



IT'S IN THE BAG



November 2009

Next meeting:
November 17, 2009
Convatec Representative
Showcase of products

NO meeting in December

**Merry Christmas!
Happy Holidays!**



Attention:

**Starting Jan 2010, we have a new meeting place.
See our President's message for details**

Message from the President

I would like to thank everyone that attended last months meeting. It was a pleasure to meet the first time visitors and the members that I had never met before. Hopefully everyone enjoyed the talk from Samantha from Hollister. I hope to see everyone back for Novembers meeting.

Please note that we will be moving our meeting location effective January 19th 2010. The St. Catharines Public Library has served us well over the years, however, as a matter of economics, it was decided at Octobers general meeting to move our meetings to **The Royal Canadian Legion Branch 350 - 57 Lakeport Road St Catharines (Port Dalhousie), Ontario. (The Dalhousie Room)**

The Dalhousie room overlooks the Old Welland Canal in the harbour area and is fully wheelchair accessible from the rear entrance, and just a few steps when entering from the main lobby. Washroom facilities are adjoining the room. Parking should also be better than at the library.

Continued on page 2

President's Message - Continued from page 1

The legion has very generously donated the room to us, so please keep that in mind with respect to debris left behind, movement of chairs & tables and so on. We should not expect or ask them to come in and do a major clean up and re organize the room if we have left it cluttered. They have also made arrangements for us to hold executive meetings in one of their meeting rooms, currently we have been meeting in restaurants for our executive meetings, so I'm looking forward to the quieter atmosphere for sure. They are also going to provide us with some (limited) onsite storage. That will make it feasible for us to build a reference library and have resources available at meetings.

After we have 1 or 2 general meetings, we will perhaps come up with a seating arrangement that will suit us better than the current layout, perhaps the layout they have will work well for us, but, I would like to ask for a few volunteers to assist in moving chairs, tables, and tidy up after our meetings if needed. I think it's a small price to pay for the huge donation they have made us. (See me at the meeting if you'd like to volunteer)

I hope everyone finds our new location as "comfortable as an old shoe" in short order, I think the switch in location is great, and I'm looking forward to starting the New Year off there.

It was also decided at the last meeting to raise our chapter dues to \$30 per year, up from \$25. Even at \$30 per year, our association only keeps \$10 as National Office takes \$20 from our annual membership dues. As I've said before, our goal is not to have thousands upon thousands of dollars in the bank, but in order for the chapter to be sustainable, we need to be frugal. Both moving our meeting location, and raising our membership dues helps, but that doesn't mean we are able to spend spend spend. We still have to be careful with our money. I'm hoping within a short while we'll be able to provide some periodic treasurers reports so everyone can see where the money comes from and goes to. We have expenses about as low as we can get them. Our major costs that are locked in (Like Liability Insurance) we obviously can't do anything about.

Beth has taken over the treasurer's position once again. I'd like to welcome her aboard.

There's one last topic that I would like to address.

Our 3rd annual Beef on a Bun fundraiser dinner.

It will be held on February 16th 2010 at our new meeting room at the Legion. This one will be a bit different than previous ones. The food will be basically the same, Beef on a bun, salads, veggies etc, the price will be the same (\$15). One small difference, we can purchase alcohol from the bar upstairs (with some stipulations) but the major difference is the entertainment. I've pondered over whether or not I should tell who it is in the newsletter, but I decided to keep everyone in suspense. Come to November meeting to find out. A hint, we have confirmed with a local legend to be our guest that night. Someone that has a ton of life accomplishments, awards, and achievements.

I will announce who it is, and Tickets will be available at November meeting. Remember that non-members are welcome. I see the potential to sell out the room, don't hesitate, and get your tickets soon.

Continued on page 3

President's Message – continued from page 2

Hope to see everyone November 17th for our last meeting at the library, and remember that a representative from Convatec will be there too.

Regards,

John Molnar



THANK YOU!!

A great big thank you goes out to one of our members for a very generous donation of \$100.00 towards our room rental.

You know who you are!!

Thank you very much from all of us here!

Smile for the day

When you have a 'I Hate My Job' day, try this:

On your way home from work, stop at your pharmacy and go to the thermometer section and purchase a rectal thermometer made by Johnson & Johnson. Be very sure you get this brand. When you get home, lock your doors, draw the curtains and disconnect the phone so you will not be disturbed. Change into very comfortable clothing and sit in your favorite chair. Open the package and remove the thermometer. Now, carefully place it on a table or a surface so that it will not become chipped or broken. Now the fun part begins. Take out the literature from the box and read it carefully. You will notice that in small print there is a statement: '**Every Rectal Thermometer made by Johnson & Johnson is personally tested and then sanitized.**' Now, close your eyes and repeat out loud five times, 'I am so glad I do not work in the thermometer quality control department at Johnson & Johnson.'

HAVE A NICE DAY AND REMEMBER, THERE IS ALWAYS SOMEONE ELSE WITH A JOB THAT IS MORE OF A PAIN IN THE ARSE THAN YOURS.

CALENDAR OF EVENTS

Rotary and Bankers Room
55 Church St, St. Catharines Public Library
7:15 p.m.

2010 meetings
Royal Canadian Legion Branch 350 - 57
Lakeport Road St Catharines (Port
Dalhousie), Ontario. (The Dalhousie Room)

Sept 15, 2009
 Open Mic

Dec 15, 2009:
 Merry Christmas!
 No Meeting

Feb 16, 2010
 Beef on a Bun
 Fundraiser
 Entertainment TBA

Apr 20, 2010 -
TBA

Oct 20, 2009:
 Hollister

Jan 19, 2010
 Dr. Scales,
 Chiropractor
 Exercises to avoid
 hernias

Mar 16, 2010
 Coloplast,
 Mary Ann Enns

May 18, 2010 -
TBA

Nov. 17, 2009:
 Convatec

June 15, 2010-
TBA

Our Website:

www.niagaraostomy.com

Email: use the contact form on our website

SASO (Spouses and Significant Others)

UOA Committee contact: Betty Scarlett
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

Thank you to **SERVICE MASTER OF NIAGARA** for generously paying our room rental fee and cost of newsletters

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.

The Flu and What To Do

The flu brings with it headaches, upset stomach, diarrhea, muscle aches and pains!!!! The advice plenty of fluids and rest in bed-this remains sound medical advice for your general attack of the virus. But if your case of the flu includes that "bug-a-boo" diarrhea, you may find the following hints helpful.

For those with a colostomy, it is usually wise not to irrigate during this time. Your intestine is really washing itself out. After diarrhea, you have a sluggish colon for a few days, so again, "leave it alone". Start irrigation again after a few days when your colon has had a chance to return to normal.

For the ileostomate, diarrhea is a greater hazard. Along with the excess water discharge, there is a loss of electrolytes and vitamins that are necessary in maintaining good health. This loss is usually referred to as a loss of fluid which, in turn, brings a state of dehydration. ... therefore, you must restore electrolyte balance. First, eliminate all solid food. Second, obtain potassium safely and effectively from tea, bullion, and ginger ale..

Continued on Page 5

Application for Membership

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email address: _____

★ I wish to receive the newsletter via above email address. Yes/No (circle one)

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:

Beth Harwood, 16 Greenhill Drive,
Thorold, ON L2V1W5

The Flu- continued from page 4

Third, obtain sodium from saltine crackers or salted pretzels. Fourth, drink a lot of water. Cranberry juice and orange juice also contains potassium, while bullion and tomato juice are good sources of sodium.

Vomiting also brings the threat of dehydration. If it is severe and continuing, your doctor should be notified. You should know also that diarrhea may be symptomatic of partial obstruction or an acute attack of gastroenteritis. Since the treatment of these two entities is entirely different, a proper diagnosis should be made as rapidly as possible if obstruction is suspected because of localized cramping. A physician should be sought immediately. So you can see why it is so important to determine whether the diarrhea is caused (1) by obstruction or (2) gastroenteritis. If you do not know, check it out with your doctor Do not play games. Remember, always call your physician unless you are 100% certain of what you are doing.

For urostomates-be sure to keep electrolytes in balance follow the general instructions for colostomies and ileostomies. No ostomate should take medicine for pain or a laxative without the physician's order. Do not use antibiotics for colds or flu unless the doctor orders it. In colostomy patients, drugs or certain foods can cause constipation-prevented during a cold by drinking plenty of liquids. Increased water intake in the ileostomate results in increased urine output rather than increased water discharge through the appliance.

When returning to a normal diet, use fiber-free foods at first, then gradually increase to regular, normal diet. Prompt attention to the symptoms of distress of colds and flu should bring to each of you a happier and, hopefully, healthier winter.

History of Ostomy Surgery

The Early Days: Poor Prognosis for Blockages

Until the late 1700's, a bowel blockage was almost always fatal. Since physicians had no knowledge of antibiotics or sterile techniques, bowel surgery carried with it a high risk of infection. Physicians avoided any surgery that entered the peritoneum, the membrane that encloses the abdominal organs, where infections were particularly dangerous. Instead, they prescribed treatments such as consumption of the heavy metal mercury, laxatives, enemas, and horseback riding to help move stool through the digestive system. These did little to help the patient's suffering!

The First Colostomy

A French surgeon named M. Pilon performed the first ostomy surgery in 1776, after all other treatment attempts had failed to help his patient. Without treatment, the patient's bowel blockage was certain to prove fatal. Pilon attempted surgery as a last-resort attempt to treat the blockage.

To perform the surgery, Pilon made an opening through the patient's abdominal wall into the caecum, the first part of the large intestine. He pulled the free end of the bowel through the patient's abdomen and stitched the bowel to the patient's skin, creating a stoma where partially digested food could leave the patient's body. The first colostomy surgery was complete.

After surgery, the patient used what was probably the first ostomy appliance: a sponge held to the opening with an

elastic bandage to absorb any leakage. Without access to today's appliances, the patient opted to keep his bowel clear by performing regular enemas.

This first colostomy surgery successfully bypassed the patient's bowel blockage. Two weeks later, though, the patient died of an infection in his small bowel, perhaps complicated by mercury poisoning. An autopsy recovered two pounds of mercury in his bowel.

Colostomy: A Procedure for Pioneers

Over the next century, the risk of infection continued to make any abdominal surgery extremely dangerous—but for some patients, surgery was the only option. A few brave physicians continued to attempt surgery to treat bowel blockages that would be fatal otherwise. Between 1716 and 1839, 27 colostomy surgeries were recorded, but only six of the patients survived. Ostomy surgery remained a procedure of last resort until better medical techniques made such surgeries safer.

Ostomy Today

Today, modern surgical techniques make ostomy an accepted—and much safer—procedure, a viable way to treat conditions that interfere with the body's ability to eliminate waste. Post-surgical care has also greatly improved. Today's inconspicuous, odor-barrier pouches are a far cry from the first sponge and elastic “appliance!” Today's ostomy surgeries allow countless people suffering from bowel blockage, Crohn's disease, and other intestinal ailments to lead healthy, fulfilling lives.

Celebrity Ostomates and IBD Patients

Marvin Bush son of former president George W. Bush was born in 1956 in the oil boomtown of Midland. Marvin worked primarily in mergers and acquisitions and investment management. In 1985, Bush's life changed forever. At odd times, he found himself doubled over in pain; blood began appearing in the toilet. An active 29-year-old, by then married to college sweetheart Margaret Conway Molster, Marvin thought the pain might be an ulcer, or even hemorrhoids. It turned out to be ulcerative colitis. Almost a quarter of a million Americans suffer from the disease, and for 25 percent of them, the only remedy is major surgery. Bush was part of that 25 percent. Telling his mother he would be home the next day, Bush checked into Georgetown University Hospital and didn't emerge for five weeks. His entire large intestine was removed, and he now wears an external ostomy pouch, which collects waste and fits under his trousers. In 1991, the CCFA named Marvin Bush as its spokesman, hoping he could use his natural speaking ability and his family's public profile to raise awareness of the disease and, perhaps more important, give it a public face. "Walking around with a pouch around your waist is not an easy thing to talk about," says Marvin. "And yet, when you think about this insidious disease that really robs a lot of people of their pride, it really was not that challenging to visit hospitals or see kids or call as many people as I can. In a way, it's been part of the healing process for me."

Other famous ostomates are:
Vice President Hubert Humphrey and
President Dwight Eisenhower. The late

Queen Mother Elizabeth of Great Britain who was over 100 years old before passing away and the late Moshe Dayan, former Defense Minister of Israel. Rolf Bernischke, ex-kicker for the San Diego Chargers has an ileostomy. So does senior PGA Golfer Al Geiberger

Famous IBD Patients:

Anastacia is a rare talent. She is a songwriter, a singer and a dancer. Born in Chicago, raised in New York City, Anastacia came from an entertainment-oriented family: her father was a singer, her mother an actress in musical theater on Broadway. She was diagnosed with Crohn's disease at age 13.

Shannen Doherty actress. In 1999 she has revealed to Starmagazine, that she's been secretly battling an agonizing stomach ailment for years. "I have Crohn's disease," she confides. "It can kind of mess with you," explains Doherty". There's nothing sexy about women saying: "I've got to go to the bathroom right now."

Mike McCready lead guitarist of [Pearl Jam](#), diagnosed with Crohn's Disease at age 21.

Shayne Corson was first diagnosed with ulcerative colitis when he was 15. There have been flare-ups before in his 15-year NHL career.

Kevin Dineen was born in 1963. He was drafted to the Hartford Whalers in 1982 as the 56th selection. Kevin served as captain of the Philadelphia Flyers in 1993-94, the Hartford Whalers in 1996-97, and the Carolina Hurricanes in 1997-98. He was diagnosed in 1987 with Crohn's Disease.

Theoren Fleury was picked 188th in the 1987 National Hockey League draft. In the 1998-99 season, he scored 53 assists, Diagnosed with Crohn's Disease in 1996.