



## 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.

## Important Notice

**Next meeting: October 20, 2009**

**We will be discussing the yearly membership dues and voting on a motion raised at the last meeting to increase the annual membership dues from the current \$25 per year to \$30 per year. There will also be a discussion on the current meeting location, and the feasibility of moving to a less expensive location.**

**There are more details about the membership dues in the *Message from the President* below. Be sure to attend this meeting & voice your opinions.**

**Followed by Hollister Representative , Showcase of products.**

## *A Message from the President*

This was originally meant for the September newsletter, but due to a glitch, it didn't get printed, thus this has been edited slightly.

I would like to take a moment & reflect over the past 3 or so months, and how fast they have gone by. It wasn't much of a summer, but if we didn't have the weather to complain about, what would we do? Oh, right,, there's still politics , isn't there?

First off, I would like to thank everyone that supported me in becoming President. A couple of members had been nudging me for several months, asking me to consider running, I initially thought I would run the next term, but, after a lot of thought , I decided in the end to let my name be put forward this last election. As they say, there is no time better than the present, right? Andi felt her time would be better spent focusing on the Friendly visitor program, so it seems like it was a good time for me to step in. I have already been involved in the executive for the past 2 yrs, and I truly believe this association is a vital link to the community, it sure helped me, especially in the early days after surgery, and, if I can help someone in return, I think I have succeeded.

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Some avenues of the chapter that I would like to explore, in no particular order, are;

- Escalating the funds of the chapter so that we can help send children to ostomy youth camp.
- The possibility of Youth and younger persons groups within our chapter
- To raise public awareness within our community, thus enabling people either Post or Pre op, to know that we exist.

I'm sure there are many more areas that could and should be explored, but these are a few that have come to mind.

On the topic of Chapter awareness, over the summer I had a phone call from a colleague of mine, her husband has recently had colostomy surgery, she asked if we could meet for lunch someday and talk about some of their concerns, my experiences, and share with them some of my knowledge of dealing with an ostomy. Of Course I agreed. I passed along several items for her and her husband to read & view. Among the items I passed on to her, was our chapter brochure, a couple of newsletters, and a few of the Ostomy Canada magazines. Her comment was, Wow! We weren't aware there is a help group! (We met about 6 weeks after her Husband's surgery.) I know this is an area that Andi, being Coordinator of the Visitor Program, and the rest of the executive has pulled their hair out over, "how do we get more public awareness"? It's an area that we need to pursue, so we can reach out to as many ostomates in our community as possible. Membership and public awareness are crucial keys to sustainability of the association in my opinion.

On sustainability, did you know that out of your \$25 membership dues, \$20 of that goes to National Office? To print and mail our newsletter to each member, costs over a dollar each, (9 issues per year, and approximately 65 newsletters each month), We mail approximately 20 newsletters each month to Non Members, (Doctors, Ostomy Suppliers, etc to help build awareness) The rent on our meeting room is \$42 per meeting, so simple mathematics shows that we need to have fundraisers and other avenues to generate income in order to keep the chapter alive. We are very fortunate and grateful to have Service Master of Niagara contribute to the room rental and printing of the Newsletters, and Cathy & Bruce do a fund raiser barbeque at Wal-Mart once per year. Those major donations are currently what permits the chapters existence.

Our second annual summer fund raiser picnic was a great success, we made just short of \$200 after expenses, and I think a good time was had by all that attended. The weather co-operated, it was a fabulous day, I know I enjoyed lots of good food and conversation, I'm sure everyone else did as well. A special thanks to Bruce & Cathy for looking after the barbeque and most of the food and organization.

Thanks also to Dell/Lewis & Krall, Motion Specialties, Wal-Mart, Empire Counter Tops, and Garden City Meats for their kind & generous donations for prizes. Thanks to other members that anonymously donated items for prizes as well.

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Although our chapter's main mission is to "assist fellow ostomates, their families, friends, and caregivers", it's easy to see we need to explore other means of generating revenue. Keep in mind; our goal is not be to have a huge bank account with hundreds upon hundreds of members, but we need to have enough, to be able to provide the services we do, to our community.

By the time this newsletter gets to your mailbox, your executive will have met a couple of times; we're planning meetings, events, guest speakers and so on. Anyone that has any suggestions on raising chapter awareness in our community, an idea for an event, or a guest speaker, please do not hesitate to contact anyone of the executive at any time. I will personally make time at meetings to talk to any member that has questions, ideas or concerns; you can also reach me by telephone at 905 321 2799. If you wish to speak to anyone else on the executive, you can leave me a message & I will pass the message along to them. You can also contact us by email via the Website @ [www.Niagaraostomy.com](http://www.Niagaraostomy.com), and go to the contact us page. .

A final few notes, it's an honour and a pleasure to be the Chapter president, and I look forward to being one small part of the team that helps move our chapter forward, to helping our members, to offering assistance and help to our community & fellow ostomates, their friends, families and caregivers. I look forward to a great year ahead, and wish everyone great health & happiness.

Writing is not one of my fortes, but I hope I've managed to give you some insight into my thoughts  
Sincerely,

John Molnar

**ET Nurse from Coloplast  
Will be at  
Dell Pharmacy, Queenston St.  
10 am to 3 pm  
Everyone Welcome**

**Joke of the month**

A dentist, a nurse and an army general are flying.

The dentist decides to drop a toothbrush out of the plane. The nurse drops down a medical kit and the army general drops a bomb.

They land the airplane and see what happened...

First they found a guy looking for his false teeth.

Next they found a guy bandaging his wounds.

Lastly they found a young boy laughing his head off.

They asked him what happened and he said, "My grandfather farted and blew up his house."

## CALENDAR OF EVENTS

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

**Sept 15, 2009**  
Open Mic

**Oct 20, 2009:**  
Hollister Rep

**Nov. 17, 2009:**  
Convatec Rep

**Dec 15, 2009:**  
Merry Christmas!  
No Meeting

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

**Feb 16, 2010**  
Beef on a Bun  
Fundraiser  
Entertainment TBA

**Mar 16, 2010**  
Coloplast Rep

**Apr 20, 2010 -**  
Judy Cline  
Physiotherapist  
**May 18, 2010 -**  
TBA  
**June 15, 2010-**  
TBA

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

**Email:** Please use the contact form on our website

**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

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

### Treasurer Position Available

If you have a few hours per month, with some bookkeeping or Accounting skills, please call 905 321 2799 or email us at [atniagaraostomy.com/contact-us/](mailto:atniagaraostomy.com/contact-us/)

United Ostomy Association, Inc.  
Evansville, Indiana Chapter  
Re-Route  
Volume 29, Number 4 January, 2002

**HOW TO BOOST YOUR IMMUNE SYSTEM**  
By: Dianne Daniel GB News Review  
Your immune system is a quiet hero, working behind the scenes to protect your body against illness and disease. The immune system is made up of certain organs and white blood cells that work together to protect your body from harmful substances, cells and viruses. Here are some things you can do to help strengthen your immune system: **GET REGULAR EXERCISE.** Being under a lot of stress can damage your immune system over time. To help your body cope with stress better, exercise for 30 minutes at least three times a week. This also may help lower your risk for conditions such as heart disease, obesity, osteoporosis, back pain and depression. **GET ENOUGH SLEEP.** There is evidence that people who are sleep deprived may have a weakened immune system. To be sure that you get the amount of sleep you need, avoid alcohol for at least two hours and caffeine for at least six hours before bedtime.

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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 and includes our monthly newsletter, membership in the United Ostomy Association of Canada, and Ostomy Canada Magazines

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

*Continued from page 4 – Immune system*

Also, early in the evening, plan your activities for the next day so that you won't have to think about them until then. Spend the last two hours of your evening relaxing. **EAT WELL.** Eating a variety of fruits, vegetables and grains can help your immune system fight disease and infection. Also limit the amount of sugar, salt and alcohol in your diet. **SEEK HELP FOR DEPRESSION.** It's normal to feel sad sometimes. But if you suffer from depression, it not only harms your emotional and social life, it also can weaken your immune system and affect your appetite and sleep patterns. If you are depressed for more than two weeks or if your depression interferes with your daily activities, talk with your doctor. Taking these steps can help boost your immune system, which can keep you healthy and strong.

**Helpful Ostomy Tips**

- \* Don't allow yourself to get caught short on ostomy supplies. Always have some on hand when you re-order.
- \* Keep a list of equipment you use, with number, size and manufacturer. Let a family member know where the list is in case of emergencies.
- \* Do not apply second coating of adhesive. It re-wets the original coat and gives unpredictable results.
- \* Paper tape can be made more waterproof by covering it with Skin Prep after it is in place.
- \* Cheap club soda is good for cleaning feces spots.

**OVERNIGHT HEALING**

The application of a couple of capsules of Vitamin E oil broken down and rubbed on sore and irritated skin around the stoma promotes overnight healing.

## **CONTINUING YOUR SOCIAL LIFE WITH AN OSTOMY**

*United Ostomy Association, Inc.  
Evansville, Indiana Chapter  
Re-Route Volume 30, Number 3  
December, 2002*

Your social life can be as active as it was before surgery. You can enjoy all activities: meeting people, attending concerts, sporting events, civic and social club meetings, parties religious occasions or whatever you enjoyed before. The first time you go out of the house after surgery, you may feel as if everyone is staring at your appliance, even though it is not visible under your clothing. You can feel your appliance on your body, but no one can see it. Keep those questions in mind- Did you know what an ostomy was or where a stoma was located, or what it looked like before you had surgery? You may also worry about your pouch filling with gas and sticking out under your clothing. A quick trip to the restroom can take care of this problem. If you are worried about your pouch filling up immediately after eating at a social event, remember, people without ostomies often need to go to the restroom after eating and nobody will think it is unusual if you do the same! You will probably find that you need to empty your pouch less often than you need to urinate. Friendship and love- You may be wondering about your relationship with others. Now that you have an ostomy, you may feel that it will change your present relationships and decrease new opportunities for friendship and love. True friendships and deep relationships on any level are built on trust and mutual understanding. These qualities depend on you and other persons. You have the same qualities

you had before surgery and your ability to develop friendships is unchanged. If you care about yourself, others will feel your strength and will not be deterred. If your ostomy does cause a break in friendship, a sexual alliance or even marriage, this relationship was not built upon trust and mutual respect and probably would have crumbled sometime in the future anyway.

## **CONTROLLING ODOR**

*United Ostomy Association, Inc.  
Evansville, Indiana Chapter  
Re-Route Volume 29, Number 5  
February, 2002*

An important part of a new ostomate's rehabilitation is learning to control odour; it is important to feel good about oneself and be secure in relationships with others. The ostomate can be extremely sensitive to odours and the reactions of those around him or her, especially family and friends. Colostomies tend to emit more odour than ileostomies because of the bacterial abundance in the colon. Most sigmoid and descending colostomies are routinely irrigated, so persistent odour is less of a problem than with a transverse colostomy where semi-liquid drainage tends to be rather malodorous. Ileostomates experience almost continual peristaltic waves, which sweep the ileum and prevent stagnation of the intestinal contents, thereby eliminating the major cause of odour, I.e., bacterial growth. Extreme and persistent odour from an ileostomy could be an indication of a secondary problem, such as a stricture or blockage. Urine has a characteristic odour, but a foul odour could be a sign of infection due to overgrowth of bacteria.

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Certain foods will affect the odour of both feces and urine. Avoiding such odour-producing foods will help.

External and internal deodorants are available, but two important aspects of odour control are good personal hygiene and appliance care. For fecal ostomies, use odour proof pouches. Change the pouch immediately if a leakage occurs. Eliminate from your diet such odour producers as cabbage, onions, fish, spicy foods and eggs; do eat parsley and yogurt. Internal deodorants that can be taken by mouth include bismuth subgallate tablets, which help control odours by absorbing toxins. Ostomates should consult their physician before taking these tablets. Urinary ostomates should clean their pouches periodically with such agents as Uri Kleen, etc. Vinegar solutions have fallen into disfavor because they tend to damage certain manufacturer's pouches. Avoid eating asparagus and onions; do eat parsley and drink cranberry juice. Deodorants are not used because they would mask the odour, which could signify the presence of an infection. With proper care of the appliance, personal hygiene and dietary precautions, odour should not be a problem for ostomates.

### **Controlling Leg Cramps**

If you have been jolted awake by a leg cramp, you know how sudden and intense the pain can be. Several factors, including dehydration, the use of diuretics or overuse of your muscles can trigger leg cramps, which usually occur during rest or sleep.

For relief, straighten your leg and point your toes upward while you gently rub the cramp to help the muscle to relax. For a calf cramp, stand up and put your weight on the cramp, keeps both legs straight and lean forward at the waist. Use a cold pack to relax tense muscles. Use a warm towel or heating pad later if pain or tenderness persists. To prevent cramps, stretch daily. Before bed, stand 2-3 feet from a wall, placing your hands on the wall. Keep your heels on the floor. Lean toward the wall and bend one knee, hold ten seconds, straighten your leg. Repeat with the other knee. Stretch each leg 5 to 10 times.

Drink 6 to 8 cups of water daily. Fluids help your muscles contract and relax. Try not to sleep with your toes pointed (as people tend to do when sleeping on their back or stomach). Sleep on your side, don't tuck your sheets and blankets too tightly as then can bend your toes down.

Your doctor may prescribe a muscle relaxant for frequent leg cramps.

### **Treasurer Position Available**

If you have a few hours per month, with some bookkeeping or Accounting skills, please call 905 321 2799 or email us at <http://www.niagaraostomy.com/contact-us/>