



# IT'S IN THE BAG



March 2010

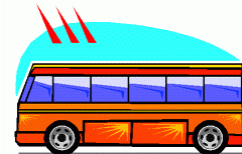
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**Next meeting:**  
**Tuesday, March 16th**  
**@7:15 p.m.**

**Mary Ann Enns , Coloplast**  
**Product showcase**

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

## **Upcoming social event** **Early June 2010**



### ***Bus Trip to St Jacob's***

As many of you know, I have been working on organizing a bus trip to St. Jacobs Market, Likely date to be Saturday June 5th; and will include local area chapters, their families & friends. This will be a great way to meet your neighbours, so to speak. There has been positive interest within neighbouring chapters.

The cost per person to cover the bus is about \$27. For economic reasons, the bus needs to be full or nearly full, and it would be a highway bus with toilet, we would be sure to have washroom stops on the way so everyone can be comfortable. We could arrange a lunch or dinner location for our group if there was interest. This would not be restricted to members only - friends, family, etc. would be most welcome to attend..

The route would start in St. Catharines, do a pick-up in Hamilton, Brantford, and on to St. Jacob's.

Individuals would be responsible for their own meals and purchases. Total trip would be 8 to 10 hrs

**This is not a fund raising event, purely a social outing.**

**Call John Molnar,**  
**at 905-321-2799 if you are interested**

## **It's a 25th Anniversary!**

The Halton-Peel Chapter is celebrating 25 years of service to ostomates. Local Chapter members have been invited to join them on this special occasion.

**SUNDAY, APRIL 11, 2010  
OAKVILLE GOLF CLUB  
11:30 am to 2:30 pm  
1154 SIXTH LINE  
OAKVILLE, ONTARIO**

The cost is \$30 per person for a formal sit-down luncheon with choice of menu. Dignitaries from the community, the medical field and ostomy care providers will be in attendance. An auction to support sending a child to Ostomy Youth Camp will follow the luncheon. Call 905-317-8388 for more information or to order tickets.

## **Scholarship Opportunity**

**The Hamilton & District Ostomy Association** is offering a scholarship to any young person with an ostomy, living in Ontario, who is planning to take post-secondary education in an Ontario college or university. The *Claude and Ruth Campbell Scholarship* was instituted by Gail and Norm MacDonald in honour of Gail's parents who were very much involved with the Hamilton chapter for many years. They are hoping to receive some applications from candidates in the coming weeks (deadline for applications is May 15) at which time a panel will review the submissions. For more information, or If you know of any candidates for this scholarship, please call 905-561-2685 or email:doa@bell.net..

## **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.

## Empowering the Ostomy Patient with a Mechanical Bowel Obstruction

Via: <http://www.owm.com>

Author: *Gwen B. Turnbull, RN,BS,ET*

A frightened young woman with an ileostomy presents in the emergency room, writhing in pain. A friend who knows little to nothing about the ileostomy has accompanied her. In their panic and rush to seek medical attention, they left home without any ostomy supplies. An emergency room physician who knows nothing of the patient's medical history and has had little experience with ileostomy management or knowledge of ostomy supplies is assigned to evaluate her.

Unfortunately, this scenario is all too common. A person simply has to visit the United Ostomy Association's (UOA) chat rooms ([www.uoa.org](http://www.uoa.org)) to read about the alarming and dangerous experiences ostomy patients have encountered when they have had a food blockage and went to the emergency room (ER). Most ERs do not stock a wide range of ostomy supplies, few physicians have been educated on ileostomy lavage, and the services of a wound, ostomy, continence nurse (WOCN) are not always available. Besides the associated pain, unresolved intestinal blockages can result in perforation and may require emergency surgical intervention. Patients suspected of having a bowel obstruction should be evaluated by a knowledgeable physician or WOCN in a timely fashion because imbalances in fluids and electrolytes must be corrected and the etiology of the obstruction determined.

In an effort to reduce confusion and complications and to educate its membership and the emergency room personnel who care for them, the UOA has taken a proactive step by developing a two-sided, 5" x 8" laminated card titled "How to Treat Ileostomy Blockage." One side of the card lists steps the patient can take at home to try to relieve the blockage, signs and symptoms that indicate it is time to seek professional medical assistance, and suggested supplies to take to the emergency room. The other side of the card, "Emergency Room Staff: Ileostomy Obstruction," provides step-by-step instructions for emergency room personnel to alleviate pain, evaluate the patient, and perform ileostomy lavage should it be indicated. The card is designed for the patient to bring to the ER and present to the treating physician.

Clinicians caring for new or established ileostomy patients have a responsibility to empower their patients by educating them about the potential for food blockage and appropriate steps they should take to resolve such problems. Our previous healthcare delivery system was viewed by most Americans as an entitlement. Today's healthcare delivery system demands more of the patient; therefore, clinicians must practice preventive medicine by paving the way for patients to play a more proactive role in their care.

Because most ERs stock a limited selection of ostomy supplies and each patient has adopted a management system that provides predictable, sustained wear time, it is the patient's responsibility to take a change of equipment to an office visit, hospitalization, or visit to the ER when seeking help for an ileostomy blockage or any other medical intervention, even if

the problem is unrelated to the stoma. The ability to have a pouching system at hand that creates a sense of security and fits into the patient's lifestyle can help the patient maintain a sense of control over what can sometimes feel like an out-of-control situation. It also helps prevent leakage and subsequent peristomal skin problems.

This "emergency kit" for a person with an ileostomy should contain the following: a one- or two-piece system (skin barrier and pouch); skin barrier wipes or paste (if they are used); extra tail closures; and any other accessories the patient uses daily. Additionally, a packet of supplies needed to perform ileostomy lavage should contain a two-piece colostomy irrigation sleeve (if a two-piece system is used) or a one-piece colostomy irrigation sleeve (self-adhering or to be used with an ostomy appliance belt).

The instant availability of the appropriate supplies needed to perform ileostomy lavage and a medically appropriate quick reference guide can help ensure speedy interventions, alleviate the patient's discomfort, and facilitate release of the mechanical bowel obstruction. Unnecessary ER visits may be avoided altogether if the patient knows appropriate steps to take at home.

These laminated blockage cards are available for purchase in sets of 10 (\$10.00 plus \$4.00 shipping) through the UOA by emailing [www.uoa.org](http://www.uoa.org) or calling (800) 826-0826.

## Controlling Ostomy Pouch Odour

Via: [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)

Your pouch should keep in any odor from your output. You may notice more odor when you empty your pouch after you eat certain foods. Some of these foods are onions, garlic, broccoli, asparagus, cabbage, fish, some cheeses, eggs, baked beans, Brussels sprouts, and alcohol. Doing these things will keep down the odor:

- Eating parsley, yogurt, and buttermilk
- Keeping your ostomy devices clean
- Using special deodorants or adding vanilla oil or peppermint extract to your pouch before closing it. (*NOA editor note: I use a product called **Breath Pearls**—I found it at Shopper's-- It is an all-natural gel cap, made with peppermint and parsley oil, that you can swallow to control*

bad breath; as well as place one or two in your pouch.. It works great! -- *Marlene*)

Control gas, if it is a problem:

- Eat on a regular schedule.
- Eat slowly.
- Try not to swallow any air with your food.
- Do not chew gum or drink through a straw. Both will make you swallow air.
- Do not eat cucumbers, radishes, sweets, or melons.
- Do not drink beer or soda, or other carbonated drinks.

## Laugh for the Day

Curtis & Leroy saw an ad in the Kentville Advertiser Newspaper in Kentville, N.S. and bought a mule for \$100. The farmer agreed to deliver the mule the next day. The next morning the farmer drove up and said, "Sorry, fellers, I have some bad news, the mule died last night."

Curtis & Leroy replied, "Well, then just give us our money back."

The farmer said, "Can't do that. I went and spent it already." They said, "OK then, bring us the dead mule." The farmer asked, "What in the world ya'll gonna do with a dead mule?" Curtis said, "We gonna raffle him off."

The farmer said, "You can't raffle off a dead mule!" Leroy said, "We shore can! Heck, we don't hafta tell nobody he's dead!"

A couple of weeks later, the farmer ran into Curtis & Leroy at the Co-Op grocery store and asked: "What'd you fellers ever do with that deadmule?" They said, "We raffled him off like we said we wuz gonna do." Leroy said, "Shucks, we sold 500 tickets fer two dollars apiece and made a profit of \$898."

The farmer said, "My Lord, didn't anyone complain?" Curtis said, "Well, the feller who won got upset. So we gave him his two dollars back." Curtis and Leroy now work for the government. They're overseeing the Harper's Economic Stimulus package.

**A Heart Attack** is a frightening event, and you probably don't want to think about it. But, if you learn the signs of a heart attack and what steps to take, you can save a life—maybe your own.

What are the signs of a heart attack? Many people think a heart attack is sudden and intense, like a "movie" heart attack, where a person clutches his or her chest and falls over.

The truth is that many heart attacks start slowly, as a mild pain or discomfort. If you feel such a symptom, you may not be sure what's wrong. Your symptoms may even come and go. Even those who have had a heart attack may not recognize their symptoms, because the next attack can have entirely different ones.

It's vital that everyone learn the warning signs of a heart attack. These are:

## **Women and Heart Attack**

If you're a woman, you may not believe you're as vulnerable to a heart attack as men—but you are. Women account for nearly half of all heart attack deaths. Heart disease is the number one killer of both women and men.

There are differences in how women and men respond to a heart attack. Women are less likely than men to believe they're having a heart attack and more likely to delay in seeking emergency treatment.

Further, women tend to be about 10 years older than men when they have a heart attack. They are more likely to have other conditions, such as diabetes, high blood pressure, and congestive heart failure—making it all the more vital that they get proper treatment fast.

Women should learn the heart attack warning signs. These are:

Pain or discomfort in the center of the chest.

Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach.

Other symptoms, such as a shortness of breath, breaking out in a cold sweat, nausea, or light-headedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you feel heart attack symptoms, do not delay. Remember, minutes matter! Do not wait for more than a few minutes—5 minutes at most—to call 9-1-1. Your family will benefit most if you seek fast treatment.

## *Presidents Message March 2010*

Our Annual beef on a bun fundraiser was a huge success, with 59 tickets sold. With the exception of 1 person, everyone that pre-ordered tickets paid for them .. Everyone that was there that night had either prepaid or paid at the door. It was nice to see that the honour system really worked well (*Walter & his Wife of course were our guests, and their meal was compliments of Niagara Ostomy Association*). Our net proceeds after all expenses was just over \$600 . What a remarkable amount, I for one was sure pleased with that.

Thinking back, what an honour to have a local, world class legend attend our event. Where else could you get to meet such a celebrity, in such a personal venue, with a meal, for \$15?

When I was talking with Walter at the end of the evening, I confided with him, “When I first approached Him to ask him if he would be willing to be our guest that evening, I thought it was a pipe dream”, when Walter committed to the event, I thought , okay, am I in a dream? Am I going to wake up & be disappointed because I was in a dream? It was a bit difficult a first to actually realize He was going to join us that evening. He later advised me of his being admitted to Hospital to have a pacemaker installed, “But I’m still going to be at your event” ***Gulp, I thought, okay.....*** how do we sell tickets and Walter has a heart condition? We decided at the executive level to keep detailed records of who purchased tickets, so we could offer a refund if Walter was unable to keep his commitment. Later, when I learned that He was touring Florida, Arizona, Texas and the southern US States , playing his accordion, I was relieved ,number one, for his health, and secondly, peace of mind on ticket sales.

After his return from the southern USA, we briefly discussed an agenda for the evening, I suggested to talk about what it’s like to be Walter, some of his achievements, his life etc., and I thought he did a great job of entertaining that evening.

I’d like to thank all of those that attended, and everyone that stepped up to help out with various chores that evening. Without each & every one of you, this would not have been the success that I t was.

I’d like to thank the following for the donated door prizes & raffle items , in total there was door prizes for about 1 in every 4 people that attended.

Anonymous Member; Rechargeable flashlight  
Anonymous Member; Panasonic AM/FM /CD remote control radio  
Arts Restaurant; 2 Restaurant Gift Certificates  
Coloplast ; gift card  
Convatec; gift card  
Dell/Lewis & Krall; travel pillow and shopping bag  
Empire Countertops; golf balls  
Garden City Meats; in store gift certificate  
Health Line; various raffle items  
Hollister; 2 gift cards  
Home Hardware(Hartzell St. Catharines) ; Electric wine cooler  
Motion Specialties; Gift certificate

*over*

Niagara Mini Storage (Carlton St., ST. Catharines) gift card

I'd also like to thank Gail MacDonald (Campbell) from the Hamilton Chapter, and Vaughn Elliot for their financial contributions, they were unable to attend the event, but gave donations towards it.

The 50/50 Draw totaled over \$90 for each the winner & Niagara Ostomy. A nice win !

As usual, Arts Restaurant did a great job on the food, and Brian was kind enough to cap the food cost at 50 people, on top of that, he and one of his staff (Dan) donated their time to serve people the first time through the line. It was greatly appreciated, since that wasn't in our original discussions .

All in all, I think everyone thoroughly enjoyed themselves. I know I did. My only regret was that the time flew by & I wanted to get to each table & chat , sorry if I missed speaking with you personally that evening.

I am still planning the bus trip, so anyone that is interested, please let me know as soon as possible, so we know whether to keep forging ahead or not.

Our group is now in reasonable shape financially, we always have to be careful how we spend the money, but a few things that we have done have greatly helped, like moving our meeting location .

We've talked again & again about sending the newsletters to those that wish it in email format, I think the time has come, many other chapters are sending newsletters out by email, in fact the Hamilton, Brantford, and Halton /Peel chapters are all sending newsletters via email.

With postage at \$0.60 (*and rising in July with the HST*) printing and envelopes, we're easily over \$1.00 per newsletter. Anyone that wishes to have their newsletter emailed to them, that hasn't already provided an email address, please provide with us your email address.

It may be a few months off yet, and we will be sure to still send a hard copy to everyone initially, just to be sure everyone receives it properly. It will be in PDF format, a free program available online ,if your computer doesn't already have it installed. Please also understand that We will not share your email address with anyone, all emails will be sent by BCC, so no one will see other's email addresses.

Final thought.

There's a bunch of small jobs that we could sure use some help with, nothing onerous or hugely time consuming, maybe a half hour or less per month, why not offer to help out? , we sure could use your help.

Hope to see you March 16<sup>th</sup>

John Molnar

## 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:

TBA

### 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 generously paying our room rental fee.

### 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