



# IT'S IN THE BAG



May 2025



## ST. CATHARINES MEETING:

**May 21 2025**

Andrea Good, Territory Manager for Convatec  
New product showcase

## 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\***



Scan QR code  
for link to  
NOA website

## NEXT MONTH

June 18th meeting

Annual Meeting with Strawberry Social

Roxie Demers, RN NSWOC, will be  
available to answer your peristomal ques-  
tions

## REMINDER

Renew your membership if  
you haven't done so.

100% of your membership  
dollars helps fund ongoing  
service to people living with  
ostomies in Niagara.

See Page 12.



## WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER VIA EMAIL?

To receive our newsletter by email, please go to our website  
[niagaraostomy.com](http://niagaraostomy.com).

Go to Contact Us and scroll down to the newsletter option.

## INSIDE THIS ISSUE:

MESSAGE FROM THE BOARD	2
SHARE YOUR STORY	3
ASK THE NSWOC	4
BLADDER CANCER CAN-ADA EDUCATION EVENT	6
SUMMER IS THE SEASON FOR TRAVEL	7
15 BEST FOODS TO HELP YOU STAY HYDRATED	9
CROSSWORD	10
MEMBERSHIP RENEWAL	12

Message from the Board:

Hello Everyone,

This is my first contribution for the Niagara Ostomy Association Newsletter.

Summer is near, bringing warmer weather, blooming flowers, and outdoor activities. For people with an ostomy, summer can be challenging due to less clothing, swimming, and increased sweating.

Considerations for summer:

Manual labor: To prevent peristomal hernias, use an ostomy support belt. Hernia Belts can be purchased from Safe and Simple, Coloplast, Premier



Ostomy, Omnigon Support Garments and [Ostomysupply@gmail.com](mailto:Ostomysupply@gmail.com) - [www.herniahelper.com](http://www.herniahelper.com)

Modesty: Use a Stealth Belt or similar product from Amazon.ca to keep your appliance discreet and dry.

Swimming: Barrier extenders from brands like Hollister, Safe and Simple, Welland Ostomy, Salts and Coloplast help secure your appliance in place.

Sweating: Barrier extenders will stabilize an appliance during activities like golf, but increased moisture may reduce wear time.

Always carry an extra pouching system when you leave home, just in case you need it. Never leave it in your car but carry it on hand in a bag.

## Safe n Simple® Ostomy Accessory Products

Clean. Comfortable. Confident.



- Affordable
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- Saves Time

Stretch your dollars, with our high quality, cost effective products

**Ask your supplier to bring in these products for you!**

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

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[peter@westcaremed.com](mailto:peter@westcaremed.com)

**844-767-6334**  
[www.sns-medical.com](http://www.sns-medical.com)



On May 21, at the general membership meeting, Andrea Good, Territory Manager for Convatec will be presenting. Convatec has a new line of appliances that are just being released in Canada. They look amazing and you will be amongst the first to see them.

I will be presenting on peristomal skin complications, accessories and will answer any questions that you may have at the June membership meeting. Please bring your questions and I will hopefully have answers for you. A reminder that June is also our Annual Meeting (brief) and Strawberry Social. I hope to see you there!

Have a lovely summer.

Sincerely,  
Roxie Demers BScN RN IIWCC NSWOC  
WOCC(C)

Sometimes you see it,

Sometimes you don't

**1 out of 3 people** who experience itchy skin around the stoma have healthy looking skin.<sup>†</sup>

The **CeraPlus skin barrier** may help. It helps protect against dryness, a possible cause of itching, by working to protect your skin's natural moisture barrier.

To learn more about the ceramide-infused CeraPlus skin barrier, visit us at [www.hollister.com](http://www.hollister.com).

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

† Consumer Survey of Pruritus, Hollister Incorporated, 2016. Data on file.

The Hollister logo, CeraPlus, and "Healthy Skin. Positive Outcomes." are trademarks of Hollister Incorporated.  
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CE



**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.

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!

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: [heinrichsmarlene@gmail.com](mailto:heinrichsmarlene@gmail.com)

Thank you, in advance.



## ASK THE NSWOC

Do you have a question related to your ostomy care? You can submit your question via our website, and it will be answered by Roxie Demers, RN, NSWOC (Nurse Specialized in Wound, Ostomy and Continence Canada).

Roxie has been a Registered Nurse for 36 years. She received her certification for International Interprofessional Wound Care from the University of Toronto in 2017/18. She continued her education and completed the NSWOC certification in 2022. She is a practicing specialist, having achieved the Wound Ostomy and Continence Canadian Certification (WOC(C)). NOA is fortunate to have Roxie as a Board member; she works in the Hamilton area for SE Health. Roxie can provide professional recommendations and advice to people with an ostomy and their care providers.

To submit your question, please visit our website [www.niagaraostomy.com](http://www.niagaraostomy.com). Click the “Find Support” tab. From the drop-down tab, select “Ask the NSWOC.” This will direct you to the form where you can send your question.

## About NSWOC:

Dedicated to supporting the national standard of excellence in wound, ostomy, and continence care, Nurses Specialized in Wound, Ostomy and Continence Canada (NSWOC®) is a registered charity for over 500 Nurses Specialized in Wound, Ostomy and Continence (NSWOC®s) and over 800 total members. Through its accredited educational programs and a team of highly skilled nurse leaders, NSWOC provides specialized knowledge and skills to healthcare professionals across Canada.

Learn more at [www.nswoc.ca](http://www.nswoc.ca)

## Real Solutions. Real Impacts.

**Our caring experts are here  
to assist you with all your  
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Motion St. Catharines  
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Ridley Square

**(905) 688-0420**  
**[st.catharines@motioncares.ca](mailto:st.catharines@motioncares.ca)**

**[motioncares.ca](http://motioncares.ca)**



## Online Payment/ Donation

### Etransfer to:

[payments@niagaraostomy.com](mailto:payments@niagaraostomy.com)  
(no password required)



## CALENDAR OF EVENTS

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

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

### 2025 dates

May 21: Andrea Good, Convatec—new Esteem products that are coming to Canada

June 18: Annual Meeting/Strawberry Social —  
Guest Speaker: Roxie Demers, RN NSWOC

July and August: no meetings

### 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/needing 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.

### 2024-25 BOARD OF DIRECTORS

President & Coordinator, Friendly Visiting Program	John Molnar
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Director Ask the NSWOC/Speakers	Roxie Demers, RN NSWOC
Director:	<b>POSITION AVAILABLE</b>
Director : Events	Peter Winter
Director/ Membership Chair	Amy Booth

### NIAGARA OSTOMY ASSOCIATION

#### Volunteers 2024-2025

Newsletter Assistant	John Molnar
Newsletter Editor	Marlene Heinrichs
Meetings Assistant	Colleen Kollee

### MISSION STATEMENT:

To serve and assist all people with ostomies in the Niagara Region.

**Bladder Cancer Canada - Hamilton and Surrounding Area****Free Support & Education Town Hall****Wednesday June 11, 2025****Everyone is invited!****Doors open at 5:30 PM for registration**

In-Person at the Michael DeGroote Centre for Education and Learning (MDCL) – McMaster University Rm 1102

Town Hall starts at 6:00 PM ends at 9:00 PM

Christina Dzieduszycki will give us a look at the impact to the human body prior to and after surgery to remove the bladder. We'll dive into how the surrounding muscles are impacted and how to help one's body heal quickly. She will demonstrate some of the exercises live.

Dr. Shayegan will talk about the 3 phases of Bladder Cancer. His presentation will focus on new treatments and medicines that are available today, as well as what is coming down the pike. During the Q&A portion we will spend time learning more about detecting and diagnosing bladder cancer, then wrap with a discussion on the various options facing a person who needs to have their bladder removed.

Roxie Demers will share with us her knowledge of all things related to Urostomy. As a registered NSWOC, she will share tips on how to quickly adapt to the bag, and how best to prevent leakage. Lastly, she will share with you her perspective on the external bag, Neo bladder and the Indiana Pouch.

Please come with your great questions.

For more information and to register, please contact [alexh@bladdercancercanada.org](mailto:alexh@bladdercancercanada.org)



**THE ONLY THING THAT GETS CUT OUT IS THE WORRY.**

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**Convatec Moldable Technology™ Skin Barrier**

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Customizable so that it molds to the stoma for a perfect fit every time
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Clinically proven to prevent peristomal skin irritation<sup>1</sup>
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Over 90% of users surveyed agreed that it's easier and faster to use than cut-to-fit barriers<sup>2</sup>

Scan to request a sample, or visit [convatec.ca](https://convatec.ca) or contact us at 1-800-465-6302 or [convatec.canada@convatec.com](mailto:convatec.canada@convatec.com)

1. Maria Teresa Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCCN-AP; and Karin Holzel-Plontek, RN: The Effects of Using a Moldable Skin Barrier on Peristomal Skin Condition in Persons with an Ostomy: Results of a Prospective, Observational, Multinational Study. Ostomy Wound Management 2014;60(12):16-26. 2. Consumer sampling survey, N=61, Convatec Inc. February 2021, data on file.

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## SUMMER IS THE SEASON FOR TRAVEL

Source: *OK Ostomy Outlook*, May 2025

Via *UOAA Articles to Share*, Spring 2025

By *Ellyn Mantell*, [morethanmyostomy.com](https://morethanmyostomy.com)

I continue to get questions regarding travel, since the summer seems to beckon us to all types of places. Wanderlust is not lost on ostomates, and I am happy to report that at our Support Group meetings, there is a great deal of curiosity about preparations for a trip.

Here are a few thoughts I can share:

- Bring three times the supplies thought to be necessary for a trip. As I have stated many times, ostomy supplies are not readily available, and certainly one doesn't want to waste precious vacation time looking for supplies that are sitting

in a closet at home.

- TSA is not something to be feared. Most agents are trained regarding ostomy pouches and treat ostomates with kindness and respect. For the few who may not, be patient and cooperative. They are doing their job. I have experienced everything from knowledgeable agents to curious ones. Carry and show a travel communication card available to download from United Ostomy Associations of America (UOAA) at <https://www.ostomy.org/ostomy-travel-and-tsa-communication-card>. Do not panic. In the worst-case scenario, an agent will ask you to wipe your garment over your pouch and wipe your palm to be sure there is nothing dangerous.

- Bring snacks and purchase water for the plane. Gas can build when hungry, and that can make us

(Continued on page 9)



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**Boggio & Hodgins Pharmacy**

80 Main St. W., Grimsby

Tel: (289) 447-0134

**Boggio & Mackinnon Pharmacy**

6680 Drummond Rd., Niagara Fall

Tel: (905) 354-1812

**Boggio & Edwards Pharmacy**

307 Ridge Rd., Ridgeway

Tel: (905) 894-2200

**East Main Pharmacy**

816 E Main St., Welland

Tel: (905) 735-1500

**Garrison Square Remedy's Rx**

660 Garrison Rd., Fort Erie

Tel: (905) 994-0990

**West Lincoln Pharmsave**

239 St. Catharine St., Smithville

Tel: (905) 957-5700

**Simpson's Pharmacy**

1882 Niagara Stone Rd., Virgil

Tel: (905) 468-2121

**Simpson's Apothecary**

233 King St., Niagara on the Lake

Tel: (905) 468-8400

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



(Continued from page 7-Summer travel)

very uncomfortable. And dehydration is an awful feeling, and one we need to avoid at all costs. Add Liquid IV to your water for extra protection.

- Bring Gas X if you tend to gas for air changes in the plane. I have never personally experienced that, but others have and it is a wise suggestion.
- Try to stay on schedule. That is a mantra we should follow wherever we are. The delicate balance between our stomas and the rest of our anatomy is one to be respected. Sleep and eat on your normal schedule as much as possible.

Enjoy yourself! We have all fought so hard to thrive and this is a wonderful time to enjoy the fruits of our efforts

## 15 BEST FOODS TO HELP YOU STAY HYDRATED

<https://www.bbcgoodfood.com/health/nutrition/10-best-foods-to-help-you-stay-hydrated>

*Isabella Keeling - Deputy health editor*

We all know that proper hydration is crucial for your overall health, but we all struggle to stay hydrated at times. Fortunately, drinking water isn't the only way to stave off dehydration; whether you're an avid exerciser, sun-worshipper or simply don't enjoy drinking water, this guide brings together foods that are moisture-rich to keep you feeling refreshed and revitalised. Surprisingly, some foods can be even better than water for staying hydrated because they contain naturally occurring electrolytes. Discover the best foods for optimal hydration, below.

What are the best foods to help you stay hy-

drated?

### 1. Cucumber

Add cucumber to salads, blitz into cold soups or enjoy as a crunchy crudité with your favourite dip. For more ideas, check out our refreshing cucumber recipes, including green cucumber & mint gazpacho, Greek salad and pickled cucumbers.

### 2. Watermelon

Watermelon is nutritious and makes a refreshing and summery addition to sweet and savoury dishes – it pairs especially well with feta or halloumi. Enjoy cold wedges on a hot day and browse our juicy watermelon recipes for more ideas.

### 3. Celery

You can do so much with budget-friendly celery. It makes a great base for stews and casseroles, and it makes a fibre-rich addition to salads. Check out the top health benefits of celery and try our recipes for celery soup, salad and juice.

### 4. Tomatoes

Tomatoes have plenty of benefits for your health, as well as being helpful for hydration. Add fresh tomatoes to homemade salsa, risotto and easy lentil salad.

### 5. Strawberries

Make the most of strawberry season and reap the health benefits of this popular fruit. Whizz them into your morning smoothie, add to vegan pancakes and blend with watermelon to make a



(Continued on page 11)



## A multi-site US acute care study showed **SenSura® Mio users had 41% lower risk of leakage**

compared to users of Hollister® CeraPlus™\*

Leakage reduction starts with finding a baseplate that fits snugly around your stoma. **SenSura® Mio** baseplates, feature **BodyFit Technology**, which adapts to your unique body shape and flexes with your natural body movements.

To try a **FREE\*\* SenSura Mio** sample scan the **QR Code** or visit:  
[visit.coloplast.ca/Try-SenSuraMio](https://visit.coloplast.ca/Try-SenSuraMio)



Please see complete product instructions for use, including all product indications, contraindications, precautions, and warnings.

\*\*Limitations Apply.

\*Based on a retrospective study conducted at 7 affiliated university hospitals; n=214 patient charts with surgery dates ranging from February 2022 to June 2023. Patient events were charted by the WOC nurse at each pouch change, review captured up to 5 pouch changes or 2 weeks of data. Statistical analysis controlled for key differences between sites and found predicted probability of leakage for SenSura Mio was 15.1% and Hollister® CeraPlus™ was 25.6%, corresponding to a 40.8% lower risk (p=0.013). Coloplast data on file.

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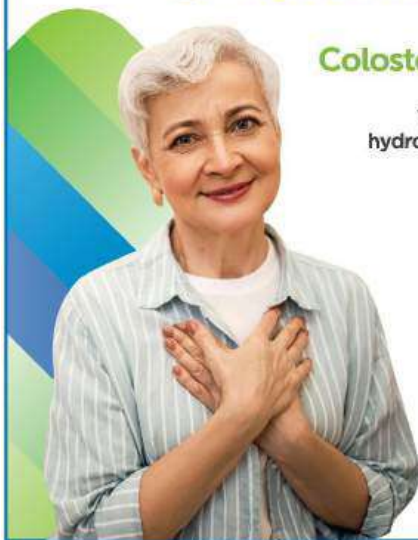
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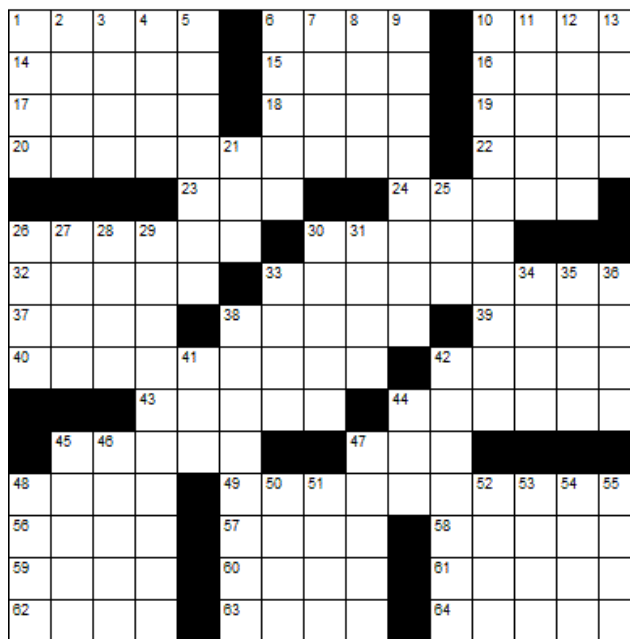
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- |                             |                                 |                              |
|-----------------------------|---------------------------------|------------------------------|
| 1. Pergola                  | 30. Disconcert                  | 57. Amount leant             |
| 6. Imitation                | 32. Pee                         | 58. Delete                   |
| 10. A bushy hairdo          | 33. Spyholes                    | 59. Borscht vegetable        |
| 14. House                   | 37. Plateau                     | 60. Europe's highest volcano |
| 15. Smooth or level         | 38. Pens                        | 61. Mud volcano              |
| 16. Obscene term for feces  | 39. Road shoulder               | 62. Celtic language          |
| 17. How we communicate      | 40. Sweetener                   | 63. Fortune teller           |
| 18. Story                   | 42. Door pivot                  | 64. Slumber                  |
| 19. Speed competition       | 43. Flowing garments            |                              |
| 20. A young unmarried woman | 44. Field                       |                              |
| 22. Portent                 | 45. Matches                     |                              |
| 23. Dung beetle             | 47. Fifty-two in Roman numerals |                              |
| 24. Escapade                | 48. Big laugh                   |                              |
| 26. Half the diameter       | 49. Without furrows             |                              |
|                             | 56. Celestial bear              |                              |

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

- |                         |                          |                      |                   |                          |                              |                      |
|-------------------------|--------------------------|----------------------|-------------------|--------------------------|------------------------------|----------------------|
| 1. Prostitute           | 6. Metric unit of length | 12. Formula 1 driver | 27. Environs      | duck                     | 46. Desert watering holes    | 52. By mouth         |
| 2. Double-reed woodwind | 7. Egg-shaped room       | 13. Not closed       | 28. Platter       | 38. A small container    | 47. Associated with the moon | 53. Corduroy feature |
| 3. Con-temptible person | 8. Prison                | 21. Mayday           | 29. Imprecise     | 41. Cap                  | 48. Bumpkin                  | 54. Being            |
| 4. Poi source           | 9. Patellas              | 25. Fire residue     | 30. Auspices      | 42. A female heir        | 50. Memo                     | 55. Profound         |
| 5. What's left          | 10. Fear of heights      | 26. Molasses         | 31. Existed       | 44. Soviet space station | 51. A temple (archaic)       |                      |
|                         | 11. It surrounds a       | liquors              | 32. Cut back      | 45. Drill                |                              |                      |
|                         |                          |                      | 34. Extend credit |                          |                              |                      |
|                         |                          |                      | 35. Therefore     |                          |                              |                      |
|                         |                          |                      | 36. Type of       |                          |                              |                      |

Answers  
on  
pg 9

(Continued from page 9-Hydrating Foods)

hydrating strawberry slushie.

**6. Courgette**

At their best in the warm summer months, versatile courgettes are great in creamy courgette lasagne, risotto and as a replacement for spaghetti for those following a keto diet. You can even bake into a delicious loaf cake, similar to lemon drizzle.

**7. Bell peppers**

Hydrating, budget-friendly and good for you, colourful peppers can be enjoyed in lots of ways.

Serve with homemade hummus for dipping, add sliced pepper to noodle dishes or stuff halved peppers with vegetarian chilli.

**8. Broth**

It might not be your first thought to sip broth on a hot summer's day, but homemade broth not only helps hydrate you, it also has numerous other health benefits. Use as a base for ramen or drink straight from a mug.

(Continued on page 13)





## Niagara Ostomy Association

Serving the Niagara Ostomy Community since 1974

[info@niagaraostomy.com](mailto:info@niagaraostomy.com)

[www.niagaraostomy.com](http://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, Ontario.

Your membership is valued! 100% of your membership dollars helps fund ongoing service to people living with ostomies in Niagara. Programs include 9 monthly meetings and newsletters; Friendly Visitor Program; "Ask the NSWOC" service; maintaining our website and social media; helping sponsor attendance of a Niagara Youth at Youth Camp and affiliation with Ostomy Canada.

#### Circle One: Renewal Membership – New Membership – Gift Membership

**\$30 - Membership year runs from Jan 1 to Dec 31**

Member Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone #(s) \_\_\_\_\_ E-Mail \_\_\_\_\_

**Payments via our website ([www.niagaraostomy.com](http://www.niagaraostomy.com)) or by cheque payable to Niagara Ostomy Association & mailed to:**

Treasurer  
c/o 19 St. Lawrence Drive  
St. Catharines, ON L2M 2T7

For information on Ostomy Canada Society or to become an Ostomy Canada supporter, please visit [www.ostomycanada.ca](http://www.ostomycanada.ca) or call them at 1-888-969-9698

**Privacy Statement:** NOA membership and Ostomy Canada information is not shared with anyone outside of 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.

2025



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(Continued from page 11-Hydrating Foods)

### 9. Lettuce

There are plenty of ways to use the humble lettuce. Be inspired by our recipes for quick braised lettuce & peas, cod with bacon, lettuce & peas, and Thai green pork lettuce cups.

### 10. Kiwi

The juicy green flesh of kiwi fruit is packed full of nutrients and will give you a hydrating boost. Have a look at our vibrant kiwi recipes, we have smoothies, tacos and rainbow fruit lollies for you to enjoy.

### 11. Peaches

Fragrant and juicy, peaches are a summer favourite, popular in savoury and sweet dishes. Try in a

(Continued on page 14)



## DermaPro

### Waterproof Silicone Tape

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- Perfect for those with skin allergies
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- Repels moisture while swimming or bathing

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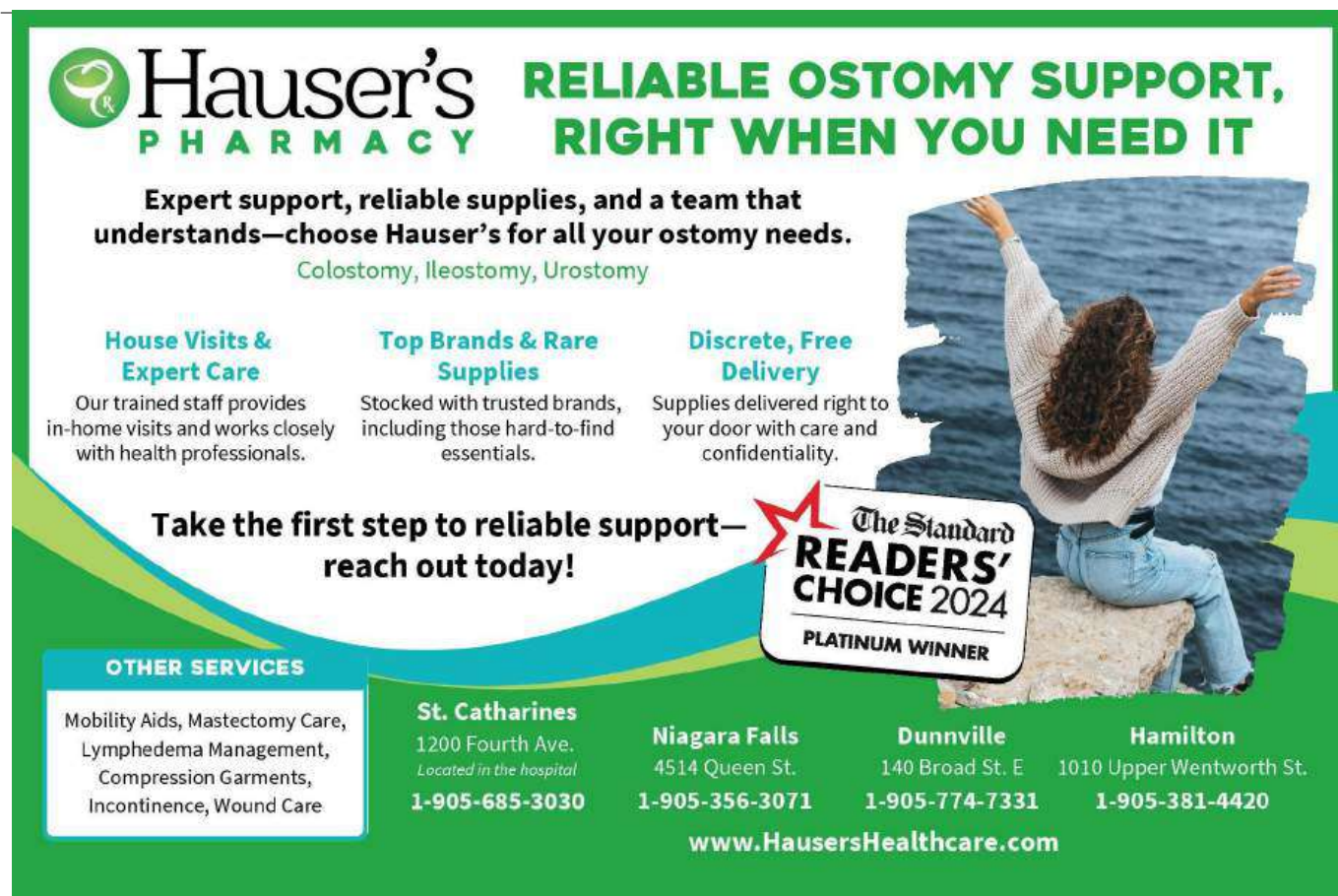
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**Niagara Falls**  
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**1-905-356-3071**

**Dunnville**  
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**1-905-774-7331**

**Hamilton**  
1010 Upper Wentworth St.  
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**The Standard READERS' CHOICE 2024 PLATINUM WINNER**

**www.HausersHealthcare.com**

(Continued from page 13-Hydrating Foods)

chutney, in a tarte tatin, or grilled in a summer salad. Find more inspiration in our peach recipes.

## 12. Watercress

Watercress is so much more than a simple garnish: use this versatile leaf to make punchy salads and make flavourful soups, sauces and flavoured butters. Find out more about wonderful watercress and discover watercress recipes.

## 13. Oranges

Serving half-time oranges is a ritual in many sports, offering a welcome burst of hydration to players. This popular citrus fruit is also packed with vitamins and minerals, including protective antioxidants which can help to protect cells from damage. Find out the health benefits of oranges and discover orange recipes.

## 14. Yogurt

Enjoy yogurt in sweet and savoury dishes, dressings and marinades, in baking, ice lollies, or served with fruit. Whether natural or Greek, find out how to use up leftover yogurt.

## 15. Cottage cheese

High in protein and low in calories, cottage cheese is a healthier cheese option, ideal for weight management or anyone looking to boost their protein or calcium intake. Try our cottage cheese fritters, spicy tuna & cottage cheese jacket or mini spinach & cottage cheese frittatas.

**NOA editor's note: Everyone's food tolerances are different. Please take care as to which foods you may or may not be able to digest with your ostomy.**