



Serving the Niagara Ostomy Community since 1974

IT'S IN THE BAG



October 2023



ST. CATHARINES MEETINGS:

October 18—no evening meeting

Be sure to stop by our Ostomy Fair.

See details below.

SOUTH NIAGARA OSTOMY GROUP

In-person meetings postponed until further notice

OSTOMY FAIR DAY

Mark Your Calendar!!

October 18, 2023 11 am—3 pm

Grantham Lions Club (*wheelchair accessible*)
732 Niagara St. , St. Catharines



MEET LOCAL OSTOMY VENDORS INCLUDING:

COLOPLAST, HOLLISTER AND CONVATEC

Free Seminar 11:30-12:15* — Roxie Demers, NSWOC
Proper measuring of your stoma/appliance, and skin care, Q&A
**limited seating-first come, first served. Tickets available at welcome desk*

FREE Private 15-min Appointments available with Roxie Demers,
NSWOC

Call to book: (905) 321-2799 **confidential voicemail**
(bring an ostomy supply change so that your assessment can be made)

Refreshments available. Free Admission & Parking.

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

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*

INSIDE THIS ISSUE:

PRESIDENT'S
MESSAGE 2

SHARE YOUR STORY 3

ASK THE NSWOC 4

7 UNEXPECTED BENEFITS
TO HAVING AN OSTOMY 6

CROSSWORD 10

MEMBERSHIP
APPLICATION 12

President's Message

Welcome! As always, I hope everyone is doing well. I guess we're having another kick at Summer, the last few days have been hot again.



Remember that it's membership renewal time again. We depend on your support so we can do things like print the newsletter, hold our ostomy health fair day, and hold meetings to help educate people living with an ostomy. Please consider renewing your membership so we can continue with our mission. We now have a 2-tier membership; you can join Niagara Ostomy for \$30 per year, and if you wish to support Ostomy Canada you can do that with an additional \$25. New membership forms are in the newsletter and online. We now offer easy online transactions to pay your membership. Visit our website at www.niagaraostomy.com and scroll to the Become a Member page and follow the directions.

Speaking of newsletters, Cathy & Jim have been mailing the newsletters via snail mail to members without email for many years and they have decided that the time has come for them to step down. I want to thank them for the many years they have done this for. Ken has offered to take over mailing them for us, so he will be taking on that job.

We're not holding an evening meeting this month, but instead we're holding our annual Ostomy Health Fair day. You should try to attend this event. The Major Ostomy manufacturers will be there, as well as many ostomy related vendors. Roxie (NSWOC) is doing a session on proper measuring & care of peristomal skin. Be sure to get there early as space for her session is limited and a ticket is required for entry. Tickets are available at the Welcome Desk. Also, at the time of writing this message there are a few appointments left to see Roxie and discuss any ostomy related concerns you may have. I expect these spots will fill up very quickly. If you would like an appointment leave a confidential voice message at 905-321-

2799 and I will get back to you.

We have a great team of volunteers, but we still need some more help, please consider stepping up & volunteering with us. Your help will be greatly appreciated by everyone.

If anyone has topics or people they would like for guest speakers, please let us know. We're working on filling up the calendar for speakers at our 2024 meetings.

Cheers



John Molnar,

President



Peri-Stoma Cleanser & Adhesive Remover

- No Rinse Required - Saves Time
- No Alcohol in Formula - No Sting
- Large Wipe, 5" x 7" - Easy to Handle
- No Oils, Lotions or Aloe in the Formula
- Gentle Formula Helps Clear Up Red Irritated Skin Issues

Ask your supplier to bring in these products for you!

For more information to acquire locally or to request a sample please call

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

Safe n Simple
Clean. Comfortable. Confident.

844-767-6334
www.sns-medical.com

Stretch Your Dollars with our High Quality, Cost Effective Products!



Ostomy Care
Healthy skin. Positive outcomes.

SHARE YOUR STORY

Do you have a story you'd like to share with us for our newsletter? We'd love to hear from you about Life with your Ostomy.

Why, you might ask?

Sharing our stories, tips and helpful advice is a powerful way to let others know that living a full, active life is possible after Ostomy Surgery. Many of us have learned along the way that our best learning comes from each other! Especially now, when we aren't able to meet in person, our newsletter provides a way to connect with people and inspire others.

How did you react when you heard you were go-

ing to need Ostomy Surgery? How did you deal with it then, and how are you dealing with it now? Do you have tips and helpful advice? Where do you find your best support?

Your privacy will be maintained, if that's what you prefer. Just be sure to mention that in your submission.

To submit:

Please send an email to Marlene, our newsletter editor. She will review submissions and contact you, if necessary.

Email to: marlene.h@niagaraostomy.com

Thank you, in advance.



ASK THE NSWOC

Do you have questions related to your stoma care? You can now submit questions via our website and they will be answered by Roxie Demers, NSWOC.

Roxie Demers, has been a nurse for 33 years. She received her certification for International Interprofessional Wound Care Course from University of Toronto in 2017/2018. She decided to continue her education and completed the NSWOC (Nurses Specialized in Wound Ostomy and Continence Canada) in 2020. She wrote the

Wound Ostomy and Continence Canadian Certification (WOCC(C)) in the fall and passed. She has worked at Saint Elizabeth Health Care Hamilton for approximately a year and a half, first as a wound and ostomy nurse and now a WOCC(C).

To submit your question, please visit our website www.niagaraostomy.com. Click on the “Support” tab. From there, scroll down and select “Ask the NSWOC”. This will direct you to the form where you can send your question.

Real Solutions. Real Impacts.

**Our caring experts are here
to assist you with all your
ostomy needs**

Motion St. Catharines
1 - 111 Fourth Ave.
Ridley Square

(905) 688-0420
st.catharines@motioncares.ca

motioncares.ca



New !

Online Payment/ Donation

Etransfer to:

payments@niagaraostomy.com

(no password required)

Or visit:

<https://niagaraostomy.com/pay-your-membership/>

CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2023 dates

Oct 18– Ostomy Fair 11am-3pm : NO EVENING MEETING

Nov 15– Roxie Demers, NSWOC — Accessories and question period

December no meeting

Telephone Numbers:

Niagara Ostomy Association:

905-321-2799 (confidential voicemail)

Coloplast: (866) 293-6349

ConvaTec (800) 465-6302

Hollister: (800) 263-3236



Niagara Ostomy Association



@NiagaraOstomy



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/needng rides, please call.

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 NSWOC nurse before deciding to use any of them.

2022-23 BOARD OF DIRECTORS

President	John Molnar
Treasurer	David Booth
Secretary	OPEN
Director/Communications Chair	Cindy Paskey
Director/Coordinator, Friendly Visitor Program	Nancy Ployart
Director	Roxie Demers
Director/Interim Secretary	Steve Smith
Director Director	Peter Winter OPEN

NIAGARA OSTOMY ASSOCIATION

Volunteers 2023

Web Master	Peter Folk
Membership Chair	Ken I'Anson
Newsletter Editor	Marlene Heinrichs
Newsletter Assistant	Cathy Waldeck

MISSION STATEMENT:

To be of service and assistance to all people with ostomies in the
Niagara Region.

7 UNEXPECTED BENEFITS TO HAVING AN OSTOMY

By Allison Rosen, University of Texas, MD Anderson Cancer Center, via Triangle Newsletter; and Inland NW "Insider"—via: Inside/Out September 2023

The first few years after my stage II colorectal cancer diagnosis were pretty rough. I was in and out of the hospital with infections, chained to the toilet by bowel issues, and crippled by social anxiety. This is not how I envisioned my life going at age 32.

I was one of those people who really, REALLY did not want a permanent ostomy. I resisted the idea of getting one for a long time because, in my mind, there was still such a negative stigma attached to it. After multiple surgeries, hospital stays and sepsis infections, though, I finally gave in and let my doctor create a permanent ileostomy for me in 2016.

I was surprised by how dramatically my life changed for the better once I had an ostomy. It took some time to accept my body's changes and the new way it functioned. But once I did, it opened my eyes to all the things I could do that I hadn't been able to do before. I finally started to live again.

Here are seven unexpected benefits of having an ostomy.

1. I'll never hold up the bathroom line again. Before my ostomy, I always used to have to sit in the aisle on an airplane, so I could get to the restroom quickly. I was also very aware of the beverage cart's location and got stressed and worried whenever it blocked my path. Colorectal cancer is more than a physical disease, it impacted me mentally too. My anxiety was high all the time. Now, I can sit by the window, admire the view, and just relax and enjoy the flight. I also never have to worry about being caught short when I'm out with my friends. I can eat, drink, and laugh at the movies, ballet, and symphony or on road trips - and not have to worry where the restroom is (unless I have to pee!). Because ostomy pouches are always "on" I could be sitting just about anywhere "going to the bathroom," and no one would be the wiser. That also means I'm one of the quickest people in and out of the bathroom. It only takes me a minute to empty my pouch. I don't even have to sit on the toilet seat!

2. Goodbye, hours spent on the toilet. My stool is collected in a pouch outside my abdomen, without any conscious effort on my part. So, I no

(Continued on page 7)


longer spend hours on the toilet because I'm constipated or have diarrhea. I did have to figure out my diet early on and adjust what I ate to normalize my output. But even when that's looser than I'd like it to be, I still don't feel any sense of urgency. I just empty my pouch more frequently, increase my fiber intake and use an over-the-counter anti-diarrheal medication until things settle down.

3. Gas is no longer an issue. The first few months after my surgery, I noticed it would sometimes make little random noises. I had no control over when and where this happened. Because of my ostomy's location though, it was easy to pass it off as my stomach growling because I was hungry. Now it hardly ever makes a sound. It also has a filter to release gas odorlessly. So I don't have to worry about making excuses or embarrassing myself. And since I don't pass gas in the usual way, I can't be blamed for a smelly room either. You'll just have to admit it was you or - or blame the dog.

4. Outdoor adventures, ostomy style. I recently took my dream trip to South Africa with a dozen women from all over the United States. Together we explored Cape Town and the Winelands district, went on a safari in the Gondwana Game Reserve and climbed Table Mountain. I saw penguins and zebras just feet away from me in the wild. It was my dream trip that finally became a reality. I never would've felt comfortable doing any of that without my ostomy. When you're high up in the mountains or way out on the savannah, you have to make do with what you have and "pop a squat" if you need to go to the bathroom. Like most people, my fellow travelers had to pull down their pants and underwear and risk

(Continued on page 8)



 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.

*Model portrayal AP-018857-GA

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

(Continued from page 7-Ostomy benefits)

getting bitten by insects and inadvertently exposing themselves while they did their business. I just inched my waistband aside and emptied my pouch.

5. My childhood dream of looking like a doll became a reality. Growing up, I played with dolls a lot and always wanted to look like one in particular. Little did I know that once I was an adult, I actually would resemble her, at least in one way. My entire large intestine, rectum, and anus had to be removed to treat my colorectal cancer, so the place where my anus used to be is now sewn up. I have what is known as a “Barbie butt” in the ostomy community.

6. There is a whole community of ‘ostomates’ out there. I was very hesitant to tell the first guy I dated seriously after the ostomy that I had one. But I finally did when I knew things were going to get physical. It turned out that my boyfriend’s

grandfather had had one, too, so he knew exactly what it was and wasn’t bothered by it at all. I had no idea how common ostomies were. I was astonished to discover how supportive strangers could be. To help break the stigma of ostomies, I finally built up the courage to post a picture and video of myself on social media with my ostomy pouch showing. The feedback was amazingly positive. Millions of people viewed the video, and hundreds of thousands commented. Many were fellow “ostomates” or knew someone who was. Having an ostomy is not glamorous. But sharing it so openly was liberating. It made me realize that there’s a whole community of people out there like me, and many have become friends who ‘get it.’

7. I have a new excuse to accessorize! It’s sort of a tradition in the ostomy community to give your ostomy a name since it’s your constant companion and will never leave you. When I went on a surfing trip with a group of cancer survivors,

(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  





THE
OSTOMY *Clothing*
COMPANY

Toll Free: 1-833-473-0999
Local: 519-473-0999

Email: info@ostomyclothingcompany.com Website: www.ostomyclothingcompany.com

(Continued from page 8-Ostomy Benefits)

they helped me accept my ostomy and name it “Fill.” after I described its function. Right now, he’s got a pouch cover on that says “√UR:” (check your colon). It’s my way of building awareness around colorectal cancer prevention. The pouches themselves are usually pretty plain—

either white or tan. But you can dress them up any way you want - by hiding them under bright colourful covers as I do, decorating them with glue and sequins, or even painting them with your own designs. I see mine now as another excuse to accessorize.

8. Making peace with my ostomy. I’ll be the first to admit that it’s not easy to come to terms with having an ostomy. Accidents can happen, especially in the beginning, when you’re still figuring out what works for you. But with the help and support of your care team, ostomy nurses, ostomy supply companies and other ostomates, you can deal with the challenges just like I did - one day at a time.

Source: *Ostomy Outlook*, Ostomy Association of North Central Oklahoma Sept. 2023

(Continued on page 14)

Serving Niagara Since 1977
SIMPSON'S

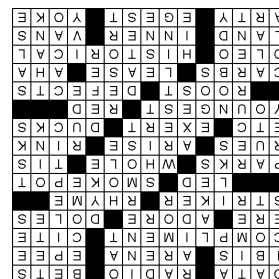
**Your Local Community
Pharmacy For All
Your Ostomy Needs.**

- ✓ 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:

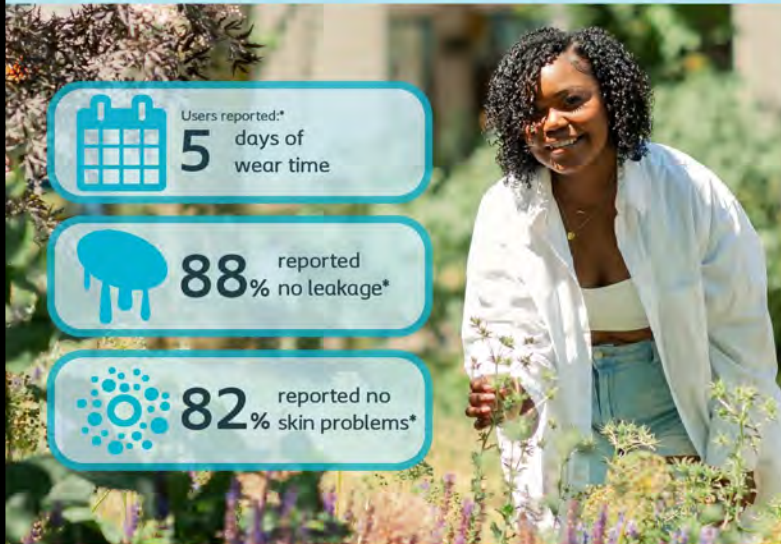
Simpson's Pharmasave:
1882 Niagara Stone Rd · Virgil
905.468.2121
www.simpsonsparmacy.ca

LIVE WELL WITH
PHARMASAVE



Curved fit for curved areas.

NEW clinical study* in Canada supports **SenSura Mio® Concave!**



Users reported:
5 days of wear time

88% reported no leakage*

82% reported no skin problems*

If your stoma is on a bulge or curve, you know that getting an ostomy appliance that fits can be challenging! That's where **SenSura® Mio Concave** can make a real difference by giving you **longer wear time, less leakage, and more security.**



Try a free sample:

visit [coloplast.ca/SenSuraMio-Concave](https://www.coloplast.ca/SenSuraMio-Concave)



Scan the QR code to order free** samples

*St-Cyr, D., Gilbert, D., Dionne, II, & Kameka, N. (2022). Evaluation of SenSura® Mio Concave vs. non-concave appliances in people with outward peristomal body profiles (OPBP). NSWOCC 41st National Conference. Sponsored by Coloplast. Full study available on www.coloplast.ca. Please see complete product instructions for use, including all product indications, contraindications, precautions, and warnings. **Limitations Apply

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology

Coloplast Canada, A205-2401 Bristol Circle, Oakville, ON www.coloplast.ca PM-26285

The Coloplast logo is a registered trademark of Coloplast A/S. © 2023-08 All rights reserved Coloplast A/S, 3050 Humlebaek, Denmark



salts HEALTHCARE THE NATURAL CHOICE

Colostomy | Ileostomy | Urostomy | Additional Products

The only manufacturer to infuse Aloe Vera into their hydrocolloid, which may help to protect and soothe your skin!



Confidence®
Natural Advance

Confidence®
Natural Soft Convex

After switching, this ostomate's skin healed within eight weeks*



WESTECH
HEALTH CARE LTD.

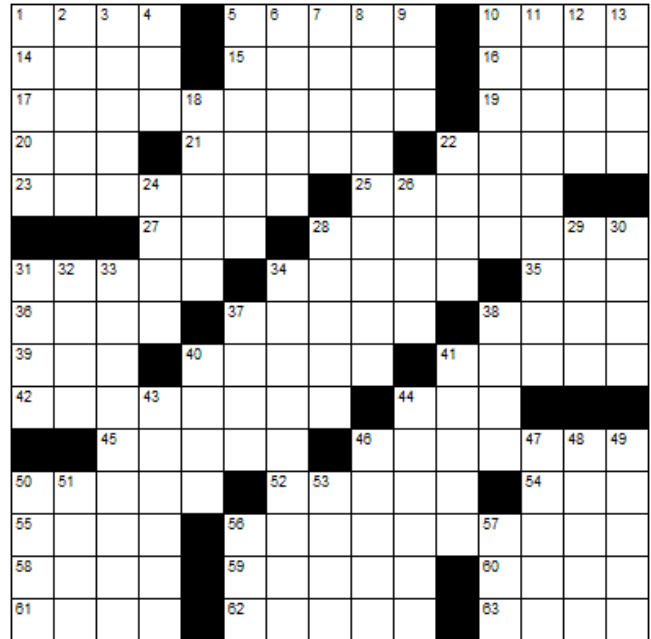
Distributed in Canada by Westech Health Care
TF: 1.844.323.0022 | PH: 587.323.0022 www.westechhealth.com | info@westechhealth.com

REQUEST
FREE
SAMPLE

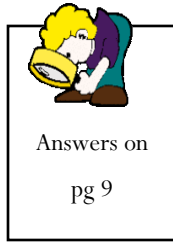


CROSSWORD www.mirroreyes.com

- ACROSS**
- | | | |
|-------------------------------|--------------------------------|---------------------------|
| 1. Information | 28. A device to emit smoke | 52. Rent |
| 5. Audio communication device | 31. Recreational areas | 54. "Eureka!" |
| 10. Wagers | 34. Completely | 55. Margarine |
| 14. Nile bird | 35. Poetic contraction | 56. Belonging to the past |
| 15. Sporting venue | 36. Regrets | 58. Territory |
| 16. Type of sword | 37. Come up | 59. Not outer |
| 17. Praise | 38. A sheet of ice for curling | 60. Moving vehicles |
| 19. Give as an example | 39. And more | 61. Pretentious |
| 20. Before, in poetry | 40. Strain | 62. Cast out |
| 21. Love intensely | 41. Teals and mallards | 63. Oxen's harness |
| 22. Handouts | 42. Not oldest | |
| 23. Soccer goal scorer | 44. Scarlet | |
| 25. What limericks do | 45. Settle down for the night | |
| 27. Light Emitting Diode | 46. Flaws | |
| | 50. Carbohydrates | |



- DOWN**
- | | | | | | | |
|------------------------|-------------------------|-----------------------|---------------------------|---------------------------------|-----------------------|-------------------|
| 1. Chops into cubes | 7. Elk or caribou | "Head" | 29. Pig sound | 40. Freudian topics | 47. Chocolate source | 57. Climbing vine |
| 2. Cut short | 8. Superlatively secret | 13. Notices | 30. Sounds of disapproval | 41. Postpone | 48. Express gratitude | |
| 3. Countdown clock | 9. Type of cereal grass | 18. Bodies of water | 31. Quarry | 43. Not a single person | 49. Mud volcano | |
| 4. Viper | 10. Develop into | 22. Weir | 32. Car | 44. Holiday destination | 50. Soft drink | |
| 5. Forayed into | 11. Suddenly | 24. Anagram of "Silk" | 33. Periodic | 46. Specified days of the month | 51. Winglike | |
| 6. Knight's protection | 12. French for | 26. Puncture | 34. Grappling | | 53. Slave | |
| | | 28. Dress or polo | 37. Wood-chopping tools | | 56. Hasten | |
| | | | 38. Uncouth | | | |



HENDERSON'S PHARMACY

"The HEART of the Community since 1939"

- Large selection of ostomy products for your colostomy, ileostomy, and urostomy needs
- Insulin pump supplies
- Regular customers products kept in stock
- Discreet and friendly service
- Full range of skin care, wound care and incontinence products
- Diabetic and blood pressure monitor training
- Compression socks and hosiery measured by certified fitters
- Free delivery

*some restrictions may apply

15 Front Street South, Thorold

WWW.HENDERSONSPHARMACY.COM

905-227-2511



Niagara Ostomy Association

Serving the Niagara Ostomy Community since 1974

info@niagaraostomy.com

www.niagaraostomy.com

905-321-2799

MEMBERSHIP APPLICATION or RENEWAL

Our Mission

To be of service and assistance to all people living with ostomies in the Niagara Region.

The Niagara Ostomy Association (NOA) is a volunteer driven, non-profit organization that provides practical help and emotional support to people with ostomies living in the Niagara Region of Ontario.

100% of your membership dollars is devoted to serving the Niagara Ostomy community via website, social media, newsletters (9/year), membership meetings, advocacy with the health care system, Ask the NSWOC service, Friendly Visitor Program, annual Ostomy Health Fair and affiliation with Ostomy Canada. Your membership is valued!

To become a member or renew, please complete this form. Payment can be made electronically via our website (www.niagaraostomy.com) or by cheque.

Annual (membership year runs from Jan 1 to Dec 31):

- | | | |
|--|----------------|--|
| <input type="checkbox"/> NOA Membership (required) | \$30.00 | You will receive 9 newsletters, plus see box above |
| <input type="checkbox"/> Ostomy Canada Supporter (optional) | \$25.00 | You will receive the e-newsletter, magazine, webinar notices and updates from Ostomy Canada. |

Circle One: Renewal Membership – New Membership – Gift Membership

Member Name _____

YES, I will volunteer some of my time to NOA. Please call me to discuss how I can help.

Mailing Address _____

City _____ Postal Code _____

Phone #(s) _____ E-Mail _____

Payments via our website (www.niagaraostomy.com) or by cheque mailed to:

David Booth, Treasurer
Unit 34, 525 Meadows Blvd.
Mississauga, ON L4Z 1H2

Privacy Statement: NOA membership and Ostomy Canada information are not shared with anyone outside of the NOA and Ostomy Canada administration.

The materials and other information provided by NOA are for educational, communication and information purposes only and are not intended to replace or constitute legal or medical advice or treatments.

2023

Here for your Ostomy needs

- ✓ Pouches
- ✓ Flanges & Adhesives
- ✓ Skincare Products
- ✓ Custom orders available



In-store, a member of our expert team will be able to provide advice and support on stoma care and management, as well as product recommendations tailored to different needs and lifestyles.

Explore a wide range of Ostomy products in-store today.

Wellwise by Shoppers
 145 Carlton Street, St. Catharines, ON, L2R 1R5 | 905-641-5200




For all your Ostomy Supply Needs

- Qualified and experienced staff
- Regular customer supplies in stock
- Full range of brand name products in stock
- Customer Appreciation Day Discounts
- Mobility Products
- Free delivery

<p>Boggió Pharmacy 200 Catherine St., Port Colborne Tel: (905) 834-3514</p> <p>Boggió Fonthill Pharmacy 155 Hwy 20 W., Fonthill Tel: (905) 892-4994</p> <p>Boggió Grimsby Pharmacy 80 Main St., Grimsby Tel: (289) 447-0134</p>	<p>Boggió & Mackinnon Pharmacy 6680 Drummond Rd., Niagara Fall Tel: (905) 354-1812</p> <p>Boggió & Edwards Pharmacy 307 Ridge Rd., Ridgeway Tel: (905) 894-2200</p> <p>East Main Pharmacy 816 E Main St., Welland Tel: (905) 735-1500</p>
--	--

www.boggios.com



Skin Barrier Ring Conforming Seals

- Ideal for any type of ostomy
- Moldable, stretchable
- Highly absorbent
- "Holds up better" promoting longer pouch wear time

SNS684U2 - 2" - 3.2mm
 SNS684U4 - 4" - 3.2mm
 SNS684D2 - 2" - 4.6mm **NEW!**

Ask your supplier to bring in these products for you!

For more information to acquire locally or to request a sample please call
 In Canada Contact - Peter West
 519-726-5959 | peter@westcared.com

SafenSimple
Clean. Comfortable. Confident.

844-767-6334
www.sns-medical.com

Stretch Your Dollars with our High Quality, Cost Effective Products!



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



HauzersPharmacy.com



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!

FACT FOR THE DAY

Q: Why do we say "it costs an arm and a leg" when we talk about an expensive item?

A: One theory is that the term "an arm and a leg" originates from how portrait painting were priced. Paintings featuring just a head and shoulders were the cheapest. Larger, full-body paintings (i.e., those with arms and legs) were far more expensive. Detractors of this theory note that the term is far more recent than when portrait paintings were fashionable.

