

## **This Month's meeting:**

### **February 19th — Speaker: Stacey Gooder**

Stacey Gooder runs her Financial Advising Practice in Niagara Falls with Edward Jones Investments. She uses an established process with her clients to organize their finances and keep things simple; build a roadmap for attaining your goals; protect your family with the right insurance; and transfer your investments to the next generation in the most tax efficient way.

She will speak to us about how Canadians with special needs can use the Disability Tax Credit and Registered Disability Savings Plan to reach their retirement goals.

Lastly, she will review the 10 Principles for Living in Retirement as a "road map" to serve as a guide along the way.

## **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)*



## **INSIDE THIS ISSUE:**

PRESIDENT'S MESSAGE 2

APPLICATION FOR MEMBERSHIP/CALENDAR 5

FUNGAL INFECTION 7

POUCH COMFORT 9

OSTOMY VISITOR TRAINING SESSION 10

CROSSWORD 11

PUNS FOR THE DAY 14

## **WOULD YOU LIKE TO RECEIVE**

### **THIS NEWSLETTER VIA EMAIL?**

In an effort to reduce mailing costs, we would like to offer the monthly newsletter to all of our members electronically.

If you have access to email, please send your request to [info@niagaraostomy.com](mailto:info@niagaraostomy.com). The newsletter will be in PDF format. Most computers come equipped with the capability to read PDF files.

If you experience a problem opening the file, there will be a free PDF reader program download link attached to the newsletter.

## *Presidents Message*

Hello everyone.

Gentle reminder that memberships are overdue. If you're one of the ones that hasn't renewed yet, please take a minute & send us your dues. We count on your support.



We have firmed up a date for Ostomy Visitor training, June 7<sup>th</sup> at the Lions hall in our regular meeting room from 9am sharp till about 3:30pm. More details can be found in this newsletter. The session will be based on the new revised guidelines for visitor training produced by Ostomy Canada. Certification will be valid for 5 years instead of the current 3 years. If our plan to do pre-op visits in the hospital comes to fruition, we will need more visitors than we currently have, please really consider taking this training. Spouses, significant others and caregivers can attend.

I had the pleasure of presenting (along with Roger & Janet from the Hamilton Chapter) at Brock University on Fri-

day, January 31st to 76 first year Nursing Students. The agenda was primarily about the impact to a patient that has undergone ostomy surgery & day to day living.

February 6<sup>th</sup> we will be presenting to about 32 Personal Support Worker students (PSW's) in St Catharines. As well, on April 9<sup>th</sup> we will be presenting to 25 PSW's in Niagara Falls to an evening class, which will be our first presentation to that particular group.

My ice fishing trip was, well let's say, a bust. First off, the driver (no names mentioned) was busy yakking with friends and we took the wrong Highway. (Ended up near Sudbury instead of North Bay.) That added about 2 hours to our trip. Sunday in the wee hours, I came down with something, not sure what, but I blew 4 or 5 flanges in 36 hours, terrible diarrhea and gas. 3 different medical diagnoses were; picked up an intestinal virus, partial blockage, and finally, results from taking antibiotics to combat a chest infection (pneumonia) -- take a pick what it was, we will never know. It's probably one of those dark secrets that only a person with an ostomy can understand. Well after all that, we did manage to catch 1 fish, a 6" perch.

That's all. So this fish cost about \$250.00 per inch. We should have just gone to the fish market and bought a fish!

Let me talk a minute about traveling with an Ostomy.

By no means am I trying to scare people from travelling, but rather encourage it.

The general consensus is, to take 2 times the supplies you normally would use.

It seems a reasonable approach, unless of course you have an abnormal or unexpected issue.

I changed my pouch & flange Thursday evening before my fishing trip. We were leaving Friday morning, and returning Monday evening, so basically 4 days. I usually get a week's wear time from a flange and figured; heck I don't need any supplies. But traveling with no supplies would not be a wise idea. So I packed a pouch, 2 flanges and my travel bag of goodies. We arrived at the cottage on Friday as expected (well late because of an idiot driver that took the wrong highway). Saturday was spent on the ice, and a nice dinner in the cottage followed by a few

*(Continued on page 3)*



### ***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:

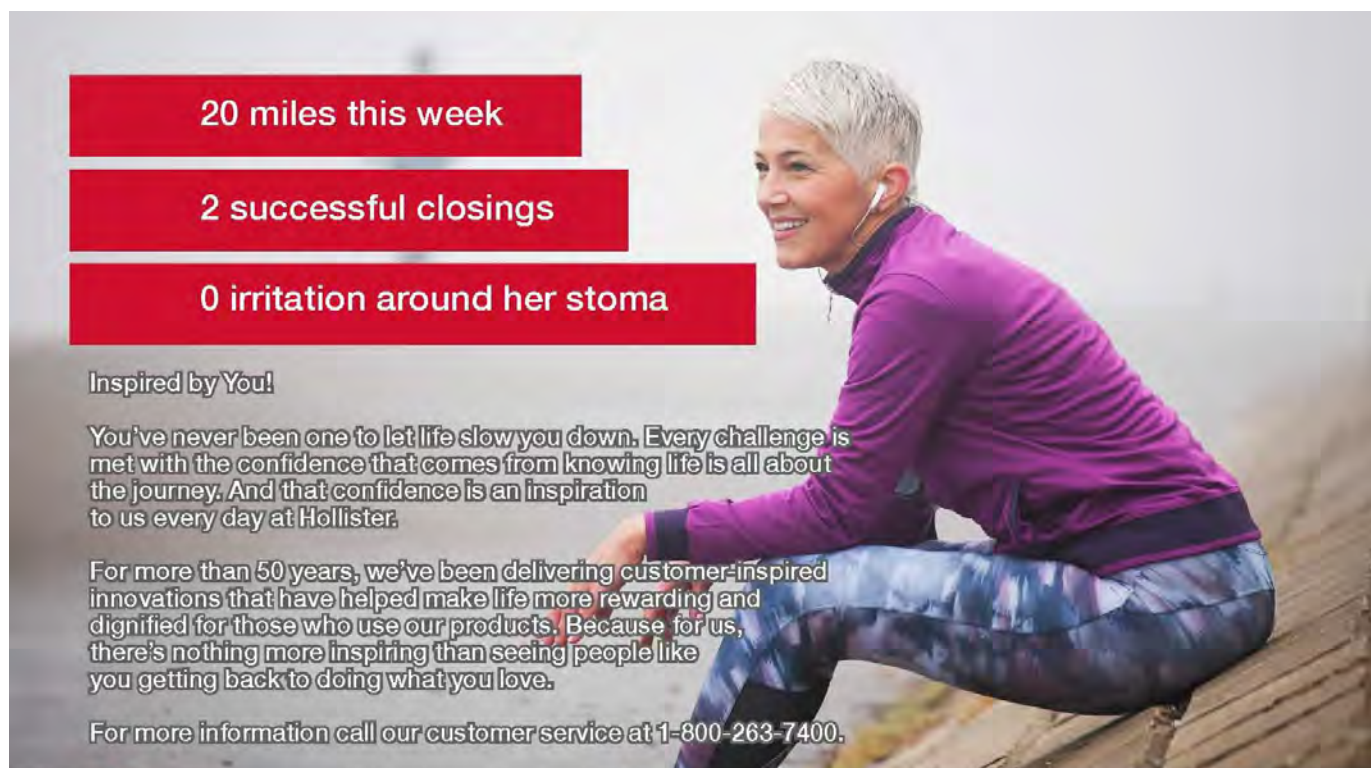
**Boggio Pharmacy**  
200 Catherine St., Port Colborne  
Tel: (905) 834-3514

**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)



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.

*(Continued from page 2)*

drinks, cards and munchies rounded out the evening. Nothing in that meal or evening was out of the ordinary for me. (I don't eat munchies or drink everyday)

Went to bed around midnight feeling normal, thinking about how much fun and who will catch the first fish in the morning. I was supposed to be on breakfast duty Sunday morning, so Sunday was set out for me. About an hour & half into my sleep I awoke to, "oops, something ain't right here" I had a mess so to speak. Yup, I had blown a flange, and I had diarrhea and tremendous gas. Off to the small but comfortable bathroom to change. I had such gas that I don't ever recall as having with the ostomy, along with fierce diarrhea. I had to time the install very carefully & quickly so I wouldn't spoil it. Got everything wrapped up and went to bed. Shortly after I realized that this gas and diarrhea etc. wasn't going to stop, my pouch was filling, literally by the second. I set my alarm for 30 minutes to wake me in the event I fell asleep. That seemed to work, I was getting tired of getting up every 30 minutes to drain. I had no choice. By the early morning, I guess I was so tired that I slept over the

alarm and didn't wake up. Yup, you guessed it, another blow out. But, now, since I brought 2 flanges with me, not expecting to use any, and I have used up my supply. It's 6 AM Sunday morning, 35 miles from North Bay. I'm starting to fret. It was then I realized I had a bag in my suit case from a previous trip with more supplies. Whew!!!! 3 flanges, a few pouches and all sorts of other goodies. A real life saver.

Sunday I told the guys that I am just too tired and with what's going on, I need to stay in the cottage. Sunday proved about the same as the wee hours, and I managed to empty as needed, with no blowouts until the afternoon. So there's another change (from my supply that was a bonus in my suit case) Sunday evening was cards, no drinks, no snacks, and water & soup broth. Went to bed, setting the alarm for every hour to wake up & empty. All was as expected, until the morning again, slept over the alarm & blew yet another flange. Monday Morning I said to the guys, this trip home is going to be a trip from hell, and I think we should go now instead of this evening. They agreed. The trip home was totally fine, I was back to

*(Continued on page 6)*

## 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.

**March 25, 2020: Laura Thompson, Convatec**

**May 27, 2020: Les Coulter, The Ostomy Clothing Company (formerly Weir Comfees)**

### 2019 Board of Directors

Title	Name
President	John Molnar
Treasurer	Brenda Bagley
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



**MOTION™**  
Make life accessible.

(905) 688-0420 • [motioncares.ca](http://motioncares.ca)

1-111 Fourth Avenue, Ridley Square  
St. Catharines, ON, L2S 3P4

Monday-Friday • 8:30am-5pm



## CALENDAR OF EVENTS

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

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

### 2020 Dates

Feb 19— Stacey Gooder

Mar 18

Apr 15

May 20

### 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:

Brenda Bagley, 66 Portmaster Dr,  
St. Catharines, ON L2N 7H7

(Continued from page 5)

“normal” so to speak. I thought great, I’m better, after I got home I had about another 12 to 16 hrs. Of diarrhea with not nearly as much gas.

Plan to travel, plan to take more supplies than you can imagine. You never know what’s around the next corner.



CHEERS!

John Molnar, President

## Request your **FREE** ostomy scissors

Coloplast® ostomy scissors have curved blades to facilitate circular cuts on your ostomy baseplate.



1-866-293-6349



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

Right and  
left-handed  
scissors  
available!



Ostomy Care / Continence Care / Wound & Skin Care / Urology Care  
Coloplast Canada Corporation, Oakville, ON, [www.coloplast.ca](http://www.coloplast.ca) The Coloplast logo is a registered trademark of Coloplast A/S. © 2019-03 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

## ASK AN OSTOMY LIFESTYLE EXPERT

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

### FUNGAL INFECTION UNDER THE APPLIANCE

#### Question:

I'm having a terrible time with chronic wet red fungal infections. I have tried crusting but it didn't really help. Tinactin is pretty good – it slows the onset but I still end up with it. I have heard Arglaes can help but I don't know if or how to properly use it. Can you help?

Response by: Andrea Manson RN, BSN,  
NSWOC, NCA, all-round nice person, now  
retired

Thank you for your question. A fungal infection is so miserable.

Fungus “bugs” like to grow in warm, dark, moist areas. Areas such as between toes, in groins and under flanges or pouching systems.

One of the main symptoms of a fungal infection is an itch. Not just a “yes it is itchy sometimes” itch; it is an “it is driving me crazy” itch.

So if we know that fungal bugs like warm, dark and moist environments to grow, we need to give it a different environment.

Expose as much skin around your pouching system as you can and still get a seal. You can cut off the tape edge or some of the barrier. I would recommend wearing an ostomy belt to support the pouching system.

(Continued on page 8)



"There is hope and there is light. Being happy is a choice that you can make. It's your choice."  
Dana

**ConvaTec**

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



#### me+™ care

Products, supplies and advice for the first few weeks at home.



#### me+™ support

Live nurses by phone or email for any questions you may have.



#### me+™ answers

An in-depth resource covering everything ostomy.



#### me+™ community

Inspiring stories and ideas from others living with an ostomy.

**Join for free and start receiving all the benefits of me+™.**  
**Enrolling is easy, simply call 1-800-465-6302 or visit [www.convatec.ca](http://www.convatec.ca).**

\*Model portrayal  
AP-018657-GA

All trademarks are property of their respective owners.  
© 2018 ConvaTec Inc.



(Continued from page 7)

Tinactin is the antifungal powder of choice for fungal infection under a pouching system. Sometimes if you have had a fungal infection for a long time, you may have mixed bacteria and fungal infection. I would recommend washing your skin with Dexidan soap then rinse well. Sprinkle Tinactin powder around the peristomal area, brush away the excess powder (too much powder will cause the pouching system not to adhere), then apply your pouching system with the tape of edges cut down to expose as much skin as possible. (Use an ostomy belt to give you more support). Using your fingertip, reapply sparingly the Tinactin powder to the exposed skin at least twice a day. Remember to wash your hands before and after touching that area.

You may also need to change more frequently at first. That is, you may need to change every day or every two days to wash with Dexidan and to reapply Tinactin to the affected area.

Another resource to look at is the Peristomal Skin Assessment Guide. It will walk you through step by step how to assess your skin and it gives suggestions to solve skin problems.

<http://psag-consumer.wocn.org/#home>

I hope these suggestion are helpful in getting rid of your fungal infection.

Arglaes powder has been relabeled as Medline Ag+ powder manufactured by Medline Industries. There is no difference in the formulation between the Arglaes and Ag+.

Ag+ is an antimicrobial silver powder dressing that is effective against a broad range of fungi and bacteria.

It comes packaged as a single-use product that is once you use it, the remainder of the product should be discarded. When I asked the company if the product was still effective if you still had some left in the container and wanted to use it again in a few days, they could not answer that

(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)

question as it is a single-use product.

The procedure for using this product is the same for using any powder under a pouching system.

Only use a powder when the skin is wet and weepy. If the skin is dry, the powder will not adhere and you will end up dusting it all off.

Use sparingly, sprinkle some powder on weepy

area, rub in, dust off the excess. If there is too much powder on the skin, the pouching system will not adhere!

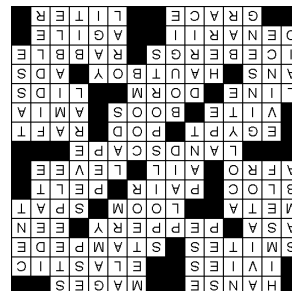
Powders should not be used routinely. If the problem continues after 7-14 days, please see your Ostomy nurse (NSWOC or WOC) or doctor.

## POUCH COMFORT

*A reader of our Niagara Ostomy newsletter recently sent in their experience while trying to deal with a pouch comfort issue.*

I recently requested your assistance concerning the heat from my pouch causing sweat and heat rash to my groin. I have tried many different aids, and, finally, have been successful in my

(Continued on page 13)



Serving Niagara Since 1977

# SIMPSON'S

## 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](http://www.simpsonsparmacy.ca)

LIVE WELL WITH

PHARMASAVE

**Ostomy Visitor Training Session  
& Refresher Seminar – June 7, 2020  
9:00 am-3:30 pm**

*Do you answer yes to any of the following?*

- Have you been certified as an ostomy visitor in the past, but you need re-certification?
- Do you know the positive emotional impact a trained visitor can have on a fellow ostomate?
- Have you lived with an ostomy or been a caregiver or spouse to someone that has had ostomy surgery for at least a year that has adjusted well to the impact of living with an ostomy?
- Do you want to become an Ostomy Canada Trained Visitor?
- Do you know why it is important to become an ostomy visitor under Ostomy Canada guidelines?

If you have answered “yes”, then you are eligible to register for the Visitor Training session hosted by the Niagara Ostomy Association.

Please register by calling **905-321-2799** as early as possible.

The training will be held at the  
**Grantham Lions Club, 732 Niagara St.,  
St. Catharines.**

Spouses and/or caregivers of someone with an ostomy are eligible to participate.

***What's required by you?***

- Be well-adjusted to your ostomy for at least one year.
- Have a positive outlook on life, with good listening and communication skills



- Agree to be on the Visitors team of trained visitors and try to make yourself available when called upon by the visiting coordinator
- Agree to follow the guidelines of the Ostomy Canada Society's Visiting program

***What you need to know.***

- Dress comfortably, in clean, tidy clothes as if you were making an actual visit.
- Bring a lunch with you since there are no restaurants near the hall.
- Coffee, tea, refreshments & light snacks will be provided by Niagara Ostomy.
- An information package will be sent ahead of time to prepare you for the session.
- You will be required to participate in all aspects of the session, and there will be active roleplaying to familiarize you with visiting scenarios.

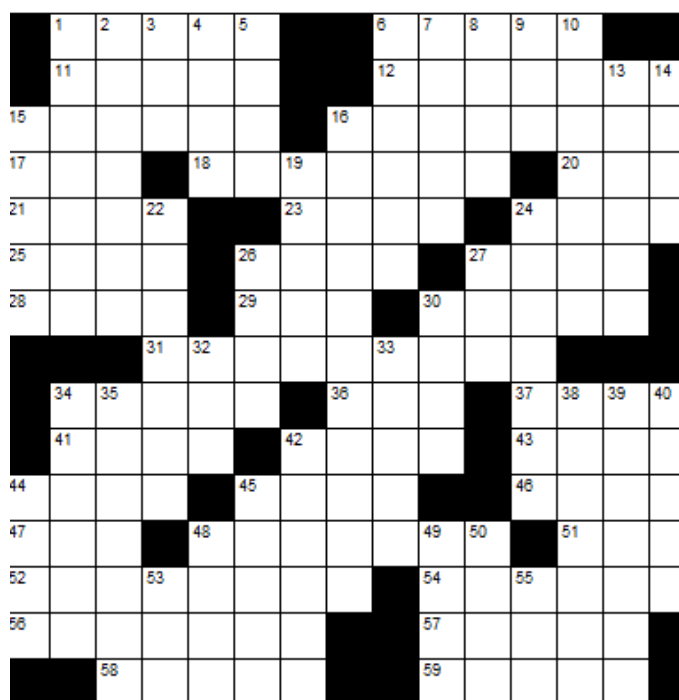
The session will start at 9 am sharp and run until about 3:30 pm to be held at:

**Grantham Lions Club,  
732 Niagara St., St. Catharines.**

**Note that we will be using the new version of the visitor Training Guidelines, and certification will be for a 5 year term .**

**ACROSS**

- |                            |                                    |
|----------------------------|------------------------------------|
| 1. A German medieval guild | 37. Flat float                     |
| 6. Magicians               | 41. Briskly (music)                |
| 11. Wall climbers          | 42. Razzes                         |
| 12. Stretchable            | 43. Dogfish                        |
| 15. Hits                   | 44. Connects two points            |
| 16. Run wild               | 45. Residence hall                 |
| 17. An Old Testament king  | 46. Jar tops                       |
| 18. Seasoned               | 47. Years (French)                 |
| 20. Poetic dusk            | 48. Slender double-reed instrument |
| 21. Of higher order        | 51. Commercials                    |
| 23. Weaving machine        | 52. Masses of floating sea ice     |
| 24. Petty quarrel          | 54. Mob                            |
| 25. Coalition              | 56. Roman silver coins             |
| 26. Twosome                | 57. Fast                           |
| 27. Fur                    | 58. Goodwill                       |
| 28. Hairdo                 | 59. About a US quart               |
| 29. Pain                   |                                    |
| 30. Embankment             |                                    |
| 31. An expanse of scenery  |                                    |
| 34. Country of the Nile    |                                    |
| 36. Detachable container   |                                    |

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

- |                            |                         |                        |                                   |
|----------------------------|-------------------------|------------------------|-----------------------------------|
| 1. Reflexive form of "him" | 8. Malodorous           | 26. Breathe hard       | 42. Suppository                   |
| 2. Flyer                   | 9. Clairvoyant's gift   | 27. Liveliness         | 44. Placed                        |
| 3. Louse-to-be             | 10. Spire               | 30. Boys               | 45. A gold coin of ancient Persia |
| 4. Dribble                 | 13. Conceive            | 32. Mock               | 48. Sister and wife of Zeus       |
| 5. Existence               | 14. 1/100th of a dollar | 33. A valley (British) | 49. By mouth                      |
| 6. Shooting star           | 15. Brazilian dance     | 34. Express            | 50. Type of antenna               |
| 7. Siren                   | 16. Party poopers       | 35. A Chinese herb     | 53. Tavern                        |
|                            | 19. Tartan              | 38. Lovable            | 55. Smidgen                       |
|                            | 22. Novice              | 39. Violinist          |                                   |
|                            | 24. Some                | 40. Thigh armor        |                                   |



Answers on  
page 9

**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



# Stretch Your Dollars...

with our high quality, cost effective products

## Cleanse

- Peri-Stoma Cleanser & Adhesive Remover Wipes
- No sting, alcohol free
- 2 in 1 wipe, saves time
- Rinse free formula



## Protect

- No-Sting Skin Barrier Film
- Wipes and Sprays
- Great for protecting the skin
- Ostomy Skin Barrier Powder
- Great for crusting over sore skin



## Secure

- Skin Barrier - Conforming Seal
- Skin Barrier Arcs
- Skin Barrier Sheet
- Skin Barrier Paste



## Assure

- Ostomy Pouch Deodorant
- Blue formula
- Fantastic odor control
- Assure C Odor Eliminator Gel
- Clear formula
- Lubricating to help empty pouch



## WaterProof

- DERMAPRO WATERPROOF SILICONE TAPE
- Great for securing around pouch edges
- Ask for SNS57230-1" width or SNS57232-2" width



Ask your supplier to bring in these products for you!

For more information to acquire locally  
or to request a sample please call our toll-free number

In Canada Contact - Peter West  
519-726-5959 | peter@westcaremed.com

844-767-6334  
www.SnS-Medical.com

**Safe n Simple**  
Clean. Comfortable. Confident.

safe\_n\_simple YouTube Facebook  
safe n simple safe n simple safe n simple



**Ecovio is biodegradable**  
**Colo-majic is the original & only biodegradable**  
**pouch liner on the market!**  
**We are Earth conscious.**



Help rid our planet, of single use plastics which are polluting our Earth, by using Colo-Majic Biodegradable liners!

For more information call: 1 (866) 611 6028  
www.colomajic.com



# Flexima® 3S Ostomy Appliances

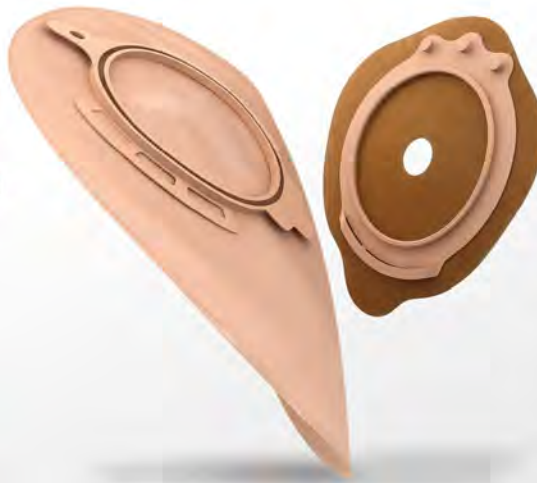
Unique guiding system helps ensure right positioning from the start.

## Base Plates:

Flat  
Convex

## Pouches:

Closed  
Drainable  
Uro  
High Flow



Simple.  
Secure.  
Soft.

## 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)

*(Continued from page 9)*

efforts. I don't know if my problem is common, but on the chance that others may suffer as I did, I am pleased to notify you so that you may spread this "remedy" among your members, and others who receive your bulletin. The remedy is not a cure all, but it does relieve the rash/heat problem if used daily. Or at least it did for me.

- The ingredients are a liquid non-perfumed antiperspirant, and corn starch.
- The antiperspirant is spread, liberally over the affected body part, followed by corn starch, also spread liberally.
- To start, a mild antiperspirant should be used, to ensure that the user's body tolerates its application to the area of the body to which it is applied.

- The remedy works best applied before bed-time, as the sweat glands, according to information that I received, are less active during the sleeping period.
- The application of the antiperspirant may be used at anytime during the day, but the area must be clean: washing before use is recommended.

I have tried the remedy, and it works for me. And I discussed it with my MD. Any person willing to try it should also consult his/her medical practitioner.

THE ABOVE INFORMATION IS PROVIDED FREELY, AND IT IS THE RESPONSIBILITY OF ANY ONE WISHING TO TRY IT TO SATISFY HIMSELF/HERSELF OF ITS SAFETY AND EFFICACY.





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!



### Other Services

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

### ST. CATHARINES

1200 Fourth Ave.  
905-685-3030

(located in the hospital  
near the main entrance)

### DUNNVILLE

140 Broad St. E  
905-774-7331

### HAMILTON

1010 Upper Wentworth St.  
905-381-4420



[HausersPharmacy.com](http://HausersPharmacy.com)



**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**

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!*

### PUNS FOR THE DAY



1. What's the best thing about Switzerland? I don't know, but the flag is a big plus.
2. George Clooney, Leonardo DiCaprio, and Matthew McConaughey get together to make a movie. Clooney says, "I'll direct." DiCaprio says, "I'll act." McConaughey says, "I'll write, I'll write, I'll write."
3. I told my friend not to get too excited about turning 32, since her birthday party would be so short.  
"Why would it be short?" she asked.  
I said, "Because it's your thirty-second birthday."