharines, ON L2M 2T7

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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(Continued from page 11 - Mental Health)

downs during the initial phases of adapting to life with an ostomy. Celebrate small victories and progress, and be patient with yourself throughout the journey.

Family and Friends:

A robust support network is a cornerstone for maintaining mental well-being during the ostomy journey. Engage in open conversations with family and friends about your feelings, concerns, and needs. Educate them about your ostomy to foster understanding and empathy.

Ostomy Support Groups:

Join ostomy support groups, either online or in-person, to connect with others who share similar experiences. Share insights, seek advice, and gain a sense of community and understanding.

Professional Guidance:

Seek professional guidance from mental health profes-

(Continued on page 14)



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www.HausersHealthcare.com

(Continued from page 13-Mental Health)

sionals who specialize in helping individuals navigate life changes and health challenges. Attend counseling sessions to explore coping strategies and develop resilience.

Mindfulness Practices:

Prioritizing self-care is vital for building resilience and maintaining mental well-being. Integrate mindfulness practices such as meditation, deep breathing, or mindfulness-based stress reduction into your daily routine. These practices can help manage stress, anxiety, and promote a sense of calm.

Physical Activity:

Engage in physical activities that bring joy, whether it's walking, gentle yoga, or any form of exercise. Regular physical activity releases endorphins, contributing to improved mood.

Creativity and Hobbies:

Explore creative outlets or hobbies that provide a sense of accomplishment and joy. Painting, writing, or engaging in activities you love can be therapeutic and distracting from

stressors.

Body Positivity:

Embrace a positive attitude towards your body, focusing on the resilience it has shown through the ostomy journey. Practice self-love and self-acceptance, acknowledging the strength within.

Adaptive Clothing and Fashion:

Explore adaptive clothing options that enhance comfort and style. Feeling confident in your appearance positively impacts self-esteem.

Intimacy and Relationships:

Foster open communication with partners about your feelings and concerns related to intimacy. Seek support from healthcare providers or counselors to address relationship challenges and enhance intimacy.

CONCLUSION:

Remember, you are not alone in this journey, and prioritizing mental health is an essential step toward leading a fulfilling life post-ostomy.