

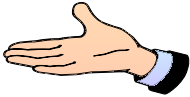


BELLEVILLE, QUINTE WEST AND AREA CHAPTER
JOURNAL
 UNITED OSTOMY ASSOCIATION OF CANADA



Happy New Year

January 2007



REACHING OUT A HELPING HAND TO OSTOMATES AND THEIR FAMILIES

The guest speaker at our meeting on Thursday January 11th will be a representative from the Canadian Cancer Society. Please join us.

*****AN OSTOMATES PRAYER:**

“O, Lord, as we have been reborn,
 Let us share Your blessings
 With those Ostomates who do not know
 How good the life is You have given us.

Let us vow in the years ahead
 To renew the work of our group.
 As You have renewed our lives,
 We thank You for those lives;
 For mutual support of each other,
 And for the charge You have given us
 To support each other.”

(From Metro Halifax News)

Those seeking assistance, a ride, information, or those offering suggestions are requested to phone a member listed on the right. Ostomates or their care givers requiring hospital or home visits should not hesitate to call any member of your Chapter executive listed to the right.



Before following any information, suggestions, and other matters pertaining to your health in general, in this journal, it is important you consult your Doctor, E.T., Pharmacist, or others qualified to pass on Medical Advice

MEDICAL CONSULTANT

Ursula Monaghan, R.N., E.T. Available through the Belleville General Hospital by referral of your Doctor through the Nursing Office (Patient Services) or, for private consultation, call 966-6696.

Olga Goncalves, R.N., BScN, E.T. Available through VON, HNPE, by referral. 392-4181 or 966-3530 ACCESS CENTRE FOR HASTINGS AND PRINCE EDWARD COUNTIES

Leanna Gillan, R.N., BScN, E.T. Available through VON, HNPE, by referral. 392-4181 or 966-3530 ACCESS CENTRE FOR HASTINGS AND PRINCE EDWARD COUNTIES

NOTE: E.T. stands for “**Enterostomal Therapist**” To qualify for this designation, each candidate must attend a specifically designed program, and successfully complete it through very specialized exams.

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Regular monthly Meetings are held on the second Thursday of every month, 7:30 P.M., Room P21, at the Loyalist College Business and Development Centre, Belleville.

* July & August excepted*

Please come out and gain from the experience of others.

OPEN AND FULL DISCUSSIONS WITH OTHER OSTOMATES ARE GREAT SOURCES AND RESOURCES OF/FOR INFORMATION.

*** EVERY OPPORTUNITY IS A LEARNING EXPERIENCE FOR YOURSELF, AND FOR THOSE WITH WHOM YOU SHARE ***

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“The United Ostomy Association of Canada Inc. is a volunteer-based organization dedicated to assisting all persons facing life with gastrointestinal or urinary diversions by providing emotion support, instructional and information services through the membership, the family associated caregivers and the general public.”

The following excerpts from our Constitution and By-Laws outline the purposes for which this chapter has been organized:

- 1. To assist in the rehabilitation of persons who have or will have, ileostomy, urostomy, colostomy or related surgery.*
- 2. To promote a better public understanding of ostomy and related surgeries.*
- 3. To be of mutual assistance to one another.*
- 4. To assist the medical profession wherever and whenever possible.*
- 5. To provide reassurance and emotional support to the families and friends of those who have ostomy or related surgeries.*
- 6. To assist all persons needing help, including pre operative and post operative visits.*

How to Change in a Locker Room

By Renard Narcaroti

You have made the decision to start exercising and/or swimming after your ostomy surgery. You plan your excursion to the health fitness facility and suddenly realize that you will have to change clothes in the locker room.

How are you going to do this in front of all those other men? (I use men because I do not know what goes on in a women's locker room, although some of the same situations may exist.) Although you may be proud of your ostomy surgery, as I am, you realize that you might offend the often-delicate sensibilities of the other men around you.

I had the idea of writing this article because of my own clumsy attempts of changing in a locker room when I started to begin a physical fitness program after my ostomy surgery. As most of us become after surgery, I felt very healthy but was weak. However, I was not ready to become an old man at 50 so I persevered. Most of the advice I received from others, which I will mention, was of some help, but the solution I use currently is more

effective and so simple.

My first issue was what to wear under my workout shorts. You see, a 12" pouch will be exposed when working on an exercise machine that requires one to lie flat. This would be embarrassing as well as inappropriate. A smaller pouch could work, but there is still the issue of it flapping around, or worse, coming off or leaking during an exercise. The solution I use involves wearing a lycra shorts liner especially made to be worn under athletic shorts. A liner will hold the pouch snugly yet offer complete freedom of movement as well as piece of mind if a leakage should every occur. (I always prepare for this possibility. Although in seven years, I have never had a leak while doing any exercise or sport. This has been true no matter how physically demanding the task.)

Using a liner is not as easy as it may sound. Most regular men wear these liners well below the waist; I needed to wear one above my waste, or in other words, at my waistline. I tried some on at a local sports equipment store and to my disappointment, none of the liners my size would fit. They were all excessively small around my bageebers. It was suggested to me to try a store that sold large women's liners and try one of these. You see women wear these liners higher up the abdomen and therefore they may work for us. The best solution came from my wife. One day, she stopped at a sporting store and bought a liner for me that was much bigger that I would have ever thought to try. However, because it was so big, I could easily pull it up to my waistline and have it fit comfortably yet snugly where I wanted it.

Still, how was I going to change my clothes in the locker room without anyone noticing that I wore a prosthetic? Some gave me the advice to find a locker in a corner so that I could face it when I would take off my pants. This seems fine in theory except when I was trying to quickly take off my pants and put on a bathing suit. Then all of a sudden, my pants became stuck half way down and I could not seem to find the correct leg on the bathing suit to step into. Some said to change in a toilet stall. Imagine having your clothes lying on the stall floor soaking up all the urine there while you put on your pants. I thought that there must be a better way.

After trying all of these different methods, and to be fair, these all do have some merit, I discovered a common sense way of changing clothes in a locker room. I am able to take my time, and yet maintaining

the complete privacy of my ostomy system. After spending a lifetime putting on my clothes, I realize that I had formed certain habits that most other men follow as well. When we undress, we take off our shirts first and then our pants. To dress we do the opposite, put on our pants first and then our shirts, except in unusual circumstances like dressing in formal attire.

I found that if I left my shirt on and then took off my pants, I could leisurely put on my bathing suit before removing my shirt. When I came out of the pool, after rinsing off, I would do the opposite, first put on my shirt and then take off my towel to put on my pants. Nobody would be any the wiser to my ostomy. I change right in the middle of a locker room and nobody ever notices. I know that they do not notice because when there are teens or other children in the room, they broadcast every unique feature of every man's body that they see, yet they do not see my pouch. (Of course, you know children are curious—they are always looking everywhere—and blurt out whatever they are thinking, it is part of their unique charm.) Some notice the scar on my tummy, much less scary than it was the first year after my surgery. Adults pretend not to notice, but children will ask, "What's that big scar?"

So there it is. Simple reversing the paradigm of how I put on my pants and shirt made changing in a men's locker room a non-event. I have been using this procedure in all types of public venues without ever having any man think I had any different parts from any other man. Even those that go with me to a gym and change their clothes with me, perhaps secretly hoping to get a glance at my pouch, are disappointed that nothing is reveled in the most un-private of atmospheres.

The moral of the story . . . what I really want to communicate by writing this . . . you can enjoy exercise, swimming and sports without any worries about embarrassing moments, or by compromising your modesty. And most important, you can get out there and live your life as you choose. Never let the gift of an ostomy slow you down or limit you. You may need to change your paradigms, the way you look at life, but using common sense and determination, you can be anything you could have been before your ostomy. Stay in the short grass.

Source: United Ostomy Association of Chicago, Newsletter "The New Outlook" November 2006 Via: Belleville, Quinte West and Area Ostomy Association Chapter Journal January 2007.



“A message from the President”

Has everyone recovered from the feasting and the frantic pace of the Holiday Season. The Christmas banquet was delicious this year and I thank Gwen for the arranging, Kelly's for the place setting goodies and Grace, Shelley and all who donated door prizes. It was good fun and I gathered that everyone enjoyed Kim Inch's singing. Have you ever encountered a more polite Santa who replied "You're welcome" to all the "Oh, thank you Santas"? He had fun too! Those who were unable to attend missed a good time.

I really love turkey and Bawn outdid herself this time as the Christmas meal was terrific. I am sure that the turkey sandwiches, soup and pasta dishes to come will also be tasty but I draw the line at turkey jerky. One special highlight of our day was when one of our grandsons who received a scratch type ticket as a gift scratched and won a thousand dollars!

The New Year will soon be upon us and I hope there are some New Year resolutions out there to try to attend the meetings. You are important to what we try to do for the new ostomates in the area and indeed worldwide. I will be shipping another carton of materials to the FOW collection site in a few days on behalf of the Chapter.

Any ideas as to how we might make the meetings more meaningful to you, the members, would be very welcome. If you prefer for your views to remain private I would love them in an unsigned letter to myself at 18 Ferguson st., Box 2092, Picton, Ont., K0K 2T0. It would only take a few minutes and your views will certainly be important to your executive!

Our guest at our meeting on Thursday January 11th. will be a representative from the Canadian Cancer Society thanks to the efforts of Maddy Swindon. Thanks again Maddy and it is hoped that any member will feel free to suggest future guests apart from our supplier representatives.

Hope to see you on the 11th.

Regards,

Gerry Putman

Happenings

January 11th @7:30P.M. Meeting

February 8th @7:30P.M. Meeting

March 8th @7:30P.M. Meeting

The History of 'APRONS'

I don't think our kids know what an apron is.

The principal use of Grandma's apron was to protect the dress underneath, but along with that, it served as a pot holder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold, grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that "old-time apron" that served so many purposes.

Send this to those who would know, and love the story about Grandma's aprons.

REMEMBER: Grandma used to set her hot baked apple pies on the window sill to cool.

Her granddaughters set theirs on the window sill to thaw.

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."

-- Dr. Seuss



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New Ostomy—Encouragement

By Tiny Iwaschevitz

Do not forget: Rome was not built in a day! It will take a little time to adjust to your new plumbing . . . but you will.

Even if changing your ostomy system seems to take forever when you just get home from the hospital, with practice, it will soon become a very small part of your normal schedule. "Waste disposal" for you once again will become a private matter . . . honest!

Learn to care for yourself from the start. It is nice to count on others in an emergency, but you should perform all ostomy care the same as you would if you had your natural parts. You should not rely on always having someone around to assist you. Do not make yourself an invalid. This may sound insensitive, but it is meant to tell you that you are really all right. If you have physical issues, it is an entirely different situation. However, most of us have no physical issues when performing ostomy care by ourselves. Be independent.

Think of a healthy baby boy when he is due for potty training. He is not happy about it. Boys are the worst. But with gentle coaxing, and persistent encouragement, he finally goes to the toilet by himself. Ostomy surgery is similar. We have to be potty trained all over again, and just like before, the boys are the worst. Just like when they had their diapers changed, they like their mamas, their wives, to do it for them. Just to let you know, this situation is not that common. Of course, you feel bad because you are sick and needed ostomy surgery. That is all right, for a while. You will smile again. I am sure of it. The sooner you are able to begin a healthy adjustment, the sooner you will come to accept your new life. Most of us want complete independence. We are gifted with a new life, and we are going to do everything better this time around.

Do go to your ostomy association

meetings. This may be the only place where you may talk to others plainly, openly, without anybody wincing, about any ostomy issue. Some people have serious health issues that still exist after ostomy surgery, like heart problems, but we are here to offer emotional support to you and others trying to be sensitive to each individual's challenges. You will be surprised at the ease with which you can discuss ostomy issues, once you are here. On the other hand, if you are shy at first, you may just want to listen to the program and enjoy the topic of discussion. There is much good advice shared. Not only that, but whenever we get together with other people with ostomies, we somehow have a good time. I do not know why, but I always feel better after I come to a meeting.

Bring family members with you to the meetings. It is important to have them understand ostomy issues and potential solutions. It is good to expose them to other people with ostomies. They may receive some insight regarding the benefits of living with an ostomy. Let us be honest. If we did not have surgery, we would probably be dead or near death and/or in terrible pain. The people that love us would rather see us alive and without pain. An ostomy is more our issue than anyone else's anyway. Nevertheless, it is good to share it with them. It will make you feel better to have the support and understanding of someone close to you, and it will help them to understand your new life.

A special note to people with a new ileostomy, if you are concerned that your ostomy seems overactive, think back if you can to the coal stove. The more coal you put in, the more heat it gave off. Your ileostomy works in much the same way. The more food you stuff yourself with, the more active your ileostomy will be!

Remember, you are your own advocate. It is your life and you need to understand what is going on with it. If you do not understand something, need more clarification or information, or are

just confused, do not be afraid to speak up. Be bold and say, "I do not understand."

Source: United Ostomy Association of Chicago, Newsletter "The New Outlook" November 2006 Via: Belleville, Quinte West and Area Ostomy Association Chapter Journal January 2007.

Never Again!

My first day in basic training, we were lined up in a row, each of us in turn having to shout our last names. After the guy next to me had yelled, "Florence," it was my turn.

I had no sooner called out my name than the training instructor was in my face, demanding to know if I was some kind of smartaleck. Satisfied that I wasn't, the red-faced TI told me never to stand next to that guy again.

Contributed by Charles W. Nightingale

Locked Your Keys in Your Car?

If you lock your keys in your car and the spare keys are at home, call someone at your home on any cell phone. Hold the cell phone about a foot from your car door and have the other person at your home press the unlock button of your key fob (clicker), holding it near the phone on their end.

Your car doors will unlock. This saves someone from having to drive your keys to you. Distance is no object; you could be hundreds of miles away, and if you can reach someone who has the other "remote" for your car, you can unlock the doors.

Choosing Wellness

Pursuing wellness in our lives—physical, emotional and mental wellness—is a choice that we must make every day. To be honest choosing to be well can be hard work. Some days it can seem easier to eat whatever we want, remain inactive, let our minds fill with negative thoughts and neglect our relationships.

It takes a conscious effort to eat a healthy diet, take proper medications—if needed, exercise regularly, concentrate on positive uplifting thoughts and cultivate meaningful relationships.

There are two parts in all of us, the one part that just wants to accept things as they are regarding our health and the other part that wants to live better, to be well and thrive. We must decide which part will win out. We need to choose wellness.

It is true, there are many people who would give anything to be physically well . . . but cannot. Sadly, it is also true that there are people who could be physically well but choose not to be. Being well, if possible in our own personal life, involves choosing to do so and working to achieve the goal of wellness.

This is especially true of some of us that were cured though ostomy surgery, like those who had ulcerative colitis. One goes into the hospital usually close to death and within two weeks is at home walking around healthy. It seems like this would be simply wonderful, which it is. However, we become attached to our illnesses. It is physiologically wrenching to change into a healthy person so drastically. We need time to adjust. We need to make the decision to be happy being well.

Choosing to be well demands so much from us as well as testing our inner resolve. It is a goal we must really have the desire to achieve. Not choosing wellness can leave us tired, overweight, irritated, depressed or lonely. In those conditions, we are unable to service others and look beyond our own needs to see the needs of those around us. When we are working to be well, we will have more opportunities to help others and really enjoy our new life.

Having come through ostomy surgery of one form or another—and many cases the disease that led to surgery—we all know what it is to be sick. Now in many cases we have been given a second chance

at life by undergoing ostomy surgery, the time has come for us to choose and work toward wellness, as much as is possible.

Indeed, the path towards wellness can be challenging at times, but it is worth every step we take on that path to reach our goal. Our steps may be small at first, such as choosing the right foods to eat, beginning an appropriate exercise program or enacting some other sort of change in our lifestyle that will lead to wellness.

However, the important thing to remember is to take one-step at a time, realizing that each positive step taken towards wellness is one-step taken further away from sickness. While physical wellness may not be completely possible for some people,

emotional and mental wellness is very crucial to one's overall well-being and should not be neglected. Stay connected with your friends and family. Read inspiring and uplifting books. Write letters of encouragement to others not as fortunate as you are.

There is a saying, "Look for the beauty in each day." Choose wellness in your life. You will see and enjoy beauty in each day as never before.

Source: United Ostomy Association of Chicago, Newsletter "The New Outlook" November 2006 Via: Belleville, Quinte West and Area Ostomy Association Chapter Journal January 2007.

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Exercise after Ostomy Surgery

A summary of newly published research

There have been some new studies published by the University of Maryland and the YMCA that state that regular physical activity is shown to reduce the risk of heart attack, stroke,

Alzheimer's disease and some cancers. It can also add years to a person's life, although the studies also mention that there is no guarantee that these actions produce the desired results in all people all the time. Otherwise, everyone who exercised would never get sick or never die.

What is also so remarkable is that much of what was thought of as symptoms of aging are actually symptoms of disuse, especially after the age of 50. This means that health is not only dependent on age but also how actively one lives his/her life. This is under our own control. Studies dramatically demonstrate that our bodies are built to become obsolete after age 50; but that a regular, active lifestyle slows this process.

The most dramatic decline due to getting older is a loss of muscle strength. It is estimated that adults lose about six pounds of muscle per decade. This event in our bodies' composition will reduce our strength, lower our metabolism and exposes us to greater risks of age-related disease. The loss of muscle, which is accompanied by a proportional increase in body fat, can change the composition of a health body chemistry leading to heart attack and stroke.

Building muscle is relatively easy. Strength training just 30 to 60 minutes a day, five or six times a week, for three months can rebuild about three pounds of muscle and increase the body's metabolism by 10%. A boost in metabolism will make a person feel more energetic, more alert and more vital and alive. The added muscle also

has the positive effect on our other bodily systems, like reducing blood pressure; improving the ability to use glucose from the blood, which reduces the risk of diabetes; increasing bone mass and producing gastrointestinal efficiency.

As an added bonus, regular physical activity can reduce the risk of dying in the next eight years by about 40%. It also increases brain function thereby cutting the risk of diseases like Alzheimer's by up to 60%. This is especially true for those of us who have had ostomy surgery and may have multiple chronic conditions to manage.

Research into how these mechanisms work is finding that exercise has a tremendous impact on every cell in the body. It reduces inflammation; increases the blood flow; and even reverses the natural declines in oxygen efficiency and muscle mass that come with aging. A recent nursing home study published in *Mature Fitness* was conducted with residents of an average age of 89 who used wheelchairs. They did just 15-20 minutes of strength training five days a week. After three months, almost everyone was out of his/her wheelchair, and one woman went back to living independently.

The Journal of the American College of Cardiology published that people in their 60's and 70's who walked or jogged, biked and did strength training for 90 minutes, four to five times a week for six months increased their exercise efficiency—the ability to exercise harder without expending more energy—by 30 percent. This compares to a similar group in their 20's and 30's that increased only two percent. Older people improve more than younger people do.

Some of the reasons are thought to be that exercise increases the mitochondria, which produce adenosine triphosphate—a key substance that muscles use to fuel energy. Exercise also fights oxidative

damage. During exercise, there is a huge burst of oxidative agents that injure tissue. However, while exercising, the heart rate increases resulting in a slower resting heart rate, making it more efficient. Therefore, exercise reduces the overall rate at which the body creates free radicals.

There is another benefit of exercise that will soon be published which shows that exercise slows down the rate at which our telomeres shrink. Telomeres are DNA sequences, located on the ends of chromosomes that shorten as we age. Exercise keeps them long.

Evidence has shown us that daily physical activity can transform a person's life. It is never too late to start. Many people do not start taking exercise seriously until they reach their 80's, and become stronger than they were in their 40's.

Source: United Ostomy Association of Chicago, Newsletter "The New Outlook" November 2006 Via: Belleville, Quinte West and Area Ostomy Association Chapter Journal January 2007.

A few chuckles for us seniors!

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotard on, the class was over.

Reporters interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?" the reporter asked. She simply replied, "No peer pressure."

The nice thing about being senile is you can hide your own Easter eggs.

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied. "Two years older than me." "So you're 96," the undertaker commented. She responded, "Hardly worth going home, is it?"

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More chuckles for us seniors!

I've sure gotten old.! I've had two bypass surgeries, a hip replacement, new knees. Fought prostate cancer and diabetes. I'm halfblind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license !

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. "Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?" "Then I'll be sure my daughters visit me twice a week."

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

Know how to prevent sagging? Just eat till the wrinkles fill out.

I'm getting into swing dancing. Not on purpose. Some parts of my body are just prone to swinging.

It's scary when you start making the same noises as your coffeemaker.

These days about half the stuff in my shopping cart says, "For fast relief."

Don't think of it as getting hot flashes. Think of it as your inner child playing with matches.

Don't let aging get you down. It's too hard to get back up.!

Remember: You don't stop laughing because you grow old, You grow old because you stop laughing.

THE SENILITY PRAYER : Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Now, I think you're supposed to send this to 5 or 6, maybe 10. Oh heck, send it to a bunch of your friends if you can remember who they are.

Received by E-Mail

Have a
Happy
Healthy
and
Prosperous
New Year

