



**This Month's meeting:**  
**Wednesday, Jan 16th**

**Open Mic/Rap Session**

**Location:**

Grantham Lions Club

(in the smaller hall)

732 Niagara St, (corner Parnell & Niagara St.) St. Cath.

Use Parnell Entrance



Doors open @ 7:00p.m.

Meeting starts @ 7:15p.m.

**\* fully accessible—no stairs\***

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

## REMINDER!!

**New dates and location for our meetings!**



**Meeting Location:** The Grantham Lions Club, 732 Niagara St, St. Catharines, ON L2M 7W7 (corner of Parnell Rd & Niagara St) in the smaller hall at the Parnell end of the building (use Parnell doors)

**Meeting day & time:** Third **WEDNESDAY** of each month, doors open 7:00 PM, meeting starts 7:15 PM (excluding December, July & August)

## INSIDE THIS ISSUE:

PRESIDENT'S MESSAGE 2

CALENDAR OF EVENTS 5

APPLICATION FOR MEMBERSHIP 5

DIFFERENCE BETWEEN GOOD AND BAD CARBS 6

CROSSWORD 11

ASK AN EXPERT: BALLOONING DURING FLIGHT 14

## INVITATION TO START UP NIAGARA'S GUSTY GANG SOCIAL CLUB

ARE YOU BETWEEN AGE 20 TO 40 WITH AN OSTOMY... AND... interested in occasionally getting together with similar folks for social networking and personal support in a fun setting?

Then... consider being part of a group to build **Gutsy Gang Social Club (Niagara)**, especially if you have expertise in applying social media, and call Dave at 905 327-2806 for more information.

## Presidents Message

Here's wishing everyone a Happy & Healthy 2019. I can't believe how time flies.



Beth Harwood, our treasurer, is doing the 'President's Message' message but I have an important pressing issue I need to mention.

As many of you are aware I presented a motion concerning governance at the 2017 National Annual General Meeting that was drafted by many Ontario Chapters. It never was presented for discussion due to an interpretation that it was improperly worded. I was never informed of this until I asked what had happened to it just prior to the AGM in 2018.

Ostomy Canada Society has once again been in discussions with chapters on Governance at the national level. There are 3 possible scenarios being discussed. It is very important we hear from our members on the future of Ostomy Canada.

I ask that you attend our meeting, January 15, so we can discuss these 3 scenarios so I can take the feedback to the next Governance meeting.

Regards

John Molnar

## TREASURER'S MESSAGE

I've been Treasurer for as long as I can remember. Around 18-20 years. I did retire for 2 years, but then returned for another stint.

This job has many facets. We have to secure Advertisers for our monthly Newsletters. This gives our Membership the most up to date information on new products and new suppliers. Newcomers like the long list of choices for purchasing supplies.

Our Membership Dues are collected from September 1<sup>st</sup> to December 31<sup>st</sup> for the following year. They have remained at \$30.00 annually for many years now.



**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)

We normally run a BBQ at Turkstra Lumber on Friday mornings during the summer. They are very good to us. They provide all the food and drink and we get all the proceeds. I believe this was our last year for this fundraising event.

Over the years, we have had many fund raising events to help defray the costs of sending younger Ostomates to camp. Each year it gets harder and harder to find children to go to camp, which always turns out to be an excellent opportunity for them.

We have increased our presence in the Community and Dave Muir, our Secretary has done a tremendous job in getting us out there, but we are always looking for our Members to become more involved to help with our efforts.

Many thanks to Ron Rush, who has taken on the job of assisting me in some of my many duties. My term ends in June and I am looking forward to retiring. Anyone interested in this rewarding job can talk to any Board Member.

Beth Harwood



#### 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

**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:

**Wed, March 27th** — Niagara Local Health  
Integration Network

Topic: Home and community care support

**Wed, May 29th** — TBA

## 2018/19 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.*

 Hollister
  ConvaTec
  Coloplast


**905.688.0420 • 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)

### 2019 Dates

Jan 16 — Open Mic

Feb 20 — Open Mic

Mar 20

Apr 17

May 15

June 19

### 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



**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

## HOW DO YOU TELL THE DIFFERENCE BETWEEN GOOD AND BAD CARBOHYDRATES?

By *Diana Rodriguez* -- Medically Reviewed by  
*Lynn Grieger, RDN*

<https://www.everydayhealth.com/diet-nutrition/diet/good-carbs-bad-carbs/>

Everyone needs to eat carbohydrates, but that doesn't mean you're free to load up on cakes and cookies to get your recommended daily servings. Learn about the carbs that belong on your plate and the carbs you want to skip.

Carbohydrates are an essential part of a healthy diet, yet it's important to know that not all of them are created equal. So how do you tell the difference between "good carbs" and "bad carbs?" The answer is both simple — and complex.

*(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, Oakville, ON, www.coloplast.ca The Coloplast logo is a registered trademark of Coloplast A/S. © 2018-02 All rights reserved Coloplast A/S



**Coloplast**

## 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)



(Continued from page 6)

Here's everything you need to know about carbohydrates and making smart choices when it comes to incorporating them into your diet.

### A Carbohydrate Can Be a Simple Carb or a Complex Carb

Carbohydrates, often referred to as just "carbs," are your body's primary energy source, and are a crucial part of any well-balanced diet.

The three main types of carbohydrates are sugars, starches, and fiber. They're called "simple" or "complex" based on their chemical makeup and what your body does with them. But since many foods contain one or more types of carbohydrates, it can still be tricky to understand what's healthy for you and what's not.

Simple carbohydrates are composed of easy-to-digest, basic sugars, which can be an important source of energy. Some of these sugars are naturally occurring, such as those in fruits and in milk, while refined or processed sugars are often added to candies, baked goods, and soda.

On nutrition labels, added sugars can go by several different names, including brown sugar, corn sweetener, corn syrup, fructose, glucose, maltose, malt syrup, trehalose, sucrose, and honey, among others. The FDA has mandated that by July 2018 all nutrition labels must clearly identify

the amount of added sugars per serving in the product, directly beneath the total sugar count.

Complex carbohydrates, found in whole grains, legumes, and starchy vegetables, contain longer chains of sugar molecules, which usually take more time for the body to break down and use. This in turn provides you with a more consistent amount of energy, says Sandra Meyerowitz, MPH, RD, nutritionist and owner of Nutrition Works in Louisville, Kentucky.

### The Details on Simple Carbohydrates

Simple carbohydrates aren't necessarily all bad carbs — it depends on the food you're getting them from. For instance, fruits and vegetables are excellent sources of essential vitamins and minerals necessary for good health, and they naturally contain simple carbohydrates composed of basic sugars.

But fruits and vegetables are drastically different from other foods in the "simple" carbohydrate category, like cookies and cakes with added refined sugars. The fiber in fruits and vegetables changes the way the body processes their sugars and slows down their digestion, making them a bit more like complex carbohydrates.

(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<sup>™</sup> 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<sup>™</sup>**  
Your pharmacy, your way.

Rexall.ca





(Continued from page 8)

Simple carbohydrates to limit in your diet include those found in:

- Soda
- Candy
- Cookies
- Pastries and desserts
- Sweetened beverages, such as lemonade or iced tea
- Energy drinks
- Ice cream

Meyerowitz says that you can enjoy simple carbohydrates on occasion, you just don't want them to be your primary sources of carbs.

Complex carbohydrates are considered "good" because of the longer series of sugars that they are made of, which the body takes longer to break down. That means you will get lower amounts of sugars released at a more consistent rate — instead of peaks and valleys — to keep you going throughout the day.

Foods with complex carbohydrates also typically have more vitamins, fiber, and minerals than foods containing more simple carbohydrates, as long as you're choosing whole grains over processed ones. For example, whole grains, such as whole-wheat flour, quinoa, brown rice, barley, corn, and oats, among others, provide more nutrients than processed grains, such as white rice and breads, pasta, and baked goods made with white flour.

Nutrient-dense complex carbs that are part of a healthy, balanced diet include:

- Whole wheat breads, pastas, and flour
- Brown and wild rices
- Barley
- Quinoa
- Potatoes
- Corn
- Legumes, such as black beans, chickpeas, lentils, and others

It's important to scan ingredient labels for foods like breads and pastas, looking for whole grains and fewer

sources of added sugar. "Read the box so you know what exactly you're getting. If the first ingredient is whole-wheat flour or whole-oat flour, it's likely going to be a complex carbohydrate," Meyerowitz says.

When trying to figure out if a source of carbohydrates is good or bad, remember this: The higher in sugar it is, and the lower in fiber, vitamins, and minerals, the worse the food is for you.

The Glycemic Load Factor

Describing carbs as either simple or complex is one

(Continued on page 10)



**Your Local Community  
Pharmacy For All  
Your Ostomy Needs.**

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

Call or visit us at our Virgil Location:

**Simpson's Pharmasave:**  
1882 Niagara Stone Rd · Virgil  
905.468.2121  
www.simpsonsparmacy.ca

LIVE WELL WITH  
**PHARMASAVE®**



(Continued from page 9)

way to classify them, but nutritionists and dietitians now use another concept to guide people in making decisions about the carbs they choose to eat.

The glycemic index (GI) of a food basically tells you how quickly and how high your blood sugar will rise after eating the carbohydrate contained in that food, as compared with eating pure sugar. Foods with a high GI are easily digested and cause a quick rise in blood sugar. Foods with a lower GI get digested more slowly.

Knowing the GI for a specific food can help you understand how the carbs in that food will affect your blood sugar, but it's important to point out that it doesn't necessarily make a food unhealthy or healthy. Fruits like watermelon and cantaloupe both have a high GI even though both are healthy foods. You can look up a food's GI using the online international GI database.

To take this approach one step further, you want to look at the glycemic load of a food. The glycemic load factors into account both glycemic index and how much carbohydrate is in the food. To determine glycemic load, you multiply a food's glycemic index number by the amount of carbohydrate the food contains per serving, and divide by 100.

A low GL is 10 or less; medium is 11 to 19; and 20 or greater is considered high. For example, a plain bagel has a GI of 72 and GL of 25, while whole-wheat bread has a GI of 69 and GL of 9. GL can also be used to compare the effect of carbohydrates on blood sugar in entire meals or snacks, whereas the GI for a food is only indicative of one food at a time.

(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.

**ACROSS**

1. Mixes  
6. Twosome  
10. Type of sword  
14. A financial examination  
15. Skin disease  
16. Subconscious  
17. Pizazz  
18. Decomposes  
19. Stopper  
20. Disturbance  
22. Wisdom  
23. Numerous  
24. Absolutely still  
26. Units of resistance  
30. Not cold  
31. Attempt  
32. Train track  
33. Layer  
35. French for "Love"  
39. Books on unusual subjects  
41. Lively tempo

43. First Hebrew letter

44. Bristle

46. Require

47. Bro or sis

49. Behave

50. Orange pekoe

51. Ower

54. Outbuilding

56. Winglike

57. Interlace

63. Wicked

64. Weight loss plan

65. Analytic composition

66. Notion

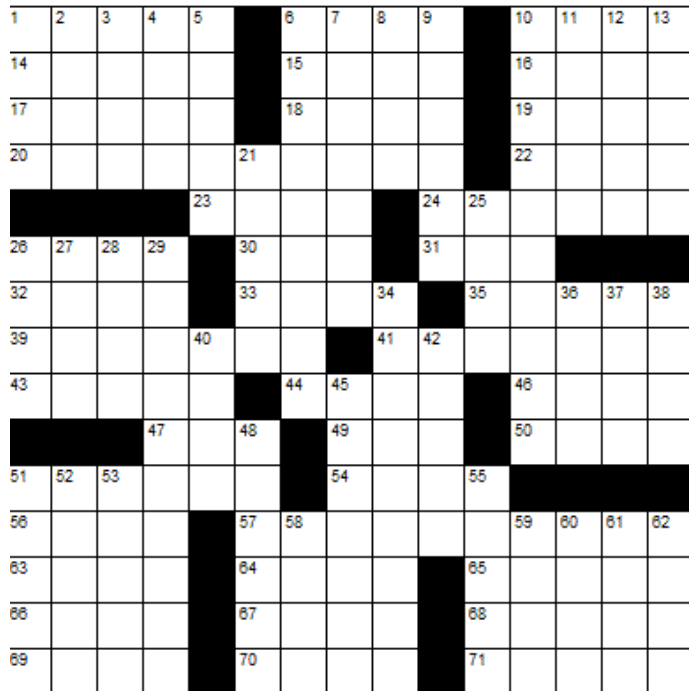
67. Unit of land

68. Expire

69. School session

70. Extend credit

71. Craves

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

1. Cummerbund  
2. Ballet attire  
3. Bucolic  
4. Small brook  
5. Water vapor  
6. Psychoses  
7. Altar boy  
8. Moving within
9. Vacation destination  
10. Having a job  
11. He flies a plane  
12. Habituate  
13. Nosed (out)  
21. Thai currency units  
25. By mouth  
26. Killer whale  
27. Transport in a vehicle
28. Bog  
29. Backwash  
34. Anagram of "Chattered"  
36. Curved molding  
37. Component of urine  
38. Fishing poles  
40. Buckeye State  
42. Not earlier
45. Not western  
48. Pertaining to a bride  
51. Lifeboat crane  
52. Leave out  
53. A machine for baling hay  
55. Inhabit  
58. Agreeable  
59. Brother of Jacob
60. Vipers  
61. Widespread  
62. Visual organs

**HENDERSON'S PHARMACY****"The HEART of the Community since 1939"**

- Large selection of ostomy products for your colostomy, ileostomy, and urostomy needs
- Regular customers products kept in stock
- Full range of skin care, wound care and incontinence products
- Compression socks and hosiery measured by certified fitters

- Insulin pump supplies
- Discreet and friendly service
- Diabetic and blood pressure monitor training
- Free delivery

\*some restrictions may apply

15 Front Street South, Thorold

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

905-227-2511



# **Hauser's** PHARMACY

**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 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. E

**905.774.7331**

## **Other Services**

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

**HausersPharmacy.com**  



# Flexima® 3S:

Latest generation of 2-piece mechanical coupling system



Simple

Secure

Soft

Flexima® 3S:  
as simple as it gets!

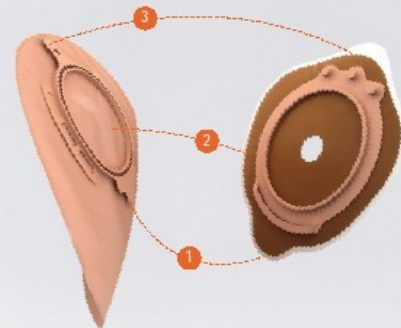
**Right positioning from the start:** 3 easy fitting steps

- 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)

Even if a food contains carbs that have a high glycemic index number, if the amount of carbohydrate is low then it won't have as much of an impact. A good example is watermelon, which has a GI of 80 but a GL of only 5. It tastes sweet, but it's mostly water.

The bottom line: Carbs are not bad for you. Carbohydrates — both simple and complex ones — are part of a healthy diet. Just be sensible about the carbs you choose. Skip low-nutrient desserts, consider the levels of sugar and fiber, and focus on healthy whole grains, fruits, and veggies to get the energy your body needs every day.

ASK AN OSTOMY LIFESTYLE EXPERT:

[www.ostomycanada.ca](http://www.ostomycanada.ca)

#### BALLOONING OF POUCH DURING FLIGHT

I've had an ileostomy for almost 20 yrs and I'm wondering if there are any tips or tricks that you are aware of that can reduce the ballooning effect in pouches during flights. I've flown quite a few times and I always have issues with ballooning during take off and reaching cruise

altitude depending on how long you have to remain seated some times causes issues with trying to release the air from the pouch...

#### Response:

Ballooning can be worrying when you are flying in an aeroplane, and in everyday life. The following are some suggestions that will help reduce ballooning:

- If possible visit the toilet next to the departure gate to burp your bag and get it as flat as possible before the flight.
- Avoid carbonated drinks (fizzy drinks) 24 hours before flight and during the flight.
- Some ostomates have suggested drinking peppermint tea is a good preventative measure. They claim a cup of the tea disperses the gas without it coming out via the bag.
- Avoid gulping, slurping, drinking from a straw, not chewing well, or even eating too fast can cause air to be swallowed and gas to develop.

Common foods you may want to avoid 24 to 48 hours before your flight are:

- Beans/legumes • Onions • Artificial sweeteners •

Carbonated drinks • Cabbage • Broccoli • Beer

- Sugars (either from fruit or refined) • High-fibre foods

• In addition to how we eat, smoking and chewing gum can also cause air to be swallowed.

Pouches with filters are an ideal way of solving problems with ballooning. There are quite a few pouch styles with filters available from each pouch manufacturer. Ostomates will have to do some experimentation to find one that works best for them.

Bon Voyage!



**Beamsville Medical  
PHARMACY**

*Your Local Community Pharmacies*

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



**Lincoln Medical  
PHARMACY**

*Your Local Community Pharmacies*

**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!*