

# OTTAWA OSTOMY NEWS

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## January—February 2023

Volume 52 #5



Ostomy  
Canada  
Society | Société  
Canadienne des  
Personnes Stomisées



**Monthly Ottawa Ostomy Group Meeting**  
**WEDNESDAY Feb 22nd @ 7:00 pm**

### TOPIC: **Natural Nutrition**

**Speaker:** Trish Massart, RHN, CPT

Trish is a graduate of the Canadian School of Natural Nutrition and a Certified Personal Trainer. In 2012, she was diagnosed with stage-4 colon cancer and underwent several lifesaving surgeries. Today, Trish draws from her experience and education to empower others to survive and thrive. She is the principle consultant for **In The Bag Nutrition**, which is dedicated to helping patients with ostomies, or resected GI tracts, to eat healthfully, exercise safely and to embrace life fully.



### Please Join Zoom Meeting

Wednesday February 22nd, 2022 7:00PM  
Where: [https://us02web.zoom.us/j/85773437056?](https://us02web.zoom.us/j/85773437056?pwd=bDhyQVNMU3NJZXdsQmQwNzBLUjF4UT09)  
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Meeting ID: 857 7343 7056

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## HELP LINE NEWS

The OOSG Helpline Pays it Forward (3X) in December

There are always rewarding stories that come from serving on the Helpline.

The month of December kicked off with two individuals calling to donate surplus unused supplies. They had appreciated the assistance of the OOSG in the past and wanted their surplus to go to a worthy use and not to waste. Little did they know that the helpline would get a call later, on Dec. 23, from an out-of-town ostomate "desperate" for help.

The caller had flown into Ottawa, from Halifax, two days earlier to visit family for Christmas. Unfortunately, their luggage, with all their supplies, had not made it and the airline could not find the luggage. By day-3 a bit of panic was setting in. The caller had tried several medical supply stores in Ottawa, but none had the right appliances needed. They then found the OOSG Helpline number (thanks to Google) and made the call.

I was delighted to be available and able to match them with the much needed supplies; in fact, from those donated earlier in the month. The visitor from Nova Scotia was very relieved and they left a generous donation for the OOSG to use where needed.

The Helpline is a rewarding way to pay it forward.  
Dave Black, Member of OOSG

**Hi Everyone, How many of you know what our Helpline does? That is, Outside of looking good on the first page of our newsletter. Here is another story .**

Hi Alice,

Just a quick report, that today I had a nice call-back from "Jennie". She was really appreciative of the advice you gave her last week. It all worked!

She asked me to make sure you knew.


She looks forward to joining the group and meeting us all.

Good work!

**The board would like to thank the members who are giving their time to answer the Hotline phone which in turn helps those who call.**

**I am also one of the members who answers the Hotline, I encourage you to get involved. It's a good feeling to know that you helped someone.**

Your editor, Eileen



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## President's Message

Happy New year everyone!

As usual we didn't publish a January newsletter so this may be the first time I have been able to speak to you since the New Year. We are not deep into Ottawa winter, and as I'm writing this, I'm watching snow gently drift down, while the forecast is calling for 30 cm. I guess after it all melted, we should expect it to all come back! And with any luck, the temperatures will stay low enough to open the Rideau Canal for skating.

I hope those that were able to come to our January meetings with our 2 amazing NSWOCs, enjoyed the evening. Big thanks go out to both.

In February we are inviting in **Trish Massart** to talk about what to think about nutrition wise while living with an ostomy. She has been helping the Ostomy community since 2012 after she herself underwent surgery. Her training in nutrition and personal training brings a deep of knowledge that she is happy to share with our community.

Most of our efforts are going towards planning our 50<sup>th</sup> Anniversary **Ostomy Day on April 22<sup>nd</sup>**. We have 3 amazing speakers lined up already, have a host of vendors signed up to show you their latest products, and will have an on site NSOWC (by appointment) for personal questions or care. We have lunch plans in the works as well! If you have any suggestions for anything you would like to see send them my way and maybe we can incorporate them into the day.

I have a couple of reminders:

**Our website** is a wealth of important information and resources – be sure to check it out at [ottawaostomy.ca](http://ottawaostomy.ca)

**Our helpline** is available for you to call anytime – leave a message and the volunteer manning the phone for the month will give you a call back – 613-447-0361.

You can also email us at [info@ottawaostomy.ca](mailto:info@ottawaostomy.ca) if you would prefer that.

We rent storage space at Dymon to house donated supplies. These supplies are redistributed throughout our community as needed. Please reach out if you have a need. We can't guarantee what is in the cupboard, but we can always check. We even help travelers who have lost luggage or run into problems in other ways.

Until I see you or talk to you – take care and enjoy our beautiful winter in Ottawa.

Yvonne



[president@ottawaostomy.ca](mailto:president@ottawaostomy.ca)

Yvonne Holland

613-805-0975

**Ostomy Expo**  
And Information Day  
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**APRIL 2023**

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OTTAWA OSTOMY Support Group and live

Watch out for more details coming soon in the upcoming newsletters!

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## Vegetarian and Vegan Diets for Ostomates

**Editor's Note: Don't skip this article just because you're not a vegetarian!**

Consultant Dietitian Sophie Medlin has written some fantastic advice for vegetarian and vegan ostomates (and those looking to include more plants in their diet). Most people won't be surprised to hear that the number of people following vegetarian and vegan diets has risen by 40% in recent years. Adding more plants (fruit, vegetables, whole-grains, pulses/beans, nuts and seeds) is ideal for our overall health but can be challenging when you live with a stoma.

It's also important to recognize that there is a significantly higher risk of nutritional deficiencies on vegan and vegetarian diets. This is because there are certain nutrients that we can't get from plants or that are only available in much lower quantities. In particular, plant based eaters need to be more careful not to become deficient in vitamin B12, vitamin D, zinc, iron and omega-3 fatty acids.

There is an added complexity for vegetarians and vegans living with an ileostomy as the same nutrients that are lacking on a vegan diet are also more likely to be deficient. Research tells us that 17% of people with an ileostomy have iron deficiency anemia, 31% of the ileostomy population are deficient in vitamin B12, 13% of the ileostomy population are vitamin D deficient and 8% of the ileostomy population are zinc deficient. Unfortunately, this work hasn't been done for people living with a urostomy or colostomy.

This means that vegetarian or vegan people living with an ileostomy can be deficient in these nutrients because their stoma lowers absorption AND because their diet contains less which is double the risk.

That doesn't mean that anyone with a stoma can't or shouldn't follow a plant based diet, it just means that more time and energy will need to be put into planning and supplementing the diet appropriately. Similarly, many people living with a stoma may struggle to increase their plant based foods in their diet due to the fiber content disrupting stoma function. As always, this does not mean we shouldn't be trying to increase these foods regardless of whether we choose to cut out animal products. Some tips for including more plant based foods in your diet include:

Blending beans and pulses into dips (hummus) and pastes for added plant based protein.

Ensuring you have at least two vegetables with lunch and your evening meal and a portion of fruit in the day.

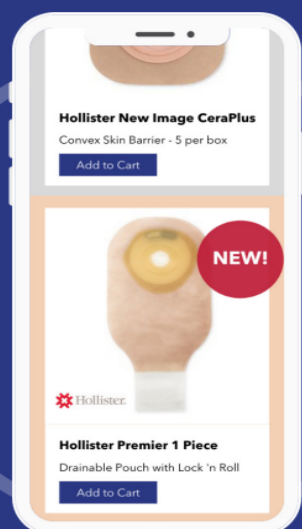
If you struggle with vegetables, try vegetable juices, smoothies or soups as an alternative.

As vegetarian and vegan products have become more available, it is a great time to experiment with some of the red meat alternatives, particularly if you have had bowel cancer in the past. Choosing soya or Quorn mince in place of beef mince will be a healthier option. Unfortunately, 'vegan' doesn't always mean healthy so we still need to be careful of highly processed vegan foods.

*( Continue to page 6 )*

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(Continued from page 4 )



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Overall, if you're not vegetarian or vegan, remember, more plants in our diets is always a good thing so consider this week a nudge to have a think about where you can get more in. If you are on a plant based diet and you live with a stoma, be aware of those deficiencies and ask your stoma team or GP to screen your blood for deficiencies. There are some great plant based supplements on offer to top up your diet and some excellent resources from the Vegan and Vegetarian Society to help you plan an optimal plant based diet.

For good ideas and recipes, go to <https://www.colostomyuk.org/vegetarian-and-vegan-diets-for-ostomates> -

*From the Pouchvine of Northern Virginia, Sept 2021, [www.colostomyuk.org](http://www.colostomyuk.org)*



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Gatineau February 18th, 2023



## « Vivre avec une stomie »

Come meet us in large numbers during this “Living with an ostomy” day to be held in Gatineau on February 18th, 2023. From 8:30am to 16:00pm.

Location: Salle des Chevaliers de Colomb  
690 boul. Saint-Joseph (secteur  
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(819) 777-3266

As you will be able to see by consulting the schedule for this day, many exhibitors will be present to present their ostomy appliances to you.

An enterostomal therapy nurse will also be on hand for free consultations.

And there will be something new this year: a counseling therapist will also offer free consultations.

Once again, registration fees will be limited to \$5.00, to allow as many people as possible to participate in this day where you will have the chance to attend discussions led by Mr. **Jude Ruest**, President of the AQPS and Ms. **Isabelle Dionne**, enterostomal therapy nurse, on topics that concern you.

A conference will be given by a counseling therapist and the day will end with very relevant information for ostomates. We are waiting for you.



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## Why Do Ostomy Bags Burst and how to Prevent It

You're looking to prevent one of the most uncomfortable (in more ways than one) situations an ostomate can have. You've heard (or imagined) the stories, whether on forums or on other [ostomy blogs](#) and communities. And while the tales range from overtly descriptive to downright slapstick, they are often not backed by the details you really need. For instance, why ostomy bags burst, and how to make sure it never happens to you. We can answer the first part here. Aside from physical impact (a hard fall, etc.) your bag bursts because of excessive gas accumulation.

Today, we are going to expand (no pun intended) on this subject to provide you with insight into preventive measures that you can take.

### 5 Things You Need to Know to Keep Your Ostomy Pouch from Bursting

#### 1. Stay Away from (or minimize consumption of) Gas-Inducing Food

This tip is about as logical as it gets, but it's good to have a reminder, especially when there are some culinary culprits that you may not have anticipated.

While everyone reacts to foods differently (testing dishes and time will be your guide) we encourage you to reference this list of gas-inducing foods if your ostomy bag seems to be ballooning through the day:

**Beans** – Dried lima, navy, borlotti, and kidney beans in particular.

**Solid Dairy** – Cheese, ice cream, yogurt. Consider non-dairy alternatives.

**Whole Grains** – Wheat and oats.

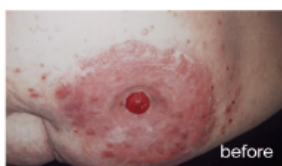
**Some Vegetables** – Asparagus, brussels sprouts, broccoli, onions, cabbage and cauliflower induce gas. However, as they are healthy, be sure to consider green alternatives (kale, spinach, etc.) and [have a supplement plan in place](#) to make sure you are receiving the necessary vitamins and minerals that key greens provide.

(Continue to page 8)

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(Continued from page 7)

**Some Fruits** – Apples, peaches, pears, and prunes induce gas. They too have tremendous health benefits, so consider alternative produce and [health supplements that provide antioxidants](#).

**Hard Candy and Chewing Gum** – Candies that contain sorbitol and/or sweeteners induce gas. Chewing gum that have been sweetened with sugar alcohols such as sorbitol, mannitol, and xylitol also contribute to gas build-up. Chewing gum poses another “gas threat” which is expanded upon in item #3 below.

**Processed Foods** – Packaged foods, especially those that contain high levels of fructose and lactose.

## [2. Stay Away from Gas-Inducing Drinks](#)

Beverages that you may be consuming on a daily basis may also contribute to your gas (and ostomy bag) problem. Reference the list below and note if you may need to

make cuts in your beverage consumption habits:

**Soda** – All sodas are carbonated and should be avoided.

**Alcohol** – All carbonated varieties, including beer, champagne, and wine coolers. Drinking any alcohol can cause bloating in your lower abdomen, so must be consumed in moderation. [View these ostomy-conscious tips](#) to alcohol consumption.

**Coffee** – Coffee (regular and decaffeinated) can cause gastritis, an inflammation of the stomach lining that can result in bloating. Consume in moderation.

## [3. Watch HOW You Eat \(Literally\)](#)

What is surprising to many, is that it's not just *what* you eat that causes gas, but *how* you eat it.

(Continue to page 9)

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(Continued from page 8)

Your ostomy bag may be ballooning because of how you are chewing and swallowing. Follow your mother's orders and don't talk with your mouth full. In fact, avoid letting air in altogether (within reason). That means you should cut out or minimize consumption activities conducive to the influx of air. This includes smoking (especially bad for ostomates, regardless), chewing gum or tobacco, eating rapidly, and swallowing large pieces of food that hasn't been properly chewed.

#### 4. Prepare for Activities that May Expand Your Bag

While we absolutely recommend that you live life to the max and expand your horizons, take note of any activity that *may* cause your ostomy bag to balloon. This is a small concern, but steps can be taken when you live an adventurous life that has you up at extremely **high elevations**

For example, if you're skydiving, [follow these tips](#) to keep your ostomy pouch from expanding at a high altitude.

If you're a frequent flyer, take note to change and burp your ostomy bag before departure, and vent it before removal to prevent problems in the air.

#### 5. Buy Ostomy Bag Brands that You Can Trust

Last but most certainly not least, is to make sure you're buying ostomy supplies [from a reputable resource](#). That way you know that the pouches have been properly vetted to ensure the highest possible quality. The better the quality, the less likely they will burst, even when you've let your consumption habits (noted above) slip a bit. When it comes to ostomy bags in Canada, you want to choose ostomy pouch brands carried by reputable suppliers.

Via: InnerGood, Jan2017

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**NEWSLETTER Print/Production:** Ian MacNeil

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### SUPPORT GROUPS

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Kim Anne De Champlain

kimanne.dechamplain@live.ca 819-208-4736

Robert Hamilton

Robert.hamilton3@icloud.com 613-232-6163

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As a not-for-profit charity, we rely on our members to lend a hand to ensure that we provide needed programs to our ostomy community. Currently we have vacancies in visitor support.

Whether you are a new ostomate or a veteran that requires some support, we have a volunteer "helpline" to provide non medical practical advice or a referral to help you live life to the fullest.

Over the past few years, due to attrition we have lost a few volunteers to support this program and therefore need replacements. We will provide you with the training, knowledge, and resources you may require. We also ask that you manage our helpline for a period of a month per annum or more if interested. Your schedule is based on your availability.

We also need ostomy buddies. From time to time, individuals who may be new to the ostomy world or would just like to chat with someone going down a similar path. We match these requests as much as possible with people of similar age, sex and type of ostomy.

Please consider volunteering to help us help another. Sharing your experience in this manner with another is part of "it takes a village" community approach.

If there is someone from the Orleans area who is able to pick up supply donations, it would be greatly appreciated

Please send your contact information to [Info@Ottawaostomy.ca](mailto:Info@Ottawaostomy.ca) with a brief note of how you wish to help

Thanks

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## Ostomy Clinics

Updates on clinics, see our website

<https://ottawaostomy.ca/index.php/events/>

or call our help line at  
**613-447-0361**

### Clinics are by Appointment Only

**Conval-Aid** -Every month

2600 Lancaster Rd., **Ottawa**, ON

Call 613-738-2721 for information/  
appointment.

Offered free to **Conval-Aid** patrons.



## Did You Know?

- \* People living with an ostomy are eligible for the disability tax credit when a qualified medical practitioner certifies the disability tax credit certificate and Canada Revenue Agency approves the application. See our website for details:  
<http://www.ostomycanada.ca/dtc>

A joint project by:



Ostomy  
Canada  
Society | Société  
Canadienne des  
Personnes Stomisées



The Canadian Association  
for Enterostomal Therapy  
Association Canadienne  
des Stomothérapeutes

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Wellwise by Shoppers Drug Mart (previously Shoppers Home Health Care) is your source for a full range  
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We will be happy to serve you at any of our locations:

West: 420 Hazeldean Rd. Kanata, On. Tel.: 613-831-6505

Central: West Gate Shopping Centre, 1309 Carling Ave. Ottawa, On. Tel.: 613-725-0608

East: Fallingbrook Plaza, 1675 Tenth Line Rd. Orleans, On. Tel.: 613-834-3070

## Nurses Specialized in Wound, Ostomy & Continence (NSWOC's) in our region:

Blais, Ann-Marie	OMS	613-244-8620
Chaplain, Valerie	Montford	613-746-4621 x3147
Courville, Susan ET	Hawkesbury Bayshore	613-938-1691
Cyr, Veronique	The Ottawa Hospital	613-746-4621
Denomy, Jessica BScN, RN, ET	Renfrew Hospital	519-331-8989
Dionne, Isabelle RN, ET	Centre Hospitalier Gatineau	819-966-6135
Dutrisac, Diane	Carefor	613-749-7557
Fraser, Leora	St. Elizabeth	613-738-9661
Hawkes, Jessica RPN,	Swan SE Healthcare	613-738-9661 x242750
Hoggard, Kimberly	Para Med	613-728-7080
Howe, Debra	St. Elizabeth	613-738-9661
LeBlanc, Kim RN, ET, MScN	KDS Consulting	613-738-2721
Mazeronne, Kelly	Access Medical Pembroke	613-732-4713
Mazerolle, Kelly	ParaMed	343-544-5533
Miller, Toba RN, ET, MScN	Serving Hospital Patients Only:	613-798-5555 x7584
Niittynen, Jennifer	Serving Pembroke Area	613-312-9799
Seguin, Chantal ET	Cornwall Hospital	613-938-1691
Snider, Kaila	St. Elizabeth NSWOC	613-738-9661
Velasco, Jovie	Carefor Ottawa	613 749-7557

## Ostomy Products Retail Outlets

Canada Care Medical- 1644 Bank St., Ottawa, ON	Ottawa Ostomy Centre	613-234-1222	800-267-8855
Carleton Place Drugmart IDA - 47 Lansdowne Avenue, Carleton Place, ON		613-257-1414	
Conval Aid - 2600 Lancaster Road, Ottawa, ON		613-738-2721	800-267-8883
Les Entreprises de L'Outaouais - 361 boul. Maloney Ouest, Gatineau, QC		819-643-5363	
Medi Sante - 867 boul. St. Rene Ouest, Gatineau, QC		819-243-1717	
B Braun of Canada Ltd; Missisaugua, ON		866-822-7286	
Medigas 900 Ages Drive, Ottawa, ON		613-737-7711	800-267-1315
Motion Specialties 200 A Hawthorne RD. Ottawa On		613-739-4557	
2 Care 4 Medical - 88 Cornelia St. W. Unit F, Smiths Falls, ON		613-284-1058	
Harding's Pharma Save - Deep River, ON		613-584-1116	
Mulvihill's Pharmacy -1231 Pembroke Street West, Pembroke, ON		613-735-1079	
Premier Ostomy 6607 Cote des neiges Montreal QC, premierostomy.ca		877-809-8277	
Wellwise by Shoppers Drug Mart			
Fallingbrook Mall, 1675 Tenth Line Road, Orleans, ON		613-834-3070	
Westgate Mall, 1309 Carling Avenue, Ottawa, ON		613-725-0608	
410 Hazeldean Road, Kanata, ON		613-831-6505	
Stittsville IDA Pharmacy, 1250 Main Street, Stittsville, ON		613-836-3881	
Richmond IDA 6179 Perth St, Richmond ON K0A 2Z0		613-838-5323	
Greenbank Hunt Club IDA 250 Greenbank Road, Nepean, ON K2H 8X4		613-288-1414	
Econo-Medical Ltd. 3234 Hawthorne Road Ottawa, ON K1G 3W9		613-738-8870	
ErgoSanté 179 Boul Saint-Joseph, Gatineau, Qc. J8Y 3X2		819-776-5363	
Victoria Pharmacy 1065B Wellington St Ottawa, ON K1Y 2Y2		613-729-6149	
Ontario Medical Supply—1100 Algoma Road, Ottawa, On. K1B 0A3		613-244-4560	option 4
Ottawa Hospital— 501 Smyth Road		613-761-4157	
Aline-Chretien Health Hub - 2225 Mer-Bleue Road		613-686-1911	
TLC Medical 2868 County Road 43 Kemptville, unit 1 A ON K0G 1J0		613-258-3344	



## Ostomy Products Available!

Stittsville IDA Compounding Pharmacy (613) 836-3881  
 Carleton Place IDA Drugmart (613) 257-1414  
 Greenbank Hunt Club IDA Compounding Pharmacy (613) 288-1414  
 Richmond IDA Pharmacy (613) 838-5323



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## Hands Up

Do you have any questions you would like answers to about problems with your Ostomy?

## 'Ask the NSWOC'.

To submit your question, please send them to:

[newsletter@ottawaostomy.ca](mailto:newsletter@ottawaostomy.ca)

Selected questions and answers will appear in upcoming newsletters. **Be assured that we will never publish your name or any other identifiable information.**

## Membership Application for Ottawa Ostomy Support Group (New & Renew)

Membership is open to all ostomates, family members, medical and health care professionals, ostomy equipment suppliers and any other Interested persons.

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

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

City: \_\_\_\_\_ Prov.: \_\_\_\_\_ P.C. : \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Receive your newsletter and/or renewal notices by e-mail and keep our costs down.

Check the following: Newsletters by email \_\_\_ Yes \_\_\_ No; Invoice by email \_\_\_ Yes \_\_\_ No

**CHECK ALL THAT APPLY:** ☐ New member ☐ Renewing member

☐ Colostomy ☐ Urinary Diversion ☐ Continent Urostomy ☐ Ileoanal Pouch ☐ Ileostomy ☐ Continent Ileostomy

☐ Female ☐ Male ☐ MD, ET, Supplier, Spouse, etc.

How did you learn about OOSG \_\_\_\_\_

### CHECK ONLY ONE OF THE FOLLOWING MEMBERSHIPS:

☐ **Ottawa Ostomy Support Group (OOSG) Membership: \$20** Includes 1 year membership in the Ottawa Ostomy Support Group and our newsletter (9 editions annually)

☐ **Ostomy Canada Society & Ottawa Ostomy Support Group Memberships \$40** Includes 1 year membership in Ottawa Ostomy Support Group & our newsletter, membership to Ostomy Canada Society & 2 issues of the Ostomy Canada Magazine (Spring and Fall)

Yearly Membership Dues: \$ \_\_\_\_\_

Donation For The Chapter: \$ \_\_\_\_\_ Total \$ \_\_\_\_\_

Please make cheque to Ottawa Ostomy Support Group and mail with application form to: OOSG; c/o Treasurer, Sean Elliott, #111-1275 Richmond Rd., Ottawa ON K2B 8E3

**We also accept e-transfer payments for membership by filling out the form on our website [ottawaostomy.ca](http://ottawaostomy.ca) and please let Eileen or Sean know when you have sent an E transfer.**

A tax receipt will be issued for donations of **\$10.00 or more.**

**NOTE\*\* 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 wave individual dues. This information is kept in the strictest confidence.**

Volunteers Needed for: Board \_\_\_ Treasurer \_\_\_ Newsletter \_\_\_ Helpline \_\_\_ Library \_\_\_ Membership \_\_\_ VP \_\_\_

