



IT'S IN THE BAG

Affiliated with:



March 2025



ST. CATHARINES MEETING:

March 19, 2025

Professor Colin McDonald, McMaster University

The application of Biomedical Engineering to create ostomy products.

SPECIAL ATTENTION

Our March meeting is sure to be fascinating!

Professor Colin McDonald from McMaster University will speak about the application of Biomedical Engineering to create ostomy products.

We hope to see you there!



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.

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:

The weather was frigid, yet our February membership meeting was well attended.



Thank you to Board members John Molnar (President) and Steve Smith (Secretary) for their presentation, describing the work of FOWC – Friends of Ostomates Worldwide (Canada) www.fowc.ca This charity donates vital ostomy supplies to people in need that are living in developing and war-torn countries around the world.

FOWC “aspires to create a more inclusive and empowered world for ostomates by bridging healthcare gaps and fostering resilience.”

“Learning to care for a stoma can be a big adjustment, requiring access to quality ostomy supplies and medical care to ensure it stays healthy. In developing or war-torn countries, this challenge can quickly escalate to become an overwhelming hurdle due to a lack of, or unreliable access

to, care and supplies. This can leave ostomates home-bound or shunned by family and community or resorting to haphazard solutions like tin cans or garbage bags.”

Source: <https://www.fowc.ca/our-work-and-impact>

St. Catharines is FOWC’s Canadian hub, with a warehouse located on Bunting Road. John and Steve can often be found at the warehouse, organizing and packing ostomy supplies. They are joined by other volunteers when a shipment is being organized.

We learned ostomy products arrive at the warehouse from many sources: Calgary, Edmonton, Winnipeg, ostomy suppliers, local donors and by courier from elsewhere in Canada.

Volunteers unpack, sort and shelf supplies. Later, they are packed in boxes, organized on skids and shipped by air to places like Kenya, Ukraine, Iran, Purina Paq without borders, and MEMO (medical equipment modernization opportunity). Medical supplies not suitable for shipping are donated to Not Just Tourists in St. Catharines who then send suitcases full of items with people travelling to

impoverished areas around the world. It’s wonderful to know that unneeded supplies help people around the world.

Do you have new, unused ostomy supplies that are not needed? Consider donating them to FOWC (Friends of Ostomates Worldwide). Call Niagara Ostomy Association and leave a voice message at 905-321-2799 or email info@niagaraostomy.com

Items needed are:

- Ostomy pouches (1 or 2 piece)
- Skin barriers
- Flanges
- Rings
- Pastes and paste strips
- Barrier extenders
- Protectant wipes
- Belts
- Clamps
- Powders

(Continued on page 3)



DermaPro

Waterproof Silicone Tape

- Hypoallergenic, latex free
- Gentle to remove from sensitive skin areas
- Perfect for those with skin allergies
- Superior for securing the pouch or wafer edges
- Repels moisture while swimming or bathing

Ask your supplier to bring in these products for you!

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www.sns-medical.com

Stretch Your Dollars with our High Quality, Cost Effective Products!

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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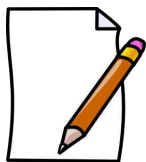
Ostomy Care
Healthy skin. Positive outcomes.

(Continued from page 2)

This is one of my favourite quotes:

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." – Margaret Mead

Cindy



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. contact you, if necessary.

Email to: heinrichsmarlene@gmail.com

Thank you, in advance.



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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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

March 19: Professor Colin McDonald, McMaster University

April 16: Moustafa Ali, Impress / Osteoform

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.

FOUR THINGS EVERYONE SHOULD KNOW ABOUT OSTOMY BAGS FROM COLOPLAST;

*via UOAA E-News February 2025 and UOAA Blog
Post*

*Via: North Central Oklahoma Ostomy Outlook, March
2025*

You've heard the myths about ostomy bags. They're smelly. Leaky. A dreaded last resort no one would ever choose.

These myths—old, untrue, and stubborn—keep stigmas alive. They tell a story that says ostomy bags are something to hide. Something to be ashamed of. Something to avoid or pity. Fueling careless jokes and bleak portrayals, the myths strip away the complexity of ostomy life and reduce it to a sad, lonely struggle.

But ostomy bags are not tragedies. They are not cheap punchlines or secrets to carry in shame. For 725,000 to 1 million people in the United States alone, ostomies are lifelines—tools of survival and symbols of strength. Ostomies make it possible for people to keep living when illness, injury, or pain have tried to take that away.

It's time to change the conversation. Here are four things everyone should know about ostomy bags and the people wearing them.

1) **Myth: An ostomy is a worst-case scenario.** **Truth: An ostomy may save and improve lives in ways people don't often expect.**

Ostomy surgery is often framed as a tragedy. Some say they'd *rather die* than have one. Others insist they could never live like that. Others still tilt their heads with misplaced sympathy: *I'm so sorry you have to wear that. Is it temporary?*

Underneath these comments is the unspoken be-

lief that an ostomy is a fate so grim, it should be avoided at all costs.

But here's what people don't see: An ostomy can give life back. For so many, it means meals without pain or fear. Days without the clench of needing a bathroom now. The relief of a body no longer ruled by urgency, accidents, and the constant worry that public outings will end in embarrassment. For those with Crohn's disease or ulcerative colitis, an ostomy may be what breaks the relentless cycle of flares, medications, and hospital stays.

For those with colorectal or bladder cancer, it can be a turning point in removing disease and reclaiming the body. For these and so many other people—those with diverticulitis, traumatic injuries, congenital conditions—an ostomy can be a doorway to fully living.

This isn't about pretending that life with an ostomy is perfect. It's about telling the whole truth. Yes, an ostomy can change things. Yes, there may be moments of frustration, doubt, or grief. But for so many ostomates, there is also freedom, relief, and possibility. And that is anything but the worst.

2) **Myth: Ostomies are only for older people.** **Truth: Ostomies are for anyone who needs them, from babies to the elderly.**

When people hear the word ostomy, they may picture this: an older person in a hospital gown, frail and confined to a bed. But ostomies aren't just for old age, and they certainly aren't just for hospitals.

They are for *living*—for anyone whose body needs a different way forward.

(Continued on page 7)



THE ONLY THING THAT GETS CUT OUT IS THE WORRY.

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1. Maria Teresa Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOON-AP; and Karin Holzel-Plontek, 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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(Continued from page 6-Ostomy Myths)

Ostomies are for:

- The baby born with a condition requiring immediate intervention
- The toddler whose parents mastered ostomy bag changes before potty training
- The child with a backpack of homework, snacks, and ostomy supplies
- The teenager balancing WOC appointments with school, friendships, and first dates
- The new parent learning to care for a baby while relearning to care for themselves
- The professional navigating a medical curve-ball at the height of their career
- The grandparent chasing after grandkids, refusing to slow down

- And yes, older individuals who have lived through it all

Ostomies belong to every age and every stage of life. When we widen the lens, we find them at playgrounds and in boardrooms, at first dates and family vacations, in classrooms and grocery store aisles.

We create space for anyone with an ostomy who wonders if there’s someone out there like them. We show them the truth: no matter their age, no matter where they are in life, they are not alone.

3) Myth: No one will love you with an ostomy. Truth: Love is so much bigger than a bag.

Many ostomates fear they’ll never find someone

(Continued on page 9)



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Tel: (289) 447-0134

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Boggio & Edwards Pharmacy

307 Ridge Rd., Ridgeway

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816 E Main St., Welland

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233 King St., Niagara on the Lake

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www.boggios.com

(Continued from page 7-Ostomy Myths)

who sees beyond their ostomy bag. The questions linger between swipes, dates, and hesitant disclosures. When do I bring it up? How will they react? They wonder if the moment they say ostomy bag, there will be an awkward pause and silent calculation that it's just too much.

Some wish they had fallen in love before surgery—so they wouldn't have to explain. So the love would already be there, solid and secure. So they wouldn't have to brace for the moment someone sees the bag and decides whether they can "handle it."

Even those in relationships may wrestle with doubt. Will my partner still want me? Still find me attractive? Can I trust when they say that this doesn't change anything?

An ostomy adds another layer to intimacy and relationships. Some potential partners do flinch. Some hesitate. Some don't know what to say, or they say the wrong thing, or they give a look that stings. (This is stigma in action.)

But love—the kind worth having—is not that fragile. It is not scared of an ostomy bag. And there's more of that love out there than people think.

People find love at every stage of their ostomy journey. Some before surgery, with partners who sit beside them in hospital rooms, proving that for better or worse isn't just a phrase. Others after, when they are finally well enough to show up fully in their lives—embracing a love that doesn't come despite the ostomy, but because of the space it created for healing and wholeness.

Bag or no bag, love is about connection—truly seeing and being seen. And the partners of ostomates prove every day that it's actually not

about looking past the bag at all. They see the bag. They honor it. Not as an obstacle, but as a mark of their partner's resilience, vulnerability, courage, and strength.

And those are qualities worth loving.

4) Myth: You can tell if someone has an ostomy bag. Truth: With the right products and care, ostomies often go unnoticed.

People with ostomies are everywhere: at work, at the gym, on dates, in line at the coffee shop. Chances are, most people have met someone with an ostomy without ever realizing it. They've stood next to them, shook their hands, shared a laugh—and never knew.

That's because ostomy bags are not what people think. They're not open or exposed. They're not constantly leaking odor or waste in public. In fact, many ostomy bags don't even resemble the crinkly, medical-looking pouches of the past. Today, there are options designed for discretion and comfort. Sight, sound, scent? All covered. Most of the time, an ostomy is invisible unless the person wearing it chooses to share.

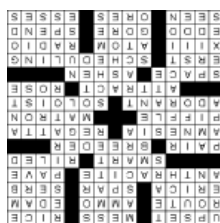
For those who do experience leakage or complications with their ostomy, or just prefer an extra layer of discretion, there are options. A change in products or routine, a wardrobe shift—adjustments that restore comfort and control because people with ostomies aren't meant to live in constant worry. If someone wants discretion, it can be theirs.

The truth about ostomy myths:

Ostomy myths don't just mislead; they shape lives.

They seep into conversations, assumptions, and even the way

(Continued on page 11)





A multi-site US acute care study showed **SenSura® Mio users had 41% lower risk of leakage**

compared to users of Hollister® CeraPlus™*

Leakage reduction starts with finding a baseplate that fits snugly around your stoma. **SenSura® Mio** baseplates, feature **BodyFit Technology**, which adapts to your unique body shape and flexes with your natural body movements.

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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 7 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=0.013). Coloplast data on file.

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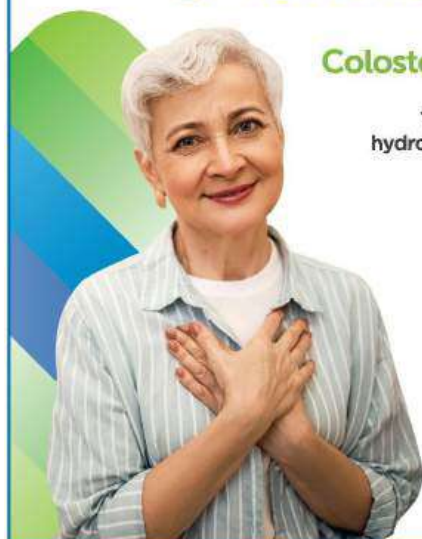
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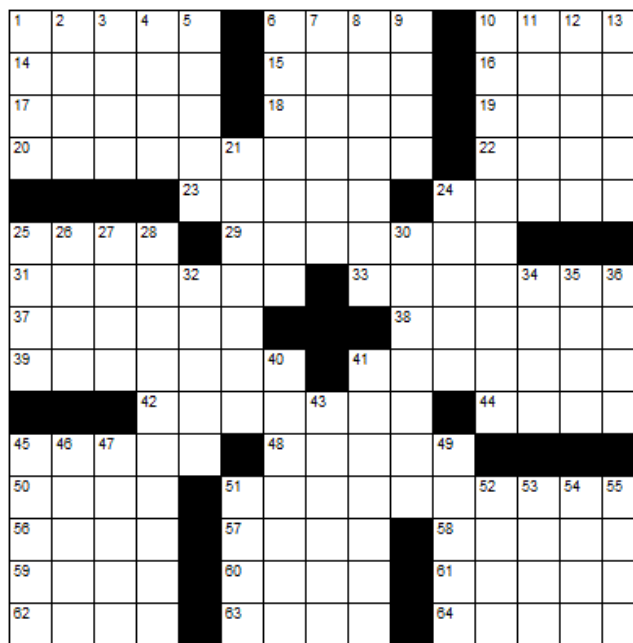
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|---------------------------|-------------------------|----------------|
| 1. Discomfit | 33. Yachting event | 59. Poi source |
| 6. Clutter | 37. Balderdash | 60. Pierce |
| 10. Oriental grain | 38. Female prison guard | 61. Expend |
| 14. Itinerary | 39. One who adores | 62. Observed |
| 15. Ammunition | 41. He sings alone | 63. Minerals |
| 16. Type of cheese | 42. Entice | 64. S S S |
| 17. Genus of heath | 44. Thorny flower | |
| 18. Box | 45. Elbowroom | |
| 19. Belgrade native | 48. Pale | |
| 20. Hard coal | 50. Formerly | |
| 22. Asphalt | (archaic) | |
| 23. Intelligent | 51. Planning | |
| 24. Angered | 56. 13 in Roman | |
| 25. Twosome | numerals | |
| 29. Stud farm operator | 57. "Smallest" particle | |
| 31. Inability to remember | 58. Audio commu- | |

CROSSWORD www.mirroreyes.com**DOWN**

- | | | | | | | |
|---------------------------------|---------------------------------|-----------------------------|------------------------------|--------------------|-----------------------|-------------|
| 1. Component used as fertilizer | 7. Nations ruled by a sovereign | 11. Utopian | 27. Data | 36. Initial wager | thetical comment | 55. Deities |
| 2. Erotica | 8. Superficial amount | 12. Slice | 28. Bending of light | 40. Plow puller | 49. Care for | |
| 3. A set of garments | 9. Achy | 13. Implant | 30. Lowered in rank | 41. Plans | 51. Kind of palm | |
| 4. Engrave | 10. A protective mask | 21. Of the surrounding area | 32. A type of writing tablet | 43. On land | 52. Circuits | |
| 5. Rips | with a filter | 24. Royal | 34. Three-some | 45. Genders | 53. Mid-month days | |
| 6. Eye | | 25. Father | 35. Throw | 46. Group of lions | 54. Three times three | |
| | | 26. In the center of | | 47. Paren- | | |

Answers
on
pg 9

(Continued from page 9-Ostomy Myths)

people see themselves. They chip away at confidence, making it harder for those with ostomies to fully show up in their lives. They feed fear in those facing surgery, delaying care and prolonging suffering. And for everyone else, they can reinforce the dangerous idea that some bodies are more worthy than others.

An ostomy bag doesn't shrink a person's worth. It doesn't make them any less strong, less capable, or less deserving of love and respect.

Because a person with an ostomy is not their bag. No matter who they are—no matter when, how, or why they got their ostomy—they are so much more. *Editor's note: This blog is from a UOAA digital sponsor, Coloplast. Sponsor support along with donations*

(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.

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

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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

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2025



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Home health care solutions

(Continued from page 11-Ostomy Myths)

from readers like you help to maintain the website and free trusted resources of UOAA, a 501(c)(3) nonprofit organization Follow Coloplast on Instagram, Facebook, and YouTube, or visit them online at <https://www.coloplast.us/>.

DEHYDRATED? MAKE YOUR OWN ELECTROLYTE DRINKS!

via: <https://illinoiscancercare.com/news/electrolytedrinkrecipe/>

Do you struggle with dehydration? Do over the counter electrolyte drinks taste off? Are they too expensive?

(NOA Editor's note: All ostomates should stay hydrated as much as possible. Try to remember to have your electrolytes

(Continued on page 14)



Skin Barrier Arcs

- Water resistant to protect the skin
- Picture frame around an Ostomy pouch
- Thin profile for comfortable wear
- Use directly on irritated skin

Available Sizes:

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- SNS22222 - 1"-1/2 circle arc

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Niagara Falls
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1-905-356-3071

Dunnville
140 Broad St. E
1-905-774-7331

Hamilton
1010 Upper Wentworth St.
1-905-381-4420

The Standard READERS' CHOICE 2024 PLATINUM WINNER

www.HausersHealthcare.com

(Continued from page 13-Electrolytes)

every day. If you are sweating a lot, working out, or just enjoying the outdoors, you might need an extra dose.)

Our oncology dietitians recommend making your own homemade electrolyte drinks! Simply make a large batch and keep in the fridge to have on hand.

These recipes are a great alternative to store-bought drinks and can be used to help combat dehydration – a common concern for cancer patients during treatment.

HOMEMADE CITRUS ELECTROLYTE DRINK

Servings: 2

Ingredients:

- 1/2 cup fresh orange juice
- 1/4 cup fresh lemon juice
- 2 cups water (filtered or raw coconut water)
- 2 tbsp organic raw honey or organic maple syrup
- 1/8 tsp Himalayan pink salt

Instructions:

- Put all ingredients in a blender and blend well.
- Store in mason jars or reusable glass cap bottles

HOMEMADE STRAWBERRY LEMONADE ELECTROLYTE DRINK

Servings: 2

Ingredients:

- 1/2 cup fresh or frozen strawberries
- 1/4 cup fresh lemon juice
- 2 cups water (filtered or raw coconut water)
- 2 tsbp organic raw honey
- 1/8 tsp Himalayan pink salt

Instructions:

Put all ingredients in a blender and pulse for about 30 seconds, or until strawberries are pureed. Serve and drink immediately.