



**This Month's meeting:**

**Tuesday, October 18th**

**Speaker: TBA**

**Also: Turkstra Lumber, to present cheque for funds raised at BBQ**

**Location:**

Royal Canadian Legion  
Branch 350

57 Lakeport Rd, St. Cath  
(Port Dalhousie)

The Dalhousie Room

Doors open @ 7:00p.m.

Meeting starts @ 7:15p.m.

**\* Wheelchair**

**accessible from the back entrance off the parking lot**

*(Ridgeway / Pt. Colborne meeting info on Page 4)*

## OSTOMY FAIR DAY

**Mark Your Calendar!!**



**November 17, 2017 10 am—1 pm**

Royal Canadian Legion, Dalhousie Room

57 Lakeport Road, St Catharines.

Appointments available with an Enterostomal (ET) nurse.

Call to book: (905) 321-2799 or by email at [info@niagaraostomy.ca](mailto:info@niagaraostomy.ca)

(Wheelchair accessible from side of building)

Please call if you can help us out in any way that day.

### INSIDE THIS ISSUE:

PRESIDENT'S MESSAGE 2

CALENDAR OF EVENTS 5

APPLICATION FOR MEMBERSHIP 5

HOSPITALIZATION GUIDE FOR OSTOMATES 6

CROSSWORD 11

BONING UP ON CALCIUM 14

## President's Message



Welcome everyone,

As always, I hope this newsletter finds you in good health. We're into October & it's sure feeling like fall.

I'm repeating this from last month, but there have been quite a few comments, so I will copy it here again. *I'm sure you're wondering why you got a reminder letter to renew your membership, with the envelope plastered with stamps. One of our members who is an avid stamp collector donated his stamps & time to lick them & put them on the envelopes. These stamps are ones that are only worth face value so he has decided to get rid of them by donating them. Thanks for the generous donation!* On that note, please get your renewals in as soon as possible. Thanks to the many that have already renewed!

The Port Colborne group is back & lively as ever. The LHIN (Local Health Integrated Network) was scheduled to attend as guest speakers at the September meeting, but once again they had to cancel, so we held a rap session. It was lively and educational, for several in attendance.

We're are still looking for a new home for our meetings as the Legion has been sold for re-development. We have to be out the end of December, so our last meeting there will be the November meeting. We are welcome back after the construction, but construction is expected to be 18 months to 2 years.

Remember that Our Ostomy Fair day is being held on Saturday November 17<sup>th</sup> from 10 AM till 1 PM, at the Legion. Mark your calendars and try to attend. We will also need some help that day, if you can help us out that would be great! Anyone wishing an appointment with an NSWOC (Nurses specializing in wound, ostomy, & continence) the new name for ET nurses, please call our chapter number at 905 321 2799 to book an appointment

Your board of Directors has decided to do some of the



### **For all your Ostomy Supply Needs**

- Qualified and experienced staff
- Regular customer supplies in stock
- Full range of brand name products in stock
- Competitive Pricing
- Mobility Products
- Free delivery

Visit any of our four locations:

**Boggio Pharmacy**  
200 Catherine St., Port Colborne  
Tel: (905) 834-3514

**Boggio & Mackinnon Pharmacy**  
6680 Drummond Rd., Niagara Fall  
Tel: (905) 354-1812

**Fonthill Pharmacy**  
155 Hwy 20 W., Fonthill  
Tel: (905) 892-4994

**Boggio & Edwards Pharmacy**  
307 Ridge Rd., Ridgeway  
Tel: (905) 894-2200

[www.boggios.com](http://www.boggios.com)

newsletter messages here, so next month, (November) there will be a message from Dave, our recording secretary. I will still have a paragraph or so, if needed, to update our members on anything. I hope everyone appreciates the writings by them, I'm sure it will be informative.

It is with deepest sadness that I announce the passing of Dave's wife, Marg. She passed away peacefully with her family at her side after a long, courageous battle with cancer. Marg was always very involved with our functions helping out where ever she could and she always had a lot of great ideas. I always respected her expertise. A celebration of Marg's life is being planned for the end of October, please contact us if you would like information on date, time etc.

Hope to see you at the October Meeting.

Cheers,



John Molnar, President



20 miles this week

2 successful closings

0 irritation around her stoma

Inspired by You!

You've never been one to let life slow you down. Every challenge is met with the confidence that comes from knowing life is all about the journey. And that confidence is an inspiration to us every day at Hollister.

For more than 50 years, we've been delivering customer-inspired innovations that have helped make life more rewarding and dignified for those who use our products. Because for us, there's nothing more inspiring than seeing people like you getting back to doing what you love.

For more information call our customer service at 1-800-263-7400.



**Ostomy Care**  
*Healthy skin. Positive outcomes.*

## SOUTH NIAGARA OSTOMY GROUP

Boggio Pharmacy, 200 Catharine St,

Port Colborne

**NEW TIME!!**

**Doors Open 6:15pm, meeting at 6:30pm**

Please note that the meetings are held after business hours when the pharmacy is locked. To keep the pharmacy secure, the front door is attended by staff and unlocked only to admit attendees between 6:15 and 6:30pm. No-one else will be admitted after 6:30 because the staff are also involved in the meeting.

**Meetings: TBA**

### 2017 Board of Directors

Title	Name
President	John Molnar
Treasurer	Beth Harwood
Secretary	Dave Muir
Past President	Laura Gazley
Director	Nancy Ployart
Director	Melanie Presti
Director	Peter Stead
Director Director Director	Peter Winter Jackie Forrest OPEN



When you need help,  
**We're Here.**

*Our professional staff are here to assist you with all your ostomy needs.*





*In Memoriam*

**MARG MUIR**



905.688.0420 • [motionspecialties.com](http://motionspecialties.com)  
1-111 Fourth Avenue • Ridley Square  
St. Catharines, ON • L2S 3P4  
Mon-Wed • 8:30am-5pm & Thu-Fri • 8:30am-6pm



## CALENDAR OF EVENTS

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

**Our Email:** [info@niagaraostomy.com](mailto:info@niagaraostomy.com)

### 20178 Dates

Sept 18: Open Mic

Oct 16: TBA

Nov 17: Ostomy Fair

Nov 20: TBA

December: NO  
MEETING

### Telephone Numbers:

Niagara Ostomy Association: 905-321-2799

Coloplast: (866) 293-6349

ConvaTec (800) 465-6302

Hollister: (800) 263-3236

BBraun of Canada: (855) 822-7286



### Car Pooling

If you need a ride or are available to pick up someone in your area for our meetings, please call us at

905 321 2799

Anyone that would like to maintain a list of people offering/needing rides, please call.



**FIND US ON  
FACEBOOK  
UNDER:  
'NIAGARA  
OSTOMY  
ASSOCIATION'**



Follow us on Twitter  
@NiagaraOstomy

## 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.

## Application for Membership

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

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

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Type of Ostomy(optional): \_\_\_\_\_

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. We will never share your email address. It will be kept strictly confidential. Completed application along with your cheque or money order (payable to Niagara Ostomy Association) should be mailed to:

Beth Harwood, 16 Greenhill Dr.,  
Thorold ON, L2V 1W5

## HOSPITALIZATION GUIDE-LINES FOR OSTOMY PATIENTS

From North Central Oklahoma Ostomy Outlook  
September 2010:

by Dr. Lindsay Bard; via Chicago (IL) The New Outlook; and Hartford (CT) The Hartford Ostomy Update

It is important for a person with an ostomy to know how he/she should be handled differently than someone without an ostomy when you need to be hospitalized. It's up to you. It is very important to communicate to medical personnel who take care of you, including every physician that

(Continued on page 8)



### Coloplast Brava® What's right for you?

The broad range of Brava® supporting products are designed to accommodate individual needs whatever your body shape or demands.

The range includes products for taking care of your skin and reducing leakage from your stoma

Find out more and request your **free samples**



1-866-293-6349



[www.coloplast.ca/trybrava](http://www.coloplast.ca/trybrava)

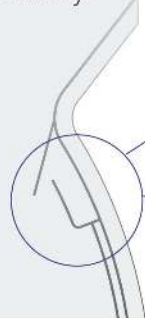
Ostomy Care / Continence Care / Wound & Skin Care / Urology Care  
Coloplast Canada Corporation, Ontario, ON [www.coloplast.ca](http://www.coloplast.ca) The Coloplast logo is a registered trademark of Coloplast A/S. © 2010. All rights reserved. Coloplast A/S.



## Wish emptying your pouch could be less messy?

It can be with **Flushable Ostomy Pouch Liners** from Attiva Ostomy Essentials. Simply remove the liner, place in the toilet and flush away. No mess, no fuss.

Our liners also extend pouch life and are **much more affordable** than other liners on the market - helping you save money!



### New Improvements:

- special guarded zone for vent holes to prevent leakage through vent holes
- double perimeter seals to eliminate leaks



For samples or to order:  
**1-800-387-5150**  
[AttivaOstomy.com](http://AttivaOstomy.com)

See our full line of ostomy accessories at: [www.AttivaOstomy.com](http://www.AttivaOstomy.com)  
Dealer inquiries welcome.

**Attiva**  
Ostomy Essentials



"My ostomy fits my life, not the other way around"  
Wendy



product



support



education



## HELP AND SUPPORT are just a call or click away

More than just great products – me+ brings you the tools and advice to help you make life with an ostomy completely your own.

As a member of me+, you have full access to several benefits, including a dedicated Ostomy Team (ET Nurse, registered nurses and product specialists) who are available by phone or email to answer your questions and offer the advice you need when you need it most. They will take the time to consult with you and make sure you are caring for your stoma correctly — including sending you samples to ensure you are wearing the best product ConvaTec has for you.

Our in-depth online resource covers a wide variety of ostomy content and highlights real stories from others who have walked in your shoes.

Living with an ostomy can take education, resources, and support. With me+ we make sure you don't have to figure it out alone.

**Join for free and start getting the benefits of me+ today.**

Simply call **1-800-465-6302** (M-F, 8:00 AM-6:00 PM EST) or email at [Convatec.Canada@convatec.com](mailto:Convatec.Canada@convatec.com)

™ Indicates a trademark of ConvaTec Inc.  
©2016 ConvaTec Inc.



(Continued from page 6)

treats you, that you have an ostomy, and what type of ostomy you have. Here are some rules to help you cover the details:

### Rule 1 – The Cardinal Rule!

If you feel something is being done or going to be done to you that might be harmful, refuse the procedure. Then explain why to the medical personnel, especially your physician. They will then decide with you if the procedure will actually be in your best interests.

### Rule 2 – Supplies

Bring your own supplies to the hospital. Never assume the hospital will have the exact pouching system or irrigation system you use. Most hospitals have some supplies available. These are used for emergency situations.

### Rule 3 – Laxatives & Irrigations

Follow the points below concerning laxatives or irrigation practices, according to which type of

ostomy you have. Medical personnel often assume all stomas are colostomies. But, of course, practices vary among the various types of ostomies.

- A transverse colostomy cannot be managed by daily irrigations. The only colostomy that can be managed by irrigations is the descending or sigmoid colostomy. However, sigmoid or low colostomies do not have to be irrigated in order for them to function; many people with sigmoid colostomies prefer letting the stoma work as nature dictates. If you do not irrigate your colostomy, let the fact be known to your caregivers. If your physician orders your bowel cleared, irrigate your own colostomy; do not rely on others. There is a strong possibility that those caring for you will not know how to irrigate your colostomy.

- Bring your own irrigation set to the hospital.
- If you have an ileostomy or urinary diversion ostomy, never allow a stomal irrigation as a surgical or x-ray preparation.

Remember that laxatives or cathartics by mouth

(Continued on page 9)

## Ostomy Supplies

Speak with your Rexall Pharmacy team for information and support for your ostomy supplies. We stock great brands such as Coloplast, Hollister, and Convatec. Join us Tuesday's for 10% off and ask about our free delivery.

### Rexall Home Health Care and Mobility

4486 Ontario Street, Beamsville, ON | 905-563-7922

#### All your Home Health Care Needs

Compression Stocking | Bracing | Mobility | Bath Safety | Mastectomy | Incontinence

**Rexall**  
Your pharmacy, your way.

Rexall.ca  





(Continued from page 8)

can be troublesome for people with colostomies. For people with ileostomies, they can be disastrous—people with ileostomies should always refuse them. A person with an ileostomy will have diarrhea, may become dehydrated and go into electrolyte imbalance. The only prep needed is to stop eating and drinking by midnight the night before surgery. An IV should be started the night before surgery to prevent dehydration.

**Rule 4 – X-rays**

X-rays present special problems for people with ostomies, again, differently managed according to ostomy type:

- A person with a colostomy must never allow radiology technicians to introduce barium into

your stoma with a rectal tube. It is too large and rigid. Take your irrigation set with you to x-ray and explain to the technicians that a soft rubber or plastic catheter F#26 or 28 should be used to enter the stoma. Put a transparent pouch on before going to x-ray. Have the technician or yourself place the rubber or plastic catheter into your stoma through the clear plastic pouch. When enough barium is in your large bowel for the x-ray, the rubber or plastic catheter can be withdrawn and the open end of the pouch closed. The pouch will then collect the barium as it is expelled and can be emptied neatly after the procedure. Once the x-rays are completed, irrigate normally to clean the remaining barium from your colon. This will prevent having to take laxatives by mouth after the procedure.

- A person with an ileostomy may drink barium

for an x-ray procedure, but never allow anyone to put barium into your stoma.

- A person with a urostomy can have normal GI x-rays without any problems. Never allow anyone to put barium in your stoma. At times, dye may be injected through a soft plastic catheter into a urostomy for retrograde ureter and renal studies, often called an ileo-loop study. The same study may be performed on a urostomy

(Continued on page 10)



**SimERGY**  
Pharmacy Network

**Your Local Community Pharmacies For All Your Ostomy Needs**

- ✓ Free delivery throughout Niagara Falls, St Catharines, Virgil and Niagara-on-the-Lake.
- ✓ Discount days at each location.
- ✓ Large product range.
- ✓ Specially-trained, caring staff at each location.

Call us or visit one of our 6 convenient locations:

<p><b>Meadows IDA</b> Mount Carmel Centre: 3770 Montrose Rd · Niagara Falls 905.357.6577</p>	<p><b>Meadows 5 Corners:</b> 6161 Thorold Stone Rd · Niagara Falls 905.354.3023 www.meadowsida.com</p>
<p><b>Simpson's Apothecary</b> Pharmasave: 233 King St · Niagara-on-the-Lake 905.468.8400</p>	<p><b>Simpson's Pharmasave:</b> 1882 Niagara Stone Rd · Virgil 905.468.2121 www.simpsonsparmacy.ca</p>
<p><b>Carlton Heights</b> Pharmasave: 595 Carlton St · St. Catharines 905.934.2222</p>	<p><b>Carlton Corners Pharmasave:</b> 574 Carlton St · St. Catharines 289.479.5690 www.carltonheightspharmacy.com</p>

LIVE WELL WITH **PHARMASAVE** **IDA**



(Continued from page 9)

patient with a Kock pouch. The dye will be injected via a large syringe; this can be a very painful procedure if the dye is not injected very slowly. Even 50 mL will create a great deal of pressure in the ureters and kidneys, if injected rapidly. Remember to request that the injection be done slowly.

•For anyone who wears a two-piece pouching system: you may remove the pouch just prior to the insertion of the catheter, and replace the pouch after the procedure is completed. If you wear a one-piece pouching system, bring another with you to the x-ray department to replace the one removed for the procedure. In the event you are incapacitated, and cannot use your hands to replace your pouching system, request that a WOC nurse in the hospital be available to assist you. The WOC nurse will be able to replace the skin barrier and pouch for you before you leave the x-ray department.

### Rule 5 – Instructions

Bring with you to the hospital two copies of instructions for changing your pouching system and/or irrigating your colostomy. Provide one to your nurse for your chart and keep one with your supplies at bedside. If you bring supplies that

(Continued on page 14)

**SHOPPERS**  
**HomeHealthCare®**

EVERYDAY LIVING SOLUTIONS

We offer a wide range of products to enhance your comfort and well-being, so that you can stay active and independent.

- Ostomy Supplies
- Skin & Wound Care
- Back Care, Supports & Braces
- Compression Products & Services
- CPAP Products and Consultations
- Bathroom Safety Products
- Incontinence Supplies
- Walkers, Rollators & Scooters
- Hot & Cold Therapy
- Lift Chairs

Visit our St Catharines location to speak with one of our expert staff today!

Shoppers Home Health Care  
Lake Carlton Plaza  
145 Carlton Street  
(905) 641-5200



**Earn and Spend PC Optimum Points on almost anything in-store\***

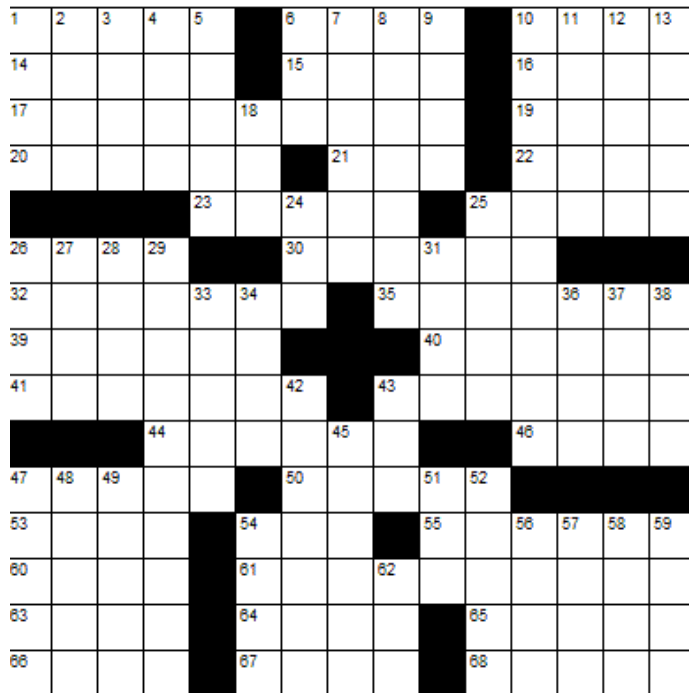


\*Restrictions apply. PC Optimum Points cannot be collected or redeemed on government funded portions of products and services. In addition, PC Optimum Points cannot be collected on rentals, services, delivery and third party gift cards. Other restrictions may apply. See in-store and PC Optimum Terms and Conditions for more details.

**CROSSWORD** [www.mirroreyes.com](http://www.mirroreyes.com)

**ACROSS**

- |                              |                                   |
|------------------------------|-----------------------------------|
| 1. Skin layer                | 43. Wrench (British)              |
| 6. Soft drink                | 44. Statement                     |
| 10. Angers                   | 46. Heavy, durable furniture wood |
| 14. Encore                   | 47. Territories                   |
| 15. Relating to urine        | 50. Backsides                     |
| 16. Ark builder              | 53. Absent Without Leave          |
| 17. Tantrum                  | 54. Bamboozle                     |
| 19. Medical breakthrough     | 55. Agile                         |
| 20. Inuit                    | 60. Headquarters                  |
| 21. Half of a pair           | 61. Offensive                     |
| 22. Leer at                  | 63. Anagram of "Seek"             |
| 23. Ancient Roman magistrate | 64. Brother of Jacob              |
| 25. Thorax                   | 65. Corridors                     |
| 26. End ____                 | 66. Not more                      |
| 30. Save                     | 67. Expunge                       |
| 32. Go backwards             | 68. Filched                       |
| 35. Dreamlike                |                                   |
| 39. Bangle                   |                                   |
| 40. Mountain range           |                                   |
| 41. Fickle                   |                                   |



**DOWN**

- |                          |                                |                                   |                        |                       |
|--------------------------|--------------------------------|-----------------------------------|------------------------|-----------------------|
| 1. Small freshwater fish | 8. Queen of the jungle?        | 25. Papal court                   | 36. Sea eagle          | 52. Suspires          |
| 2. Prima donna problems  | 9. Skin disease                | 26. Desire                        | 37. Region             | 54. College girl      |
| 3. Relative status       | 10. Unable to express yourself | 27. Clairvoyant                   | 38. Frolic             | 56. Food from animals |
| 4. Short skirt           | 11. French for "Red"           | 28. Always                        | 42. Paint the town red | 57. Western tie       |
| 5. Japanese cartoon art  | 12. Noblemen                   | 29. In spite of everything        | 43. Calypso offshoot   | 58. Quiet time        |
| 6. Slice                 | 13. Piece of paper             | 31. Astrological transition point | 45. Available to lease | 59. Being             |
| 7. American songbird     | 18. Detachable container       | 33. Charges per unit              | 47. Tag                | 62. Regret            |
|                          | 24. Fury                       | 34. Breaststroke                  | 48. Not asleep         |                       |
|                          |                                |                                   | 49. Snouts             |                       |
|                          |                                |                                   | 51. Ribonucleic acid   |                       |



# HENDERSON'S PHARMACY

"The HEART of the Community since 1939"

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>- Large selection of ostomy products for your colostomy, ileostomy, and urostomy needs</li> <li>- Regular customers products kept in stock</li> <li>- Full range of skin care, wound care and incontinence products</li> <li>- Compression socks and hosiery measured by certified fitters</li> </ul> | <ul style="list-style-type: none"> <li>- Insulin pump supplies</li> <li>- Discreet and friendly service</li> <li>- Diabetic and blood pressure monitor training</li> <li>- Free delivery</li> </ul> |
|--|---|

\*some restrictions may apply

15 Front Street South, Thorold

[WWW.HENDERSONSPHARMACY.COM](http://WWW.HENDERSONSPHARMACY.COM)

905-227-2511



# Hauser's P H A R M A C Y

## See why more are choosing us for their **OSTOMY** needs!

Colostomy • Ileostomy • Urostomy



**We make it EASY!**

### Expert Staff

- Work closely with healthcare professionals at the hospital
- House visits - we come to you!

### Excellent Prices

- We work with your insurance provider!
- We stock all hard to get supplies

### Free Delivery

- We're all about convenience!

Two Convenient Locations:

#### St. Catharines

1200 Fourth Ave.  
905.685.3030

(located in the hospital  
near the main entrance)

#### Dunnville

140 Broad St. East  
905.774.7331

### Other Services:

- Mobility Aids
- Lymphedema Management
- Mastectomy Care
- Compression Garments
- Incontinence
- Wound Care

HausersPharmacy.com



# Flexima<sup>®</sup> 3S:

Latest generation of 2-piece mechanical coupling system



Secure

Simple

Soft

Flexima<sup>®</sup> 3S:  
as simple as it gets!

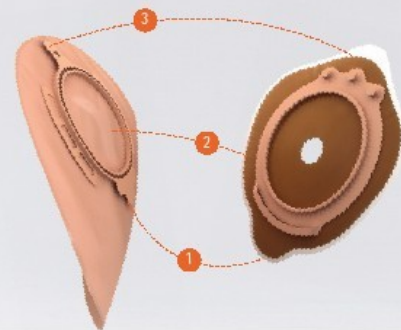
**Right positioning from the start:** 3 easy fitting steps

- 1 Insert the pouch tab into the base plate slot
- 2 Clip the bottom of the ring and slide it up on the other
- 3 Lock the pinpoint to secure the system

**No education required:** intuitive guiding appliance

**Multiple orientation:**

- 3 possible pouch positions according to the body configuration



New in Canada

Need more information? Contact us !

B. Braun of Canada Ltd. | Mississauga  
Toll Free: 1 855 822 72 86 | e-mail: [info@bbraun.ca](mailto:info@bbraun.ca) | [www.bbraun.ca](http://www.bbraun.ca)

**B|BRAUN**  
SHARING EXPERTISE



(Continued from page 10)

are not disposable, mark them “do not discard.” Otherwise, you may lose them.

### Rule 6 – Communicate!

Again, let me stress that you must communicate with the hospital personnel who take care of you. You will have a better hospital stay, and they will have an easier time treating you.

## BONING UP ON CALCIUM

*United Ostomy Association, Inc. Evansville, Indiana  
Chapter Re-Route, Volume 29, Number 9 June, 2002*

*Journal of American Medical Association, Vol 286*

There's more to calcium than what comes from cows. The good news about the bone-thinning disease osteoporosis is that it is largely preventable through exercise, not smoking, and getting enough calcium in your diet. The amount of cal-

cium you need daily differs according to your age.

Teenagers (ages 9 to 18) require the most, 1300 mg. People over 50 should get at least 1200 mg, and adults 19 to 50 need 1,000 mg. Kids 4 to 8 should get 800 mg, and for toddlers and infants under three, 500 mg is enough. Dairy products are one of the best sources of dietary calcium. Just one cup of yogurt (415 mg), and two 8 oz glasses of nonfat milk (604 mg) meet the needs for adults under 50. An ounce of Swiss cheese has 272 mg. One cup of ice cream gives you 164 mg, and cottage cheese weighs in at 164. But what if you don't like milk and cheese or have an intolerance or allergy to dairy products? You can find calcium fixes in dark green, leafy vegetables like kale and beet and turnip greens. Each have about 100 mg for 1/2 cup cooked. Canned salmon with the bone, has 181 mg in 3 oz., and two canned sardines provide 91 mg. Black eyed peas have a generous 211 mg in a cup, and a cup of

cooked, frozen broccoli has 94 mg. One medium orange is good for 52 mg while one cup of calcium fortified orange juice has 333. Dried figs are also abundant in the bone-building mineral, with 269 mg in 10. Calcium-fortified breakfast cereals are another good choice.

Make sure you get your calcium from a variety of foods, and if you aren't getting enough in your diet, ask your doctor about taking calcium supplements.





**Beamsville Medical  
PHARMACY**



**Lincoln Medical  
PHARMACY**

*Your Local Community Pharmacies*

4279 Hixon Street  
Beamsville, ON L0R 1B0  
*In the Beamsville Medical Center*  
Phone: 905-563-1234

4413 Ontario Street  
Beamsville, ON L0R 1B5  
*In the Fleming Professional Center*  
Phone: 905-563-8808

**Great Prices on all the Leading  
OSTOMY SUPPLIES**

**See us for Private & Personal Service**

Professional and Confidential • Caring and Friendly Service • Private Consultation Room  
Regular Customer Supplies Held in Stock • Compression Stockings Fitted by Certified Fitters  
Large Range of Availability of Incontinence Supplies • Insulin Pump Supplies

EASY PRESCRIPTION TRANSFERS!

All Insurance Plans Honoured • Free Prescription Delivery

WHEELCHAIR FRIENDLY • FREE PARKING • SENIOR'S DISCOUNT

**Health care . . . for a better you!**