SUPORTX™

www.sutherlandmedical.com.au

Support Wear

A range of specialist hernia and abdominal support belts and briefs for ladies and men

For further information please call

1300 664 027

Introduction

Suportx™ by AMI Medical Ltd was established in 2009 and has since been manufacturing new and innovative support garments for hernia prevention and support.

- We are proud to design and manufacture our bespoke support wear ranges in our manufacturing facility in the UK.
- Suportx™ are leading suppliers of abdominal support wear.
- We pride ourselves on working closely with medical professionals and users in order to innovate and design new support wear.

Sutherland Medical have been leaders in healthcare sales since April 1989 and are a wholly Australian owned family Company.

Our highly skilled professional staff also consist of Registered Nurses who provide educational training as well as Sales, Administration and Management Personnel.

We are proudly the exclusive Australia-wide Distributors for the unique Suportx range of hernia prevention and management products.

SUTHERLAND MEDICAL - SMALL ENOUGH TO KNOW OUR CUSTOMERS EVERY NEED - BUT BIG ENOUGH TO DELIVER ON EVERY PROMISE

Moderate Support

Breathable Range

Suportx Breathable Shorts and Briefs have been specifically manufactured for the Australian market utilising the latest in fabric and design advances.

We have also added a new design to the briefs to ensure superior breathability. The design has a unique small square pattern on the front of the garment ensuring the benefit of added breathability.

Firm Support

Shield Belt

The Suportx™ hernia support range is made from the latest control fabric giving equal and even support, which means the pressure is distributed evenly across the garment.

The fabric is designed to support abdominal hernias, with emphasis on parastomal hernias to allow the stoma to function whilst still supporting the hernia.

Firm Support

Girdles

Our Male and Female hernia support Girdles are designed to offer support in the areas where you need it.

The lower section of the girdle has a soft and comfortable microfibre fabric which allows the end user to move comfortably.

We offer a wide range of support girdles, offering a variety of depths, sizes and colours.

AVAILABLE ON ANNUAL SAS ALLOWANCE

MODERATE SUPPORT

KEY FEATURES

- Supports abdominal muscles and helps to prevent or support a hernia
- Designed to be worn over a stoma pouch without restricting the natural output from the stoma
- Variety of sizes available in both shorts and briefs

COLOURS AVAILABLE

WHITE BLACK NEUTRAL

Suportx™ Breathable Shorts & Briefs

Suportx Breathable Shorts and Briefs have been specifically manufactured for the Australian market utilising the latest in fabric and design advances.

This product offers ostomates a hernia support garment as well as support of their ostomy pouch and offers an alternative to the use of an abdominal binder.

The level 2 support briefs are made using seamless technology and a unique double jersey structure. The comparable garments use a 2x2 rib construction therefore making the fabric weight heavier. Double jersey fabrics are more stable than rib base fabrics, providing the user a lighter product whilst offering support.

We have also added a new design to the briefs to ensure superior breathability. The design has a unique small square pattern on the front of the garment ensuring the benefit of added breathability.

BREATHABLE SHORTS

BREATHABLE BRIEFS

SAS ALLOWANCE: 6 GARMENTS PER ANNUM

SUPORTX

FIRM SUPPORT

KEY FEATURES

- Allows the stoma to function in its entirety
- Protection when participating in physical activities
- Assists with the containment of prolapsed stomas
- Minimises risk of injury to the stoma
- Compatible with both one piece and two piece stoma bags

COLOURS AVAILABLE

WHITE BLACK NEUTRAL

Suportx™ Shield Belt
w/Easy Peel Fastening

Comfort. Even in warmer climates.

Suportx™ Stoma Shield Belt has been designed and developed using customer feedback in conjunction with stoma care nurses.

Suportx Stoma Shield Belt is ideally suited for people who may experience difficulty using normal support belts.

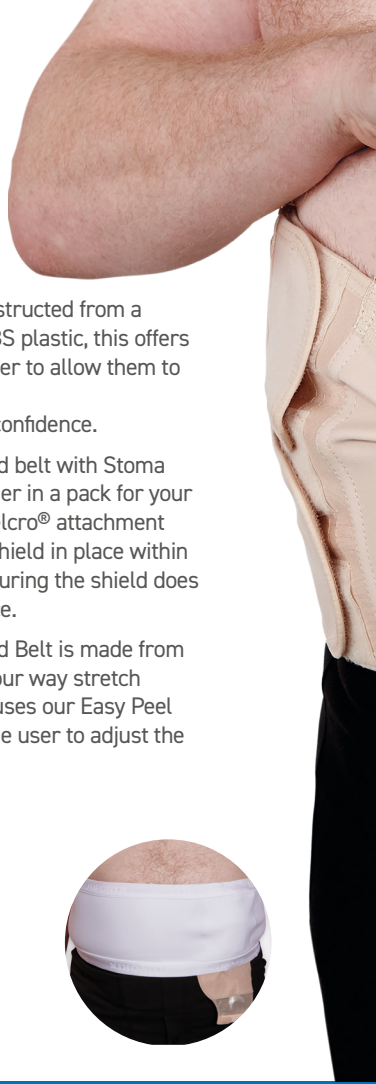
Suportx shield belt assists in easing:

- Pressure on the stoma site reducing discomfort
- Pressure on the stoma bag stopping leaking at the seal or hindering the function of the stoma.
- Discomfort whilst wearing a belt with a prolapsed stoma

Stoma Shield is constructed from a light and durable ABS plastic, this offers protection for the user to allow them to carry on with their day to day life with confidence.

The Suportx™ Shield belt with Stoma Shield comes together in a pack for your convenience. The Velcro® attachment securely holds the shield in place within the support belt ensuring the shield does not move out of place.

The Suportx™ Shield Belt is made from a soft and durable four way stretch Lycra fabric. It also uses our Easy Peel fastening to allow the user to adjust the belt with ease!



SAS ALLOWANCE: 3 GARMENTS PER ANNUM

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SUPORTX™

FIRM SUPPORT

KEY FEATURES

- Supports abdominal muscles and helps to prevent or support a hernia
- Designed to be worn over a stoma pouch without restricting the natural output from the stoma
- Variety of sizes available in both high and low waist
- Designed and manufactured in Nottingham, UK

COLOURS AVAILABLE

WHITE BLACK NEUTRAL

Suportx™ Girdles

Our Hernia Support Girdles are available with various support options to suit most needs.

Our male and female hernia support briefs are designed so the support fabric is only in the areas that need support.

The upper portion of the girdle is made from a soft and comfortable 4-way stretch control fabric with mouldable technology.

The lower section is made from a soft and flexible microfibre.

LADIES SUPPORT GIRDLES

MENS SUPPORT GIRDLES

SAS ALLOWANCE: 3 GARMENTS PER ANNUM

Suportx™
Girdle
(with lace)

Breathable Shorts & Briefs - Unisex

BREATHABLE SHORTS - LEVEL 2 SUPPORT				
SIZE	WAIST	WHITE	BLACK	NEUTRAL
S-M	28-32" (71-81CM)	ASU12W	ASU12B	ASU12S
M-L	34-38" (86-97CM)	ASU13W	ASU13B	ASU13S
L-XL	40-44" (102-112CM)	ASU14W	ASU14B	ASU14S
XL-XXL	46-50" (117-127CM)	ASU15W	ASU15B	ASU15S
XXL-XXXL	52-56" (132-142CM)	ASU16W	ASU16B	ASU16S
SAS CODE: **80216X** | 6 GARMENTS ALLOWED PER ANNUM *(PACK SIZE: 1)*				

BREATHABLE BRIEFS - LEVEL 2 SUPPORT				
SIZE	WAIST	WHITE	BLACK	NEUTRAL
S-M	28-32" (71-81CM)	ASL12W	ASL12B	ASL12S
M-L	34-38" (86-97CM)	ASL13W	ASL13B	ASL13S
L-XL	40-44" (102-112CM)	ASL14W	ASL14B	ASL14S
XL-XXL	46-50" (117-127CM)	ASL15W	ASL15B	ASL15S
XXL-XXXL	52-56" (132-142CM)	ASL16W	ASL16B	ASL16S
SAS CODE: **80217Y** | 6 GARMENTS ALLOWED PER ANNUM *(PACK SIZE: 1)*				

AVAILABLE ON ANNUAL SAS ALLOWANCE

Suportx™ Shield Belt w/ Easy Peel Fastening - Unisex

SHIELD SIDE	15CM LEFT SIDED SHIELD BELT			SIZE	15CM RIGHT SIDED SHIELD BELT			SHIELD SIDE
	WHITE	BLACK	NEUTRAL		WHITE	BLACK	NEUTRAL	
LEFT	SPX751LW	SPX751LB	SPX751LS	SMALL	SPX751RW	SPX751RB	SPX751RS	RIGHT
LEFT	SPX752LW	SPX752LB	SPX752LS	MEDIUM	SPX752RW	SPX752RB	SPX752RS	RIGHT
LEFT	SPX753LW	SPX753LB	SPX753LS	LARGE	SPX753RW	SPX753RB	SPX753RS	RIGHT
LEFT	SPX754LW	SPX754LB	SPX754LS	X-LARGE	SPX754RW	SPX754RB	SPX754RS	RIGHT
LEFT	SPX755LW	SPX755LB	SPX755LS	XX-LARGE	SPX755RW	SPX755RB	SPX755RS	RIGHT

SHIELD SIDE	20CM LEFT SIDED SHIELD BELT			SIZE	20CM RIGHT SIDED SHIELD BELT			SHIELD SIDE
	WHITE	BLACK	NEUTRAL		WHITE	BLACK	NEUTRAL	
LEFT	SPX761LW	SPX761LB	SPX761LS	SMALL	SPX761RW	SPX761RB	SPX761RS	RIGHT
LEFT	SPX762LW	SPX762LB	SPX762LS	MEDIUM	SPX762RW	SPX762RB	SPX762RS	RIGHT
LEFT	SPX763LW	SPX763LB	SPX763LS	LARGE	SPX763RW	SPX763RB	SPX763RS	RIGHT
LEFT	SPX764LW	SPX764LB	SPX764LS	X-LARGE	SPX764RW	SPX764RB	SPX764RS	RIGHT
LEFT	SPX765LW	SPX765LB	SPX765LS	XX-LARGE	SPX765RW	SPX765RB	SPX765RS	RIGHT

SHIELD SIDE	26CM LEFT SIDED SHIELD BELT			SIZE	26CM RIGHT SIDED SHIELD BELT			SHIELD SIDE
	WHITE	BLACK	NEUTRAL		WHITE	BLACK	NEUTRAL	
LEFT	SPX771LW	SPX771LB	SPX771LS	SMALL	SPX771RW	SPX771RB	SPX771RS	RIGHT
LEFT	SPX772LW	SPX772LB	SPX772LS	MEDIUM	SPX772RW	SPX772RB	SPX772RS	RIGHT
LEFT	SPX773LW	SPX773LB	SPX773LS	LARGE	SPX773RW	SPX773RB	SPX773RS	RIGHT
LEFT	SPX774LW	SPX774LB	SPX774LS	X-LARGE	SPX774RW	SPX774RB	SPX774RS	RIGHT
LEFT	SPX775LW	SPX775LB	SPX775LS	XX-LARGE	SPX775RW	SPX775RB	SPX775RS	RIGHT

SIZE	WAIST
SMALL	75-90cm 30-36"
MEDIUM	90-105cm 36-42"
LARGE	105-120cm 42-48"
X-LARGE	120-135cm 48-54"
XX-LARGE	135-148cm 54-59"

SAS CODE	80218B
ALLOWANCE	3 PER ANNUM
PACK SIZE	1

AVAILABLE ON ANNUAL SAS ALLOWANCE

Suportx™ Girdles - Ladies

HIGH WAISTED GIRDLES					
SIZE	HEIGHT	LACE	WHITE	BLACK	NEUTRAL
SMALL	HIGH	✓	SPX306W	SPX306B	SPX306S
SMALL	HIGH	✗	SPX308W	SPX308B	SPX308S
MEDIUM	HIGH	✓	SPX314W	SPX314B	SPX314S
MEDIUM	HIGH	✗	SPX316W	SPX316B	SPX316S
LARGE	HIGH	✓	SPX322W	SPX322B	SPX322S
LARGE	HIGH	✗	SPX324W	SPX324B	SPX324S
X LARGE	HIGH	✓	SPX330W	SPX330B	SPX330S
X LARGE	HIGH	✗	SPX332W	SPX332B	SPX332S
XX LARGE	HIGH	✓	SPX338W	SPX338B	SPX338S
XX LARGE	HIGH	✗	SPX340W	SPX340B	SPX340S
SAS CODE: **80214T** | 3 GARMENTS ALLOWED PER ANNUM *(PACK SIZE: 1)*					

LOW WAISTED GIRDLES					
SIZE	HEIGHT	LACE	WHITE	BLACK	NEUTRAL
SMALL	LOW	✓	SPX346W	SPX346B	SPX346S
SMALL	LOW	✗	SPX348W	SPX348B	SPX348S
MEDIUM	LOW	✓	SPX354W	SPX354B	SPX354S
MEDIUM	LOW	✗	SPX356W	SPX356B	SPX356S
LARGE	LOW	✓	SPX362W	SPX362B	SPX362S
LARGE	LOW	✗	SPX364W	SPX364B	SPX364S
X LARGE	LOW	✓	SPX370W	SPX370B	SPX370S
X LARGE	LOW	✗	SPX372W	SPX372B	SPX372S
XX LARGE	LOW	✓	SPX378W	SPX378B	SPX378S
XX LARGE	LOW	✗	SPX380W	SPX380B	SPX380S
SAS CODE: **80214T** | 3 GARMENTS ALLOWED PER ANNUM *(PACK SIZE: 1)*					

Ladies Size Chart

L LOW WAIST H HIGH WAIST

	HEIGHT/DEPTH (CM)																				
GARMENT SIZE (cm)	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
SMALL (36-39"/91-99cm)	L	H	H	H	H	H	H	H	H												
MEDIUM (39.5-42.5"/100-108cm)	L	L	L	L	H	H	H	H	H	H	H	H									
LARGE (43-46"/109-117cm)	L	L	L	L	L	L	L	H	H	H	H	H	H	H	H						
X LARGE (46.5-49.5"/118-126cm)			L	L	L	L	L	L	L	L	H	H	H	H	H	H	H	H			
XX LARGE (50-53"/127-135cm)						L	L	L	L	L	L	L	L	H	H	H	H	H	H	H	H

AVAILABLE ON ANNUAL SAS ALLOWANCE

Suportx™ Girdles - Mens

HIGH WAISTED GIRDLES					
SIZE	HEIGHT	LEGS	WHITE	BLACK	NEUTRAL
SMALL	HIGH	✓	SPX102W	SPX102B	SPX102S
SMALL	HIGH	✗	SPX104W	SPX104B	SPX104S
MEDIUM	HIGH	✓	SPX106W	SPX106B	SPX106S
MEDIUM	HIGH	✗	SPX108W	SPX108B	SPX108S
LARGE	HIGH	✓	SPX110W	SPX110B	SPX110S
LARGE	HIGH	✗	SPX112W	SPX112B	SPX112S
X LARGE	HIGH	✓	SPX114W	SPX114B	SPX114S
X LARGE	HIGH	✗	SPX116W	SPX116B	SPX116S
XX LARGE	HIGH	✓	SPX118W	SPX118B	SPX118S
XX LARGE	HIGH	✗	SPX120W	SPX120B	SPX120S
SAS CODE: **80215W** | 3 GARMENTS ALLOWED PER ANNUM *(PACK SIZE: 1)*					

LOW WAISTED GIRDLES					
SIZE	HEIGHT	LEGS	WHITE	BLACK	NEUTRAL
SMALL	LOW	✓	SPX122W	SPX122B	SPX122S
SMALL	LOW	✗	SPX124W	SPX124B	SPX124S
MEDIUM	LOW	✓	SPX126W	SPX126B	SPX126S
MEDIUM	LOW	✗	SPX128W	SPX128B	SPX128S
LARGE	LOW	✓	SPX130W	SPX130B	SPX130S
LARGE	LOW	✗	SPX132W	SPX132B	SPX132S
X LARGE	LOW	✓	SPX134W	SPX134B	SPX134S
X LARGE	LOW	✗	SPX136W	SPX136B	SPX136S
XX LARGE	LOW	✓	SPX138W	SPX138B	SPX138S
XX LARGE	LOW	✗	SPX140W	SPX140B	SPX140S
SAS CODE: **80215W** | 3 GARMENTS ALLOWED PER ANNUM *(PACK SIZE: 1)*					

Mens Size Chart

L LOW WAIST H HIGH WAIST

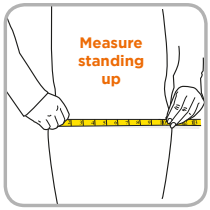
	HEIGHT/DEPTH (CM)																				
GARMENT SIZE (cm)	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
SMALL (30-35"/76-89cm)	L	L	H	H	H	H	H	H	H												
MEDIUM (35.5-40.5"/90-103cm)	L	L	L	L	L	H	H	H	H	H	H	H	H								
LARGE (41-46"/104-117cm)	L	L	L	L	L	L	L	L	H	H	H	H	H	H	H	H					
X LARGE (46.5-51.5"/118-131cm)			L	L	L	L	L	L	L	L	L	H	H	H	H	H	H	H	H		
XX LARGE (52-57"/132-145cm)						L	L	L	L	L	L	L	L	L	H	H	H	H	H	H	H

AVAILABLE ON ANNUAL SAS ALLOWANCE

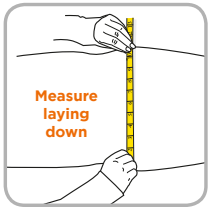
Support Belt Measuring Instructions

Measuring the width of a support belt

Measure both lying down and standing up. The smaller measurent of the two should be used for required level of compression.



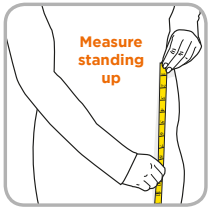
1. Place the tape around the widest part of the body where the belt is to be worn/support is needed. This is normally over the hernia/stoma pouch if relevant. Keep the tape measure fairly tight.



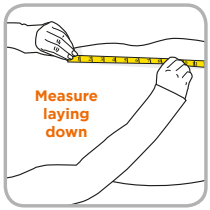
Measuring the depth of support belt

1. Establish where the top of the belt needs to be positioned

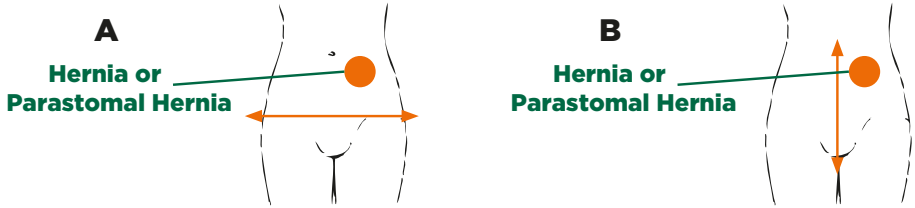
a. This will normally be above the top of the pouch by at least 3cm or above the hernia by at least 3cm whichever is the highest.



2. Once the top position has been established, put the tape in a straight line down the body to where the customer would like the belt to finish, this will need to fully cover the hernia/abdomen area without digging into groin/legs.



Support Girdle Measuring Instructions



Measuring the width of a support girdle

1. Place the tape around the widest part of the body where the brief is to be worn/ support is needed. This is normally over the hernia/stoma pouch if relevant or around the hips on a lady. Keep the tape measure fairly tight.
2. The required size can be established by referring to the size/code chart.

Measuring the height/depth of a support girdle

1. Measure from the centre of the crotch (between legs) in a straight line up the body to where the garment needs to come up to.

    a. This will normally be above the top of the pouch by at least 3cm or above the hernia by at least 3cm whichever is the highest.

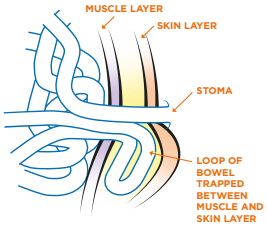
A Guide to Parastomal Hernias

What is a Parastomal Hernia?

The term hernia describes any bulge or swelling around the stoma.

When a stoma is created an incision is made into the muscles of the abdominal wall, a hernia occurs when the edges of the stoma come away and can no longer be supported by the weakened muscles. This allows a section of bowel to protrude through and sit outside the abdomen but under the skin causing it to bulge.

Parastomal hernias can develop following any surgery to create a stoma and studies tell us that up to 70% of ostomates will go on to develop a hernia. Hernias usually occur gradually and can increase over time if not supported.



What steps should I take to avoid a hernia?

The longer a stoma is present the greater the chance of a hernia developing.

Lifestyle changes can help to reduce the likelihood of a hernia occurring.

- Maintain a healthy weight
- Stop smoking
- Take regular exercise such as walking or swimming
- Avoid activities that include heavy lifting
- Avoid coughing, sneezing and straining
- Support the stoma and wound when straining
- Avoid constipation

Wearing a support garment can also help to reduce the risk of a hernia developing, a well fitted garment will give support to enable you to continue your daily activities but will still enable your stoma to function properly.

What are the risk factors in getting a hernia and how does it happen?

Some patients are more prone to hernias as a result of increased pressure in the abdomen pushing against weakened muscles.

High risk factors include:

- Obesity
- Chronic Respiratory Conditions
- Smoking
- Excessive coughing and sneezing
- Chronic constipation
- Extensive abdominal surgery

Certain factors during surgery can lead to an increased risk of developing a hernia such as emergency surgery or certain stoma sites. Unfortunately these factors are beyond control.

Increased pressure inside the abdomen causes a loop of bowel to push through the muscle wall alongside the stoma and form a hernia.

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