



MERRY CHRISTMAS

December, 2009

REACH OUT A HELPING HAND TO OSTOMATES AND THEIR FAMILIES

**Our next meeting will be Sunday
December 13, 2009 at the Northway
Restaurant. This will be our annual
Christmas Party. Everyone Welcome!**

Our next meetings
DECEMBER 13, 2009
January 14, 2009
February 11, 2009

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
To mutual support of each other
And the charge You have given us
to support each other.

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

Before following any information,
suggestions and other matters
pertaining to your health in general, in
the Journal, it is important to consult
with your doctor, ET, pharmacist or
other qualified to pass medical advice.

MEDICAL CONSULTANT

Olga Goncalves, R.N., BScN, E.T.

Available through VON, HNPE by referral, 392-4181 or 966-3530 Access Centre for Hastings & Prince Edward Counties.

Leanna Gillian R.N. BScN, E.T.

Available through VON, HNPE by referral 392-4181 or 966-3530 Access Centre for Hastings Prince Edward Counties.

Laura Rogers R.N. BScN, E.T.

Available at Belleville General Hospital, 613-969-7400 Ext. 2991

Note: E.T. stands for "Enterostomal Therapist" To qualify for this designation, each candidate must attend a specifically designed programme, and successfully complete it through very specialized exams.

OFFICERS:

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Maddy Swindon 399-3010

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EDITOR:

Bawn Putman 476-6557

DSS REP

Gerry Putman 476-6557

Regular monthly meetings are held on the second Thursday of each month, 7:30 p.m. Rm P24 at the Loyalist College Business and Development Centre, Belleville.

**July & August excepted.

Please come and gain from the experience of others.

Open and full discussions with other Ostomates are great sources and resources for information Every opportunity is a learning experience for yourself and for those with whom you share.

PRESIDENT'S MESSAGE

What a wonderful meeting we had. Lots of people turned out and Mary Roberts from Coloplast had lots of new and improved things to show us. There were plenty of questions and answers. We all benefited I think. At the present time we have only 17 paid up members. Just a gentle reminder that the dues are due. Gerry handed out his prototype of an informational flyer, to be placed in doctor's offices and in the handout from the hospitals, via our ET. We are to check them over and give our input at the January meeting. The Christmas Season is fast approaching and busy times are ahead for all of us. Take time to enjoy each and every moment with friends and family. My contact at the Northway Restaurant, on North Front Street in Belleville assures me that we will be able to order directly off the menu, so we are not limited in our choices. My Christmas wish is that we have a bumper turnout for the Christmas Dinner Ostomy Meeting. If you know of any new ostomates please invite them to join us for the dinner. Hope to see you there.

Maddy

Message from the Editor

Gerry and I hope that you are enjoying this beautiful weather! One day soon we will experience the true weather of winter!

I would like to pass on our congratulations to Earl and Shelly on their 50th, wedding anniversary this month!

Elda Clairmont is in for a wonderful treat during the Olympics. Her daughter won tickets to the final men's figure skating event and she asked Elda to go with her. Enjoy Elda, we will be thinking about you!

I would like to remind everyone that the DUES ARE DUE. Please send you cheque to Vern or please bring it to the Christmas Dinner.

The Christmas Dinner is scheduled for December 13th at 2 p.m. at the Northway Restaurant. Please let Maddy know if you will be able to attend. We need to let the restaurant know numbers.

Look for the notice in this newsletter for further information.

TIP FOR UROSTOMATES

VITAMIN C is recommended for urostomates to ensure the acidity of urine -- 500 to 1,000 milligrams

WINTER Poem

It's winter in Canada And the
gentle breezes blow
Seventy miles an hour
At thirty-five below.

Oh, how I love Canada

When the snow's up to your butt
You take a breath of winter
And your nose gets frozen shut.

Yes, the weather here is wonderful

So I guess I'll hang around
I could never leave Canada

I'm frozen to the ground!

AGING AND THE OSTOMATE

Via the Oakland County, MI Chapter
Growing old is a life-long process, and the physical, social, and psychological liabilities of aging are all part of it. Thanks to gerontology and geriatrics, we know more information than ever before on an intelligent approach to aging. As we grow older, subtle changes occur in our bodies. The most insidious is our skin. It loses elasticity and becomes thinner and drier, thus becoming prone to wrinkles and irritation. These changes can become real problems for those who must wear an appliance all the time. To prevent leakage as the skin becomes more wrinkled, one should stand up straight when changing the appliance. With one hand, stretch the skin so that it is tight, and with the other hand attach the appliance (using a mirror may help you see what you are doing). The skin over the entire body tends to bruise more easily and heal more slowly as we age. We need to be more careful when removing an appliance. A skin barrier covering the entire area under the appliance, or a very thin application of a skin-care product may help protect the tender skin. Aging may also result in less strength in the hands. Arthritis, lessening mobility, or pain in the fingers can make it difficult to put together a two-piece appliance. A one-piece appliance may eliminate the task of stretching a pouch over a faceplate. To sum it up, aging is a phenomenon we must all face, and when one considers the alternative, it's not too bad!

Dave Barry: A journey into my colon -- and yours (From the Miami Herald)

"You want me to turn it up?" said Andy, from somewhere behind me.

"Ha ha," I said.

And then it was time, the moment I had been dreading for more than a decade. If you are squeamish, prepare yourself, because I am going to tell you, in explicit detail, exactly what it was like.

I have no idea. Really. I slept through it. One moment, Abba was shrieking ``Dancing Queen! Feel the beat from the tambourine . . ."

. . . and the next moment, I was back in the other room, waking up in a very mellow mood. Andy was looking down at me and asking me how I felt. I felt excellent. I felt even more excellent when Andy told me that it was all over, and that my colon had passed with flying colors. I have never been prouder of an internal organ.

But my point is this: In addition to being a pathetic medical weenie, I was a complete moron. For more than a decade I avoided getting a procedure that was, essentially, nothing. There was no pain and, except for the MoviPrep, no discomfort. I was risking my life for nothing. If my brother Sam had been as stupid as I was -- if, when he turned 50, he had ignored all the medical advice and avoided getting screened -- he still would have had cancer. He just wouldn't have known. And by the time he did know -- by the time he felt symptoms -- his situation would have been much, much more serious. But because he was a grown-up, the doctors caught the cancer early, and they operated and took it out. Sam is now recovering and eating what he describes as "really, really boring food." His prognosis is good, and everybody is optimistic, fingers crossed, knock on wood, and all that.

Which brings us to you, Mr. or Mrs. or Miss or Ms. Over-50-And-Hasn't-Had-a-Colonoscopy. Here's the deal: You either have colo-rectal cancer, or you don't. If you do, a colonoscopy will enable doctors to find it and do something about it. And if you don't have cancer, believe me, it's very reassuring to know you don't. There is no sane reason for you not to have it done.

I am so eager for you to do this that I am going to induce you with an Exclusive Limited Time Offer. If you, after reading this, get a colonoscopy, let me know by sending a self-addressed stamped envelope to Dave Barry Colonoscopy Inducement, The Miami Herald, 1 Herald Plaza, Miami, FL 33132. I will send you back a certificate, signed by me and suitable for framing if you don't mind framing a cheesy certificate, stating that you are a grown-up who got a colonoscopy. Accompanying this certificate will be a square of limited-edition custom-printed toilet paper with an image of Miss Paris Hilton on it. You may frame this also, or use it in whatever other way you deem fit. But even if you don't want this inducement, please get a colonoscopy. If I can do it, you can do it. Don't put it off. Just do it.

Be sure to stress that you want the non-Abba version.

If you know of a new ostomate or one of our members who is ill, hospitalized or would just like to hear from us, please let us know. Contact Bawn Putman at 613-476-6557 or e-mail: bgputman@sympatico.ca



Our Purpose

The purpose of this group, is a volunteer-based organization dedicated to assisting all persons facing a life with gastrointestinal or urinary diversions by providing emotional support, instructional and information services through the membership, the family associated care givers and the general public.

Our trained volunteer ostomates collectively possess a wealth of knowledge and experience in coping with their ostomies and are always willing upon request, to visit new ostomy patients as well as and including their family members by non-ostomates (SASO) from our group.

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KIDNEY STONES AND THE ILEOSTOMATE

By: Jill Conwell, RNET, Corpus Christi, TX, Via: Antelope Valley

Ostomy News

Kidney stones are fairly common medical problems. They occur in about 5 percent of the population. They are more common in men with a sedentary lifestyle and in families with a history of kidney stones. The average age of first occurrence is about 40, but they can occur at any age. For ulcerative colitis patients, the incidence of developing kidney stones is about double that of the rest of the population. For ileostomates, the incidence is 20 times greater. There are two basic types of kidney stones: uric acid and calcium. Both may occur in ileostomates since the underlying cause is dehydration. Uric acid stones are more frequent. One reason for this is the chronic loss of electrolytes, producing acid urine. The stones may vary in size and shape, some being as small as grains of sand, while others entirely fill the renal pelvis. They also vary in color, texture and composition. Symptoms during the passage of a kidney stone include bleeding due to irritation, cramping, abdominal pain, vomiting and frequent cessation of ileostomy flow. When ileostomy flow stops, distinguishing between an obstruction versus a kidney stone may be difficult since the symptoms are similar. Treatment of most kidney stones is symptomatic and in most cases the stone passes spontaneously through the urinary tract. Medication for the spasms is usually administered. The urine should be strained in order to collect the stone for analysis. Once the composition of the stone is determined, steps should be taken to prevent recurrence of an attack. The physician will prescribe medication or dietary modifications depending on the type of stone. The best preventative measure is to drink plenty of fluids (8 glasses) every day. If the urine appears to be concentrated, increase fluids and use a sport drink that is rich in electrolytes to replace losses.

Subject: Unpeeled onions worth a try

This sounds weird but it sure is not expensive and it just might work. I'll certainly will give it a try. Notice the instructions says unpeeled so you don't even have to cry first.

Flu

In 1919 when the flu killed 40 million people there was this Doctor that visited the many farmers to see if he could help them combat the flu. Many of the farmers and their family had contracted it and many died. The doctor came upon this one farmer and to his surprise, everyone was very healthy. When the doctor asked what the farmer was doing that was different the wife replied that she had placed an unpeeled onion in a dish in the rooms of the home, (probably only two rooms back then). The doctor couldn't believe it and asked if he could have one of the onions and place it under the microscope. She gave him one and when he did this, he did find the flu virus in the onion. It obviously absorbed the bacteria, therefore, keeping the family healthy.

LIVING WITH YOUR ILEOSTOMY

By: Lawrence R. Davis, M.D., Via: Spacecoast Shuttle Blast, & Metro Maryland

This article is from a talk about "The Surgeon's Responsibility to You and Your Responsibility to the Surgeon." My talk will be on what a physician expects of an ileostomy patient. Being an ileostomate myself, I have jotted down things I experienced and what I (as a physician) expect of you as you learn to cope.

1. Immediate post-op care, the most important thing the doctor expects is the patient's acceptance of the change in body image: One of the biggest hurdles with patients who will not even look at their stoma is to let him or her take care of it. This is the beginning of the road to recovery and complete recuperation. This patient should and must be independent by the time he or she leaves the hospital.

2. Get the patient to look at the positive effects of their operation. They are free of the disease, cancer, diarrhea, pain. Most Ileostomates say they are so happy to be rid of 20 trips to the bathroom and sometimes getting there too late. The new ostomate should be made aware that he has not been mutilated but changed for the better.

3. The next big obstacle is "bagging the stoma," or finding the right appliances for the patient. The patient needs to know that their stoma is going to change. With weight change, the need will change. It is very important to understand the problems a surgeon faces. Keep in mind that the individual's problems dictate the surgeon's techniques. Individual problems dictate different stomas and locations. You do not swap dentures for eyeglasses, so don't compare stomas. Go to your ostomy meetings and learn all you can about ostomy care. The caring and sharing will help more than anything else. Usually, the ileostomate has been on diets for years, and after surgery, does not want to talk about diets. However, there are foods that may cause problems, gas or odors. The patient should be aware of possibilities that the doctor waits until some of the problems occur. This way, the patient is not overwhelmed with so many "iffy" things to think about.

Now, I heard this story from my hairdresser in A Z. She said that several years ago many of her employees were coming down with the flu and so were many of her customers. The next year she placed several bowls with onions around in her shop. To her surprise, none of her staff got sick. It must work.. (And no, she is not in the onion business.)

The moral of the story is, buy some onions and place them in bowls around your home. If you work at a desk, place one or two in your office or under your desk or even on top somewhere. Try it and see what happens. We did it last year and we never got the flu. If this helps you and your loved ones from getting sick, all the better. If you do get the flu, it just might be a mild case..

NOTES FOR NEW OSTOMATES

Via: Grand Rapids, MI & The Right Connection, San Diego Area Chapter

Do you ask "Why me?" You are very lucky to live in a time when doctors are able to perform ostomy surgeries. Did you know that rectal bleeding was one of the leading causes of death 100 years ago? If you and I lived back then, we would probably be dead. We have been given a great gift—a new life. It is natural though to grieve over loss of important organs. Stomas change in size and shape during the first few months. The initial stoma swelling will lessen and the diameter will decrease. It is prudent to check the size of the stoma each pouch change until the size stabilizes. Each person has a different ostomy just as our fingerprints are different. We have more similarities than differences.

Attending UOA meetings gives us the opportunity to explore with others, seek support and information from someone with an ostomy to ease the transition time. UOA has experienced visitors who are generous in helping people who had or are about to have surgery. They will assist with concerns about this new phase of life. It is your ostomy. Learn to manage it and do not let it manage you. It is normal for your new ostomy to be the center of your existence; however, with time and practice, your ostomy and its daily care will become just a normal part of your daily life. You are not alone. About 500 ostomies are performed daily in the U.S. Some are permanent and some are temporary. Help others along the way.

Be happy you have been given a second chance.

HELPFUL HINTS From Everywhere

Scraps and cut-outs from barriers are great to relieve pressure of blisters or corns on one's feet. Keep them in a small jar with a tight lid and the paper backing left on until you are ready to use them. If you still have your rectum and have pain or a full feeling, you may have a collection of mucus which should be washed out. Check with your doctor regarding this. Bring your problems and questions to chapter meetings; don't be afraid or embarrassed to ask questions. If you are beginning new medication—for any reason – keep a close eye on your stoma discharge. Contact your doctor if you suspect the medicine is going in and straight out. Discard expired medications to prevent any potential adverse effects. Aspirin can be toxic to the kidneys just two or three months after expiration. The same is true for tetracycline. Many drugs just lose their effectiveness. Lack of bulk in a colostomate's diet can be part of the difficulty in elimination. This may be caused by eating too much highly refined food and not enough bulk, like bran. Laughing is healthy for your body as well as your mind. When you laugh, you exercise your heart, lungs and adrenal glands. You also breathe more deeply, increasing the body's oxygen flow. Laughter may ease physical pain by triggering production of endorphins—nature's pain killers. Your attitude about your image will affect the attitude of your family, friends and the people around you. Be happy...you've been given a new life. Ileostomates should not sit in one position for a lengthy period of time. This may force pouch contents upward around the stoma and cause possible leakage. Stand up frequently.

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Sydney, Nova Scotia Conference

Mark these dates on your calendar: **Thursday August 19, Friday August 20, and Saturday August 21, 2010. Note: Sydney Delta Hotel must be booked by May 15, 2010 to guarantee room rate of \$149.00.**



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EATING FRUIT...

It's long but very informative

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD. Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil....

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet etc - actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes all these will **NOT** happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty,

longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste.

Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart

attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE : Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher.. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content.

Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal = Cancer! Can u believe this?? For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

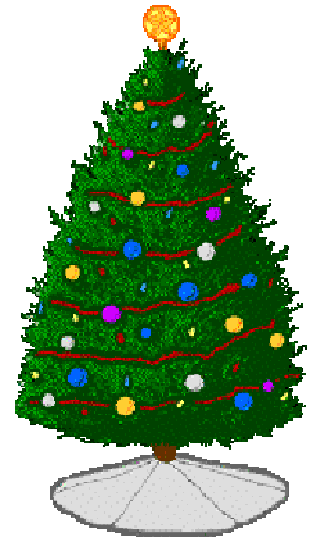
A serious note about heart attacks HEART ATTACK

PROCEDURE': (THIS IS NOT A JOKE!) Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line.. You may never have the first chest pain during the course of a heart attack . Nausea and intense sweating are also common symptoms.. Sixty percent of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive...

Read this....It could save your life!!



**BELLEVILLE QUINTE WEST AND
AREA
OSTOMY ASSOCIATION
ANNUAL CHRISTMAS PARTY**



**SUNDAY December 13, 2009
Northway Restaurant
205 North Front
Belleville
2 p.m.**

Family and Guests of Ostomates are welcome.

**Come and join us for a wonderful dinner
And surprises**

**Please let Maddy or Bawn know if you are able to attend and
How many will be in your party**



Twas the month before Christmas
 When all through our land,
 Not a Christian was praying
 Nor taking a stand.
 See the PC Police had taken away,
 The reason for Christmas - no one could say.
 The children were told by their schools not to sing,
 About Shepherds and Wise Men and Angels and things.
 It might hurt people's feelings, the teachers would say
 December 25th is just a ' Holiday '
 Yet the shoppers were ready with cash, checks and credit
 Pushing folks down to the floor just to get it!
 CDs from Madonna, an X BOX, an I-pod
 Something was changing, something quite odd!
 Retailers promoted Ramadan and Kwanzaa
 In hopes to sell books by Franken & Fonda.
 As Targets were hanging their trees upside down
 At Lowe's the word Christmas - was no where to be found.
 At K-Mart and Staples and Penny's and Sears
 You won't hear the word Christmas; it won't touch your ears.
 Inclusive, sensitive, Di-ver-si-ty
 Are words that were used to intimidate me.
 Now Harry, Now Barney, Now Sharpton, Wolf Blitzen
 On Boxer, on "Barry", on Nancy, on Clinton !
 At the top of the Senate, there arose such a clatter
 To eliminate Jesus, in all public matter.
 And we spoke not a word, as they took away our faith
 Forbidden to speak of salvation and grace
 The true Gift of Christmas was exchanged and discarded
 The reason for the season, stopped before it started.
 So as you celebrate 'Winter Break' under your 'Dream Tree'
 Sipping your Starbucks, listen to me.
 Choose your words carefully, choose what you say
 Shout MERRY CHRISTMAS ,
 not Happy Holiday !
 Please, all Christians join together and
 wish everyone you meet during the holidays a
MERRY CHRISTMAS
 Christ is The Reason for the Christ-mas Season!

Flu Time Coming

Choose your partners, one and all,
Aspirin, Advil, or Tylenol!

Now fling those covers with all you've got,
One minute cold, the next minute hot,

Circle right to the side of the bed,
Grab the tissues and Sudafed.

Back to the middle and don't goof off;
Hold your stomach and cough, cough, cough.

Forget about slippers, dash down the hall,
Toss your cookies in the shower stall.

Remember others on the brink;
Wash your hands; wash the sink.

Wipe the doorknob, light switch too,
By George, you've got it, you're doing the Flu!

Some like it cold, some like it hot;
If you like neither, get the shot.



Innovation in Ostomy Care

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- Simple to Use** – Easy to shape – no measuring, tracing or cutting necessary!
- Adaptable** – Expands and contracts along with the stoma helping to maintain a gapless fit during wear.

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In addition Kelly's pay the mailing costs to send out the Chapter's monthly Journals
Kelly's welcomes the opportunity to continue serving you.

Membership Application (for new members only)

Belleville, Quinte West & Area Chapter

Membership includes annual subscription to Chapter Journals and the UOAC publication "Ostomy Canada"

Membership in the UOA of Canada is open to all persons interested in Ostomy rehabilitation and welfare.

The following information is kept strictly confidential

Please complete the following form:

Name _____ Phone _____

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Websites of Interest

UOAC: www.ostomycanada.ca

FOW: www.fowcanada.org

Crohn's & Colitis Foundation:
<http://www.ccfcc.ca>

Ostomy.com - this has many different sites that you are able to access for ostomy supplies.

VISITATION SESSION

We would like to hold a visitation session in order to train new visitors along with up dating those who are already certified. Please let Maddy know if you are interested.