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Board of Directors: Maria-Jose Bouey (President), Jennifer Burnett (Vice President), Aaron Wolkoff (Treasurer), Dianne Garde and Leslie Heath (ET Consultants), Cristian Bouey, Glenn D'Silva, Jim Fitzgerald, Franny Weigensberg (Directors), Dr Marcus Burnstein (Medical Advisor).

Resource Centre

Ostomy Toronto's Resource Centre is located at 344 Bloor Street West in suite 609. This is on the north side of Bloor, just west of Spadina. There is street parking and Green P lots within walking distance, or you can take the subway and get off at Spadina station.

As our Resource Centre is operated by volunteers, we advise that you call or email before coming to ensure that there is someone there to receive you. Our telephone number is 416-596-7718, and the email address is info@ostomytoronto.com.

Why come to the Resource Centre? We have lots of great informative material and people you can talk to. We can also make you a cup of tea!

So, once again, our info is:

Ostomy Toronto's Resource Centre
344 Bloor Street West, Suite 609
416-596-7718
info@ostomytoronto.com

Looking forward to seeing you there!

President's Letter

April showers are here! Let's hope that brings loads of May flowers! I hope you have all kept well and are enjoying the longer and warmer days!

Spring is one of my favourite times of the year, as it has so much happening and most people begin to really get a buzz for activities! With that said I would like to introduce activities!

With the massive success of our monthly meals, we would like to start mixing it up and offering various activities. Stay tuned for all the fun! (ps feel free to send us any ideas)

The past few months we have been really pushing for volunteers, board members, newsletter contributors and bingo attendees! So I will push again to help spread the good word, or step forward and offer any support you can.

Keep well, stay safe and most of all be proud!

Best,
Maria-Jose



Products and methods mentioned in this newsletter are not endorsed by Ostomy Toronto, and may not be applicable to everyone. Please consult your own doctor or ET. for the medical advice that is best for you.

2016 AGM Minutes

As a not-for-profit organization, Ostomy Toronto is required to hold an Annual General Meeting (AGM) every year that is minuted. Paid members of Ostomy Toronto are welcome to view these minutes upon request. However, this year Ostomy Toronto decided to make parts of these minutes public to inform absent members of our activities, help orient new or potential members on the work we do, and provide a useful guide to what Ostomy Toronto does each year.

These minutes will be passed, or made official, at this year's AGM, which takes place on Wednesday June 21st. All members should make an attempt to attend, as your input is valuable.

OSTOMY TORONTO CORPORATION

Annual General Meeting

Wednesday 15th June, 2016 at Mount Sinai Hospital, Toronto

1. Opening of Meeting

Call to Order by President Marie Jose Bouey, President at 7:00 P.M.

In Attendance from Board of Directors

Aaron Wolkoff, Maria-Jose Bouey, Jim Fitzgerald, Franny Weigensberg, Glenn D'Souza, Jennifer Burnett, Les Kehoe Office Coordinator, Dianne Garde , Medical Advisor

2. Call for Quorum by President Maria-Jose Bouey

Quorum was established.

3. President Marie-Jose Bouey welcomed everyone to the meeting. No elections were held.

4. Treasurer's Report Aaron Wolkoff (Treasurer)

Monthly Meeting

Ostomy Toronto

Wednesday, April 19 at 6:30 p.m.
Shoppers Home Health Care
528 Lawrence Ave W., Unit 16A

This meeting will be a spring cleaning social which offers an opportunity to chat, connect, meet and, most of all, enjoy good company.

May's meeting will take place on May 17th, also at Shoppers Home Health Care. The topic will be announced closer to the date.

If you ever have questions about the monthly meetings, like our Facebook page for the most up-to-date info, or give us a call!

Other Events

Here are the planned events for April and May 2017. If you are interested in attending, please see our website at www.ostomytoronto.com or call the office at 416-596-7718 for more information.

Wednesday April 26: Peer-to-Peer, RSVP required. Details will be given upon RSVP confirmation. Please email info@ostomytoronto.com or call 416-596-7718

Monday May 29: Mt Sinai IBD Support Group. The topic is travelling with IBD. This takes place at Mount Sinai Hospital, 18th Floor Auditorium and starts at 7 pm.

Ostomy Toronto is a

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2016 AGM Minutes, cont.

The treasurer's report can be obtained by members by contacting the Ostomy Toronto Office. However, here is a summary:

- Earnings have increased from the previous year
- Bingo is a very good source of revenue
- Projected membership numbers should remain the same as 2016 numbers
- There is a push to use some funds to send kids to camp in 2017

MOTION for acceptance of the financial documents called for by Glenn D'Souza and seconded by Franny Weigensberg Approved with no abstentions.

5. Call for New Business made by President Maria-Jose

- (a) Dianne Garde highlighted the passing of first ET in Canada, Bertha Okun.
- (b) Dianne Garde spoke about the late Muriel Kinnear.
- (c) Maria-Jose Bouey called for Board of Directors and volunteers.
- (d) Les Kehoe gave an office report and tendered his resignation as his health challenges have changed for the worse.

6. Call for Adjournment by Maria-Jose Bouey at 7:30 pm



Remember, the next AGM occurs on Wednesday June 21st. Members and non-members welcome.

March's Monthly Meeting

This past month the motivating vegan ostomate, Eric, joined us to speak on his journey, success and being a successful vegan and blogger!

Everyone was really engaged with Eric's amazing journey, his tips and tricks to being vegan, and most of all the plethora of options we have to be vegan!

No longer should we think we are stuck on soy, boring meals, and lack of nutrition, like one may assume. His lifestyle is full of massive amounts of protein, fibre, and iron rich foods. All introduced to him both pre and post his ostomy surgery.

He also shared some tips on how one should introduce a plant-based lifestyle, maintain iron intake and absorption. He also talked about how to chew chew chew on all those leafy greens, make yummy alternative milk choices and even dress cruelty free!

Visit his blog at veganostomy.ca to watch the full presentation and read more of his amazing life. And don't forget to also follow him on all social media platforms such as Instagram, YouTube and Facebook!

Thank you so much to Eric for all his amazing information and sharing his inspiring journey.



Dealing with Ostomy Leaks

To further the valuable information that Eric, the Vegan Ostomate, presented during the March Monthly Meeting, we have included highlights (which are often paraphrased) from his blog entry on how to deal with ostomy leaks. You can read the entire article at <https://www.veganostomy.ca/ostomy-leaks-tips/>.

Nothing can be more upsetting to an ostomate than leaks. While they're often easy enough to deal with when you've got your supplies at hand, they are still an inconvenience, and quite embarrassing.

Possible causes include improper appliance fit, a flush or retracted stoma, a peristomal hernia, skin allergies, improper skin care, skin folds, creases, and scars around the stoma, abdominal hair, pancaking (stool stuck around the stoma), ballooning (caused by gas), weak or incompatible adhesive, overusing or misusing supplies, letting the pouch get too full or not having proper support, waiting too long to change the appliance, liquid output, changing products too often, using expired, damaged or faulty products, and even your seat belt! While this list is exhaustive, we will focus on the first points in this summary: improper appliance fit and a flush or retracted stoma.

Improper Appliance Fit

Eric states that improper appliance fit is the most logical place to start when trying to assess a leak since leaks are often caused by this. This can include the hold for your stoma being cut too large (or small), or the adhesive not making proper contact with your skin.

These types of leaks are common in the first month after surgery, because our stoma is often swollen for some time, and as it shrinks, it leaves a larger gap for output to get through. If you're a new ostomate, don't be discouraged by this! Once your stoma settles, especially if you have a stoma that's irregularly shaped (like a loop ileostomy), but the process for most ostomates is pretty straightforward.

cont., on pg. 12

Dealing with Ostomy Leaks, cont.,

If you use a pre-cut or cut-to-fit wafer, it's important to make sure that the hole your stoma goes through has a gap of about 1/8" around it. Don't worry about this gap, wafer will swell and fill up that gap like magic! If you using a moldable wafer, it's suggested that the hole fits exactly around your stoma with no gap. Moldable wafers should also be sampled to see if they work better than a pre-cut or cut-to-fit wafer.

Flush or Retracted Stoma

Ideally, your stoma should stick out a bit, to allow output to fall away from your skin, but some ostomates aren't so lucky. A stoma that doesn't stick out enough, or is retracted, can cause leaks because output goes under the wafer instead of into the bottom of the bag.

If your stoma is flush with your skin or it retracts below the skin, you may need to use a convex wafer. The convexity pushes the skin around your stoma and helps the stoma to pop out a bit, which many ostomates find dramatically reduces leaks. There is one caveat, though: using convex wafers improperly can lead to pressure sores. If you have a flush or recessed stoma, have your ET nurse assess and recommend the right wafer. Some brands offer "deep convexity" and others "mild", so you do have options!

Eric also adds that even if your stoma sticks out, it's normal for it to expand and contract, which you'll probably see happening if you wear a clear pouch. This is caused by peristalsis and is often not enough to cause a leak. He does notice, however, that when he has a blockage (full or partial), his stoma will retract in waves as peristalsis tries to pouch things through. This has caused him leaks, as the output gets pushed under the wafer, but resolving the blockages (and preventing it in the future) corrects this.

Eric stresses that you should always speak to your stoma nurse if you have ongoing issues with your appliance or skin.

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MLB Star and Ostomate

In January 2017, the news hit the papers and airwaves that Texas Ranger Jake Diekman took a leave from the team to recuperate from ostomy surgery. Diekman had suffered from colitis since childhood, and, as a result, is very involved with fundraising for the Crohn's and Colitis Foundation of America.



Diekman had hoped to delay the surgery, which will be a three-partner to create a j-pouch, until the next offseason, but, as many of us have experienced, a major flare-up forced him to have the first surgery much sooner.

Diekman has been very open about the surgery, posting videos and pictures, such as the one included here, of the process. While he won't be an ostomate for very long (he is planning on having the second and third surgery as quickly as possible to get back to his baseball career), the pictures and videos of him with his ostomy has done so much to spread awareness of ostomy surgery, as well as acceptance from the general public.

Join Diekman on his journey by following him on Facebook and Instagram.

Membership Application

Personal Information

Name		Cell Phone	
Street Address		Email Address	
City		Year of Birth	
Postal Code		Year of Surgery	
Home Phone		Languages in which you are fluent	

Type of Diversion Surgery

<input type="checkbox"/> Ileostomy	<input type="checkbox"/> Colostomy	<input type="checkbox"/> Pelvic Pouch
<input type="checkbox"/> Urostomy	<input type="checkbox"/> Other	

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Once completed, send this form to Ostomy Toronto, 609-344 Bloor St W, Toronto, ON M5S 3A7. Alternatively, you can call the office at 416-596-7718 or 1-866-285-5948 to pay by credit card over, or complete a membership form at www.ostomytoronto.com and pay via PayPal. **Note:** no one will be refused attendance to meetings due to inability to pay the membership fee.

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* Coloplast clinical study, 2014. Data on file.



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