

NEW STORE HOURS - Effective July 19, 2021

Monday | Tuesday 9am-5pm Wednesday | Thursday 9am-6pm Friday 9am-5pm
Closed Weekends & Holidays



Paul Meise - 'The Ostomy Expert'

Being an Ostomate since 1966, Paul Meise found that whenever he had questions or concerns about ostomy products, there was a lack of resources to satisfy his need for knowledge. Over several years of trying to obtain information, gather support, and gain advice regarding his ostomy, Paul saw a need and was motivated to make a difference for other ostomates in British Columbia. So, in 1991 Cooper Medical Supplies was born.

When someone first receives the news that an ostomy is potentially in their future, it can be very overwhelming. Paul's willingness to share a lifetime of experience and his unique perspective on the little things has been reassuring to many that face living with an ostomy. Paul states "lots of people get the 'big' things, but it's the little things that often cause the most frustration." It is Paul's sharing some of those 'little things,' that will illustrate the compassion, the understanding of being motivated and as Paul puts it "there is always a solution for whatever an ostomate might face." For example, Paul loves the outdoors. "Fishing and camping is a big part of my life, yes I can swim in a lake, sit on a boat for hours...it all comes down to planning and being prepared."

The pre-conceived notion of 'omg now I have to eat select foods and have a diet plan,' which is not true. Paul is first to note "I love to eat! Yes, I will overeat as well as I will eat spicy foods, delicious desserts, and have turkey hangovers." The point being just because you are an ostomate, doesn't mean your world has to change, you may have to deal with situations just as you would have before. There are so many ostomy solutions, and you can live your life the same as anyone else, it's up to you.

With any medical situation, family is key and is as important as to living a positive life. Paul emphasizes that "this holds true for anyone with an ostomy. Family, compassion, and the

(continuation Paul Meise - The Ostomy Expert)...

willingness to live a life that you want to live, is possible.” Paul (like most ostomates) had struggles in the early days but as the Ostomy world progresses, the first word of advice from Paul is “do not feel that you are not able to do what you did before. Again, it’s the little things that get to you the most.

In the end, ‘it takes an ostomate to understand an ostomate.’

Feel free to visit Paul at our store and/or send him an email at paul@coopermedical.ca

Did You Know?

Learn how to spot peristomal skin irritation and damage

- Hollister Canada

1. Discomfort, itching, soreness, or even pain around the stoma
2. Recurrent leakage under your pouching system or skin barrier
3. Excessive bleeding of your stoma – it’s normal for your stoma to slightly bleed after you wash it, but the bleeding should resolve quickly
4. A bulge in the skin around your stoma
5. Skin color changes from normal pink or red to pale, bluish purple, or black
6. A rash around the stoma that is red, or red with bumps – this may be due to a skin infection or sensitivity, or even leakage
7. Wart-like, pimple-like or blister-like bumps under the skin barrier – this type of irritation can happen any time, even if you’ve used the same product for months or years
8. Any type of wound or scratch on the peristomal skin

[Click here for more information.](#)



Learn how to help prevent stoma fluid leakage - Hollister Canada

Making sure your ostomy pouch adheres properly will go a long way towards preventing leaks.

Here are some tips for staying leak-free:

1. Put a high priority on ostomy skin health.
2. Make sure your skin barrier fits properly.
3. Change your ostomy pouch on a regular basis.
4. Make sure your ostomy pouch is secure during exercise or physical activity.
5. Take special care when removing your ostomy skin barrier.
6. Find the right product mix for you.

[Click here for more information.](#)



Ostomy Product Highlight



Ostomy Odor Eliminator

Na'Scent is an Ostomy odor eliminator that is for use inside all ostomy pouching systems. Start with just a squirt or two directly into your ostomy pouch to eliminate embarrassing odors and regain your confidence today!

Available in two sizes: 236ml | 354ml

Contact us in store at 101, 1953 Baron Road in Kelowna, BC or email us at wecare@coopermedical.ca



Seal-N-Toss Ostomy Disposal System

Have you ever wished there was a way to discreetly dispose of your used ostomy appliance while out or at a friend's place?

The Seal-N-Toss Ostomy Disposal System from Attiva Ostomy Essentials gives you a way to do just that.

With Seal-N-Toss, you simply place your used appliance inside the pouch, seal it, and toss it away. If there is no suitable place to discard it, you can keep it with you until one is available.

Seal-N-Toss is made of a thick, opaque plastic that is quiet (no rustling noises) and features a heavy duty zip closure. It completely hides its contents and helps contain odours. Seal-N-Toss is sold in packages of 50 bags.

Enjoy Life More & Worry Less...

Contact us in store at 101, 1953 Baron Road in Kelowna, BC
or
email us at: wecare@coopermedical.ca

NEW PRODUCT

Medi CEP - Challenge your limits

Scientifically proven, CEP compression sportswear is proven to enhance circulation allowing athletes to reach greater physical performances. CEP provides faster recovery while offering stabilization of the muscles and joints and therefore reducing the risk of injury.



Compression No Show Socks 3.0 from Medi Canada. Quality you can feel - but hardly see!

- Unmatched wearing comfort thanks to anatomical design.
- Functional padding for comfortable fit.
- Optimized fabric with excellent wicking properties for superior heat and moisture management.

15-20 mmHg

MATERIAL
90% polyamide,
10% spandex

NEW COLORS

MEN ONLY

WOMEN ONLY

BASIC COLOR

TREND

The image shows a row of 11 socks in various colors: black, white, dark blue, light blue, orange, yellow, red, teal, pink, and light purple. The first three are labeled 'BASIC COLOR' and the remaining eight are labeled 'TREND'. The first three are for 'MEN ONLY' and the last eight are for 'WOMEN ONLY'. A 'NEW' tag is visible above the red and light purple socks.

Comfort elbow support for soft tissue compression



Comfort zone

- Soft, fine and elastic for noticeably greater user comfort, even in sensitive joint areas

Wide cuff

- Superior girding on the upper arm
- Additional grip thanks to interwoven silicone threads
- High user comfort and no bunching of the fabric

Silicone pad with innovative 3D profile

- Gentle massage effect
- FrictiOptimised epicondyle recess on dots to improve microcirculation (dotted)
- Structure profile removes deposits (ribbed)

Individually adjustable strap

- Additional support

Pressure free cuff

- Prevents constriction



Questions Regarding Compression Stockings & Bracing?

Email Bobby Jo: fitter@coopermedical.ca

Telephone: 250-868-3034

OUR COMMUNITY



Straight From DeHart - June 23, 2021

Maxine DeHart did a feature on Cooper Medical Supplies in her ['Straight From Dehart Business Column.'](#) Thank you Maxine for the recognition and support of Cooper Medical Supplies.

Be sure to follow Maxine on social media, Kelowna Capital News, Kelowna Now and listen to her feature on Wednesday mornings on 1150 Radio in Kelowna.

[View the feature from Maxine here](#)

Environmental Pollutants -It's that time of year...



It's that time of year when sufferers of environmental illness often have allergies and are very sensitive to chemicals.

Almost anything can cause symptoms in a person suffering from environmental illness; the usual suspects include pollen, mold, dust, or dander. [Please visit https://coopermedical.ca/medical-supply-store-kelowna/respiratory/ for more information.](https://coopermedical.ca/medical-supply-store-kelowna/respiratory/)



The Cambridge Mask Pro filters almost 100% of particulate matter down to 0.3 microns in size. Furthermore, the unique filter that is used in the mask allows almost 100% of bacteria, viruses, pollutants and wildfire smoke to be removed.

[For more information visit us here our Resource webpage](#)

Wildfire smoke is composed of carbon dioxide, water vapor, carbon monoxide, particulate matter, and other organic chemicals.

One of the most harmful components is the particulate matter which ranges in size from 0.4 - 0.7 microns. This is small enough to penetrate the human bloodstream via the lungs and leads to increased risk of heart disease or strokes which are the leading cause of death from air pollution.



Why Wear a Mask after Covid?

With most respiratory infections, including COVID-19, the nose is the main port of entry, this being where the virus will rapidly multiply, and take hold throughout the body in various ways and symptoms.

When we build antibodies to a virus and encounter the same virus for the second time, our bodies understand how to fight it off before it takes effect, similar to when we are vaccinated. What we don't realize is that the virus, that has entered the nostrils and mucosa, will leave the body immediately.

There is still a large risk that we can transmit through sneezing, coughing or breathing out when around other people.

Information provided by Cambridge Masks.

Cooper Medical Supplies Favorite Family Recipes

We like to have a little fun and we do like to share.
We will have a monthly **staff member's favorite recipe!**

You can share your favorite recipe...

So bring your recipes next time you are in the store,
or drop us an email at wecare@coopermedical.ca

Check out one of Laurie's favorites...

Guac by Gretz

Guacamole is quite possibly my favorite food. If I was shipped off to Siberia and only allowed to take one food item, it would be guacamole. Pretty sure if I had unlimited guacamole and L'Oréal Voluminous mascara, I'd survive just fine.

Sometimes I eat only guacamole for dinner. With a spoon. Is that pathetic? Please don't tell anyone—people expect more from me!



Ingredients:

- 3 large avocados (ripe but not squishy)
- 2 tbsp freshly squeezed lime juice
- ¾ tsp sea salt
- 1 cup finely diced Roma (plum) or grape tomatoes
- ½ cup finely minced red onions (fine!) ½ cup chopped fresh cilantro
- 1 small jalapeno pepper, finely minced 1 tsp minced garlic
- ¼ tsp ground cumin
- Pinch cayenne pepper or more if you like heat!

Instructions:

Peel and pit avocados. Scoop avocado flesh into a medium bowl. Add lime juice and salt. Using a potato masher, mash well but leave some lumps.

Add remaining ingredients and mix well. Cover with plastic wrap, pressing down lightly on the guacamole to create a tight air-free seal.

Refrigerate for 1 hour before serving. Makes about 2 1/2 cups guacamole.

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