

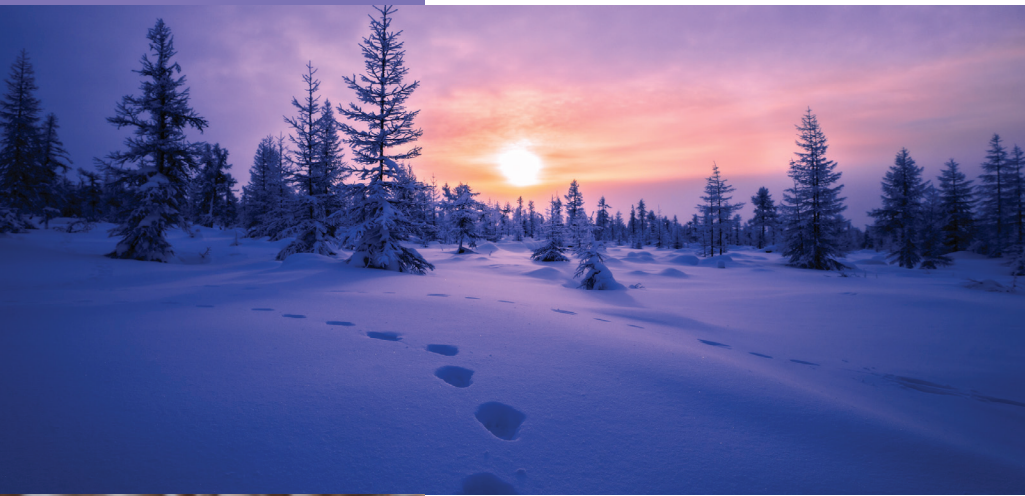
AGING WELL

A NEWSLETTER FROM



PHARMACIE
MEDICAL ARTS
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Where aging well means everything



Understanding Ostomies

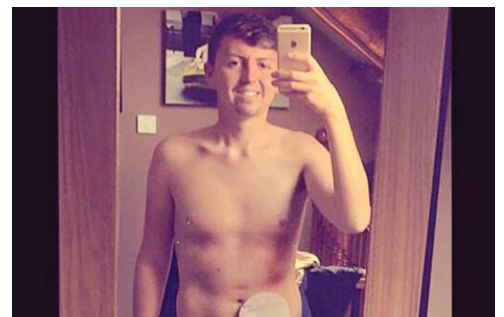
It's not unusual for our pharmacists to be asked: **What is an ostomy?**, especially after Medical Arts launched its Ostomy Boutique website last February.

So for general awareness, it may be useful to know what an ostomy is. Not only because many people live with ostomies, but also because any one of us (or a loved one) could require an ostomy in our lifetime if we experience certain health issues.

First, an ostomy is created by a surgical procedure that brings the intestine out through the abdomen so that bowel and/or bladder content can leave the body by emptying into a specially designed "ostomy pouch" (or bag). And the piece of the intestine that sticks out of the abdomen (and empties into the bag) is called the "stoma." But this definition is only a starting point.

There are many kinds of ostomies and many reasons why they're necessary, even life-saving.

Did you know that many thousands of Canadians - from infants to the elderly - live with an ostomy? If you're surprised to know this, it may be because the topic has only recently become more "open" to awareness, discussion and public education.



This young man's Internet "ostomy selfie" has helped educate millions and is part of a growing trend to talk about ostomies openly.



If you or a loved one lives with an ostomy, feel free to visit Medical Arts' website:
ostomyboutique.ca



There are many reasons why an ostomy might be necessary, and some include that a person has:

- **A birth defect**
- **Certain types of cancers**
- **Ulcerative colitis**
- **An infection, such as a perforated diverticulitis or an abscess**
- **Had an injury to the colon or rectum, such as from a car accident, gunshot or stab wound**
- **A blockage inside the bowel**
- **Crohn's Disease, etc.**

One can only imagine how stressful it might be to learn that surgery to create an ostomy is required. But the healthcare team, (including pharmacists), and “ostomy support groups” can be invaluable in helping people learn to live with their ostomy.

It may also be helpful to know that Medical Arts Pharmacy has always been the first and only pharmacy in SDG that serves hundreds of people who live with ostomies. In fact we launched Ostomy Boutique as a “service enhancement” because we can deliver product anywhere in Canada for people who do not have access to a pharmacy that carries ostomy supplies.

Ostomy Boutique is also fully available in French and English at **ostomyboutique.ca**



For some useful “ostomy basics” this link to a little boy explaining his ostomy is highly recommended and worth watching.

https://youtu.be/eBry_MsqcVs

**All kinds of people have ostomies.
Ostomy Boutique and Medical Arts
are always here to help.**

ostomyboutique.ca



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