



# NIGHTINGALE

---

## MEDICAL SUPPLIES LTD

HEALTH AND WELLBEING TIPS RELATED TO:  
ostomy, mastectomy, compression, and more!



## Returning to Work *after* Ostomy Surgery

No matter what your occupation, going back to work following ostomy surgery will likely feel daunting and overwhelming. Thoughts of how you will manage your day and what to do if you experience leakage are naturally bound to cause anxiety. The first step is to be sure that you're really ready both physically and emotionally to return to work. Also, if your job is physically demanding, check with your doctor first. The next step once you're ready is to use your knowledge and the tips below to help you reduce any anxiety of returning to your job.

**Pack a supply kit.** Even better, pack 2 supply kits, one to carry daily and the other to stash in your car or drawer at work. Some things to include:

- ostomy pouches, baseplates, clips (2 of each)
- deodorizing spray and/or toilet drops
- baby wipes and adhesive remover wipes
- a stain-removing pen
- a packet of electrolytic drink mix
- large resealable bags to dispose used supplies in
- hand sanitizer and disposable gloves
- folding small mirror
- gauze pads (20) and medical tape

- a multi-tool or small scissors
- an info card with your CSWOC (ET) nurse and doctor's contact details and list of prescription medication you're on

Rotate your supplies every once in a while. And if you're really stuck, remember you could always raid the first-aid kit for supplies and then replenish.

**Drink enough fluids.** Drinking water is one of the most essential and easiest ways to maintain your good ostomy health. Urine should be light in color, which indicates you're drinking enough water. If your urine is darker you will need to drink more fluids; if it is completely clear, you may actually be drinking too much and flushing electrolytes out of your body. If this happens, consuming an electrolytic drink might be helpful. If your urine is very dark in color, it's time to seek medical advice immediately.

**Bathroom self-consciousness:** Try minimizing the splashing noise created when you empty your pouch in a toilet bowl by dropping a layer of toilet paper inside. Use a toilet deodorizer to neutralize odors.



## Returning to Work After Ostomy Surgery (cont'd)

**Dress comfortably.** Don't worry that others will notice the pouching system through your clothes. Having an ostomy may seem very noticeable to you, but in reality it is rarely noticed by others. Wearing loose or stretchy clothing creates less constriction around your stoma if you sit or stand for long hours. Comfortable ostomy undergarments help keep your ostomy pouch supported and flat against your stomach, allowing you to wear tailored clothing. Wear a hernia support belt to prevent a parastomal hernia as almost half of ostomates develop this condition. If you sweat a lot, using a skin barrier will decrease friction on your skin.

If your job involves heavy lifting, speak to your doctor first. Defer your return to work until a minimum of 6 weeks post-surgery to give enough time for stitches to heal.



**Take lots of breaks.** It's easy to get wrapped up in work and forget to empty your pouch. Set reminders for yourself.

**Eat the right foods.** Research the

best food options and leave testing of diet changes for the comfort of home.

**Tell a trusted colleague.** It's a personal choice whether or not to tell your employer or colleague about your ostomy. It may help you though if you require frequent breaks or need on-the-job support.

**Get support.** Join an ostomy support group in your area. Having someone else to relate to who has gone through the same experience as you can be hugely invaluable and uplifting.

Source: adapted from Convatec

### Disability Tax Credit for People Living With an Ostomy

The Disability Tax Credit is a non-refundable tax credit used to reduce the amount of tax payable on the income an ostomate, their partner or dependent may have to pay.

All or part of these amounts may be transferred between your spouse, common-law partner, or another supporting person. If a child under 18 years is eligible for the Disability Tax Credit, that child is also eligible for the child disability benefit.

If you have had a permanent ostomy, or temporary ostomy for at least 12 months, you can apply for the Disability Tax Credit.

For further information, refer to <https://caet.ca/wp-content/uploads/2017/08/English.pdf>



**NIGHTINGALE**  
MEDICAL SUPPLIES LTD

#### Fulcionel® Hernia Support Belts and CUI® Undergarments



##### Fulcionel® Hernia Support Belts

- ANTI-ROLL silicone band
- Patented pocket to help put on
- Varied widths and lengths
- Secures any ostomy pouch
- Optional pouch opening



##### CUI® Undergarments:

- Internal pocketed (right, left, central or twinned)
- High- or low-waisted styles
- Mild to moderate support



**15% OFF All Fulcionel and CUI garments for 1st time clients**

Offer valid with Coupon Code FCU03. Offer expires December 31, 2018

Call or email today 1.800.663.5111 | 604.879.3342  
[www.nightingalemedical.ca](http://www.nightingalemedical.ca) | [info@nightingalemedical.ca](mailto:info@nightingalemedical.ca)

## Gail Hawke Trailblazer Award

In May 2018, the Canadian Association of Enterostomal Therapists (CAET) officially changed their name to the Nurses Specialized in Wound Ostomy and Continence of Canada (NSWOCC) to better represent this specialized group of approximately 300 professionals in Canada. The designation of an ET (enterostomal) nurse has accordingly changed to NSWOCC. An NSWOCC is a registered nurse who has graduated from a WCET-accredited program in wound, ostomy and continence care. S/he embodies a strong combination of exceptional clinical, health promotion management, leadership and research skills, in their desire to provide their patients with the best care possible.

In recognition of an NSWOCC's dedication and commitment to their profession, Nightingale Medical annually sponsors the Gail Hawke Trailblazer Scholarship Award that is administered by the NSWOCC. This year's recipient is **Kristi Kremic** of Kelowna. In addition to being a recent outstanding graduate of the NSWOCC program, Kristi's essay on how she planned to emulate Gail Hawke, one of the founding ET nurses in Canada, and become a leader in her field was very inspirational.



Congratulations Kristi on your accomplishments! Thank you for your ongoing dedication and best wishes as you continue your career path.

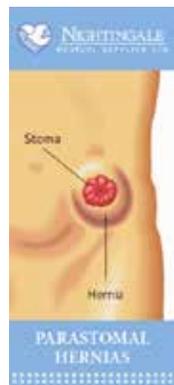
## Tips to Prevent a Parastomal Hernia

Nightingale Medical recently attended the 2018 CAET meeting in Victoria, where the Fulcionel® parastomal hernia support belts and CUI® ostomy undergarments continued to receive much interest.

Research indicates that up to half of all ostomates will develop a hernia post-operatively. Wearing these type of supportive garments can help prevent one from forming or support one that is already present.

This summer, remember to do abdominal strengthening exercises and wear a hernia support belt when playing sports and being active.

Visit [www.nightingalemedical.ca/pages/hernia-support-belts-garments/](http://www.nightingalemedical.ca/pages/hernia-support-belts-garments/) for a list of abdominal strengthening exercises.



## Ask an NSWOCC

**Q.** Can I play sports such as soccer & volleyball with a stoma?

**A.** Playing sports or being active with an ostomy is totally fine. If you plan on playing a contact sport or there is risk of injury to your stoma from falling or contact then, check with your doctor first and consider using a stoma guard. There are multiple companies that make stoma guards but ask your ET nurse as they may have one that can be provided to you.



source: <http://stomadome.com/>

## Upcoming Ostomy Support Group Meetings

### Fraser Valley Ostomates Support Group

Tuesday, September 18th @ 6:30pm  
Ricky's (19219 56 Ave. Langley, BC.)  
RSVP to: [fraservalleyostomates@hotmail.com](mailto:fraservalleyostomates@hotmail.com)

### West Kootenay / Nelson Ostomy Peer Support Group

Tuesday, September 18th  
Gordon Road Wellness Centre, 905 Gordon Road,  
Nelson BC. Enter through Broader Horizing entrance  
at the back of the building.  
Tel: 250.352.5620

### Cowichan Valley Ostomy Peer Support Group

Tuesday, September 11th @ 7pm  
750 Trunk Road (Kiwamis Village), Duncan BC.  
Tel: 250.715.5499 (Dave Clark)

Check <http://www.uoavancouver.com/> for updated chapter meetings for Vancouver, Comox Valley, Mid-Island, Chilliwack, Kamloops and Maple Ridge peer support groups.



## SUMMER SAFETY: Precautions for Cancer Patients



Summer has arrived, kicking off the season of backyard barbecues with friends and family, and enjoying the sunshine and great outdoors. For anyone who has recently undergone cancer treatment, making the most of summer is encouraged and possible providing you take some extra precautions.

### Protect Your Skin

Recent radiation and/or chemotherapy can cause skin to burn more easily, and direct sun exposure can cause healing scars to become discolored and enlarged. Wear a fabric (not straw) wide-brimmed hat to protect your scalp, ears and neck. Apply a generous ping pong ball-sized amount of a chemical-free 30+ SPF sunscreen to your entire body at least 15 minutes before going outside and re-apply every 2 hours (more often if you're swimming). Cover up with a rash guard or other SPF clothing especially engineered to minimize ultraviolet light exposure. Schedule outings to times when the sun's rays are less intense, generally between 11am and 4pm. When skin is more sensitive and the body's immunity is low, you might experience a more severe itching, swelling or reddening reaction to insect bites so use a safe insect repellent and wear long sleeves and pants especially at dusk when mosquitoes are active.

### Watch What You Eat

Cancer treatment can lower one's immunity, and a lowered white blood cell count can make one more vulnerable to bacterial infection. Barbecues and picnics, flying insects, improper storage and handling

and germs riding the wind are all potential sources of bacteria. For this reason it's best to bring your own food. Be careful of fresh fruit and vegetables because mold and bacteria can collect around the blossom and stem, or on bruised, broken areas. Wash and soak produce thoroughly for 10 minutes (see the homemade recipe solution on the next page) and slice off the area around the blossom and stem and remove bruised areas.

### Stay Cool and Comfortable

High heat and humidity can make anyone feel sluggish and unbearable. To help keep cool, wear light, breezy clothes made with natural fibers and avoid heat-trapping fabrics. The nape of the neck is the most sensitive to temperature change so tie a cooling towel soaked in water around your neck to reduce the sensation by 30 degrees C. Carry a SPF-rated or even a regular umbrella to shade you if you're suffering from hot flashes. Bring a lightweight chair in case you start to feel overheated or weak and need a break. Keep a case of water bottles in your car. Switch your real hair wig for a synthetic hair wig with an open-weave cap construction, which lets heat out and fresh air in.

The key is to be aware of how cancer treatment affects your body. Practice these safety precautions, be alert for any warning signs so you can get indoors or ask for help, and then go out and enjoy the summer!

<https://www.livestrong.com/slideshow/1005303-30-safest-sunscreens-3-avoid/#slide=34>

# DIY Veggie Wash

Have you ever wondered how to properly clean your fruits and vegetables?

The editors at Cooks Illustrated did, and using apples and oranges, tested 4 different cleaning methods: washing with antibacterial soap, washing with a solution of diluted vinegar, scrubbing with a brush, and simply rinsing with clean water.

To measure how well each technique worked, they sampled the outside of the fruit with sterile cotton swabs, then rubbed the swabs on to Petri dishes. Then they left the Petri dishes to sit for 80 degrees for several days to observe what bacteria grew, and counted the resulting colonies.

It turns out the scrub brush removed 85 percent of bacteria, just slightly more than using water alone. Washing with antibacterial soap was not recommended – eating soap is just a bad idea. The winner of this experiment was the dilute vinegar rinse - which removed 95% of harmful bacteria including e. coli.

So instead of buying an expensive store-bought wash, make your own **homemade solution of 1 cup distilled white vinegar to 3 cups water**. Then give your fruits and veggies the deep cleanse that they (and you) deserve. Bonus: you already have the key ingredient in your pantry.

You can mix the vinegar with water and put it in a spray bottle. This technique works best for smooth skinned fruits and vegetables. Simply spray the item, just enough to coat the surface, and then rinse under cold water. For strawberries, broccoli, lettuce leaves or spinach, separate out the leaves or heads and soak for 2 minutes in the vinegar solution. Rinse off and enjoy!



Source: <https://www.npr.org/templates/story/story.p?storyId=14540742>

## 3 Sunscreens Everyone Should Avoid

If you find yourself scratching your head about which sunscreen to buy, the Environmental Working Group (EWG) can help. Each year, the EWG evaluates sunscreens currently on the market and gives them a hazard score (1 is the best and 10 is the worst). In addition to releasing their list of top 23 best sunscreens to use, they also mentioned the **top 3 sunscreens to avoid**:



### 1) Sprays and Aerosols

It's too easy to accidentally inhale them and/or miss a spot. "People can potentially inhale ingredients in sprays and ingest some of the ingredients they apply to their lips, so ingredients must not be harmful to lungs or internal organs," the report says.

### 2) Sunscreens Above 50+ SPF

Steer clear of sunscreen products with SPFs above 50+. The reason is that a sunscreen's SPF only refers to its ability to filter the UVB rays that cause sunburn, and it does not guarantee anything about its ability to block UVA rays, which can cause skin damage and/or cancer — especially if you stay outside all day because you think you can due to a false sense of security. In addition, their report states, "High-SPF products require higher concentrations of sun-filtering chemicals [like oxybenzone] than low-SPF sunscreens. Some of these ingredients may pose health risks when they penetrate the skin, and have been linked to tissue damage and potential hormone disruption."

### 3) Chemical Sunscreens

Skip the chemical sun protection altogether and go with physical sun protection. Some chemical sunscreens could interfere with the normal function of hormones. In fact, 80% of chemical sunscreens contain oxybenzone, which gets into the bloodstream, may cause allergic reactions and can mimic estrogen in the body. Instead, opt for sunscreens containing zinc and/or titanium as these minerals are physical blocks that sit on the surface of the skin, preventing UV light from penetrating it.

# S HELLO Summer SPORTS

**15% OFF**  
non-prescription  
**Sport Compression  
Socks & Sleeves**

by CEP, NV-X, & Jobst  
\*Code VAL03, expires Sep. 30, 2018.  
Some exclusions apply.



Sport compression socks are ideal for summertime sports, travel and daily wear. Pick up a pair for your next activity or flight – your legs will thank you!

## BENEFITS:

- Helps improve performance and recovery, and reduce risk of blood clots
- Comfortable without feeling too tight
- Moisture-wicking fabric helps keep your skin dry



Refer to the back cover to find a location near you!  
[www.nightingalemedical.ca](http://www.nightingalemedical.ca) | [info@nightingalemedical.ca](mailto:info@nightingalemedical.ca)

### 3 Reasons to Wear Compression Socks in the Summer

Have you ever wondered why many active people, whether weekend hikers, marathon runners or basketball players, seem to wear compression socks? Compression socks provide 3 great benefits when doing physical activities:

#### 1) Increases Blood Flow

When you do any type of physical activity, compression socks increase blood flow that allows you to warm up faster and deliver fuel more quickly to the muscles. During recovery, increased blood flow prevents blood and metabolic waste from pooling in the muscles and helps the body deliver nutrients to help refuel and repair the muscle faster.



#### 2) Stabilizes Leg Muscles

Wearing compression socks can limit muscle damage and soreness from activity. Running and biking for hours or making high-speed, change-of-direction movements can cause the muscles to be thrown around quite a bit. Since calf muscles are short and thin, the 'belly' of the muscle can oscillate, causing additional muscle and tendon damage that contributes to delayed onset muscle soreness and possible injury. Additionally, not wearing compression support can cause smaller muscles to kick in to help stabilize larger muscles, resulting in more energy used and possibly unnecessary injury. Compression socks help stabilize muscles, reducing the oscillating muscle damage and maximizing muscle efficiency.



#### 3) Increases Body Awareness

Increasing body awareness is very important to helping you be in the best position possible during sports like tennis. Having compression socks pressing against the nerve endings of your body's largest organ, your skin, increases your awareness of your body in space, providing a constant stream of data to your brain. This helps improve posture, stance, agility, and stability during activity, reducing the risk of an imbalance-related injury.



#### How do Compression Socks Help?

"Compression socks" is a term that's used pretty loosely - these days even the supermarket sells compression socks! The lower-quality compression socks that are available at drug stores are of generally inferior composition and tightness, not to mention improperly fit based upon shoe size. The quality compression socks that are available from medical supply stores, however, provide measured compression. They generally cost more because of the material quality and the technical engineering that is invested in to a sock's construction. These compression socks are fit based upon calf circumference and calf length.

Compression socks are fit based on both calf circumference and foot length. If you have bigger feet and skinny calves or shorter feet and thicker calves, compressions calf sleeves may be a better choice.



Whichever style you choose, compression socks and sleeves benefit any type of physical activity because they increase blood flow during and afterwards, while keeping muscles warm and in place during higher-intensity activities. For anyone who is on their feet all day, compression socks can help with increased blood flow that reduces lower leg and foot soreness, as well as prevents blood from pooling in the lower legs which causes the feet to swell.

If your summertime plans include a walk around Stanley Park, a hike up Sun Peaks or cycling the Grand Fondo, don't forget to think about your legs. While it may be tempting to wear your regular socks or even go sockless, wearing compression socks can make a big difference in improving your performance and aiding in recovery, so you can look forward to enjoying more time outdoors.



Adapted from <https://www.backcountry.com/explore/all-about-compression-garments>

# HELLO Summer SWIM

## amoena

### Ayon Half Bodice- *NEW* for 2018!

- Half bodice one-piece pocketed swimsuit
- Ruching in the front flatters your figure, while the black back and bottom create a slimming shape
- High neckline with mesh insert hides scars or burns
- LYCRA® XTRA LIFE™ provides long lasting fit and shape retention as well as high chlorine resistance
- Comfortable, adjustable elastic back straps

# 30% OFF

## MASTECTOMY SWIMWEAR CLEARANCE

Code VAL 03. Expires September 30, 2018.



\*Excludes Summer 2018 collection, TYR and special orders.  
Sizes and selection vary by store.

Call today to book an appointment with a Certified Mastectomy Fitting Specialist.

**VANCOUVER - SOUTH**  
125-408 East Kent Ave S.  
T: 604.879.9101  
TF: 800.663.5111  
Fax: 604.879.3342  
Mon-Fri, 8am-4pm

**VANCOUVER - BROADWAY**  
104-950 W Broadway  
T: 604.563.0422  
TF: 800.663.5111  
Fax: 604.336.3179  
Mon-Sat, 9am-5pm

**COQUITLAM**  
3 - 2773 Barnet Hwy  
T: 778.941.9985  
Fax: 778.941.9029  
Mon-Sat, 9am-5pm

**LANGLEY**  
103-19909 64th Ave  
T: 604.427.1988  
TF: 855.427.1988  
Fax: 604.427.1989  
Mon-Sat, 9am-5pm

**WHITE ROCK**  
1477 Johnston Rd  
T: 604.536.4061  
TF: 877.386.8773  
Fax: 604.536.4018  
Mon-Fri, 9am-5pm

**VICTORIA**  
815 Bay St  
T: 250.475.0007  
TF: 855.475.0007  
Fax: 250.475.0004  
Mon-Fri, 9am-5pm

**KAMLOOPS**  
632 Victoria St  
T: 250.377.8844  
TF: 877.377.8845  
Fax: 250.377.8889  
Mon-Fri, 9am-5pm

**VERNON**  
111-3400 Coldstream Ave  
T: 250.545.7033  
TF: 800.545.8977  
Fax: 250.558.0034  
Mon-Fri, 9am-5pm

[www.nightingalemedical.ca](http://www.nightingalemedical.ca) | [info@nightingalemedical.ca](mailto:info@nightingalemedical.ca)

