



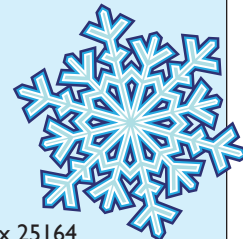
AFFILIATED SUPPORT GROUP

"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.

December 2022



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

Grab your 2023 Calendar and Make Plans to Attend!

United Ostomy Associations of America

8th NATIONAL CONFERENCE



Embracing New Frontiers

August 10-12, 2023

You're invited to "Discover Your People"



Royal Sonesta Houston Galleria
2222 West Loop South, Houston, TX 77027
Hotel Reservations: 855-463-3091
Room Block "2023 UOAA National Conference"

- Ask Questions of Top Ostomy Experts
- Inspirational Speakers
- Free Stoma Clinic
- Product Exhibit Hall with 35+ Vendors
- Surgery Specific Meet & Greets
- Young Adult and Pediatric Workshops
- Fun Social Events and Activities
- Dedicated Sessions for Caregivers
- IBD & Crohn's Disease Program

National Sponsors to date:



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.

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.

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Visit www.ostomy.org/2023Conference for continued updates.

Registration opens 1/1/2023



News from the OAHA Board

Only 36 weeks to go!! **UOAA's 8th National Conference—Embracing New Frontiers** will be held in Houston—August 10 – 12, 2023 at the Royal Sonesta Houston Galleria Hotel. Please help us make this Houston conference a BIG success!

How can you get involved?

Medical Professionals: The UOAA is looking for medical professionals who would like to present at one of the educational sessions—please contact me or one of our board members so we can put you in touch with the UOAA Program/Speaker Coordinator.

Exhibit Hall—The UOAA is looking for vendors who would like to take part in the product exhibit hall.

Sponsorships are available too!

Ostomy Nurses are needed to volunteer at the Free Ostomy Clinic.

Here are a few reasons why you should plan on attending:

- Ask Questions of Top Ostomy Experts
- Inspirational Speakers
- Educational Sessions
- Free Stoma Clinic (thank you Pat Thompson RN, BSN, CWON and volunteer ostomy nurses!)
- Product Exhibit Hall with 35+ Vendors (do you know of local companies that may be interested?)
- Surgery Specific Meet & Greets
- Young Adult and Pediatric Workshops
- Fun Social Events and Activities
- Dedicated Sessions for Caregivers
- IBD & Crohn's Disease Program

The UOAA is looking for **VOLUNTEERS** to help at the conference. If you are able to volunteer and/or know someone who is—please contact me or one of the OAHA board members so we can pass on your information to the Volunteer Coordinator. Some volunteer opportunities include: helping with registration, handing out goody bags and helping to direct attendees to sessions inside the hotel.

Happy Holidays!

Kathleen Duplessis, President and The OAHA Board

Central Group News

The Central Group is continuing our in person monthly meetings. We met on Monday, November 21st at the Tracy Gee Community Center. It was a cold and rainy evening and 5 brave souls attended. We shared updates on the **UOAA's 8th National Conference—Embracing New Frontiers** which will be held in Houston - August 10 – 12, 2023 at the Royal Sonesta Houston Galleria Hotel. Many of the Ostomy Association of the Houston Area board members are on the planning committee and we sure would love for all of you to help spread the news, plan to attend and make this a successful conference. If you are able—volunteer at the conference, the UOAA is looking for volunteers—see our News from the Board for more information.

Our next in person meeting is Monday, December 5 and we hope to see you there! We will host a roundtable, welcome new ostomates and share ideas on how to eat healthy during the holidays!

Happy Holidays everyone!

Kathleen Duplessis, President, OAHA,

Kathleen.duplessis@outlook.com or 713-299-3180

Northwest Group News

In November, the Northwest group met in person at HCA Northwest Hospital. We had a remote presentation by Stealth Belt with a lot of great information. Our December 21st meeting will have Rory Smith from Convatec doing an in-person presentation for us. We will continue to provide access by Zoom (link in your December email newsletter).

The in-person meeting will be located at:

HCA Houston Healthcare Northwest
710 Cypress Creek Parkway
Houston, Texas 77090.

Billy Locke

337-515-6354

Donate to the OAHA

Giving Tuesday was November 29, 2022. Please consider the Ostomy Association of the Houston Area in your end of year giving. We are a volunteer based non-profit support organization. You can make your tax-deductible gift through PAYPAL by visiting our website ostomyhouston.org or mail your check to: The Ostomy Association of the Houston Area, P.O. Box 25164, Houston, TX 77265-5164.

Help us build a better world for ostomy patients throughout the Houston area by making a tax-deductible donation to the OAHA! Together we can make a difference. Thank you!

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

Baytown Group News

Baytown Ostomy Support Group had a small but mighty gathering on November 21st. The three of us reviewed the presentations from the past year and talked about what they would like to see in the coming year. Despite the challenges of Covid, we were able to offer these programs: Ostomy 101App with Dawnette Martin, Peristomal Skin Health with Hollister, Virtual presentation with Stomagenics, What's in Your Bag—Tips, Tricks & Strategies for Success with WOC Nurse, Ostomy Nutrition with Vittoria Andriolo and Diana Groux, Wellness and Fall Prevention with Vickie Chao, Director of Rehab Services and Tips and Tricks with Coloplast.

Group plans to end the year with a fun filled Holiday Party on Wednesday, December 14th at 6 p.m. We will meet in the same meeting room we have used all year here at the hospital: Plaza II Community Resource Credit Union Classroom.

Support Group members are encouraged to bring your favorite Christmas treat to share. Coffee and water will be provided. A White Elephant Gift Exchange is planned.

For the White Elephant Gift Exchange, you are asked to find something FUN around your house & bring it for the **WHITE ELEPHANT GIFT EXCHANGE**. The rules for White Elephant Gift Exchange include:

- Bring something from your house. Do not BUY anything!
- Bring something you can easily carry.
- Do not bring an item that may offend another.
- Wrap it up!
- Do not put your name on the gift you bring. It will be numbered as you arrive.
- When the game begins, we will randomly choose numbers and either choose a gift or take a gift from someone who has already opened one.
- This continues until we get to the end of the game.

I hope you will plan to join us in December. Bring your favorite holiday treat and a white elephant gift to exchange. We will finish out 2022 with food, friends and a whole lot of fun!

Best regards,

Cindy Barefield, BSN, RN-BC, CWOCN

281-428-3033, cbarefield@houstonmethodist.org

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will not meet in December but will resume virtual meetings in January, on second Sunday of each month, from 2-3 pm. The Zoom link for future meetings will be in your email newsletter.

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

12 Tips for Merry Holiday Eating

(Courtesy of Metro Maryland Ostomy Association, Inc., Thrive, Nov/Dec 2022)

1. More turkey please! Meat is mostly digested in your stomach, so as long as you do not overdo it, feel free to dig in. Leaner meats, like turkey, are easier to digest than beef and ham.
2. Mmmm...did someone say mashed potatoes? Eat your veggies, but be aware that cooked, soft veggies will be a lot easier on your system.
3. Be choosy with your veggie sides: Corn and peas hardly digest, and are vicious little stoma blockers. Do not even get near them.
4. Wow, I'm loving this cranberry sauce: But only because the cranberries were blended really well rather than left whole. The fiber of whole cranberries can be problematic in terms of digestion and obstruction.
5. That stuffing looks delicious, but what is in it? Fibrous vegetables, such as celery, are a lot more likely to cause blockages. They should be avoided.
6. Aunt Mildred, is that your jelly-fruit salad? Take a close look before indulging. Fruits such as oranges and pineapple are a definite no, as the (you guessed it!) fiber does not digest well at all. Yes, fiber in fruits and veggies presents a major risk for obstruction.
7. Sorry, I'll have to pass on that: Your digestive health in general, and avoiding blockages in particular, is far more important than not offending Aunt Mildred! You might have to forego consideration of others in order to respect your own body.
8. Another glass of red wine? Alcoholic and other carbonated beverages produce extra gas in your system. You may want to avoid them if you are going to be in a public setting where loud gas noises are more likely to be noticed...like a quiet Christmas eve church service!
9. Just say No to fruitcake. As if you needed a reason, avoiding treats that contain nuts, seeds, and dried fruit is highly recommended, since these ingredients are likely to obstruct one's stoma.
10. Yes, I'm a slow eater! You can't chew your food too much. I used to count my number of chews per bite, but now over-chewing is automatic. I've been the last one at the table more often than I care to admit, but it's worth it for the extra mechanical digestion.
11. Popcorn...a nice tree decoration: But if you are sitting down to watch "Elf" or "A Christmas Carol" with the family, avoid eating this snack. It will get you in trouble every time.
12. When in doubt, throw it all in the blender! As mentioned above in #4, many foods that are questionable when they are whole are fine when they are blended really well. Being able to blend my foods was revolutionary for me. So, if it's not too late, ask for a high quality blender (I use a Blendtec) from Santa this year.
13. This holiday season, do not be afraid to eat, drink and be merry. At the same time, be aware and be kind to your body with what you choose to put into it. It is one of the best gifts you can give, at Christmas and throughout the year.

Editor's Note: This article is written by an ileostomate, and ileostomates do have to watch for certain foods. Some colostomates may need to watch for certain foods. Both need to chew, chew, chew for the extra mechanical digestion.

Sugar Land Group News

Meeting Summary

Andy Marxen, Clinical Resource Director, presented information Meeting Summary – Daniela Jofre presented information on *“Being Thankful for My Ostomy and Really Meaning It.”*

Introduction

Discussed being thankful and blessed with the technology advancements that we have now with ostomies. Ostomies are life changing, but we can be thankful for them for keeping us here and keeping us alive.

We will take a journey into the history of ostomies and take the time to be thankful for advancements in the field of ostomy. The goal is to inspire you to be thankful and reflect on your own health journeys

History of the ostomy procedure

Until the 1700’s intestinal blockages were almost always fatal.

Between the years 1716 and 1839, only 27 ostomy surgeries were recorded and only six of those patients survived the surgery.

The earliest stomas were fistulas that formed after a hole formed in the intestine. One surgeon noted the correlation between this opening and patient survival = planned stomas

Anesthesia began in the mid-1800s, allowing a diverting colostomy to manage bowel obstruction.

Early decompressive and protective colostomies were typically constructed as skin-level “loop” ostomies. This allowed only partial diversion of the stool and was difficult to manage.

In late 1800 to early 1900, the standard of care was to leave the loop stoma closed until later when the wall of the loop was opened with cautery at the patient’s bedside. The patient could smell the burning tissue. The stoma had to “self-mature.”

In the 1950s, when Dr. Bryan Brooke made surgical maturation the standard of care for ileostomy – and then colostomy construction.

In the early 1800s, the standard of care was to put a colostomy to the lower back. The colon could be accessed and brought to the surface without involving the peritoneum to avoid infection.

Once aseptic technique became the standard of care, the lumbar location was replaced by the abdomen approach. The actual location depended on the diseased bowel. Many stomas were located in the groin area = major challenges.

Pre-op stoma site marking became the standard of care in the 1950s with the introduction of the enterostomal therapist. Marking the stoma before surgery is ideal.

In 1912, it was found that protruding stomas did not have as many complications.

History of WOC nurse wound ostomy care nurse

The first ostomy patients were pretty much on their own. There were no devices to contain stools, no ostomy bags, and no experts.

In the mid-20th century, when Dr. Rupert Turnbull recognized the many unmet needs of his ostomy patients and recruited his ileostomy patient (Norma Gill) to work with his ostomy patients as an Enterostomal Therapist (ET). Together, they created education and support for patients and caregivers. Presurgical marking became the standard of care. Reliable pouching systems were created and formal ET training programs were started.

By 1961, there was a serious need for more ETs. School of Enterostomal Therapy at Cleveland Clinic started and the only requirement for enrollment is that the person had to have an ostomy

By 1985, the admission to enterostomal education programs began to require a bachelor’s degree with a major in nursing. This gave birth to the enterostomal nurse, which later became the WOC Nurse.

Ostomy products

Frequent dressing changes were required since there were no colostomy bags at the time. First ostomy pouches were made of rubber, rewashed, and reused.

By the 1960s, there were approximately 25 manufacturers of ostomy products in the U.S. We started turning away from bulky rubber bags to more aesthetic plastic films.

Colostomy procedures became more and more common throughout the 20th century; however, there were no ostomy supply companies and few options when selecting a pouching system prior to the 1970s and 1980s.

Pictures of old ostomy pouches and modern ostomy pouches and accessories were posted on the PowerPoint.

Modern ostomy pouches

Today, we have a disposable product made of a skin-friendly, water-repellent, cloth-like material covering film laminates. We have products to mask odors, noise reduction, filters for gas, thin and flexible materials, loops for belts, no-clip closures, low profile, one- or two-piece, light weight 12-20 gm (0.4-0.7 ounce), variety of sizes, and infant and pediatric sizes.

The goal of modern ostomy pouches is to get people with ostomies back into everyday life.

Today ostomy surgery is a life-saving procedure for >100,000 people dealing with cancer, bowel blockage/obstructions, inflammatory bowel disease, diverticulitis, and birth defects.

Ostomy nurse education is provided before discharge. There are lots of choices and options for ostomy patients like support, phone apps, products, and different brands of products.

Sugar Land Group News *(continued from page 4)*

There are no restrictions in life activities when you have a stoma.

Open Forum

Daniela asked the group each to take turns discussing what everyone is thankful for regarding ostomies and/or health journey. Each participant discussed what they were thankful for, including the support they have received for their ostomies, the mentors they have met along the way, and feeling blessed to be here. A drive for people to donate their extra supplies was mentioned by Joan. Questions or concerns were brought up, including how to use powders for raw skin. Joan explained and demonstrated how to do crusting. First, apply barrier then sprinkle powder, brush off excess, always finish with barrier to seal in powder. Once it is dry, it is a layer of crust hence the term crusting. If using barrier wipes, just

dab on top of powder do not wipe it off. Daniela sent the following YouTube video in the chat, which she shares with nurses when teaching how to do crusting; [View Video Here](#). It was mentioned that every brand has options for skin barrier and adhesive removers. It was mentioned that if you call Convatec or Safe and Simple, they will send you samples. Our in person and virtual Holiday Celebration for next month was mentioned, which will combine all our survivorship programs and one must rsvp for a head count.

Meeting adjourned at 7:05 p.m.

Joan Burnham, MSN, RN, OCN, MEDSURG-BC

Oncology Nurse Navigator

281-274-0188 jmburnham@houstonmethodist.org

Print and fold this Restroom Communication Card here, or download from this link:

<https://www.ostomy.org/wp-content/uploads/2022/05/UOAA-Restroom-ACCESS-CARD-members-printable-3.0.pdf>

RESTROOM ACCESS NEEDED NOW	 RESTROOM COMMUNICATION CARD
<p>The cardholder needs urgent restroom access to empty or change their ostomy pouch and/or catheter.</p> 	<p>The cardholder is wearing an ostomy pouch which contains bodily waste and is carrying pouches and related supplies to manage personal hygiene.</p> <p>Access to the restroom is critical for the cardholder's wellbeing and for public sanitation.</p> <p>Thank you for your help and understanding.</p> <p style="text-align: right;">Provided by  <small>United Ostomy Association of America, Inc.</small></p>
	www.ostomy.org 1-800-826-0826

Donating Ostomy Supplies?

Here are a few options if you would like to donate ostomy supplies. These non-profit organizations are all volunteer run.

Local Community Ostomy Donation Closet 1740 W. 27th St., Suite 234, Houston, Texas, 77008. Open by appointment for donation drop off or pickup Monday through Friday 9:00 a.m. - 3:00 p.m. Please call or text Mary Kinsey at 832-581-5874 to arrange access.

Medical Bridges: they collect medical supplies locally. On their website, click the Get Involved link and then the donate supplies link. It provides you with various options. <https://www.medicalbridges.org/>

Friends of Ostomates USA: provides ostomy supplies and educational resources at no cost to ostomates in need around the world. Their warehouse is located in Louisville, KY. A fun fact: Our very own Cindy Barefield, BSN, RN-BC, CWOCN is President of Friends of Ostomates! Please go to their website for details: <https://www.fowusa.org/>

Kindred Box: is dedicated to improving the lives of people with ostomies and they distribute donated ostomy supplies to support the care of uninsured and underinsured ostomates in America struggling with financial hardship. Go to <https://www.kindredbox.org/> and find out what ostomy products they can accept and to learn about their Postage Program which helps with your shipping expenses. The Kindred Box is located in McKinney, Texas.

More options can be found on the UOAA's website: <https://www.ostomy.org/donate-ostomy-supplies/>

**Please join us In Person or Virtually
at 5:30 PM – 7:00 PM
for a holiday celebration including songs, food and fun!**

If attending in person, please RSVP to
Joan at 281-274-0188 or jmburnham@houstonmethodist.org.

Join Zoom Meeting:
Meeting ID: 982 4337 1961
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**HOLIDAY
CELEBRATION**

*Open to all cancer
survivors and caregivers in
the community. Seating is
limited. Masks required.*

December 15, 2022
5:30 - 7pm Brazos Conference Rm ABCD

In Person & Online

CHRISTMAS CAROLS
FOOD
INSTRUMENT PLAY
SOCIALIZATION
FUN!

To Register, Contact:

General Cancer Support Group - ylopez2@houstonmethodist.org
Breast Cancer Support Group - ylopez2@houstonmethodist.org
Ostomy Support Group - JMBurnham@houstonmethodist.org
Music4Life Support Group - alundquist@houstonmethodist.org

HOUSTON
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SUGAR LAND HOSPITAL

Central Group

Date: Monday, December 5, 2022
Time: 7:00 p.m.
Place: **In-Person Meeting:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042
Program: Roundtable and ideas on how to eat healthy during the holidays
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: Monday, December 14, 2022
Time: 6:00 p.m.
Place: **In-Person Meeting**
Community Resource Credit Union (CRCU)
 Community room. Avoid the front of the hospital (Garth entrance). The CRCU Meeting Room is located just inside the door of Plaza 2 on the back side of Houston Methodist Baytown Hospital. Park behind the hospital (exit off of Baker Rd.) (Contact group leader for more information.)
Program: Holiday Party and White Elephant Exchange
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: Wednesday, December 21, 2022
Time: 7:00 p.m.
Place: **Virtual Webex Meeting and In-Person** (Information is provided in the email of your December OAHA Newsletter.)
In-person: HCA Healthcare Northwest
 710 Cypress Creek Parkway
 Houston, TX 77090
Program: **Speaker: Rory Smith from Convatec**
Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: Thursday, December 15, 2022
Time: 5:30–7:00 p.m.
Place: **In Person or Virtual Webex Meeting** (Information is provided at left.)
Program: **Holiday Celebration (see flyer on page 6)**
Contact: Joan Burnham, MSN, RN, OCN,
 RN-BC, Oncology Nurse Navigator at 281-274-0188
 or jmburnham@houstonmethodist.org

Woodlands Pediatric Group

Date: No Meeting in December
Time: Sundays at 2:00 p.m.
Place: **Virtual Meeting** (Information for future meetings is provided in the email of your December OAHA Newsletter.)
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.

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
Houston Methodist Baytown Hospital
cbarefield@houstonmethodist.org

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



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ASC2018



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With the My Ostomy Journey app, you will be able to conveniently track ostomy-related activities without the hassle of keeping up with traditional paper checklists or diaries.



Keep track of your daily fluid intake



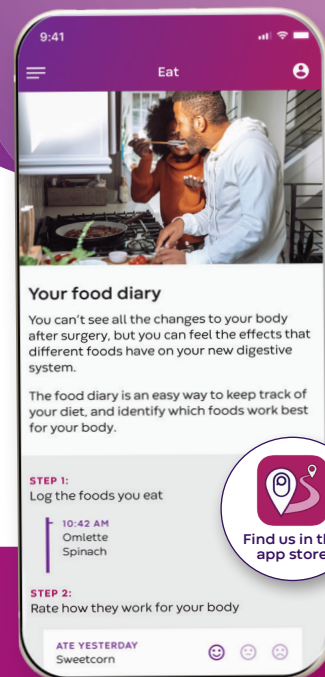
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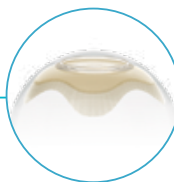


SenSura® Mio

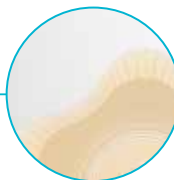
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between asking for help
and doing it yourself

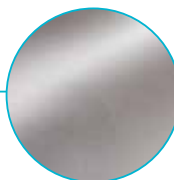
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Osto Group www.ostogroup.org

Providing Ostomy Products to the Uninsured.

All you pay is shipping and handling. **877-678-6690**



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.



LeeAnne, CeraPlus™ Product User

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Peristomal skin deserves advanced protection. CeraPlus™ Products* provide a secure and comfortable fit to protect against leakage and help keep healthy skin healthy. Infused with ceramide, the body's own defense against damage and dryness, CeraPlus™ Products protect skin from Day 1.

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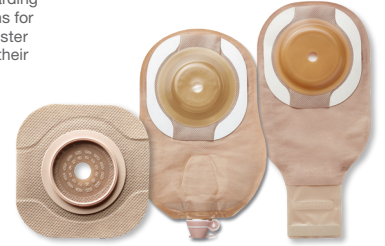
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Healthy skin. Positive outcomes.