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provide support and security for all
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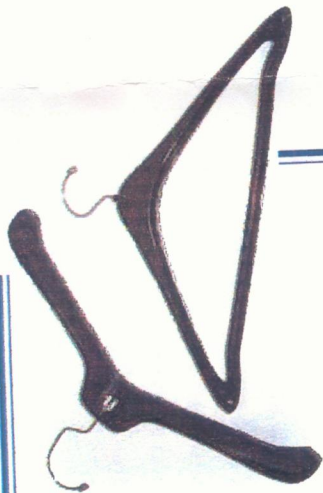
ms' high waisted trousers for men
available from Chums Ltd of
lick Road, Knowsley Industrial Park,
h Prescot, Merseyside, L34 4AB.

rotector (like a cricketer's box) can be
n to protect the stoma during
ical contact sports like rugby or
ball.

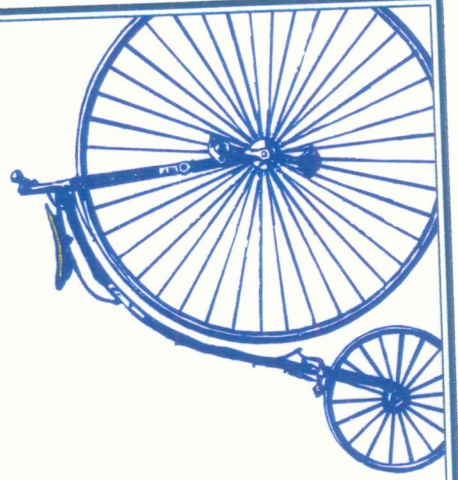
earing an appliance belt always wear
stoma level to avoid any drag on the
na.

Boxer short swimming
trunks for men and
patterned costumes
for ladies will also help
to hide your appliance.

Trousers and shorts
with elasticated
waistbands are ideal
and comfortable to
wear. Also those with
pleats at the front will
help hide any bulge.



Mobility



Fittleworth

Medical Limited

*committed to caring
and cutting out the fuss*

*Produced by Fittleworth, an
independent supplier of all
prescribable ostomy items,
who may be contacted on*

0800 378 846

Comfort in the Car

Wearing seat belts, particularly for those people who have had surgery more recently, can be a worry. For those who find that the conventional seat belts are a problem, you will find that a KLUNK CLIP attachment will be the answer. Available from car accessory shops the cost is around £4-5 depending on the make of car.



Are you sitting comfortably? No!

If you read on, this may help. The company have produced a seat belt accessory called the Comfitum. It can be simply fitted to the front seat of virtually any car, and will support the lap part of the seat belt comfortably across the thighs and away from the soft tissues of the abdomen. The accessory, available to European ECE R16 standards costs around £9.99. It is simply strapped to the car seat, the wearer then sits on the Comfitum's cushion and fastens the seat belt in the normal way. A special comfort pad is positioned between the legs and around the lap part of the belt to hold it safely and comfortably below the stomach. For more information contact Electrolux-Klippan Customer Services on 01228 535544

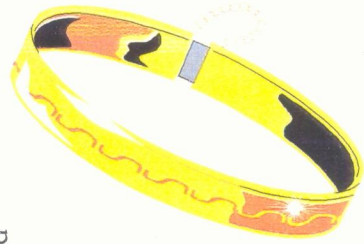
Medic Alert

One in three people in this country have some sort of serious medical condition that can't be seen, but is life threatening.

There are many such problems, including serious allergies (to peanuts, for example), Epilepsy or Diabetes. The loss of all or part of the spleen, which is a vital part of your immune system, can also imperil your life. Miles Bowyer, a young father of two, died from septicemia after a mild chest infection. If the doctor on call had known that Miles had lost his spleen in a car accident and given him protective antibiotics immediately, Boyes death 36 hours later would almost certainly have been prevented.

Wearing a Medic Alert bracelet or necklet is a good way to make sure that your medical condition is known about. These are engraved, with medical details, a personal identity number and a 24 hour, year round emergency number. Membership of the Medic Alert Foundation, a registered charity, costs £30 and includes a bracelet or necklet. For further information and application forms, call freephone 0800 581420 or write to:

Medic Alert Foundation
12 Bridge Wharf,
156 Caledonian Road,
London N1 9UU



RADAR

National Key Scheme

The National Key Scheme

allows people access to specially adapted toilets which are

locked to avoid vandalism and misuse.

This means that key holders can be sure of a higher standard than found in many public conveniences. The Royal Association for Disability and Rehabilitation provides keys for the National Key Scheme and also with a book listing all the sites throughout the country.

The key is available to all ostomists.

Contact RADAR on 0171 250 3222 for further information and current prices.

RADAR,
12 City Forum
250 City Road
London
EC1V 8AF

You do not need a letter from your G.P. or nurse, simply write a covering letter with your request.

