



December 2020

Ostomy Association of the Houston Area

AFFILIATED SUPPORT GROUP

"We help ourselves by helping others to help themselves."

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

P.O. Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

Ostomate Flu and COVID-19 Resources

Compilation by Patti Suler, OAHA Media Coordinator

Self-care has become increasingly important this year as we face many new challenges. This article is being compiled from several sources to specifically help ostomates prepare. It is not intended to provide nor replace medical direction or care. Please seek out your own personal physicians for any specific questions or concerns. All source materials will be listed at the end of this article in addition to online resource links.

Proactive Planning

Get your flu shot now if you have not gotten one already. Stock up on over-the-counter medications to treat general flu symptoms such as headaches, body aches, and anti-diarrhea medications. Make sure you have comfort food. Ensure that your ostomy products are plentiful in case of increased changing needs. Create a "go bag" just in case you or your loved one has to seek emergency treatment. Prepare ahead of time the documentation and supplies as outlined in the Emergency Room Visits paragraph below.

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. There are some key differences between flu and COVID-19. COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer periods of time. Another important difference is that there is not a vaccine currently available to prevent COVID-19.



The best way to prevent infection is to avoid being exposed to the virus. Wear a mask, stay home, practice social distancing when out, wash your hands often and use hand sanitizer when hand washing is not available.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

Flu Facts

The Flu is caused by a virus spreading from an infected person to the nose and throat of others. Symptoms usually appear within 2-3 days after being infected and a person with a fever is

(Continued on page 4)

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

Patient Visiting and Support Services

Doctors and WOC Nurses, please note:

Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768, or newmarian@gmail.com.

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Central Group News

I hope everyone had a happy and safe Thanksgiving. Our last in person support group meetings were earlier this Spring, and who would have imagined that we would all be apart for so many months. Unfortunately, until the pandemic situation is more stable, we will continue to have virtual meetings. In December, the Sugar Land group will sponsor another informative virtual meeting and you can find out the details in this newsletter.

I wish you all a joyous and safe holiday season. My wish for the New Year is that we can all see each other again soon. As always, if you need anything, feel free to reach out to me or any of the other Board members. We are here for you!

Lorette Bauarschi, Vice President



Tuesday, December 1—Today is **GIVING TUESDAY** and the Ostomy Association of the Houston Area would very much appreciate your support. Please give anything if you can to help us support our mission.

[Give by clicking here!](#)

We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will not be meeting in December. You are welcome to join the Sugar Land Group Virtual Meeting on December 17.

MaryAnne Lewis, maryannelewis@hotmail.com or 281-948-1490

Northwest Group News

The Northwest Group will not be meeting in December. You are welcome to join the Sugar Land Group Virtual Meeting on December 17.

The Northwest Group will resume meeting monthly online beginning in January 2021. Our next meeting will be online Wednesday, January 20th, at 7:00 p.m. We hope to see everyone then. Safe Holidays.

Billy Locke, 337-515-6354

Baytown Group News

Baytown Ostomy Support Group will not meet in December as we are still observing social distancing requirements. We plan to stay in touch via email.

You are welcome to join the Sugar Land Group Virtual Meeting on December 17.

Best regards,

Cindy Barefield, RN, CWOCN 281-428-3033



Sugar Land Group News

The Houston Methodist Sugar Land Ostomy Support group met virtually on Thursday, November 19, 2020 at 6:00 PM. The topic was *Traveling with an Ostomy*.

A video was prepared and can be accessed here:

<https://youtu.be/hYByd8d8A9E>

Additional information was discussed about traveling. Sarah Arriaga suggested the use of disposable wipes should only be done with water soluble solutions as many wipes contain lanolin or other solutions that can prevent a bag from sticking to the skin. Joan Burnham mentioned to use caution with "flushable" wipes as many wipes do not breakdown enough and can cause clogging of waste pipes. Joan recommended to dispose of wipes in regular trash with your old pouches or bags.

Discussion moved to traveling in a COVID world with caution for wiping down commonly used surfaces such as gas pump handles, stair rails, vending machine buttons, and hotel ice machine buttons. Joan recommended to wipe your hands when you reenter your vehicle when traveling or even now after shopping or picking up food. Wipes can be simple wet wipes or a wet washcloth with soapy water in a freezer sealable bag. Currently, hotels require masks and will not come to clean your room or refresh your towels and bedding until after you leave. Pools at some hotels allow scheduled time with a single family at a time. It is recommended to wear a mask when you cannot maintain a 6-foot distance and it is to protect you and to protect others from spreading not only COVID but also the flu.

Rob shared that he tries to plan ahead to watch his diet so that his output is more controlled when traveling and that he finds use of planes and train is more conducive to traveling with an unpredictable output. Grace shared that she is learning more about stomas with helping a family member with a new stoma. The issue of sound with gas was talked about and that there are some foods that definitely impact the amount of gas. Joan mentioned that CPAP machines can also contribute to intestinal gas with pressurized air entering the stomach during sleep depending on the pressure levels.

The conversation then moved to suggestions for a safe Thanksgiving with sharing a meal only with your immediate household. If gathering, the recommendation is for outdoor eating and each table to be one household and each table bring their own sides and eating utensils. If sharing a main entrée, only one person from each table should pick up the entrée and return to their table. Each table should be responsible for their trash. If less than 6-feet distance at gatherings, keep on your mask and do not eat in close proximity to others.

Joan mentioned the need to find fun in the small things we do every day to help us feel better in our stressful world. Activities that increase your dopamine and make you feel better include activity, dancing, music, singing, eating chocolate, and acknowledging small achievements every day.

Our next meeting will be December 17, 2020 at an earlier time of 5:30 pm and our topic will be *Finding Joy* presented by Ashley Lundquist, MT-BC, Music Therapist.

Please join us for our Holiday combined presentation on Finding Joy for the following Houston Methodist Sugar Land Hospital groups: Music 4 Life, Ostomy Support Group, and Breast Cancer Support Group

Log in at 5:30 p.m. Thursday December 17th for some fun and find your Joy this holiday season!

Details on how to join the call are provided in your December OAHA Email. Please feel free to join us!

Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator at jmburnham@houstonmethodist.org or 281-274-0188

Finding JOY

"May your days be Merry & Bright"

Date: December 17, 2020

Time: 5:30-6:30pm

Join the combined Ostomy, Breast, and Music4Life support groups at HMSL for a joyful holiday virtual gathering this December.

Ostomate Flu and COVID-19 Resources *(continued from page 1)*

considered contagious for another 3-4 days. Here in the U.S. the flu season generally runs from November to April. Flu symptoms include chills, fever, dry irritated cough, nasal congestion, a sore throat, muscle aches, pain and a headache. Flu vaccine contains NO LIVE VIRUS which means it is impossible to get the flu from the flu shot. The flu shot is 90% effective against type A & B Influenza; but remember there can be different strains which means if one does get the flu the symptoms will be milder compared to not having gotten the flu shot. They now have a super booster flu shot for those 65 and older.

Things to Do if you Get the Flu

First of all drink plenty of fluids and rest. Take some Ibuprofen or Tylenol for fever and pain. Wash your hands frequently and use Kleenex versus a handkerchief. Keep your hands off of your face except for eating and daily hygiene. Rinse the nasal cavities with warm salt water or a steam bath with chamomile since these are soothing and will open the nostrils and bring down the viral population. Finally drink as many warm liquids as possible as the warm liquid will produce a wash off, proliferating the virus from the throat to the stomach. Because of the high acidic content of the stomach the virus will not be able to survive.

What to do as an Ostomate with the Flu

Ileostomates: For those with an ileostomy, diarrhea is a greater hazard. Along with the excess water discharge, there is a loss of electrolytes and vitamins that are necessary in maintaining good health. This loss is usually referred to as a loss of fluid, which in turn, brings a state of dehydration. Therefore, you must restore electrolyte balance. Consult ahead of time with your Gastroenterologist regarding medications that may help control diarrhea.

First, eliminate all solid food. Second, obtain potassium safely and effectively from tea, bouillon and ginger ale. Third, obtain sodium from saltine crackers or salted pretzels. Fourth, drink a lot of fluids, including water. Cranberry juice and orange juice also contain potassium, while bouillon and tomato juice are good sources of sodium. Pedialyte and Gatorade can be used but be mindful of the sodium and sugar levels of these products.

Increased water intake in the ileostomy patient results in increased urine output rather than increased water discharge through the pouch. Vomiting also brings the threat of dehydration. If it is severe and continuing, your doctor should be notified. If vomiting and dehydration becomes an issue the ileostomate must go to the ER earlier than later. It cannot be stressed how important it is to go to the ER as an ileostomate cannot hydrate oneself fast enough to correct severe imbalance.

Urostomates: Follow the same special care and make sure to protect the kidneys. Prompt attention to distress from the Flu will make a difference.

Colostomates: For those with a colostomy and diarrhea, it is usually wise not to irrigate during this time. Your intestine is really washing itself out. After diarrhea, you have a sluggish colon for a few days, so "leave it alone." Start irrigation again after a few days when your colon has had a chance to return to normal.

Always protect the abdominal muscles if coughing or sneezing as a parastomal hernia can develop and a support belt can make a difference.

When returning to a normal diet, use fiber-free foods at first, then gradually increase to a regular, normal diet. Prompt attention to symptoms of distress of colds and flu could bring a happier and hopefully healthier winter

Emergency Room Visits: Speak up and let all the medical staff know that you have an ostomy. You may have to give a quick medical explanation of ostomy surgery and the changes that have been made to your systems (intestinal or urological). Severe diarrhea in individuals with an ileostomy quickly becomes a dehydration problem and requires immediate infusion of fluids and electrolytes. Be sure to have and take a written record of all of your medications, diagnoses and surgeries. Take your ostomy supplies with you and include a simple explanation of how to put a pouch on. Also have a complete list of all your doctors and specialists along with their contact information.

COVID-19 Facts

COVID-19 is caused by a coronavirus called SARS-CoV-2. The virus that causes COVID-19 spreads mainly from person to person, typically through respiratory droplets from coughing, sneezing, or talking. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

The CDC provides a Coronavirus Self-Checker which is an online tool to help you make decisions on when to seek testing and medical care. It is located at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing

Ostomate Flu and COVID-19 Resources *(continued from page 4)*

- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

When to seek emergency medical attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

COVID-19 Home Care

The majority of COVID-19 infections are mild and managed at home. Use the flu care guides above and help cover basic needs.

Self-Care

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

Stay home except to get medical care. Monitor your symptoms and follow care instructions from your health care provider. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better. Stay in touch with your doctor. Call before you get medical care, you may be offered alternatives like telemedicine. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

Avoid public transportation, ride-sharing, or taxis. Separate yourself from other people as much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.

Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

Caregiver

If you are caring for someone who has COVID-19 avoid sharing personal household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. Wash these items thoroughly after using them with soap and water or put in the dishwasher. Clean all “high-touch” surfaces every day. High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables. Whenever possible, let the infected person clean their own ‘sick room’ and bathroom daily. Make sure they wear gloves and dispose of all materials in a plastic bag.

If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.

General care will include:

- Help the person who is sick follow their doctor’s instructions for care and medicine.
- For most people, symptoms last a few days, and people usually feel better after a week.
- See if over-the-counter medicines for fever help the person feel better.
- Make sure the person who is sick drinks a lot of fluids and rests.
- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible.
- Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.
- Watch for warning signs.
- Have their doctor’s phone number on hand.

Use the CDC’s self-checker tool to help you make decisions about seeking appropriate medical care. Always call their doctor if the person keeps getting sicker. For medical emergencies, call 911 and tell the dispatcher that the person has or might have COVID-19.

Ostomate Flu and COVID-19 Resources

(continued from page 5)

Resources:

OAHA Newsletters: *Dehydration and the Ileostomy* By Terry Gallagher, UK (Edited & Excerpted): *UOAA Update March 2015* [OAHA Newsletter December 2015], *Flu and An Ostomy* By Anne Marie Knudsen, CWON, MN, CNS, CFCN UOAA UPDATE 11/12 [OAHA Newsletter September 2014], *How the Ileostomy Changes Digestive Function* Sterling Area Ostomy Association via Metro Maryland UOAA Update 08/2014, *The Flu and What to Do* from UOAA Update, October 2013 [OAHA Newsletter November 2013], *Be Your Own Advocate* By Bobbie Brewer, GAOA ATL, UOAA Update 9/2012 [OAHA Newsletter October 2012], *Flu and An Ostomy* By Anne Marie Knudsen, CWON, MN, CNS, CFCN UOAA UPDATE 11/12, Edited by Patti Suler [OAHA Newsletter December 2012].

Disease Control and Prevention

<https://cdc.gov>

For those positive:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are caring for someone who is positive:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

Secondary website for information is Department of State Health Services:

<https://www.dshs.state.tx.us/coronavirus/#ifsick>

Team OAHA Gets Its Rear In Gear with the Colon Cancer Coalition

Team Captain Laurie Pitzer lead our team once again in the Get Your Rear in Gear fundraiser on November 14, 2020. Laurie led our virtual team by walking at the Houston Arboretum. This was the second time the Ostomy Association of the Houston Area [OAHA] has participated in the Colon Cancer Coalition's fundraiser.

The Colon Cancer Coalition is dedicated to education and early screening for colon cancer. Laurie's story mirrors the reason behind their dedication. She was diagnosed with stage 3 rectal cancer at the age of 28 in 1996. Her father had also been diagnosed with colon cancer at about the same age but his fight was not successful and he passed away at age 31.

Laurie was lucky though and credits an amazing team of doctors for her successful treatment after surgery, radiation, and chemotherapy. Eighteen years later in 2013, She was diagnosed again with colon cancer, stage 2, but 4 tumors this time. This time Laurie chose to become an ileostomate and after surgery joined us here in OAHA as a member of the Northwest Group. She is proud to talk about poop and screenings at a young age.

Get Your Rear in Gear events are held across the country to raise awareness and increase screening rates for colon cancer, the nation's No. 2 cancer killer. These events help local community leader to promote prevention and early detection of the disease and to provide support to those affected.

Team OAHA raised \$1,350 on November 14th, however there is still time to make a donation to our team. Donations may still be made at <https://donate.coloncancercoalition.org/houston/OAHAVirtualOnline> or by mailing a check to: Colon Cancer Coalition/Get Your Rear in Gear, 5666 Lincoln Dr., #270, Minneapolis, MN 55436. Be sure to include my Team OAHA Houston in the memo line of the check.



The time to contact your members of Congress is now! Urge your House Representative and two Senators to pass the Safe Step Act (HR 2279 / S 2546) before the end of the year.

Step Therapy

Otherwise known as a “fail first” protocol, step therapy mandates that patients try and fail medications preferred by their insurer before the insurer will cover treatments prescribed by their doctor. Payers say the measure is designed to save costs by mandating that patients use cheaper therapies first. However, evidence shows that impeding the doctor-patient relationship and delaying access to essential treatments can increase costs for all stakeholders, and negatively impact a patient’s health.

Safe Step Act

The Safe Step Act (HR 2279/S 2546) would establish patient protections around insurance-mandated step therapy protocols. The bills call for a clear process for a patient or provider requesting an exception to step therapy protocols, and a swift review of the request. Requires a provider-prescribed treatment to be covered if an exception is warranted.

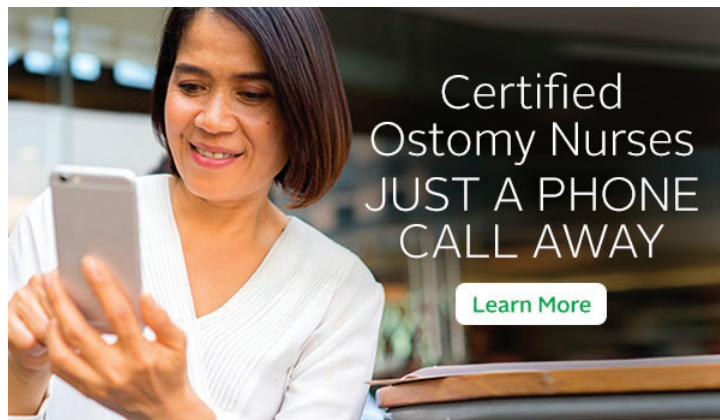
Please encourage federal legislators to improve patient access and address step therapy reform by passing the Safe Step Act before the end of the 116th Congress.

Please share any feedback you get from your legislators by emailing Jackson Rau from the DDNC at rau@hmcw.org. This feedback will be used by the Digestive Disease National Coalition to follow up.

Thank you in advance for taking action!

Advocates for a positive change,
Jeanine Gleba
UOAA Advocacy Manager

Click the link below to log in and send your message:
https://www.votervoice.net/BroadcastLinks/bFw_66JPwiWrQq_EQYxVQ



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mepluscare.com

Central Group

Monthly: Third Monday of the month
Date: No meeting in December—Join the Sugar Land Group Virtual Meeting on December 17.
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Monthly: Second Monday of the month
Date: No meeting in December—Join the Sugar Land Group Virtual meeting on December 17.
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Monthly: Third Wednesday of the month
Date: No meeting in December—Join the Sugar Land Group Virtual Meeting on December 17.
Contact: Billy Locke 337-515-6354

Sugar Land Group

Monthly: Third Thursday of the month
Date: December 17, 2020
Time: 5:30 p.m. (special time this month)
Place: **VIRTUAL WEBEX MEETING (Information is provided in the email of your December Newsletter.)**
Program: *Finding Joy* presented by Ashley Lundquist, MT-BC, Music Therapist, RSVP to Joan at 281-274-0188 or jmburnham@houstonmethodist.org
Contact: Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator, 281-274-0188

Woodlands Pediatric Group

Monthly: Second Sunday of the Month
Date: No meeting in December—Join the Sugar Land Group Virtual Meeting on December 17.
Contact: MaryAnne Lewis, maryannelewis@hotmail.com or 281-948-1490

J-Pouch

For J Pouch questions, attend any of our group meetings, or call or text Ron Meisinger at 281-491-8220

Opportunities and Announcements

Use Those Shopping Cards

Kroger (LB326) and Randalls (3698) return a percentage of your purchases to the Ostomy Association on a quarterly basis. For information about shopping cards, please visit the website: <http://www.ostomyhouston.org/>

Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the **Ostomy Association of the Houston Area** and sent to the Treasurer at the address shown below.

AmazonSmile

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to smile.amazon.com on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the **Ostomy Association of the Houston Area** and sent to the address below. When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

Moving? Changing Your Email Address?

Please make sure we have your current contact information so we can reach you by email, U.S. mail, or phone. Send updates to Lorette Bauarschi at lorette@bauarschilaw.com.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area
 Attn: Mike McGinity, Treasurer
 P. O. Box 25164
 Houston, TX 77265-5164

(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)



The **United Ostomy Associations of America** (UOAA) can be contacted at: www.ostomy.org or 800-826-0826

WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033
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cbarefield@houstonmethodist.org

Pat Thompson RN, BSN, CWON (281) 397-2799
Patricia.Thompson6@hcahealthcare.com



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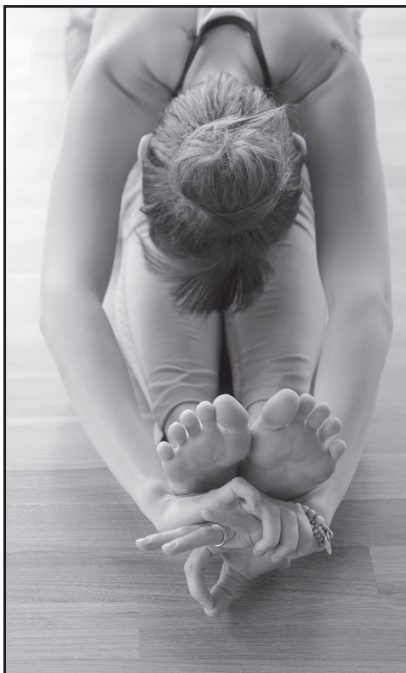
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†Global User Evaluation. Data on file, Hollister Incorporated.

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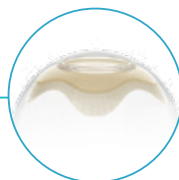
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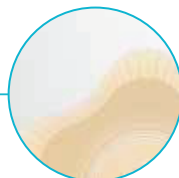
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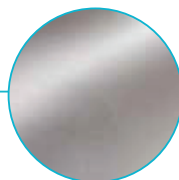
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Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.

Osto Group www.ostogroup.org

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Newsletter Advertising: Please contact the President or Treasurer for advertising opportunities.

Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:

Ostomy Association of the Houston Area, Attention: Treasurer
P. O. Box 25164, Houston, TX 77265-5164

Date: _____

Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ ZIP: _____ E-mail: **(required)** _____

Surgery Date: _____ Birth Date: _____ Sex: ☐ Male ☐ Female ☐ Other _____

Reason for surgery ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other _____

In addition to English, I also speak the following language(s). Foreign language spoken: _____

Why do we ask this? We have a patient visiting program and we are occasionally contacted by ostomates who are not fluent in English and we look to our membership to assist with communication.

Procedure or Relationship:

To help us complete our records, please answer the following.

Check all that apply.

- | | | |
|--------------------------------------------|----------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Colostomy | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy | <input type="checkbox"/> Continent Urostomy | <input type="checkbox"/> Spouse/Family Member |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> J-Pouch | <input type="checkbox"/> Nurse |

*Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter*

☐ I would like to attend meetings with the **(please circle one)**:

Central Group Baytown Group Northwest Group Sugar Land Group Woodlands Pediatric Group

☐ I would like to become a member but cannot pay dues at this time. *(This will be kept confidential.)*

I learned about the Ostomy Association from

☐ WOC Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: _____

I am interested in volunteering. ☐ Yes ☐ No

I have enclosed an additional \$_____ as a donation to support the association's mission of helping ostomates.



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