

OSTOMY

WINTER 2017

NSW LTD



Dansac Skin Care designed for
and trusted by Ostomates
for over 20 yrs

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this holiday
season*



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1 of 10
prize packs
worth \$50

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Enter the draw online at:
<https://www.surveymonkey.com/r/SkinEssentials>

Dansac **SKIN ESSENTIALS**

dansac 
Dedicated to Stoma Care

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DEADLINES

Winter Edition	May 1
Spring Edition	August 1
Summer Edition	November 1
WINTER Edition	February 1

PHONE: 02 9542 1300**ORDERS****WE ARE UNABLE TO ACCEPT PHONE ORDERS**

Please email orders to: orders@ostomynsw.org.au
 Please fax orders to: 02 9542 1400
 Please post orders to: PO Box 3068,
 Kirrawee NSW 2232

PICKING UP ORDERS:**COUNTER HOURS OF OPERATION**

We are open four days a week
 Monday to Thursday
 9:00 am to 2:00 pm
 (Please place orders 48-72hrs before desired pick-up)
 Express Counter - Unit 6, 555 Princes Hwy, Kirrawee
 Warehouse Counter - Unit 6, 18 Monro Ave, Kirrawee

PAYMENTS

Payments can be paid by bank transfer (EFT) to:
 Account Name: ONL
 BSB: 112879 (St George Bank)
 Account Number: 45 664 3389
 Reference: Your Member Number and Surname

President: Tom Flood
Telephone: 02 4333 4727

Vice President:
Stephen Grange

Treasurer:

Director: Ian Denney

Director: Greg Doyle

Director: Perry Johnstone

Director: Michael Rochford

Manager: Stephen Lardner

YOUR ONL TEAM:
Operation Supervisor:
Colleen

Warehouse Supervisor:
Steve

The Team:
Cheryl, Angie, Kim, Bev,
Natalie, Aye Aye, Frank,
Carol-Anne, Matt, Greg and
Rhys

PLUS OUR
DEDICATED
VOLUNTEERS

DISCLAIMER

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I CAN *live free*



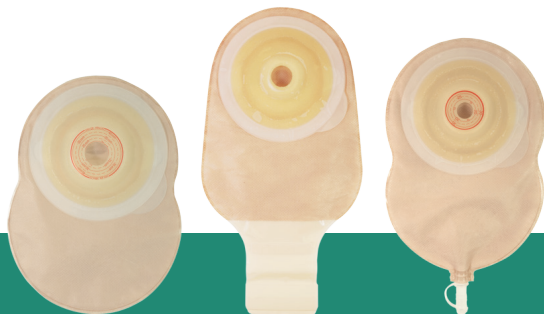
Introducing ESTEEM™ Flex Convex

Live free and keep active with the latest addition to our range of one-piece Ostomy care solutions

- **Moves with your body** – flexible convexity fits to body contours for easy positioning and everyday comfort.
- **Stays firmly in place** – with a skin friendly hydrocolloid skin barrier designed to stay firmly in place and help minimise leakage.
- **Peace of mind on the move** – easy view window for accurate positioning and observation.

Available in closed, drainable and urostomy pouches with pre-cut and cut-to-fit options.

You can keep on the move with Esteem™  Flex Convex.



ESTEEM™ +
Flex Convex
Closed

ESTEEM™ +
Flex Convex
Drainable

ESTEEM™ +
Flex Convex
Urostomy

Call for your free samples:

 1800 335 276

 connection.au@convatec.com.au

 www.convatec.com.au/stoma-care



FROM THE KIRRAWEE OFFICE

The past few months since Christmas has seen a number of changes designed to enhance our service to members. We invested in a new computer server to improve the security of our information and get us ready for the NBN rollout in the future. The recent virus on our server and other more publicised global viruses is the reason for our update. Our warehouse has been efficient for many years and we purchased new benches in May to give us even better flexibility in the use of our space. Our new benches allow for smoother flow of product from picking, through to checking and finally packing and dispatch. They are on castors which enable us to move them around to meet heavy workloads. Did you know that on average we process over 90% of orders received within three days? Some reasons for delay are peak periods (the beginning of any month and earlier in the week); product needing to be ordered from suppliers; and payment required for membership or postage. In regard to the last issue, the paperwork that you receive with every order will advise how much money you have in credit (money prepaid in advance) or debit (money owed to ONL). Checking your paperwork may save you a phone call to our office.

The office environment is also undergoing change. By the time this is published, we will have new carpet throughout the office, and new desks



and tables. The previous carpet was worn and in need of changing to fulfil our workplace health and safety requirements. There have also been improvements to electrical wiring and lighting in the warehouse. Our shop counter shelving has been replaced with bespoke racking to better use the space we have available.

As we pass the halfway mark of another year, our staff would like to thank our dedicated team of volunteers. They continue to assist us with our activities and are a valuable resource for ONL. We welcome new volunteers to our association and we are in special need of directors to join the board, especially as our Treasurer. If you or a family member has financial skills, please consider donating a few hours each month to help our association run even better.

The new benches purchased in May to give us even better flexibility in the use of our space.

Checking your paperwork may save you a phone call.

PACKING SLIP EXAMPLE

****MEMBERSHIP FEES ARE DUE ON THE 1/7/2017****
 FULL MEMBER IS \$60
 PENSIONER/CONCESSION MEMBER IS \$50
 VETRANS AFFAIRS IS NIL
 ****PLEASE BE AWARE NO ORDERS WILL BE PROCESSED AFTER THE 1/7/2017 IF THESE FEES ARE NOT PAID****

Money owed to ONL

The balance of your account, after any costs associated with this order is \$12.00 debit.

You may use the reverse side of this form to order again when you require next supplies. Fill in the order form and then fax to (02) 02 9542 1400 or scan and email to orders@ostomynew.org.au

The following products are enclosed.

Supplier Item No	Supplier	Description	Units	Packets	Maximum
839543	OG	PELLICAN 839543 1PC CONVEX URO POUCH 25MM	30	3 pkt	30
3815515	UM	UNOMEDICAL A4 3815515 NIGHT DRAINAGE BAG	5	5 pkt	5
SPH1	AI	SALTS SPH1 SECUPLAST HYDRO SECURITY STRIPS	60	2 pkt	60
71000-0010	DA	DANSAC 71000-0010 TRAVEL TISSUES	50	5 pkt	50
WAD060	OG	WELLAND WAD060 ADHESIVE REMOVER WIPES	60	1 pkt	60

****MEMBERSHIP FEES ARE DUE ON THE 1/7/2017****
 FULL MEMBER IS \$60
 PENSIONER/CONCESSION MEMBER IS \$50
 VETRANS AFFAIRS IS NIL
 ****PLEASE BE AWARE NO ORDERS WILL BE PROCESSED AFTER THE 1/7/2017 IF THESE FEES ARE NOT PAID****

Money prepaid to ONL

The balance of your account, after any costs associated with this order is \$36.00 credit.

You may use the reverse side of this form to order again when you require next supplies. Fill in the order form and then fax to (02) 02 9542 1400 or scan and email to orders@ostomynew.org.au

The following products are enclosed.

Supplier Item No	Supplier	Description	Units	Packets	Maximum
411450	CC	STOMAHESIVE 411450 MOLD CONVEX WAFER 22-33/45	20	2 pkt	20

Introducing The **NEW CeraPlus** Skin Barrier



All Christopher wanted to do was go out for longer walks.

But his sore and painful skin was dominating his life. Until he used **CeraPlus**.



Watch Christopher's story^
Visit vimeo.com/hollisterostomy

Everyone deserves healthy skin around their stoma

Christopher's story is a common one, with 50% of people with a stoma reporting skin issues around their stoma in their lifetime¹. At Hollister we believe everyone deserves healthy skin from the start.

The **CeraPlus™** skin barrier is **infused with ceramide** to help keep moisture in and protect against dryness.

The Ceramide Advantage

Ceramide is a natural component of human skin, consisting of waxy lipid molecules. Ceramide links cells of the outer skin together to form a waterproof, protective barrier.



To learn more about CeraPlus call **1800 219 179**.



Remois is a technology of Alcare Co., Ltd. 1. Ostomy Care Confidential result - data on file at Hollister. Image of models are representative of a real patient story. The Hollister logo and CeraPlus are trademarks of Hollister Incorporated. © 2017 Hollister Incorporated. ^Not all products shown at this link are available in Australia/New Zealand.



BOWEL CANCER AWARENESS



BOWEL CANCER AWARENESS MONTH

Bowel Cancer Awareness Month is an annual initiative of Bowel Cancer Australia running throughout the month of June to raise public awareness of a disease that claims the lives of 80 Australians every week.

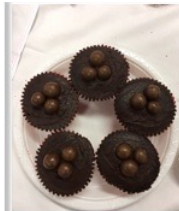
Bowel cancer is Australia's second biggest cancer killer.

Bowel Cancer Awareness Month has a positive message – saving lives through

early detection – as bowel cancer is one of the most treatable types of cancer if found early.

During Stomal Therapy Awareness week (12th-18th June) events were organised at St George Public Hospital by the Stomal Therapy team to help raise awareness and have some fun along the way. These events were a success.

We started the week with a bake off



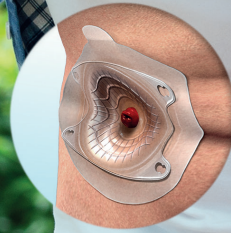
where the creative baking skills of staff were displayed and an enjoyable afternoon tea was held. All proceeds from the day were donated to Bowel Cancer Australia.

The big event of the week was Bowel Cancer Australia's "Big Bowel" at St George Public Hospital. Thank you to everyone who helped make it happen and to all those who came along on the day to support it. We had 417 people walk through the Big Bowel, including staff, visitors, our fellow colleagues at

St George Private, the local day care centre and many others. Although some had to be persuaded to walk through at first it was enjoyed by all. It was an absolute pleasure to host such an amazing and important public health awareness event and hope that we were able to do our bit in raising awareness of Bowel Cancer.

Daniela Levido
Stomal Therapy CNC
St George Public
Hospital

Request
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SAMPLES



Now you can move without worrying about leakage

Available now - a convex that doesn't compromise

Convex appliances have traditionally had stiff baseplates that felt restrictive and uncomfortable when bending or stretching. SenSura® Mio Convex has an adaptive convex shell with unique integrated flexlines that provide a new level of flexibility and comfort - without any compromise on security!

The new SenSura® Mio Convexity

- 3 types of convexity available - soft, shallow and deep.
- 1 and 2 piece couplings available.
- All stoma types: colostomy, ileostomy and urostomy.

Find out more and request **FREE** samples at



coloplast.com.au/tryconvex



1800 653 317



SenSura® Mio Convex

ORDERING

All orders need to be in writing.

All orders need to have supplier codes and quantities.

Please fill in the form clearly so staff can supply you with the correct appliances.

Please fill in your name and membership number.

PAYMENTS

If paying by cheque please make sure you have filled it correctly and sign your name.

If paying by credit card please make sure you have all 16 digits plus expiry date and CVC.

If paying by EFT please make sure you put your name or membership number in the reference.

DELIVERIES

Please allow 7 – 10 working days for the delivery of your parcel

All deliveries are with Australia Post

When contacting Australia Post regarding your parcel please be aware that our parcels have no tracking numbers.

COUNTER PICK UPS

Express counter pickups must be submitted in writing in advance.

Monro Ave pickups can be done within shop hours but pre submitted orders will get preference.

Please call the office before coming to collect to check that your order is completed.

EMAIL ORDERS

Please make sure you have your membership number, name and address are on the order.

All codes and qtys should be written on separate lines so as to make it easier to input.

EACH DELIVERY CONTAINS A PACKING SLIP WITH ALL THE INFORMATION REGARDING ANY MONIES HELD IN CREDIT OR DEBIT.

COUNTER HOURS ARE STRICTLY 9AM TO 2PM Monday to Thursday. IF YOU ARRIVE OUTSIDE THESE HOURS YOU WILL NOT BE SERVED


ONL HAVE OVER 6,500 MEMBERS AND WE WOULD APPRECIATE THAT EACH MEMBER KEEP A RECORD OF THEIR FINANCIAL STATUS AND THEIR CURRENT ADDITIONAL CERTIFICATE EXPIRY DATES



ONL supports thousands of Australians who must obtain medical appliances to enable an active contributing life.

ONL is a not-for-profit and is reliant on the support of members, friends, volunteers and very dedicated paid staff.

ONL is endorsed as an income tax exempt charitable entity and as a tax deductible gift recipient. Funds are used to continue our member services by supporting nursing, medical services, and for the distribution of ostomy appliances to our members.

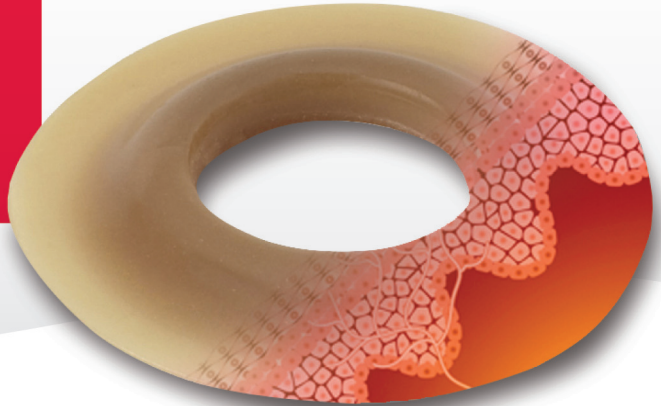
Payment Method (Do not send cash)			Donation Amount: \$ _____
Cheque <input type="checkbox"/>	Money Order <input type="checkbox"/>	Credit Card <input type="checkbox"/> 	Direct Debit <input type="checkbox"/> Date Paid ___/___/___ BSB 112-879, Account No. 456643389 Identify this with your member number and the

Please charge my credit card (minimum \$36.00).

Only Mastercard and Visa are accepted

Name on card:		Expiry date:	___/___
Card Number:	____ ____ ____ ____	CVC No. (last 3 digits on back of card)	

Infused with
the science
of skin health



Adapt CeraRing barrier ring is available in round and oval convexity.

Adapt CeraRing convex barrier ring Sealed with the confidence of ceramide and convexity

You asked for it. And now it's here. An Adapt barrier ring that combines the benefits of a ceramide-infused formula and the just-right fit of convexity has arrived.

Adapt CeraRing is now available in round and oval convex, and in different sizes to accommodate a variety of stomas.

Infused with ceramide—a natural component of the skin—Adapt CeraRing is designed to support the healthy peristomal skin your patients deserve. Plus, the convexity helps provide a uniform pressure around the stoma to help prevent leakage and provide an optimal fit.

Experience the double-duty confidence of ceramide and convexity—try Adapt CeraRing today.

To find out more contact your STN
or Customer Engagement on

Australia **1800 219 179**

New Zealand **0800 678 669**

www.hollister.com



UOA MEETING IN BOWRAL 31ST MARCH 2017



The United Ostomy Associations of NSW held our Education Day at the beautiful Bowral Golf Club. There were a good number of members in attendance across both NSW Stoma and Ostomy NSW, plus we had three members from ACT Stoma. In all around sixty people attended and the day commenced with our appliance suppliers presenting new and improved products as members arrived. The meeting began with a brief presentation from Stephen Lardner outlining the role of the associations as the distributors of appliances. Each supplier was given a few minutes to discuss the range they were presenting. Members began asking questions almost immediately, which is exactly the level of involvement we hope for when putting together these days. After a morning hearing from the associations and suppliers, the afternoon was used to discuss clinical issues.

Heather Hill, one of

our volunteers at ONL and a retired stomal therapist presented with Anne Marie Lyons, STN from Concord and NSW Stoma. Their theme was on the differences between stomas. Whilst having a stoma inconveniences people with stomas, with time, it should have minimal impact on lifestyle and diet. The human body is complex and has a marvellous ability to adapt and repair as needed. The message remains upbeat and positive to ensure ostomates continue to enjoy all things in life, which is summed up by an astute Japanese saying "Years wrinkle the skin, but to give up enthusiasm wrinkles the soul". Both Heather and Anne Marie use slides to point out various aspects of the Gastrointestinal system with Heather demonstrating the whole of it with a visual French knitted intestinal system approximately 30 feet (nine metres) long.

Janet Forsyth, an STN in private practice, spoke

about the urinary tract and urinary stomas plus the problems that may be encountered. Janet's presentation was also given with a "beautiful" visual aid of the kidneys and urinary tract she had made from various materials. This helped highlight the complexity of the system. Anne Marie, Heather and Janet used their clinical knowledge and expertise with good effect punctuating their presentations with some light hearted humour and banter between them.

Sometimes in Australia we take for granted the medical system that supports our needs – not always perfect - but available for everyone. Vicki Patton, STN from St George Public presented on her experiences volunteering in Kenya. The resourcefulness of medical teams and patients was an incredible insight into the struggles of third world countries. Vicki has been part of a team of stomal therapy nurses that travelled to Kenya and have been training local nurses in stomal therapy and wound care. Her inspirational story told of the enthusiasm from local nurses to learn and apply new skills. They ac-

complish this despite limited hospital beds and supplies.

The education days are established to provide information, support and feedback for our members. Our day in Bowral finished with a panel of STNs that included Heather, Anne Marie, Janet, and Vicki, plus we were happy to welcome Dianne Hooper CNC and Lu Wang CNS from Liverpool, Campbelltown and Camden hospitals. Our members showed their willingness to ask questions, share ideas and interact with our STNs and each other. The day showed once again that together everyone achieves more.

Our thanks go to our appliance suppliers for their time and willingness to speak with our members, our wonderful guest speakers and panellists, and to the directors of both associations for attending and being part of the day. Our next education day is in Lismore on 23rd June and the final one for the year is in Dubbo on 22nd September. Keep an eye on our websites for future meeting dates and places.

**Stephen Lardner,
Manager ONL**





Change your life with Dermacol®

The unique collar creates a barrier between your stoma and your skin, helping to give complete security from leakage

When correctly fitted, the thin polyurethane collar stays in contact with the stoma – even during bending or twisting – creating a secure barrier between your stoma and your skin.

Dermacol® can help provide effective protection from leakage for all types of stomas:



Flat/short stomas



Hernias



Oval stomas



Urostomies



Round stomas

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REGIONAL INFORMATION MEETINGS 2017

REGIONAL INFORMATION MEETINGS 2017

Dubbo - Friday 22nd September 2017

Dubbo RSL Club - Cnr Brisbane & Wingewarra Streets Dubbo

AGM LUNCHEON 2017

Saturday the 18th November 2017

Venue: 99 On York, 95 - 99 York St Sydney

Time: 11am (Happy Hour and Suppliers displays)

AGM: 12 noon

Lunch: 12:30pm

Tickets on sale September @ \$25 per person

Raffle Tickets for the Major raffle will be available from the 1st of August

Bowel Group for Kids Inc.

Please not the phone number is (02) 46596067

and the email address is enquiries@bgk.org.au

Website: www.bgk.org.au

Illawarra Ostomy Information Group 2017

Meet 10.00 - 12.00 on the following Wednesday, Education Room Figtree Private Hospital

22nd February, 26th April, 14th June, 23rd August, 25th October and 13th December (Christmas luncheon - venue to be advised)

For further information contact: Helen Richards CNC STN Wollongong Private Hospital (Mondays) phone: 42861109 or Julia Kittscha CNC STN Wollongong Hospital mobile: 0414421021/Office: 42551594.

Shoalhaven Stomal Therapy Service Ostomate Support Group

The 2017 dates for the support group meetings are:

6th February, 3rd April, 10th July and 6th November 2017.

OSTOMY NSW LTD MEMBERSHIP FEES FOR 2017 - 2018

FULL MEMBER: \$60 CONCESSION MEMBER: \$50

A CONCESSION MEMBER MUST HOLD A CENTRELINK ISSUED PENSION OR HEALTH CARE CARD.

Please note as per the operational guidelines of the Stomal Appliance Scheme - All outstanding and current fees must Be paid by July 1st 2017 for supplies to be issued.

PAYMENTS

Membership fees and postage can be paid by cheque or money order made payable to

Ostomy NSW Ltd - Postal address:

P O Box 3068, Kirrawee NSW 2232

Bank Transfers (EFT) details:

Account Name: Ostomy NSW Ltd

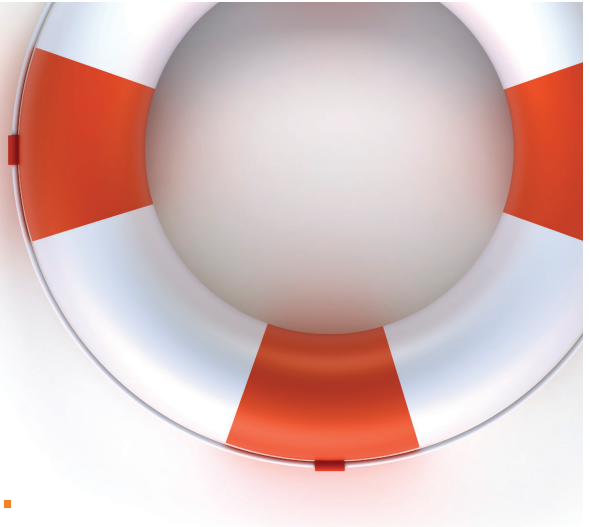
BSB: 112 879 (St George Bank)

Account number: 456643389

Reference: Your membership number or surname



NEW



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One strip at a time.

New! Dansac X-tra Strips

If you're looking for extra protection around the edge of your ostomy skin barrier, Dansac X-tra strips are a skin-friendly new option.

- Designed to easily fit uneven body shapes and contour
- Provide enhanced comfort and security—while helping prolong wear time
- More than just leak prevention, Dansac X-tra strips deliver the added confidence and reassurance you deserve



Three X-tra Strips conveniently surround your wafer for extra security.

For more information on how we can help you, or if you are interested in a sample of this product, please Freecall: 1800 220 972

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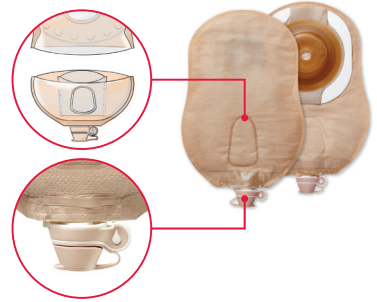
NEW

Regardless of what the day brings, our new urostomy pouch helps maximise discretion and comfort.



Now available in 1 and 2 piece ranges

Multi-chamber design - less bulging



Soft touch tap - comfort and ease of use

The latest innovation in urostomy pouches

At Hollister, we never stop looking for ways to provide a greater sense of control. That's why our new urostomy pouches feature:

- New soft touch control flow tap – provides increased comfort
- Multi-chamber pouch design – helps distribute urine evenly in pouch
- New upgraded release liner (with tapered edges)
- Help maximise discretion and comfort

A great pouch becomes even better.



For more information or samples please call Customer Engagement on **1800 219 179**
www.hollister.com



EDITORIAL

February 2017

MedicAlert ID provides peace of mind for people living with a stoma

One in five Australians lives with a chronic health condition or disease, but not enough people take proactive steps to protect themselves in the event of a medical emergency.

And for people living with a permanent or temporary stoma, a MedicAlert medical ID can provide vital peace of mind.

“MedicAlert medical IDs can, and do, save lives every day,” said MedicAlert Foundation Chief Executive Heidi Jones.

“There is no underestimating the importance of a patient with a medical condition receiving the right medical care, personalised to their needs, in a timely fashion.

“It really can be the difference between life and death.”

MedicAlert sets itself apart from competitors as the only provider of medical identification jewellery that works alongside a 24/7 emergency hotline – allowing first responders on the scene of an emergency to provide the best possible care to members.

“One of the many benefits of a MedicAlert medical identification, is that paramedics and other first responders around the world are trained to look for them,” Ms Jones said.

“They can also call the 24/7 emergency hotline service for further information and important member information, ensuring well-informed treatment decisions can be made quickly and effectively – which is especially important when a patient is unable to communicate themselves.”

Upon signing up for membership, MedicAlert members detail their medical histories and preferences – including health management plans, allergies, stoma and device information that may impact an emergency procedure.

The MedicAlert Foundation is Australia’s only not-for-profit organisation providing a 24/7 personal medical emergency information and identification service. Established in 1971, it has provided protection and peace of mind to 300,000 Australians.

For further information visit: <https://www.medicalert.org.au/>

For all of life's curves.

Announcing new sizes and capacity in the NovaLife Soft Convex range

You know better than anyone how important it is to have a reliable skin barrier fit around your stoma. NovaLife Soft Convex has been designed to provide just the right amount of pressure, without compromising the comfort and skin health for getting the most out of life.

- + Flexible and supportive soft convex insert fits the natural folds of the body and helps create an enhanced seal
- + GX Hydrocolloid barrier is made with natural and absorbent ingredients to maintain skin integrity
- + EasiView™ viewing option on opaque pouches helps ensure correct positioning

Discover more at dansac.com.au or dansac.co.nz



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Protecting skin. It's in our nature.

Harmony[®] Duo 2-piece system

- ✓ Skin-friendly hydrocolloid infused with **Aloe Vera** extracts
- ✓ **Easy application**, even for those ostomates with poor eyesight and/or dexterity
- ✓ Pouches can be lifted and reattached **up to 30 times**
- ✓ **Comfortable**, even when bending and twisting
- ✓ **No inner ridges**, allowing for easy cleaning
- ✓ **No fear** of "pouch pop-off"



AVAILABLE IN STANDARD, FLEXIBLE AND CONVEX FLANGES
PLUS CLOSED AND DRAINABLE POUCHES

CHANGING LIVES NATURALLY

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Hello From The Clinic

Stoma Blockage

A blockage can occur in either the small or large bowel meaning that people with an ileostomy as well as people with a colostomy may experience an obstruction. Blockages in the large bowel (colostomy) usually occur gradually and are less likely while blockages in the small bowel (ileostomy) can happen quickly. Blockages can be dangerous as they may cause a rupture of the bowel. There are many causes of a bowel obstruction however for those with an established small bowel stoma a food blockage is probably the most common and most likely to occur just below the stoma. Whatever the cause of an obstruction it is a serious problem and should not be ignored. The best way to deal with food blockages is to take a few steps that can assist in preventing them. Eat slowly, take small bites and chew food thoroughly. Avoid large meals and test new foods by having small portions, be sure to drink adequate fluid (6 to 8 glasses daily). Some foods are regarded as "red flag" foods and if these are consumed they require extra caution. Such foods include celery, dried fruits, corn, nuts, coconut, mushrooms, cabbage, oranges, fruit and vegetable skins and some Chinese vegetables. If you enjoy these foods they do not need to be completely eliminated from your diet but as suggested "treated cautiously".

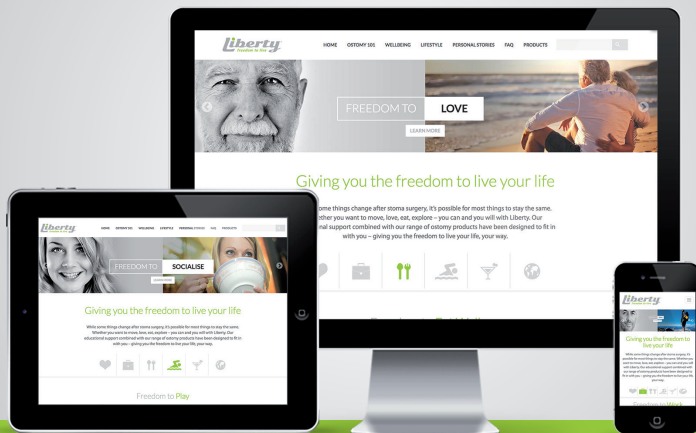
Symptoms of an obstruction may

include a bloated feeling, sudden abdominal cramping, nausea & vomiting, swollen stoma. You may have more liquid than normal in your stoma pouch or there may be a complete absence of output for more than 4 to 6 hours.

If you experience the above symptoms there are things that you can do to help dislodge the blockage. Gently press your abdomen by lying on your back and bringing your knees to your chest, enlarge the size of the opening in the pouch to accommodate any swelling of the stoma and massage the area around the stoma, a warm 15 minute bath can help relax the abdominal muscles. Do not eat any solid food, take laxatives or insert anything into the stoma. If you are not feeling nauseated or you have not been vomiting drink plenty of fluid to help dislodge the blockage. If your symptoms persist for more than 2 to 4 hours or if the pain is becoming more severe or you start vomiting then it is absolutely necessary to seek medical attention.



**Janet Forsyth RN MACN
CNC Stomaltherapy**



www.libertymed.com.au

The new **libertymed.com.au** website has a range of useful resource for ostomates and carers including the basics, health and wellbeing, hints and tips, personal stories and general information. Developed by our Editorial Board of Stomal Therapy Nurses, it will help you through your stoma journey.

Features of the NEW website:

- ✔ General information about stomas
- ✔ Wellbeing after stoma surgery
- ✔ Enjoying life with a stoma
- ✔ Personal stories
- ✔ FAQs
- ✔ Suppliers of stoma products
- ✔ Glossary of terms
- ✔ Ostomy Associations directory

Join our FREE Live Well Club

Become a member of our NEW Live Well Club to get access to resources and hints and tips regarding stoma care. Simply join online today.