



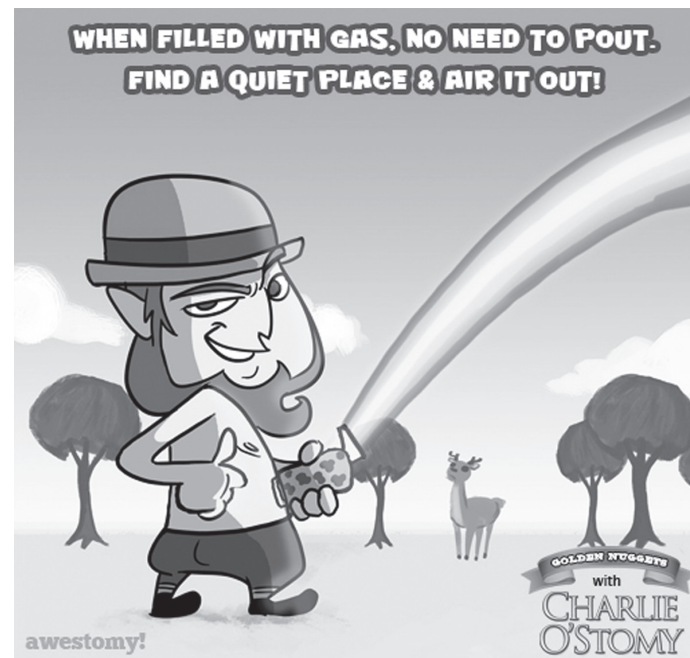
### ARE YOU INTERESTED IN ATTENDING A MEETING OR GROUP?

- **Fraser Valley Ostomy Group** meets at the Ricky's in Cloverdale, February 28 @ 6:30pm – everyone is welcome to attend.
- **The Chilliwack Ostomy Group** meets the third Monday of each month (except in the summer) at the Atchelitz Thresherman's Association, Canora Building, 44146 Luckakuck Way at 1:30. All are welcome to attend.
- **The Vancouver Chapter of Ostomy Canada** is now meeting on Saturdays! The next meeting is 1:30 pm, April 22 at 5288 Joyce Street, Vancouver – no need to confirm, just come along and meet some great people!
- **A group for 20-50 year old people** is being held March 16, 6:30-8:30 at 1255 Main Street, Vancouver: (buzz #18; Social Room on 2nd Floor). RSVP to [Unitedostomy2017@gmail.com](mailto:Unitedostomy2017@gmail.com)

## Christmas Party

The Vancouver Chapter of Ostomy Canada hosted another lovely Christmas Party luncheon on December 4, 2016. Held at the North Shore Winter Club, a delicious lunch was served, and good company was had. Despite the weather and traffic there was good attendance, including people who have been members of the community for decades and those who are new to the world of ostomy. The tradition of gifts for the children carried on, as did the gift exchange – there was lots of chocolate for sharing!

Sincere thanks to Deb Rooney, President, and Joy Jones, Treasurer, for all their hard work on this lovely event and the regular meetings. The Ostomy Canada Society is an invaluable resource for those living with an ostomy, and their supporters and loved ones. Your medical team is important, but it's also important to truly know you're not alone, that others are living well after ostomy surgery, and that, whatever the issue, there's probably someone else who has encountered it before.



# OSTOMYNEWS

VOLUME 9 | SPRING 2017

## OSTABELT: A new product worth taking a look at

*From the Ostabelt website:*

"Ostabelt is a patent pending innovative stylish belt system dedicated to helping ostomy patients return to the active lifestyle they desire. Created with the most durable and breathable material, the Ostabelt is guaranteed to provide

it is locked in place using velcro, which are on both ends of the belt. The elastic loops are there in case there is any slack remaining from any adjustment due to your ostomy waist size.

An exciting note about the Ostabelt is that it is Canadian!! Yes! Developed by Shamez who had an ostomy, his belt design helped him feel more comfortable and secure during activities and intimacy.



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comfort and protection around the clock. With a simple opening of a zipper, you will be able to empty out pouch contents effortlessly. Our system works with a one-piece or two-piece flange to provide a universal fit.

"The Ostabelt has a unique application where the flange is inserted through the hole opening on the back of the belt. The flange then appears in the inside zippered pouch compartment where the ostomy pouch will attach.

The belt is then positioned around your waist where

Ostabelt is very similar to the Stealth belt but it is more affordable, at \$110.00, and can be delivered within two business days.

You may have seen and talked to the Ostabelt people at our Ostomy Education Day last October. They were very well received and there was a lot of interest in their product.

Want more information about Ostabelt? Give us a call at 604-522-4265, or check out the Ostabelt website: [www.ostabelt.com](http://www.ostabelt.com)

OSTOMY CARE & SUPPLY CENTRE | 2004 8th Avenue, New Westminster, BC  
604-522-4265 or 1-888-290-6313 | [nurses@myostomycare.com](mailto:nurses@myostomycare.com) | [www.myostomycare.com](http://www.myostomycare.com)



# Convexity

Convexity is a word you may often hear when people are describing their pouching system but what the heck does it mean?

If you look on the back of your flange or pouching system, around the opening for your stoma, you will see a outward bump. This is convexity.

When I first started as an ET nurse, back in the olden days of 1989, there were no convex products. At that time, we struggled with the available pouching options to get a reliable secure seal and healthy intact skin. Today things have really changed. Wow, are we lucky to have so many more options!

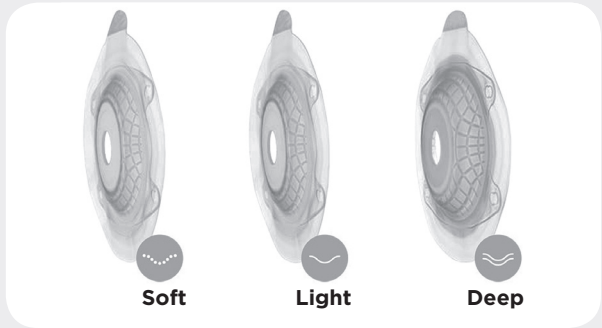
## Why use convexity or reasons why we would recommend it?

- to match the pouching system to the contour of your abdomen around your stoma
- to get a good seal around your stoma when output, either urine or stool, is liquid
- to help a stoma that is flush to the skin to protrude to get a better seal

Each ostomy manufacturer has convex products however each of their style of convexity is very unique which can make quite a difference in your fit, comfort and reliable seal.

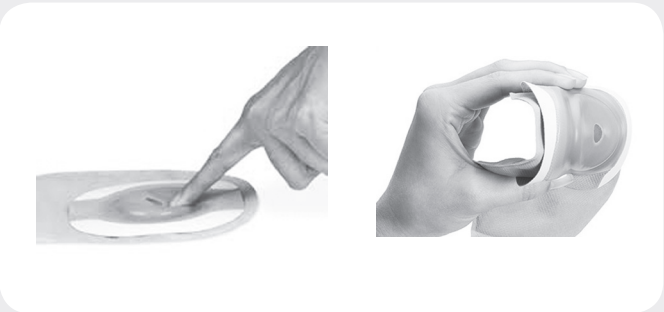
### COLOPLAST

Coloplast has recently brought out three new convex options: Soft, Light and Deep. While you are on their website scroll down to the areas that say “Understand Your Body Profile” and “Bodycheck”. This will help you understand why we get you to stand up, sit down, bend and move while we examine your body contours around your stoma. This assessment helps us to determine the best product for you. You can check out their website for more information: [www.coloplast.ca](http://www.coloplast.ca)



### HOLLISTER

Hollister has also recently come out with a soft convexity. This product is available in their one-piece drainable series. They have their “usual” convexity in both one and two-piece pouching systems. For more information see [www.hollister.ca](http://www.hollister.ca).



### CONVATEC

Convatec has had convex products for many years. It is available in both one- and two-piece systems. Presently they have only one type of convexity.

### MARLEN

Marlen has 2 depths with very flexible convexity. Their shallow convexity is deeper than most manufacturers' deepest convexity. Their deep convexity is really deep, yet is very flexible.



### Confused Yet?

Each variation offered by the manufacturers' convex design offers something slightly different. Each design has subtleties like flexibility, stiffness or dynamic fit that makes it work well for certain abdominal and peristomal contours.

When you see us, we will explain the reason we choose that certain convexity for you.

## OSTOMY CANADA VANCOUVER CHAPTER UPCOMING MEETINGS

> **PLEASE NOTE:** Meeting days have changed from Sundays to Saturdays.

**WHEN:** 1:30 pm

**WHERE:** All meetings are held at Collingwood Neighbourhood House, 5288 Joyce Street, Vancouver (near Joyce Street Skytrain Station, or two blocks north of Kingsway.

**CONTACT:** President (Deb Rooney: 604-683-6774) and the Visiting Coordinator (Julie Singer: 778-879-6600)

**Saturday April 22** Speaker Allison McCarlie (Coloplast Ostomy Products) and new ET nurse Christie Mann (unless she has to work)

**Saturday June 17** Round table with ET nurses Arden Townshend and Andy Manson, New Westminster Ostomy Care & Supply

**Saturday Sept 23** AGM Speaker TBA



Ostomy  
Canada  
Society | Société  
Canadienne des  
Personnes Stomisées

## Adapt CeraRing Barrier Rings



Adapt CeraRing barrier rings are infused with ceramide. Ceramides help protect the skin's natural moisture barrier to help prevent water loss that may lead to damage and dryness. It is designed to help support healthy skin and provide a custom fit to help prevent leakage and peristomal skin complications.

Available in a 4mm and 2mm thickness, like the standard Adapt ring. Visit [www.hollister.com](http://www.hollister.com) to view product information for Adapt CeraRing Barrier Rings and request samples.

