



# IT'S IN THE BAG



February 2010



## **This Month:**

**3<sup>rd</sup> Annual Beef on a Bun  
Fundraiser  
February 16, 2010**

**With Special Guest:  
WALTER OSTANEK**

**\$15.00 /person**

**Everyone is welcome.**

**Please bring your family and  
friends.**

**Doors open 6:00 p.m  
Dinner served 6:30 p.m.**

**Royal Canadian Legion Branch 350  
57 Lakeport Rd, St. Cath  
(Port Dalhousie)  
The Dalhousie Room**



**Please call Ostomy cell phone  
905-321-2799 or email  
[marlene.heinrichs@sympatico.ca](mailto:marlene.heinrichs@sympatico.ca)  
ASAP if you are joining us that  
evening.**

**We need to know exact  
numbers so we can order the  
food.**

**Tickets must be ordered in advance  
for this event.**

## *From the President*

Well, where to start?

It was nice to see the turnout at last months meeting, our new location is going to serve us well I think. Parking is a pleasure, and the view out the windows is great. It was a little chilly at first, but the room warmed up, and considering they don't heat the room if no one is in there, and they really aren't charging us for the room ( we have to give them a donation), we really can't complain.

There are still some tickets for our Beef on a Bun fundraiser, why not come out to this event if you haven't already got a ticket? Remember that everyone is welcome to attend that night; you can include your friends, neighbors etc. We won't bore anyone with the medical stuff; this evening is all about having a great time and helping to support the Niagara Ostomy Association.

Walter has agreed to bring his accordion and play after the meal; he is also going to talk about his life in general.

I have met Walter a few times over lunch, he is an amazing Man to talk to, very interesting indeed. His accomplishments are outstanding, We should be proud that he is joining us that evening.

I am still working on planning the social event to ST Jacobs this spring; there is some interest building for it. The event will include the Niagara, Hamilton & District, Halton/Peel and Brantford Chapters. The intention is a social event, a way to get to meet some of your fellow neighbor ostomates, and have a nice day at St Jacobs. Tentative date and cost is June 5<sup>th</sup>, \$28 for transportation. ( the more people we can get, the less the cost will be, but I think we need at least 40 people to make this event possible, just 10 or 15 people from each chapter )

I was recently at the Halton /Peel meeting, and Plan on attending the Brantford Chapter Meeting on Monday Feb. 1<sup>st</sup>. to talk them about some ideas. I am promoting the ST. Jacobs idea as well as our February Fund raiser. I am Also working on an idea with our DSS Rep from UOAC, Roger Ivol on the notion of chapters working more closely together, sharing ideas & hopefully helping each other out. The meeting at Halton/Peel showed great interest and email discussions with the Brantford Chapter show good interest as well. The idea is in the very early stages, and no one can predict at this time where it will lead, or if it will. Everyone so far seems to think it's a very good idea in principal, so that's a good start, in my opinion. Anyone interested in pursuing the idea , or joining the discussions, please let me know.

### Final Thought

There are many areas that the Niagara Chapter can use some assistance, a bunch of little jobs so to speak, we're compiling a list of these jobs, and ask anyone interested to come forward & show your support . none of these jobs would be onerous or real time consuming, maybe an hour a month is all. We really could use your help.

Thank You

*John Molnar*

**Update:**  
**Bus trip to St. Jacob`s**

Social event to include  
Niagara/Hamilton/Halton Peel /&  
Brantford Chapters

Tentative Date: June 5, 2010  
Tentative Price of \$28.00/person  
to include:

Hwy coach with washroom  
- approx 8 to 10 hrs. Bus will leave St.  
Catharines, pick up in Hamilton for both  
the Hamilton chapter, and the Halton  
Peel chapter, pick up in Brantford and  
head north to St. Jacobs. Any other  
incidental costs such as purchases and  
food will be the responsibility of the  
member. Non-members are most  
welcome; this is merely a social event,  
and a way to meet your fellow  
Ostomates in southern Ontario. Please  
contact us if you are interested. We will  
need at least 45 people from all chapters  
to make this event viable

**Updated TSA Regualtions regarding  
Ostomies: as found on the TSA  
website**

If you are concerned about carrying your  
ostomy supplies on board, here is some  
of the latest info. According to the TSA  
regulations for departures from Canada  
and USA, *scissors – metal with pointed  
tips and blades shorter than four inches  
– are allowed in your carry-on.*  
However, depending on your country of  
departure, the regulations may not apply.  
To be safe, pre-cut all of your wafers  
before you leave, and leave your scissors  
in your luggage.

The following information was found at:  
[http://www.tsa.gov/travelers/airtravel/specialneeds/editorial\\_1059.shtm](http://www.tsa.gov/travelers/airtravel/specialneeds/editorial_1059.shtm) “You may  
bring all prescription and over-the-  
counter medications (liquids, gels, and  
aerosols) including petroleum jelly, eye  
drops, and saline solution for medical  
purposes. You are not limited in the  
amount or volume of these items you  
may bring in your carry-on baggage.  
BUT if the medically necessary items  
exceed 3 ounces or are not contained in a  
one-quart, zip-top plastic bag, you  
MUST declare to one of our Security  
Officers at the checkpoint for further  
inspection.”

“TSA has established a program for  
screening of persons with disabilities  
and their associated equipment, mobility  
aids, and devices. Our program covers  
all categories of disabilities (mobility,  
hearing, visual, and hidden). As part of  
that program, we established a coalition  
of over 70 disability-related groups and  
organizations to help us understand the

*continued on Page 3*

*TSA Regulations – from Page 2*

concerns of persons with disabilities and medical conditions.

These groups have assisted TSA with integrating the unique needs of persons with disabilities into our airport operations. TSA's checkpoint security screening procedures for persons with disabilities and medical conditions have not changed as a result of the current threat situation. All disability-related equipment, aids, and devices continue to be allowed through security checkpoints once cleared through screening.”

<http://www.tsa.gov/travelers/airtravel/specialneeds/index.shtm> contains an extensive list of all special needs items allowed on board. **Ostomy supplies are on the list.**

“The limit of one carry-on and one personal item (purse briefcase or computer case) does not apply to medical supplies, equipment, mobility aids, and/or assistive devices carried by and/or used by a person with a disability.

Pack your medications in a separate pouch/bag to facilitate the inspection process. Ensure that containers holding medications are not too densely filled, and that all medication is clearly identified. It is recommended that passengers refrain from packing any medications in their checked baggage that they do not want exposed to X-rays. Instead, send larger quantities of medications to your destination by mail or any other way preferred.

If you have medical documentation regarding your medical condition or disability, you can present this information to the Security Officer to help inform him of your situation. This documentation is not required and will not exempt you from the security screening process. *(editor's note: On the last page, I have attached a copy of a Travel Certificate in various languages explaining our ostomies. You may print it out on cardstock and/or laminate it for future travel plans.)*

Make sure all your carry-on items; equipment, mobility aids, and devices have an identification tag attached.”

**High Vitamin D Levels, Lower Colon Cancer Risk?** *SOURCE: British Medical Journal Online First, Jan 22, 2010.*

NEW YORK (Reuters Health) - Higher levels of vitamin D in the blood may help protect both men and women from cancers of the colon and rectum, confirm results of the largest study ever conducted on the topic.

Among more than 1200 people who developed colorectal cancer and an equal number who did not, researchers found that those with the highest levels of vitamin D in their blood had a nearly 40 percent reduced risk of developing colorectal cancer compared to those with the lowest levels.

The findings from the EPIC study - short for European Prospective Investigation into Cancer and Nutrition -- confirm previous findings from smaller studies conducted largely among North American populations.

The EPIC findings "support a role for vitamin D" in the causes of colorectal cancer, EPIC investigator Dr. Mazda Jenab of the International Agency for Research on Cancer in Lyon, France, told Reuters Health.

"But this has to be balanced with caution regarding the potential toxic effects of too much vitamin D and the fact that very little is known about the association of vitamin D with either increased or reduced risk of other cancers," Jenab said.

EPIC coordinator Dr. Elio Riboli of Imperial College, London, added: "There is consistent scientific evidence that low circulating vitamin D concentration is a marker of increased risk for developing colon cancer."

Still, Riboli said, public health advocates should wait for more studies before recommending vitamin D supplements, as people can achieve average levels "with a balanced diet combined with regular and moderate exposure to outdoor sunlight."

Ideally, these trials would shed light on whether vitamin D supplementation would cut the risk of colorectal cancer risk without inducing serious side events, Riboli explained.

The EPIC study enrolled more than half a million adults from 23 centers in 10 western European countries who were initially free of cancer. After several years of follow up, 1248 subjects developed colorectal cancer and these individuals were matched to 1248 study participants who did not develop colorectal cancer.

Prior to cancer diagnosis, the researchers collected detailed diet and lifestyle information and determined blood levels of 25-hydroxy vitamin D, which is a marker of the amount of the vitamin people get from diet, supplements and sun exposure.

Based on the design of the study, the authors did not calculate the risk of cancer for people with various levels of vitamin D. However, the overall rate of cancer in the group was .06

percent, or about one in 1,700 people, per year.

The researchers report in the British Medical Journal that people with the highest pre-cancer circulating vitamin D levels (100 nanomoles per liter of blood or higher) were about 40 percent less likely to develop colorectal cancer than those with the lowest levels (less than 25 nanomoles per liter).

There is currently no absolute consensus on optimal vitamin D levels. Some recent studies have suggested that, for colon cancer prevention, blood vitamin D levels should be maintained at a mid-level range -- 50 nanomoles per liter or higher.

With this in mind, the EPIC researchers compared low and high blood vitamin D levels to a mid-level (50 to 75 nanomoles per liter). They found that while levels below the mid-level were associated with a higher risk, those above 75 nanomoles per liter were not associated with any additional reduction in colon cancer risk compared to the mid-level.

Jenab said this suggests that blood levels of vitamin D greater than 75 nanomoles per liter "may not be any more protective than the mid-level. This is important because the health effects of long term (greater than 1 year) exposure to high blood levels of vitamin D are currently largely unknown."

A bigger issue, at the moment, may be inadequate vitamin D levels. "As more information emerges, it is becoming apparent that blood vitamin D levels in Europe and North America tend to be rather low with large proportions of the population likely falling into categories defined as deficient or insufficient," Jenab said. Until further study on the risks and benefits of vitamin D supplementation are available, Jenab

said, "the key take home message for colorectal cancer prevention is: stop smoking, increase physical activity, reduce obesity and abdominal fatness, and limit intakes of alcohol and red and processed meats."

### **Find NOA on Facebook!**

We are now a group on Facebook. If you are not familiar with Facebook, it is a free, social networking site. If you visit our website [www.niagaraostomy.com](http://www.niagaraostomy.com) and look for the "Facebook" Logo at the bottom left hand corner. This will take you to the group where you can register. It is a great way to keep in contact with what's happening and with other members. You can post any questions or concerns that you have and will be able to have them answered quickly. Right now it is set to public but as soon as we start filling up, it will be set to private so that only those who are signed up in the group will be able to see what is posted.

## CALENDAR OF EVENTS

### Where:

**Royal Canadian Legion 350**  
**57 Lakeport Rd, St. Catharines**  
**Dalhousie Room**

### January 19, 2010:

Dr. Scales, Chiropractor  
Exercises to avoid hernias

### February 16, 2010:

Beef on a bun Fundraiser  
**6:00 p.m.**  
With Walter Ostanek

### March 16, 2010:

Coloplast- Mary Ann Enns

### April 20, 2010:

Recovering from Abdominal Surgery  
Judy Cline

### May 18, 2010:

TBA

### June 15, 2010:

Open Mic (rap session)

### Our Website:

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

### SASO (Spouses and Significant Others)

UOA Committee contact: Betty Scarlett  
[bettyscarlett@sympatico.ca](mailto:bettyscarlett@sympatico.ca)

### Telephone Numbers:

Niagara Ostomy Association: 905-321-2799  
Coloplast: (800) 533-0464  
ConvaTec (800) 465-6302  
Hollister: (800) 263-3236  
Community Care Access Ctr: (905) 684-9441

## 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 ET nurse before deciding to use any of them.

Thank you to **SERVICE MASTER OF NIAGARA** for their generous donation

### Application for Membership

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Type of Ostomy: \_\_\_\_\_

Dues are \$30.00 per year, renewable by **December 31** of each year. Membership is open to all ostomates, family members, medical professionals, health professionals and other interested parties. Includes monthly newsletter. We do not wish to exclude anyone because of inability to pay dues. If payment of dues is a hardship, please inform the treasurer or president. They have the authority to waive individual dues. This information is kept in the strictest confidence.

Completed application along with your cheque or money order (payable to Niagara Ostomy Association) should be mailed to:

Mrs. Beth Harwood, 16 Greenhill Dr., Thorold ON, L2V 1W5