



## AFFILIATED SUPPORT GROUP

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

# Ostomy Association of the Houston Area

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](http://www.ostomyhouston.org)

### *Dear Friend of the Ostomy Association of the Houston Area:*

For more than 62 years the Ostomy Association of the Houston Area has provided critical support for ostomates and their families in the greater Houston area. We are the only 501(c) (3) nonprofit organization in Houston dedicated to help empower and educate our fellow ostomates, their family members, friends and even local healthcare professionals.

On this **GIVING TUESDAY NOW**, if you are able, we ask you to please help us continue this important mission. **YOUR DONATION WILL MAKE A DIFFERENCE!**

Remember your support will directly benefit ostomates in the Houston region.

You can donate from our website or pay through PayPal by clicking [HERE](#). If you would prefer to donate by mailing a check, please send to: Ostomy Association of the Houston Area P.O. Box 25164 Houston, TX 77265-5164

Thank you in advance for your gift. Your donation is greatly appreciated and will truly make a difference in the lives of many ostomates in and around Houston.



**MAY 5, 2020**



**FRIENDS OF  
OSTOMATES  
WORLDWIDE - USA**

What would you do if you did not have ostomy supplies and had to rely on rags, cans, plastic bags or other available objects in your environment to manage your ostomy? I'm sure it is a quality of life that you would find untenable. Yet, there are people in developing countries who are in this state every day.

The Friends of Ostomates Worldwide-USA (FOW-USA) listens to these cries for help and attempts to meet the needs by sending donated ostomy supplies at no cost to groups and individuals in over 96 countries. FOW-USA has been addressing requests for 35 years. In FY 2019, FOW-USA made 144 shipments, weighing 27,700 pounds with a retail value of almost \$1.4 million. The value of these shipments is priceless to the thousands of ostomates who received them. "Shipments" is such a nonspecific description of what we do. Don't picture pallets, but an infant who now has a pediatric pouch, a young man who can work without the worry of odor, a grateful mother who can send her child to school now that she has the proper supplies. These are the realities of our mission.

*(Continued on page 6)*

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](mailto:newmarian@gmail.com).

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## Central Group News

### Surfing the web and finding a new favorite - Ostomy Diaries

I am starting to feel a bit like Bill Murray in the very funny movie Ground Hog Day. If you want a good laugh—watch the movie. Each morning I find myself in front of my computer surfing the internet. There's a lot out there related to ostomies and I wanted to share with you my new favorite, Amber and her Ostomy Diaries. I found the [Ostomy Diaries](#) while looking at the Osto Group's website (see the Osto Group article in this issue). I just happened to click on their April 2020 Newsletter and to my delight I found a YouTube of a lovely young lady named Amber reviewing Coloplast's Sensura Mio 2 Piece ostomy bag and flange. She even follows up her review with a bag change—check it out here: [Ostomy Diaries April 2020](#). Amber's [Ostomy Diaries](#) are informative and humorous and cover a wide range of interesting topics for those of us living with lifesaving ostomies.

### Central Group Meetings

The Central Group was not able to meet in April and at this time, we do not have plans to meet on May 11th as the Tracy Gee Community Center is still closed. We were told they will let us know by May 4th if they plan to open in May. If they do open in time for our May 11th meeting we will post the details on our website: Ostomy Association of the Houston Area.

### Zoom Meetings

The CDC guidelines suggest using videoconferencing meetings when possible during this Covid-19 pandemic. Have you attended any Zoom Meetings? Patti Suler has been doing a fabulous job using Zoom to meet monthly with the Northwest Group. If a teleconference Zoom meeting appeals to you, please let me know. You can send me an email at [Kathleen.duplessis@outlook.com](mailto:Kathleen.duplessis@outlook.com).

### Contact Us

For those of you who have questions or need to speak with an ostomate, you can reach a OAHA Board Member by doing one of the following: contacting us on our website, contacting Denise Parsons, 713-824-8841 ([rockynme2@gmail.com](mailto:rockynme2@gmail.com)), or Kathleen Duplessis, 713-299-3180 ([kathleen.duplessis@outlook.com](mailto:kathleen.duplessis@outlook.com)).

### Giving Tuesday Now, May 5th

Tuesday, May 5th is Giving Tuesday Now and if you are able, please consider a gift to the Ostomy Association of the Houston Area. Your donation helps us continue to provide support for people with ostomies in and around the greater Houston area. Donations help to keep our website functioning, support our monthly newsletter, pay for educational materials for our outreach events and supports our ostomy nursing scholarship—you are supporting a great cause. If you miss giving on May 5th, we are happy to accept your support anytime!! Thank you!

As always, stay safe and I hope to see you all again soon!

**Kathleen Duplessis, President, OAHA, 713-299-3180**

## Northwest Group News

The Northwest Group held its second virtual meeting using a Zoom room in April. We invited folks from all over the Ostomy Association of the Houston Area and were thrilled to see people from the Sugar Land, Woodlands HOPE, Baytown, Central and Northwest. We had 20 participants.

Convatec representatives Tracy Baranzyk, Lauren Brown and Jill Hammond presented a multi-faceted program. They did a super job! They rolled out the proverbial red carpet and shared a site tour of their primary website location. Additionally they toured their me+ program and showed us how to enroll (link below).

A bonus was a tour of their Ostomy Secrets site plus they gave us a discount code to use for ordering products (link and code below).

Below are links to the sites they shared during the presentation.

<https://www.convatec.com/me+> Toll Free Number: 1-800-422-8811

<https://meplus.convatec.com/articles/about-meplus-recovery-series/>

<https://www.ostomysecrets.com/> Discount Code: Secret50

The Northwest Group will again host May's meeting online on May 20, at 7 p.m. We will be featuring Dietician Taylor Drake, RDN, LD from HCA Northwest. We hope she will assist us with addressing the extra weight we have all acquired during our stay at home practices. Additionally she will be available to address your questions after her presentation.

We enjoyed seeing and sharing space with everyone. Contact your program leaders for the Zoom information link for the May meeting. Once again, all OAHA members are welcome to join us.

**Billy Locke, 337-515-6354**

## Sugar Land Group News

We have set up a WebEx for our Houston Methodist Sugar Land Ostomy Support Group on May 21, 2020 at 5:30–6:30 PM.

***Please take some time on Thursday, May 21st, 2020, to join us at our Ostomy Support Group Online. As we cannot meet in person right now we want to let you know we are here to support you in any way we can! Topic to be determined.***

Please feel free to RSVP to Joan at [jmburnham@houstonmethodist.org](mailto:jmburnham@houstonmethodist.org) or just log in on Thursday night. A reminder will follow one week before and the Monday prior to our scheduled meeting.

We are open to what information you may need, so is there some idea of what you want to hear about or learn? Let Joan know!

**Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator** at [jmburnham@houstonmethodist.org](mailto:jmburnham@houstonmethodist.org) or 281-274-0188

## Baytown Group News

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

**Cindy Barefield, RN, CWOCN** 281-428-3033

## HOPE—TCH Woodlands, Pediatric Group News

*Our meeting for May has been cancelled.*

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

## 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/>

### AmazonSmile

On your first visit to AmazonSmile ([smile.amazon.com](https://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](https://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.

### 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](mailto: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.)

## Central Group

**Monthly:** Third Monday of the month  
**Date:** **CANCELLED FOR THE MONTH OF MAY**  
**Time:** 7:00 p.m.  
**Place:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193  
**Contact:** Denise Parsons 713-824-8841 [rockynme2@gmail.com](mailto:rockynme2@gmail.com)

## Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **CANCELLED FOR THE MONTH OF MAY**  
**Time:** 6:00 p.m.  
**Place:** Houston Methodist Baytown Hospital, CRCU Community Room. (Plaza 2 of building connected to hospital) Parking available just outside door of meeting room. 4401 Garth Road, Baytown, TX 77521  
**Contact:** Cindy Barefield, CWOCN, 281-428-3033

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **May 15, 2020**  
**Time:** 7:00 p.m.  
**Place:** **Virtual Meeting on Zoom.** Our next meeting will be online again in a Zoom virtual meeting. We will have dietitian with us in May to address stress weight gain and better practices for healthy eating during this time. Our program plans will also be sent out via email and posted on Facebook.  
**Contact:** Billy Locke 337-515-6354

## Sugar Land Group

**Monthly:** Third Thursday of the month  
**Date:** **May 21, 2020 Virtual Meeting on WebEx**  
**Time:** 5:30 p.m. (WebEx Meeting, see page 2 for info)  
**Place:** Houston Methodist Sugar Land Hospital Main Conference Room A, 16655 Southwest Fwy, Sugar Land, TX 77479  
**Contact:** Joan Burnham, MSN RN OCN, Oncology Nurse Navigator, 281-274-0188

## Woodlands Pediatric Group

**Monthly:** Second Sunday of the Month  
**Date:** **CANCELLED FOR THE MONTH OF MAY**  
**Time:** 2:00 p.m.  
**Place:** Texas Children's Hospital, The Woodlands, Inpatient Building, 1st floor, RM 0110.61  
**Contact:** MaryAnne Lewis, [maryannelewis@hotmail.com](mailto: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



# Discounted Ostomy Supplies

## Ostomates in the U.S. have a resource for affordable supplies

On September 5, 2005, Stephanie Sullivan became an ostomate. She had been through multiple surgeries, yet bowel diversion was the most challenging for her to accept. A friend recommended the Jupiter Ostomy Support Group (JOSG), which is an affiliate of the UOAA. The JOSG was so vital to her physical and emotional recovery that within seven months she became its president.

Shirley Brown, a new member of the JOSG needed ostomy supplies, but she was uninsured and could not afford them. She had exhausted every “free” local resource that she could find and JOSG was not able to meet her needs. That’s when Judy Bower, the vice president, brought Stephanie an article from the Phoenix Magazine about a small organization that offered ostomy supplies to the uninsured.

Stephanie soon discovered the organization was Osto Group and run by two retired ostomates from their garage in California. Barbara, the wife of one of the retirees, answered the phone and assisted Stephanie in obtaining the supplies for Shirley.

Barbara asked Stephanie if she knew of anyone who wanted a small ostomy business – Osto Group. It was important that Osto Group was passed onto someone who would really care for it and make it grow. It was also their desire that an ostomate be at the helm.

Stephanie and her two cherished friends and business partners, Marian Grace and Barbara Hymans, already had a 501(c)(3) nonprofit organization called Wholeness House. They agreed Osto Group would be an excellent addition and it moved from California to Florida in May of 2008.

In Florida, Osto Group has grown from a small, donated space to a rented 15,000 square foot warehouse in West Palm Beach able to service well over 6,000 ostomates all in the United States.

Osto Group receives donations from all around the country: support groups, hospitals, hospices, humanitarian organizations, medical supply companies, pharmacies and individuals. Once the items are inventoried, they are offered to the uninsured, to those whose insurance does not cover their supplies and those who have insurance with high deductibles (\$750



*Marian Grace (left), Barbara Hymans (center) and Stephanie Sullivan of the nonprofit Osto Group that offers affordable ostomy supplies to those in the U.S. without insurance or adequate coverage.*

or above for individual policyholders and \$1,500 or higher for family policyholders).

Ostomates can order their supplies online by using Osto Group’s website: [www.ostogroup.org](http://www.ostogroup.org) or by calling 877-678-6690. All the ostomates pay is postage and handling.

With the future of the insurance industry more unstable than ever likely creating an increase in demand, it is vital that Osto Group keep pace. Osto Group needs support groups and individuals to send ostomy supplies so they can help those around the country who desperately need them. The number of ostomates in need is growing exponentially! Many who call either have no supplies at all and are using duct tape and plastic bags or are on their last pouch, which has been on for 10 or more days! So, please consider helping Osto Group so we can help them!

Won’t YOU help Osto Group help all those in need? Please donate your supplies and know that you are helping many of your fellow ostomates around the country. Send those donations to:

Osto Group  
3500 45th Street, Suite 16A  
West Palm Beach, FL 33407

Osto Group receives no outside funding to support the work we do. If you wish to contribute, cash donations may be made by check or by credit card on our website under the “Donations” tab.

**SPRING BRANCH MEDICAL SUPPLY**

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8700 Long Point Road  
Houston, TX 77055

(713) 465-2200  
Fax (713) 461-5806

**WOC Nurse Directory**

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

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

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

# Get Ostomy Answers!

**Save  
\$15<sup>00</sup>\***

**Special Discount for ASGs!**

Now until June 30th, 2020, **NEW** Subscribers and **NEW** ASG Members can enjoy a \$15 discount on a year subscription to the *Phoenix Ostomy Magazine*. That's a savings of 40% off the cover price.

Topics included in each issue include diet, exercise, intimacy, skin care, odor control, new products and so much more. Medical doctors and nurses offer concrete advice and solutions while personal stories show that almost anything is possible with an ostomy. - **Subscribe Today!**

**Privacy Guarantee:** The *Phoenix* is mailed with discretion. Your contact information will never be given, rented or sold to a third party.\*\*

**FREE New Patient Guide!**

Get real-world answers to common questions after ostomy surgery. Yours free with a subscription.

New Patient Guides are made possible by the UOAA. [www.ostomy.org](http://www.ostomy.org)

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☐ Send me **FREE** ostomy product samples, special offers and product information\*\*

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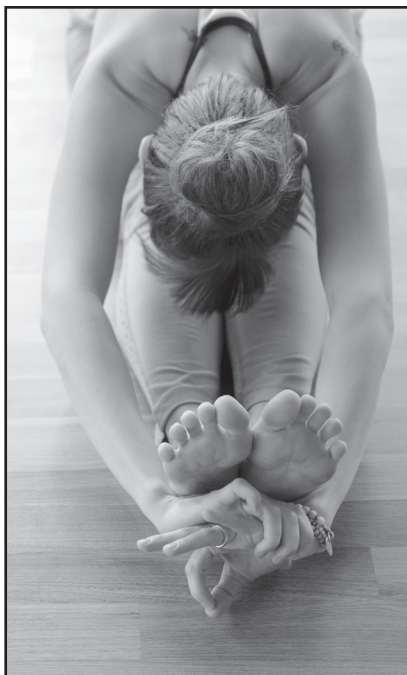
Name \_\_\_\_\_ Email (opt.) \_\_\_\_\_  
Address \_\_\_\_\_ Apt/Suite \_\_\_\_\_ Phone (opt.) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

**Send Payment to:** The Phoenix, P.O. Box 15755, North Hollywood, CA 91615-5755

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Guarantee!**

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ASC2019



## Help maintain healthy skin around your stoma with the CeraPlus skin barrier

Ceramide is a natural component of healthy skin. People who have tried the ceramide-infused **CeraPlus skin barrier** have reported visible improvement in the appearance of their skin.†

To learn more about how the CeraPlus skin barrier can help support healthy skin from the start, or request a **FREE** sample, contact us at **1.888.808.7456** or **[www.hollister.com/tryCeraPlus](http://www.hollister.com/tryCeraPlus)**.

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

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Ostomy Care  
Healthy skin. Positive outcomes.

## Friends of Ostomates Worldwide-USA

(continued from page 1)

We know we are making a difference because we receive emails of gratitude.

How do we accomplish these worthy goals? We are fortunate to have a dedicated group of 18 Board Members, Industry Representatives and additional volunteers who not only manage the organizational issues, raise funds and get our message out, but also staff our warehouse in Louisville, Kentucky, to unpack donated supplies, repack them, and see that the pallets and small parcels are shipped around the world.

We rely on product donations from the United Ostomy Associations of America (UOAA) Affiliated Support Groups such as yours, Wound Ostomy Continence Nurses, manufacturers, other groups and individuals. We have recently provided a Pouch Collection Tool Kit on our website under the Resources tab. These documents provide nurses and support groups who have ostomy fairs all the information they need to hold a successful pouch collection event that will result in replenishing our warehouse inventory.

You can join our humanitarian efforts by sending a donation or your unused ostomy products to: FOW-USA, 4018 Bishop Lane, Louisville, KY 40218-4539.

For more information, check out the new messages from our SpokesPouch and more at our website: [www.fowusa.org](http://www.fowusa.org)

**Editor's Note: OAHA has sent several boxes of donated supplies to FOW USA.**

### Election of Board of Directors

We have three members of the Board of Directors whose terms are up in June—Lorette Bauarschi, Terry Marriott, and Jenrose Foshee. Our nominating committee has nominated these same individuals to serve for an additional 3-year term each from July 1, 2020–June 30, 2023. The election is in June. Please contact Kathleen for any additional information about these candidates or the election.



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

## Emergency Supply Assistance

From UOAA, (Click on the following URL for links to website of these providers) <https://www.ostomy.org/emergency-supplies/>

UOAA recognizes that you may have a need for emergency supplies. Below are resources that may be of assistance to you on a temporary basis. UOAA does not have ostomy supplies in the national office.

### MANUFACTURERS ASSISTANCE PROGRAMS

Please call directly to ask for information and to apply for these programs.

ConvaTec . . . . . 800-422-8811  
Hollister . . . . . 800-323-4060  
Coloplast–Coloplast  
Patient Assistance (C.P.A.) . . . . . 877-781-2656

### ALTERNATIVE LOCAL RESOURCES

Contact the following types of agencies in your area, and ask if they maintain a “Donation Closet”.

- Local hospitals
- Local Visiting Nurse associations
- Local clinics
- Local Goodwill Industries

Call your state’s 2-1-1 number. Just dial 211 as you would 911.

UOAA has Affiliated Support Groups who sometimes operate Donation or Supply Closets.

Kindred Box is a Facebook Group for Ostomy Supplies

### SUPPLIES AVAILABLE WITH SHIPPING & HANDLING

Osto Group . . . . . 877-678-6690

Offers supplies for the cost of shipping and handling. They have a small all-volunteer staff, but if you call and leave a message, they will respond. Please be patient in awaiting a response.

Ostomy 211: [ostomysupplies.ostomy211.org](http://ostomysupplies.ostomy211.org) Emergency supply pantry. Donation requested to help cover expenses.

### LOWER COST SUPPLY OPTIONS

There are several distributors that do not accept insurance, therefore, their supplies may be available at a lower price.

Best Buy Ostomy Supplies . . . . . 866-940-4555

Mercy Surgical Dressing Group . . . . . 888-637-2912

Ostomy4less . . . . . 877-678-6694;  
Contact Patti or Tom at  
[patti@ostomymcp.com](mailto:patti@ostomymcp.com)

Parthenon Ostomy Supplies . . . . . 800-453-8898

Stomabags . . . . . 855-828-1444



**Brava®**

***"I don't want to be thinking about my ostomy pouch while I'm focusing on something else."***

**– Mike**

Mike is a Brava user who has received compensation from Coloplast to provide this information.

## Security to live *everyday life*

### **The new Brava® Elastic Barrier Strip XL**

The wider shape of Brava Elastic Barrier Strip XL increases the adhesive area and fits all available SenSura® Mio barriers to improve feelings of security.

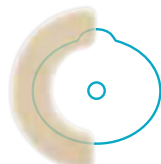
#### **Improved coverage and larger adhesive area**

Provides an increased feeling of security to those looking for extra security

#### **Brava Elastic Barrier Strip**

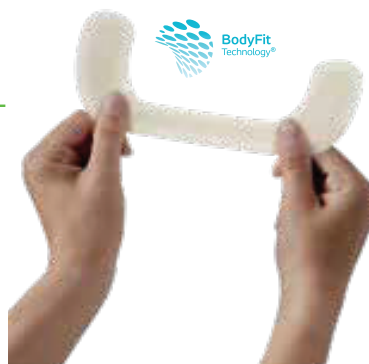


#### **Brava Elastic Barrier Strip XL**



#### **Designed for extra security**

Helps keep the edges of the barrier firmly in place



#### **Supports an active lifestyle**

Absorbs sweat and moisture, and keeps its elasticity during physical activities, which makes Brava Elastic Barrier Strip XL suitable for moving around in everyday life



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## 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: \_\_\_\_\_

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

Do you speak a foreign language? ☐ Yes ☐ No Foreign language spoken: \_\_\_\_\_

### 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"/> Nurse                          |

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

Central Group      Baytown Group      Northwest Group      J-Pouch 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.

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





# Seatbelt Relief

**STOMASPAN** is a positive solution to a difficult situation and an Ostomate's bridge to ostomy protection.

Created by an Ostomate, Stomaspan is a patent pending device that provides a bridge effect spanning ones stoma and ostomy bag, allowing relief from an uncomfortable and painful seat belt. Stomaspan is made in the USA of durable lightweight aluminum and weighs less than a cell phone. Stomaspan slips on and off a seatbelt quickly and conveniently. Its compact size allows easy movement from one vehicle to another. It can be carried in a briefcase, handbag or kept in your vehicle console.

Stomaspan sells for \$57 which includes shipping within the USA. For more information or to place an order please visit our website at [www.Stomaspan.com](http://www.Stomaspan.com) or call 713-725-5890.