

ST. CATHARINES MEETING:

November 19, 2025

Paul D'Sousa, Coloplast

Showcase of Ostomy Products



No meeting or
Newsletter in December!

Merry Christmas and
Happy Holidays!



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.

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:

Welcome to November!



Niagara Ostomy Association has been out and about in the Niagara community this fall. We were happy to join Wellspring Niagara at their Community Concert in the Park in Fonthill and Wellwise on Carlton Street in St. Catharines.

Niagara Ostomy Association is proud to be serving the Niagara community since 1974.

Join us for our next community event on January 29th at Wellwise at 145 Carlton Street in St Catharines.

Our next in-person meeting will be held on Wednesday, November 19th at the Grantham Lions Club at the corner of Niagara Street and

Parnell Road at 7pm when our guest speaker will be Paul D'Souza from Coloplast.

Our mission is to serve and assist all people with ostomies in the Niagara Region.



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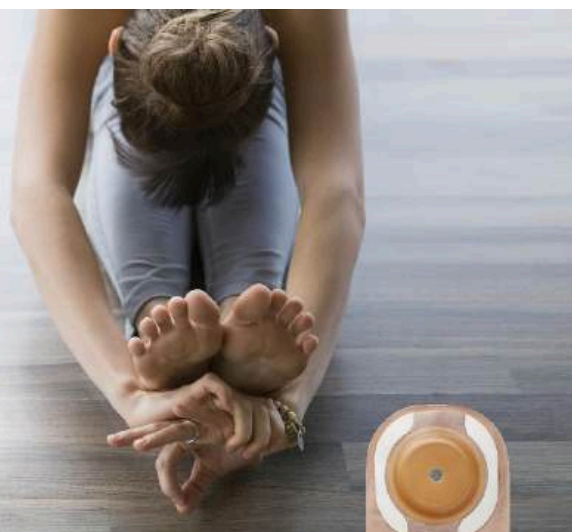
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† Consumer Survey of Pruritus, Hollister Incorporated, 2016. Data on file.

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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.



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

2025/2026 dates

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

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Treasurer	Position Available
Director/area of interest to be determined	Position Available
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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.

PARASTOMAL HERNIAS AND HOW TO MANAGE THEM

<https://www.colostomyuk.org/blog/stoma-care-nurse-says-parastomal-hernias/>

During stoma surgery, the surgeon makes an opening through the abdominal wall to pull a piece of bowel through to make the stoma. This opening can be a weakness within the abdominal wall. The opening may enlarge, allowing intestine, fat or other abdominal tissue to bulge through it and develop a hernia.

Some people are prone to hernias.

This is because they are born with a genetic inability to produce collagen (protein) to repair and strengthen muscle and they may already have a history of hernias in their body. Some people are born with a normal ability to produce collagen, but lose it due to malnutrition, infection, corticosteroid use or smoking.

The following can help to reduce the risk of developing a hernia and can help to prevent hernias from getting worse:

- Reduce any form of heavy lifting
- Perform light abdominal exercises to strengthen the abdominal wall
- Support the abdominal area with support belts or support garments
- Try to hold a pillow on your abdomen if you need to cough or sneeze. This supports your ab-

dominal wall and reduces intra-abdominal pressure. A support belt/garment will also help

- Prevent constipation by drinking plenty of fluids and practice good nutrition with plenty of fibre and bulk in the diet. You might like to consider taking regular fibre or a bulking agent to maintain a regular soft output from your stoma
- Avoid gaining weight, or try to lose weight if you need to.

Although a parastomal hernia may restrict you from doing certain things, you can still live a 'normal life'.

Things like gentle exercise, eating and drinking well, a good stoma product system and a hernia support belt or garment can help you manage your hernia and live a normal life.

Many people who develop a parastomal hernia don't have any problems or complications.

Problems include unpredictable stoma functioning where output alternates between constipation and diarrhoea. The swelling under the skin of the stoma can sometimes cause pain or discomfort. Very rarely the intestines can become trapped in the hernia, this called strangulation. This can cause extreme pain and can require emergency surgery. Sometimes a hernia can make applying your stoma pouch challenging and can lead to problems such as leakage. It's important to find a stoma pouch that moulds around your stoma to create a secure seal to help reduce the risk of leaks.

(Continued on page 9)

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¹ Maria Teresa Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCCN-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-Parastomal Hernias)

If you are conscious about your hernia, you can ask for advice.

You can ask your surgeon about different options for hernia repair surgery, hernia repair surgery success rates and hernia recurrence rates after surgery. There are risk factors which include general surgical risks such as pain, infection and injury. You might want to consider whether your parastomal hernia is affecting your health and wellbeing enough to consider another operation.

A hernia support belt or garment can help minimise pain as they are designed to support your abdominal muscles, especially during movement, coughing and sneezing. The best way to put on your belt is when you are laying down on your

back. Your parastomal hernia will naturally fall back into its original space in the body. When you apply your belt or garment, the parastomal hernia should then be supported by the belt to stay in this space and this will help you feel more comfortable.

If you’re concerned about the condition of your parastomal hernia, are experiencing complications, or you think you might have developed a parastomal hernia, please speak to your physician or Stoma Care Nurse – we’re here to help!





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MY ABC'S OF ILEOSTOMY HINTS, TIPS, ETC.

Via: <https://www.ostomyok.org/newsletter/news0407a.html>

From Stillwater-Ponca City (OK) *Ostomy Outlook* July-August 2004:

by Lisa Andrews, Fayetteville (GA); posted on the UOA General Discussion Board; July 5, 2004

Editor's note: This list of tips was posted on the UOA Discussion Board by Lisa Andrews, who is also the 2003 winner of the [Great Comebacks Award](#) sponsored by ConvaTec and the Crohn's & Colitis Foundation of America. As indicated by the word "ileostomy" in the title, some items in this list (especially "J" and "L") are specific to ileostomates, but many of the others can be helpful—or inspiring—for any ostomate.

Hi everyone – I thought you might enjoy this list I put together of ileostomy hints, tips, etc. Everyone has their own ideas and what works best for them, and here are some of mine I put in A-B-C order. Enjoy!

— Lisa

- Always be thankful for your health!
- Be patient with yourself as you learn ostomy care – it takes time to adjust after surgery.
- Change your appliance in the morning before breakfast, and take your shower with the appliance off. You can wash the skin, and soap & water won't harm the stoma.
- Drink lots of fluids during the day.
- Empty your pouch before exercising, bathing, or going to bed.
- Find the pouching system that you are comfortable with and have confidence in.
- Groups like UOA chapter meetings and CCFA support groups are very beneficial and informative.

- Hydrogen peroxide makes a great, inexpensive pouch deodorizer. Just a squirt in the pouch after emptying and before attaching the tail clip eliminates odors.
- Irritated skin can occur; if it lasts more than a few days, call your doctor or ET nurse.
- Juices like tomato and V-8 will come out exactly the same way they went in!
- Keep an "emergency kit" with your pouch, wafer, skin care products, etc. in your purse at all times.
- Laxatives are usually not necessary as prep for small bowel X-rays; clear liquids for 24 hours will normally clean out the small intestine adequately.
- Mail off for all the free samples you can – you never know what new products you may come across.
- Name your stoma if you wish!
- Organize your supplies in a single & convenient location so you always know what you have on hand.
- Pack ostomy supplies in carry-on baggage when flying.
- Quiet down your stoma (for meetings, church services, etc.) by taking one Immodium A-D about 30 minutes beforehand.
- Reduce your chance of leaks – change your appliance at least weekly or more often as the manufacturer suggests.
- Share your experiences with others – especially new ostomy patients and those contemplating surgery.
- Two-piece systems are great for "burping" to release excess gas.



(Continued on page 11)



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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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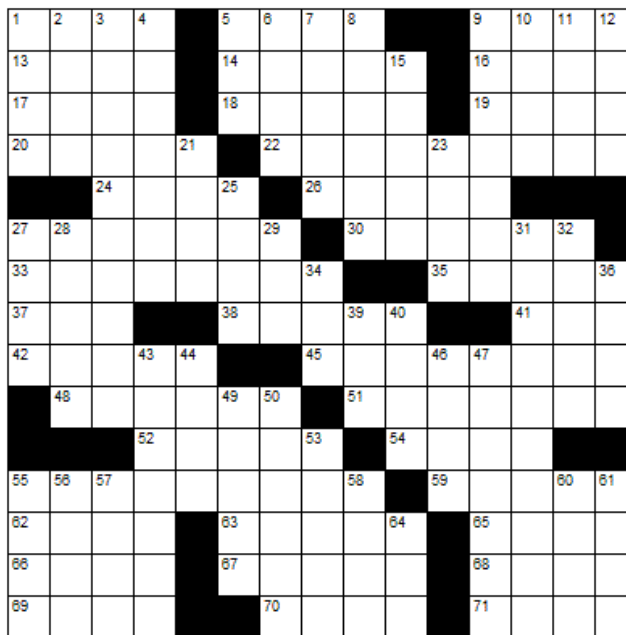
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Answers
on
pg 9

(Continued from page 9-ABC's of ostomies)

- Underwear can still be sexy with an ostomy – you don't need to sacrifice form for function!
- Visit or call your ET nurse as needed – they are there to help.
- Wait at least 2 hours after eating before going to bed. You'll be less likely to feel the need to get up and empty your pouch in the night.
- eXamine your stoma and surrounding skin weekly for changes.
- You are the one in control – not your ostomy.

- Zest for life – what illness took away, your ostomy and good health can return to you!

CRANBERRIES - FOR AND AGAINST UROSTOMATES

Source: <https://www.ostomyok.org/newsletter/news0503a.html> — via Lawton-Fort Sill (OK) Great Plains Ostomy News

FOR -- The secret ingredient in cranberries that is pivotal in preventing urinary tract infections (UTIs) is concentrated tannins, called proanthocyanidins, in the juice. In a Boston study published in the Journal of the AMA, cran-

(Continued on page 14)



Niagara Ostomy Association

Serving the Niagara Ostomy Community since 1974

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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, 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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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.

2025-2026

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(Continued from page 11-Cranberries)

berry juice was found to be effective in reducing the incidence of UTIs and the need for antibiotic treatments.

This has important implications for persons with ostomies and continent diversions. Recurrent UTIs can be common in persons who catheterize frequently. They can be more evident if proper hand washing and cleaning of catheters is not done routinely. In addition, a large proportion of women over age 65 will experience at least one UTI per year.

How does this special ingredient in cranberry juice work? The tannins from cranberries prevent E-coli bacteria, the main culprit in urinary infections, from adhering to cells that line the walls of the bladder and kidneys. The bacteria thus will "wash out" before infection can develop.

Scientists in the Boston study believe that the routine addition of cranberry juice to dietary regimes in circumstances where UTIs have a high incidence would be sensible.

AGAINST -- An article from the Mayo Clinic says drinking cranberry juice to prevent recurring bladder or urinary in-

fections is an "old folk" remedy. Does it work? Maybe--but don't count on it.

A key to preventing a bladder infection is blocking the growth of the bacteria that cause the infection. Researchers have two theories about how cranberry juice may help:

(1) By making the urine more acidic, discouraging the growth of bacteria. But scientists don't know whether a realistic amount of cranberry juice can produce enough change in urine acidity to affect bacteria.

(2) By keeping bacteria from "sticking" to the bladder wall where they multiply and cause infections. This theory was confirmed in the laboratory and in mice, but results vary in humans.

We do know that taking 500 mg of vitamin C (ascorbic acid) twice a day along with cranberry juice can increase urine acidity. Still, if you think you have a bladder infection, don't try home remedies. See your doctor. The usual treatment is antibiotics and lots of liquids.