



## ST. CATHARINES MEETING:

October 15, 2025

Peter West, Safe n Simple

Showcase of Ostomy Products

## Mark your calendar

SAVE THE DATE  
FOR OUR ANNUAL

*Brant Arts*  
**HDA**

# Ostomy EVENT

OCTOBER 18<sup>TH</sup> | 10AM - 2PM  
\*DETAILS AT: [BrantArts.ca/OstomyEvent](https://BrantArts.ca/OstomyEvent)

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|  | FRIDAY | SATURDAY | SUNDAY |
|--|--------|----------|--------|
|  | 17     | 18       | 19     |

## Meeting 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:

I hope everybody is enjoying this nice fall weather. Hopefully the warmer weather will continue for a while but I think we still need some more rain.



We are sad to report that Tracey Stepanchuk, former board member, passed away recently. She had returned to British Columbia a few months ago. Despite distance and health challenges Tracey volunteered until she was unable to continue. Soon after joining the Board, she helped us transition our website and social media following Peter Folk's retirement. Her help and expertise were invaluable. We miss Tracey and send condolences to her family and wide circle of friends.

Fyi, our website is now hosted locally, by Vaxxine and Ronan Corr is our webmaster.

A big thank you to Amy Booth, Board member, for organizing and promoting NOA at both Well-spring and Wellwise events this past month. Emelie Bouchard, also a new Board member, attended the Wellspring event. Emelie is busy updating our Facebook page. More about that in the November newsletter.

Thanks to Board members Krista and Roxie, our 2025/26 speakers list is full. Kym Pinington from Westech/Salts gave an informative presentation last month (See photos on Page 7) and Peter West from Safe n Simple will be this month's guest speaker. The date in the last newsletter said

October 5 but it will be on October 15.

We will have more free supplies available to attendees, donated by a dedicated member at the next in person meeting on October 15.

We continue to seek volunteers to help. The Director and Treasurer positions are both not filled. Even if you don't want either of those positions, there is always something that you can volunteer for.

See you on October 15th.

Steve



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-(shown)

SNS00550 - 50 Box  
-Ind. wrap wipes

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† 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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CE



**Ostomy Care**  
*Healthy skin. Positive outcomes.*

## 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](mailto:heinrichsmarlene@gmail.com)

Thank you, in advance.



### IN MEMORIAM

Tracey Stepanchuk



## 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](http://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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## Online Payment/ Donation

### Etransfer to:

[payments@niagaraostomy.com](mailto:payments@niagaraostomy.com)  
(no password required)



## CALENDAR OF EVENTS

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

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

### 2025/2026 dates

Oct 15, 2025: Safe N Simple (Peter West)

Nov 19/25: Coloplast (Paul D'Sousa)

December 2025: **NO MEETING**

Jan 21, 2026: Hollister (Cleo Kuijer)

Feb 18, 2026: Dr. Colin McDonald (Engineer/  
Professor at McMaster University)

March 18, 2026: Premiere Ostomy (Joel Goldenberg)

April 15, 2026: Convatec (Andrea Good)

May 20, 2026: Hollister (Cleo Kuijer)

June 17, 2026: 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.

### July 1/25 -June 30/26 BOARD OF DIRECTORS

| President  | Position Available      |
|--|-------------------------|
| Treasurer  | Position Available      |
| Director/area of interest to be determined                         | Position Available      |
| Immediate Past-President & Co-ordinator, Friendly Visiting Program | John Molnar             |
| Secretary  | Steve Smith             |
| Director/Membership Chair  | Amy Booth               |
| Director/Social Media  | Emelie Bouchard         |
| Director/Ask the NSWOC/ Speakers                                   | Roxie Demers, RN, NSWOC |
| Director/Communications Chair                                      | Cindy Paskey            |
| Director/ Food & Beverages, Mtgs & Events                          | Peter Winter            |
| Director/Coordinator, Community Relations                          | Krista Zoetewey         |

### July 1, 2025 to June 30, 2026 Volunteers

|                            |                   |
|----------------------------|-------------------|
| Newsletter Assistant       | John Molnar       |
| Newsletter Editor          | Marlene Heinrichs |
| Meetings Assistant         | Colleen Kollee    |
| Web Master (paid position) | Ronan Corr        |

### MISSION STATEMENT:

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

## WHAT TO KNOW ABOUT MEDICATIONS AND LIVING WITH AN OSTOMY

*<https://www.byramhealthcare.com/blogs/medications-and-living-with-an-ostomy-what-you-should-know> and *Living with an Ostomy**

Living with an ostomy comes with adjustments, and one of the most critical considerations is how medications interact with your altered digestive system. Your body may process medications differently depending on whether you have a colostomy, ileostomy, or urostomy. Some people may experience challenges with absorption, causing drugs or supplements to lose efficacy. Understanding these changes and your risk can help you manage your health more effectively while avoiding complications. Here, we'll go over everything you need to know about taking medications while living with an ostomy and some best practices to ensure your treatment goes well.

### How Do Ostomies Affect Medication Absorption?

Although some ostomies may change how your body processes medications, not everyone who undergoes an ostomy surgery will face challenges. A colostomy, which diverts stool from the colon, generally does not affect medication absorption unless there is a digestion issue. This is because a colostomy only involves the bowel, whose primary responsibility is eliminating waste (i.e., fecal matter). A urostomy, which diverts urine rather than stool, does not impact medication absorption either, but certain medications may still affect urine output or stoma health.

However, an ileostomy can pose challenges. The small intestine plays a crucial role in absorbing nutrients and medications, so if a large portion is removed, some medications may pass through the

digestive tract too quickly to be fully absorbed.

### Different Types of Medications That May Be Affected

Since some types of ostomies change the length of your intestinal tract, the transit time of medications is shortened. However, this isn't always the case and depends on the circumstances of your surgery. Additionally, not all supplements and prescriptions are affected by this. To prioritize ostomy care, it's important to understand how your surgery may impact certain medications.

Extended-release (time-release) and enteric-coated tablets are designed to dissolve slowly as they travel through the digestive system. In people with an ileostomy, these medications may pass through the body too quickly, reducing their effectiveness. Ostomates who have undergone a colostomy or urostomy don't typically have issues taking these medications since the small intestine isn't affected. Many doctors instead recommend liquid medications and chewable tablets, as they dissolve quicker and are absorbed into the small intestine more efficiently.


You may also need to prepare for some changes in stoma output when taking antibiotics. Some antibiotics can disrupt gut bacteria and cause changes in stool consistency, while certain pain medications, particularly opioids, can lead to constipation or blockages. Your doctor or pharmacist can help you better understand what to expect so you can prepare accordingly.


Finally, all individuals with an ostomy should be cautious when using laxatives, as they can cause dehydration or electrolyte imbalances. Similarly, anti-diarrheal medications like loperamide may be necessary for controlling high-output stomas

*(Continued on page 9)*



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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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Kym Pinington — Westech/Salts

September 2025 NOA Presentation

Wellspring Event 2025

Attended by Amy Booth and

Emelie Bouchard







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## TENDER LOVING CARE –YOUR STOMA NEEDS IT TOO!

*Source: North Central Oklahoma Ostomy Outlook  
March 2007 / via: Northern Virginia, The Pouch*

*(Continued from page 6-Medications)*

but should be used under medical supervision. Don't hesitate to ask your ostomy nurse or another healthcare professional if you have any questions.

### Common Medication Concerns for People With an Ostomy

Ostomates often have medication concerns due to changes in their digestive or urinary system. Some key concerns include the following:

#### Dehydration

Some medications, such as diuretics and certain laxatives, increase fluid loss, which can be problematic for those with an ileostomy who are already at higher risk of dehydration. Your doctor will discuss the importance of maintaining adequate hydration with an ostomy, which is even more important when taking medications.

#### Vitamin and Nutrient Deficiencies

The middle of the small bowel is where most of the absorption of vitamins and nutrients are absorbed. These nutrients typically come from carbohydrates, fats, minerals, proteins, and vitamins but can also be from supplements and other medications. Depending on the type of stoma surgery you've undergone, your body may not have the same ability of long-term gradual absorption along the intestinal tract.

Some individuals may be deficient in nutrients due to a short bowel. The most common defi-

ciency is with vitamins like B12, iron, and fat-soluble vitamins (A, D, E, and K). Your doctor will work with you to test your vitamin and nutrient levels and recommend any additional supplements that need to be taken orally.

### Stoma Health

Certain drugs may increase the risk of bleeding from the stoma. Although minor bleeding is usually okay, excessive or persistent bleeding should be checked by your doctor. Individuals may also develop a reaction to medications that affect skin sensitivity, which can irritate the peristomal skin or stoma.

Some medications, including chemotherapy drugs and blood thinners, may cause irritation, swelling, or a change in the color of the stoma. If the stoma appears pale, darkened, or inflamed, it's important to consult a healthcare provider.

### Loose Stools

New ostomates may experience loose stool for several weeks after undergoing surgery. This is usually normal during the healing process, but if diarrhea persists, you may be tempted to take a medication like Imodium. However, before reaching for medication, it's important to consider your diet and give your body time to settle. Patients with an ileostomy might find that some foods increase the risk of gastrointestinal issues, and keeping a food diary can help reduce the risk of these types of problems.

Imodium should only be used if you experience chronic loose stools and are unable to control things with diet. Your doctor will help you de-



*(Continued on page 11)*



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

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\*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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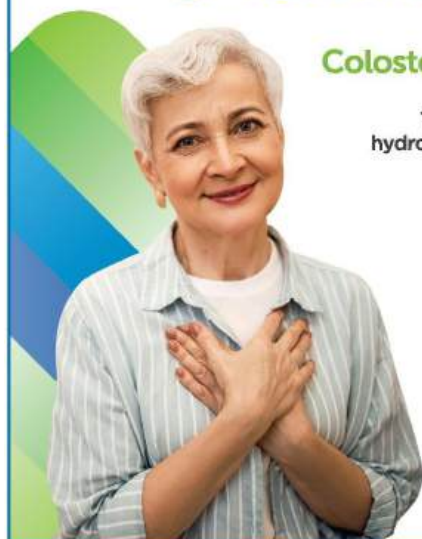
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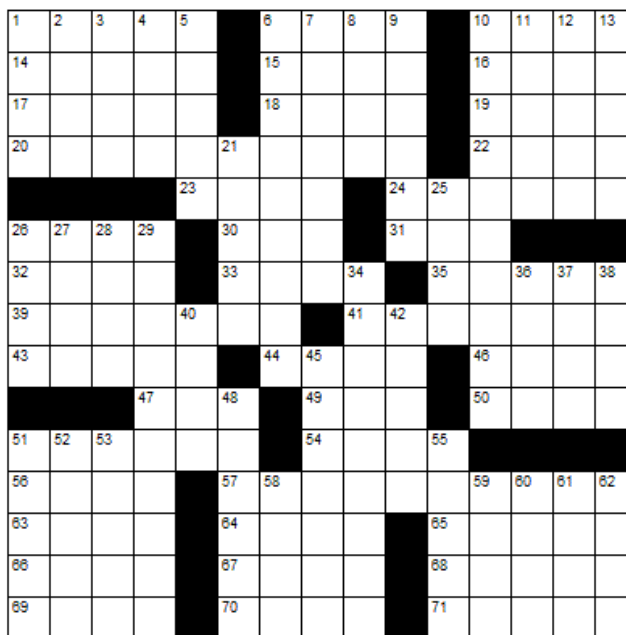
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| tree                 | 35. Anamgram of     | 63. Hindu princess   |
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| 17. Yell             | 43. Mass communi-   | 66. Therefore        |
| 18. Assert           | cation industry     | 67. Tall woody       |
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| 20. Gloominess       | house               | 68. Not younger      |
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| 6. Consensus | 11. Evade     | 27. A Great | wise          | 51. Concur    | look           |
|              | 12. Durable   | Lake        | 38. Flower    | 52. Plank     | 62. Bygone     |
|              | fabric        | 28. Extend  | stalk         | 53. Scope     | era            |



Answers  
on  
pg 9

(Continued from page 9-Medications)

termine when to start this. Another similar type of pill is Lomotil, which is only available by prescription. You should also be aware that if you happen to take Pepto Bismol, your feces will likely be black. This is a normal side effect, and there is nothing to be alarmed about.

(Continued on page 11)

### Interactions With Ostomy-Related Conditions

Some medications, such as nonsteroidal anti-

inflammatory drugs (NSAIDs), can increase the risk of stomach irritation and ulcers, which may be problematic for those with certain digestive conditions that led to the ostomy in the first place. Regardless of if you're taking over-the-counter drugs, prescriptions, or supplements, it's always best to consult with your doctor. Potential side effects from certain medications may occur, and if you notice something causes problems, finding an alternative may be a better option.

### Tips for Safe Medication Use With an Ostomy

(Continued on page 14)





## Niagara Ostomy Association

Serving the Niagara Ostomy Community since 1974

[info@niagaraostomy.com](mailto:info@niagaraostomy.com)

[www.niagaraostomy.com](http://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

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To receive our newsletter please subscribe: <https://niagaraostomy.com/newsletter/>

For information on Ostomy Canada Society or to become an Ostomy Canada supporter, please visit [www.ostomycanada.ca](http://www.ostomycanada.ca) or call them at 1-888-969-9698. Email: [support@ostomycanada.ca](mailto:support@ostomycanada.ca)

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2025-2026

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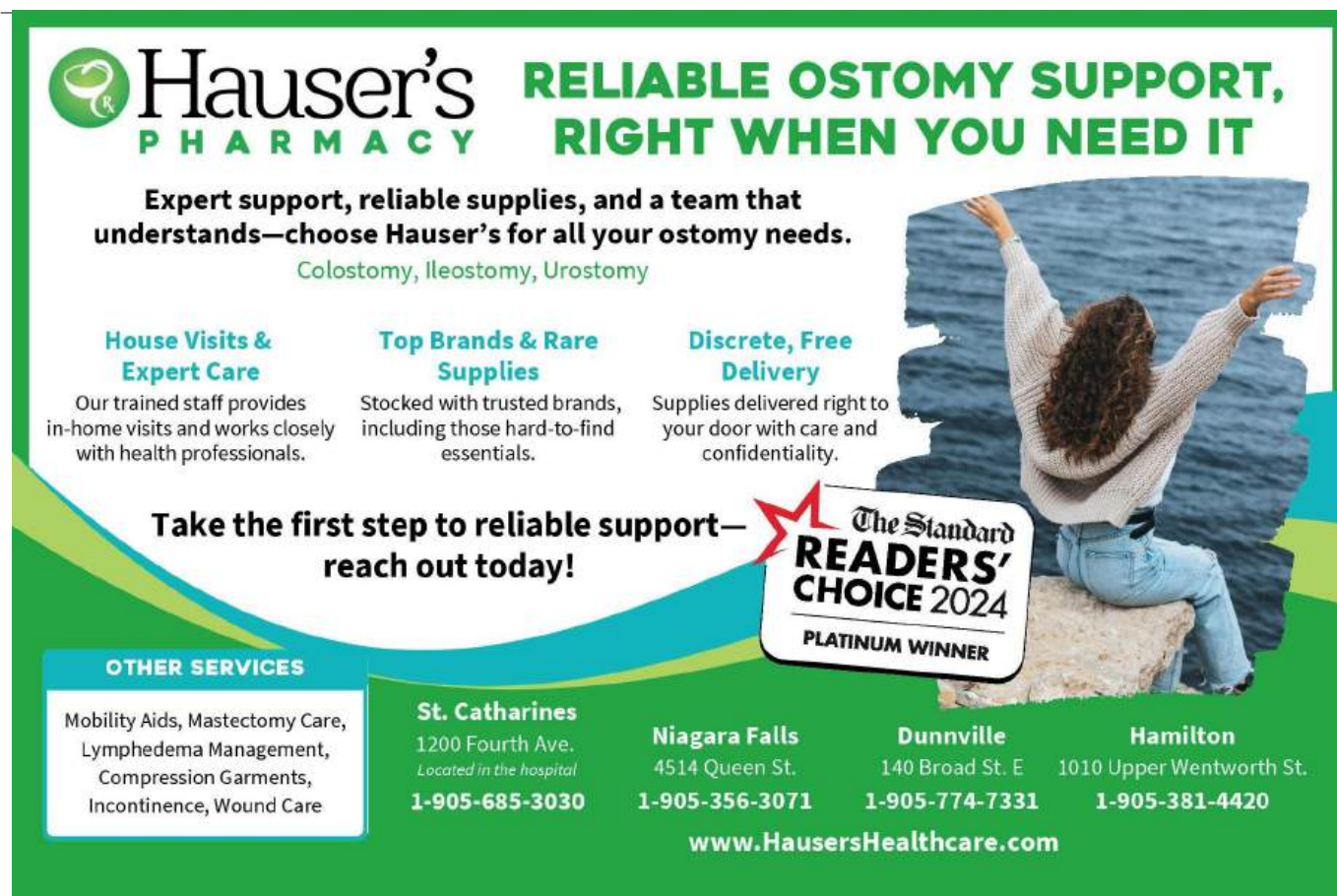
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**1-905-685-3030**

**Niagara Falls**  
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140 Broad St. E  
**1-905-774-7331**

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Managing medications safely with an ostomy requires proactive strategies. Before starting or changing any medication, talk to your doctor about how it might be affected by your ostomy. A pharmacist can also recommend alternative formulations if needed.

Some doctors may recommend that ostomates empty contents of a medicine's capsule into applesauce or other food sources to maximize absorption. However, not all medications can be taken this way, and some may cause serious side effects. To make sure that you're staying safe with prescription drugs and vitamins, always talk to your doctor and follow their instructions.

Other tips to help with medication use include:

- Choosing liquid medications, dissolvable tablets, patches, or injections instead of

things like enteric-coated tablets or extended-release capsules

- Keep an eye on your stoma output to check if any undissolved pills appear in the pouch
- Track medication intake and any side effects you experience
- Undergo tests with your doctor to evaluate the effectiveness of a new medication

#### Medication Tips When Traveling With an Ostomy

Living with an ostomy requires making some adjustments to life now and then, but that doesn't mean you can't do the things you love. If you're an avid traveler, the key is ensuring you have enough supplies and are prepared when away from home. Medication management is important to overall health, especially if you're treating inflammatory bowel diseases (IBD) like ulcerative colitis or Crohn's disease. So, if you're planning a trip, talk to your doctor about stoma care and how to avoid