



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

Outpatient Ostomy Services Locator

UOAA is excited to announce the completion of a two-year advocacy project with the unveiling of a new resource, the first-ever online locator to improve access to ostomy care. This new directory of outpatient ostomy services allows medical professionals, patients and caregivers to locate outpatient ostomy care near their specified geographical area. Nowhere else can the ostomy community find this type of user-friendly comprehensive list.

This project, led by UOAA Advocacy Manager Jeanine Gleba, would not have been realized without many certified ostomy nurses responding to the call to contribute their facilities to our database and the tireless hours of passionate volunteers who assisted her (listed at right). In particular, with deep appreciation Jeanine would like to acknowledge the following people from this project who helped her with the facility research and/or tested the locator software:

- Joanna Burgess-Stocks, RN, BSN, CWOCN*
- Stanley Cooper*
- Nathan Hadlock*
- Joy Hooper, RN, BSN, CWOCN, OMS, WCC*
- Laura Kaiser, APRN, A-CNS-BC CWOCN*
- Dr. Edward Loftspring*
- Keagan Lynggard-Hysell*
- Ellyn Mantell*
- Susan Mueller, BSN*
- Chris Mullen*
- Cheryl Ory, RN, BSN*
- Amie Leigh Reece*
- Ival Seacrest*
- Todd Sheldon*
- Lynn Wolfson*



Find Outpatient Ostomy Services Near You!

Link to the search page:

<https://www.ostomy.org/outpatient-ostomy-services-locator/>

To help ensure ostomates receive continuous care following stoma creation and/or revision surgery, UOAA has developed the first-ever “Locator” to improve access to care. Some practices/clinics only see patients who had their surgery in their acute care facility. Some require a referral. Generally, there are guidelines for each facility and they are subject to change over time.

Search for outpatient ostomy services by city, state, or zip code. Along with the name and address, if additional information was provided or visibly public on a listings’s website such as hours of operation, it will be shown with the listing. This is not an all-inclusive list.

(Visit our [Find an Ostomy Nurse page](#) for virtual/telehealth options.)

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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Mark your calendar!

Ostomy Awareness Day
Saturday, October 5, 2024



Central Group

Date: NO OCTOBER MEETING
Next meeting—Monday, November 18, 2024

Time: 7:00-8:30 p.m.

Place: In-Person Meeting: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042

Program: Convatec Presentation

Contact: Denise Parsons, 713-824-8841 rockynme2@gmail.com

Clear Lake Group

Date: Monday, October 28, 2024

Time: 6:30 p.m. (also available WebEx)

Place: In Person Meeting: Room AD1026 near Starbucks
HCA Healthcare Clear Lake,
500 Medical Center Blvd., Webster, TX 77598

Contact: RSVP: Colorectal Coordinator 281-381-3619 or
CLRHoncology@HCAHealthcare.com

Northwest Group

Date: Wednesday, October 16, 2024

Time: 7:00 p.m.

Place: In-Person Meeting:
Montgomery County South Regional Library,
2101 Lake Robbins Dr., The Woodlands, TX, 77380

Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
936-443-2565 mkinsey815@gmail.com

North Houston Group

Date: Tuesday, October 8, 2024

Time: 12:00 p.m.

Place: In-Person Meeting
Memorial Hermann Greater Heights Hospital,
Medical Plaza 2, Suite 234 (second entrance)
1740 W. 27th St., Houston, TX 77008

Contact: Ericka Spence 346-263-9658
ericka.spence@memorialhermann.org
Mary Kinsey, BSN, RN, WOC, WCC, OMS
936-443-2565 mkinsey815@gmail.com

Sugar Land Group

Date: Thursday, October 17, 2024

Time: 6:00–7:00 p.m.

Place: Virtual Meeting

Program: Presentation by Byram

Contact: Jennifer Cerda, MSN, RN, OCN, Nurse Navigator,
346-901-2012 jcerda@houston.methodist.org

Woodlands Pediatric Group

Date: Saturday, October 5, 2024

Time: 2:00 p.m.

Place: Virtual Meeting

Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
936-443-2565 mkinsey815@gmail.com
Contact Mary Kinsey for online meeting link.

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.

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**

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

Central Group News

Central Group had our quarterly meeting on Monday, September 16 at 7:00 pm at the Tracy Gee Community Center. We were a lively group of 13 and we feel very fortunate to have our very special ostomy nurse, Ama Acheampong, MSN, CWON-AP (Ms.) in attendance. We welcomed Breanna Kilgore and Joseph Peterson, fellows of the Rice360 Institute for Global Health Technologies and heading up the Colostomates team project. They have been working on a low-cost and long-lasting ostomy pouching system. This pouching system is specifically designed for ostomates living in the greater Houston area where cost and accessibility barriers prevent them from getting the supplies they need to care for their ostomy. The Ostomy Association of the Houston Area has been involved with their project since inception – the past 6-years! Breanna and Joseph wanted us to know that in the next month or so they will be looking for ostomates to partake in a one-hour review of their product. We are looking forward to continuing to work with Breanna and Joseph and have invited them back to our November 18th meeting to see and examine their ostomy pouching system.

Our next meeting is on Monday, November 18th at 7:00 p.m. at the Tracy Gee Community Center. Convatec representatives, Susan Fletcher BS, RN, CWON and Clinical Resource Specialist—Ostomy US-West Region and Ray Nevels—Houston Ostomy Representative will present and we will get an update from the Rice360 Colostomates Team. You may also bring any new/unused ostomy products you would like to donate. Ama Acheampong works at the LBJ Hospital and we are going to help her stock her ostomy product closet.

Look for more details of our greater Houston area ostomy meetings in this newsletter. You are welcome to join any or all of the meetings.

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

Kinsey Ostomy Care
info@kinseyostomycare.com

Sugar Land Group News

A presentation given by Sam Bennett from Coloplast. He discussed the three Convex options that are offered by Coloplast and the Convex flip. Sensura Mio Black was discussed, and it is available as a one-piece only as of now. Brava supporting products were discussed: the barrier strips and protective seals. The ostomy support belt was shown by Sam so ostomates could see the size of the belt and the ostomy support belts are washable. Coloplast offers a Coloplast Care Team of ostomy advisors and Coloplast Care kit to new ostomates. Another great resource that is available to ostomates is the MyOstomyLife app. Coloplast now offers an online store to order products for cash price and supplies are delivered within 2-3 days. Open discussion amongst ostomates about the use of one-piece and two-piece devices and problem-solving pancaking by using lubricants, dish detergent, or drops of olive oil/cooking oil.

The meeting adjourned at 7:03 PM.

Our next meeting will be on Thursday, October 17, 2024 from 6:00 - 7:00 p.m., with a presentation from Byram Healthcare.

Helpful Links from Coloplast:

[Learn more about life with an ostomy \(coloplast.us\)](https://www.coloplast.us)

[Coloplast Care](#)

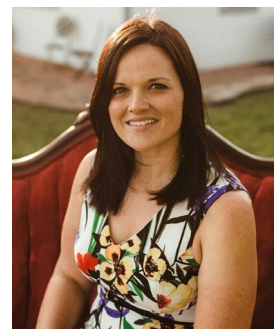
coloplastcare.com/en-US/ostomy/coloplast/myostomy-app/myostomy/

UOAA Expanding Number of Certified Ostomy Nurses

By Jeanine Gleba, UOAA Advocacy Manager

UOAA is excited to announce that the 2024 recipient of the Educational Award for Ostomy Nurse Certification is nurse Jessica Biggs from Arkansas!

We congratulate Jessica and are pleased to know there will be one more ostomy nurse in the United States helping our community! [Learn more](#) about this year's most deserving recipient.



Jessica Biggs

Our funding for scholarships is now depleted.

If you'd like to help UOAA continue this important scholarship program in 2025, please consider making a donation to the Ostomy Nurse Scholarship Fund online, please complete the [Donate Form](#), and at the bottom under the "Additional Comments" section, please note "Ostomy Nurse Scholarship Fund".



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facebook®

<https://www.facebook.com/OstomyHouston/>

PARTICIPANTS NEEDED

**RICE360
INSTITUTE FOR
GLOBAL HEALTH
TECHNOLOGIES**



**TOUCH AND FEEL STUDY:
DESIGN CONCEPTS FOR
COLOSTOMY POUCH**

**COMPENSATION: \$50 & PARKING
VALIDATION**

TIME: 1HR

WHAT

- **PARTICIPANTS WILL COMPLETE AN INTERVIEW TO PROVIDE FEEDBACK ON OSTOMY BAG DESIGNS**

WHO

- **YOU MUST BE 18 YEARS OF AGE OR OLDER, CURRENTLY HAVE A STOMA OR HAD ONE IN THE PAST**

WHY

- **INSIGHT FROM THIS INTERVIEW WILL HELP RICE360 DEVELOP A FUNCTIONAL AND AFFORDABLE OSTOMY BAG DESIGN TO OFFER TO THE OSTOMY COMMUNITY**

This research study does not involve patients, medications, or any other type of hazard. This research study has been reviewed and approved by Rice University Institutional Review Board. If you have concerns regarding this study or questions regarding your rights as a study participant, please contact the Rice IRB Compliance Administrator at Rice University. Email: irb@rice.edu or Telephone: 713-348-358 .

**SCAN QR CODE FOR MORE
INFORMATION**



Contact

colostomates@rice.edu 

Embracing Ostomy Life Programs Launched in 2024

Embracing Ostomy Life (www.embracingostomylife.org) has been Rolf Benirschke's dream since he had his ostomy surgery in 1979 which almost ended his NFL career. After securing their 501c3 status in the spring, their team has been hard at work laying the groundwork for the two programs expected to launch in early 2024:

Alive & Kicking—a 30-day ostomy recovery program delivered via email with tips on adjusting to a new life that features videos and information from physicians, WOCNs, physical therapists, nutritionists, mental health professionals and “veteran” ostomates.



Team HOPE (Helping Ostomates through Peer Encouragement) will match volunteers who have completed the UOAA “Ostomy Friends” training course with new ostomates based on factors like gender, type of ostomy, lifestyle, age and other relevant factors.

Here's a sneak peek at a couple videos that will be featured in Alive & Kicking: (click on links below)

[Bitter or Better – Rolf Benirschke](#)

[Your ostomy does not dictate your future – Jearlean Taylor](#)



embracing ostomy life



Join UOAA National Memberships

www.ostomy.org/membership



As a National Member of UOAA, you are helping us to achieve our goal to support, educate, empower and advocate for people who have or will have ostomy or continent diversion surgery. By joining UOAA, you will also help increase the influence and voice the ostomy community has on a national level.

You can join annually as a National Individual Member or as a National Medical Professional Member.

As a UOAA member you will receive a packet of our educational resources, national membership and stoma rose pins, be the first to receive any new publications, and can be nominated to be elected to UOAA's Board of Directors. You will also receive a special promotion code to subscribe to *The Phoenix* magazine at a discounted rate.

For more information and annual membership fee visit www.ostomy.org/membership/ and help UOAA support the next generation of ostomates.

Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

Subscribe or Renew Today!



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Name _____

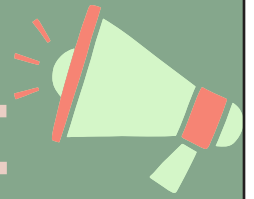
Address _____ Apt/Suite _____

City _____ State _____ Zip _____

Payable to: The Phoenix magazine, P.O. 15755, North Hollywood, CA 91615

* Based on \$12.95 cover price. Canadian subscriptions: \$29.95 one-year. U.S. funds only.

ARE YOU A CANCER PATIENT OR SURVIVOR? SHARE YOUR STORY!



PARTICIPATE IN A NEW STUDY TO BETTER UNDERSTAND THE WORKPLACE EXPERIENCES OF CANCER PATIENTS

Eligibility Requirements

- Diagnosed and treated with cancer sometime in adult life
- Worked for pay at least part-time during treatment
- Married/cohabitating during cancer treatment
- Spouse/partner was also employed during this time

Details

- Eligible participants will be asked to complete 2 online surveys (<20 minutes/survey)
- Spouses/partners will also be asked to complete 2 online surveys (<10 minutes/survey)
- Participants will be compensated

Click on pink buttons above and below to get more info.

Sign Up

Full details and sign-ups can be found here:
https://baylor.qualtrics.com/jfe/form/SV_a_hirdAAy9JtNot8

For questions, please contact
sara_perry@baylor.edu



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PM-11979 07.20



Ostomy support group monthly meetings at HCA Healthcare Clear Lake

An ostomy support group for patients and their caregivers meet on the fourth Monday of every month in room AD1026 at HCA Healthcare Hospital. The meetings will feature guest speakers who share information and offer insights with the group. There will also be roundtable discussions.

Location: AD 1026, near Starbucks **Date:**
4th Monday of every Month **Time:** 6:30
p.m.

Meetings are also available via WebEx

For additional information or to RSVP, please contact the colorectal coordinator at our facility. Call or Text:
281-381-3619 or email: CLRHoncology@HCAHealthcare.com

HCA Houston Healthcare Clear Lake
500 Medical Center Blvd Webster, TX
77598
(281) 332-2511
www.hcahoustonhealthcare.com/locations/clear-lake/specialties/wound-care

HCA  **Houston Healthcare**
Clear Lake

OSTOMY SUPPORT GROUP 2024

Join us for a forum providing support, encouragement, education and guidance to patients with ostomies (colostomy, ileostomy, urostomy).

Support group meetings will feature:

- Expert presentations from health care professionals
- Opportunities to share stories and discuss life after ostomy procedures

Who: Any patient with an ostomy, including cancer patients

When:	6-7 p.m.	Jan. 18	April 18	July 18	Oct. 17
		Feb. 15	May 15	Aug. 15	Nov. 21
		March 21	June 20	Sept. 19	Dec. 19

Where: This support group will be conducted virtually.
You will receive the meeting link after registering.

RSVP: Please email Jennifer Cerda, MSN, RN, OCN, at jcerda@houstonmethodist.org or call **346.901.2012**.

Please note, email is not a secure means to communicate personal identification, i.e. Social Security number, date of birth, financial information, etc.



MKTG112023

Access to Supplies with Medicare—The Never-Ending Story

Words of Advice from UOAA's Advocacy Committee Co-Chair Sue Mueller and Advocacy Manager Jeanine Gleba

UOAA often hears from the ostomy community about their struggles with getting quantities of ostomy supplies that are over the Medicare allowable limits. UOAA recognizes that the process to obtain supplies beyond the maximum amount is difficult to navigate and is not well understood.

Medicare's coverage of ostomy supplies is explained in their Local Coverage Determination (LCD) policy [\(A52487\)](#) and the allowable quantity limits are in LCD policy [L33828](#). According to their policy:

“The quantity of ostomy supplies needed by a beneficiary is determined primarily by the type of ostomy, its location, its construction, and the condition of the skin surface surrounding the stoma. There will be variation according to individual beneficiary need and their needs may vary over time. The actual quantity needed for a particular beneficiary may be more or less than the amount listed depending on the factors that affect the frequency of barrier and pouch change.

The explanation for use of a greater quantity of supplies than the amounts listed must be clearly documented in the beneficiary's medical record. If adequate documentation is not provided when requested, the excess quantities will be denied as not reasonable and necessary.”

According to our conversations with the Center for Medicare and Medicaid Services' (CMS) billing contractors the quantities listed are reasonable and necessary for 80% of the patient population. The key for the small population who require quantities of supplies that exceed the usual maximum amount, is the information documented in the medical record that explains the need for the increased amount. What are the factors that affect the greater frequency of changes for you? You must determine what documentation is missing from your medical record that medically necessitates having the greater quantity and then work with your medical professional to get the missing information included in your records and have your supplier submit them to Medicare. Please note that a letter from a nurse or doctor is not sufficient nor is just having it listed on your prescription. The justification of your need for additional supplies must be in your medical record. To learn more read UOAA's blog [“Know What's In Your Medical Record”](#).

Any claim that goes over the allowable quantity is automatically denied in the Medicare billing system. It must then be appealed and the supplier has to show the documentation that proves medical necessity etc. Appeal denial is so frequent that most suppliers no longer advance the increased amounts while waiting for an appeal decision and do not automatically file appeals. They only submit claims for the allowable limits and then the consumer has to pay out of pocket for any overages.

Given the cumbersome frustrating process, before you deal with the hassle, UOAA suggests that you consider being re-evaluated by an ostomy nurse. Together you can evaluate why you need more supplies and determine if you need a different pouching system or can find another work around. For example someone who uses 3-5 pouches per day may benefit from changing to a drainable pouch. If there isn't an ostomy nurse in your local area, some facilities have telemedicine options or UOAA has a self-pay virtual ostomy clinic. There are many different types of supplies available to meet varied needs of ostomates and remedy the challenges that occur over the lifetime of an ostomy. A certified Wound Ostomy Continence (WOC) nurse is the ideal person to assess your situation and make recommendations.

Increasing the number of pouches is not the solution for every problem. For example someone with a high-output stoma producing greater than 2L of liquid stool daily will want to first consider looking at their diet by working with a dietician and reading UOAA's Eating with an Ostomy

information. In some situations the solution may be adding medications or the timing of medication and eating. This is why it is important to consult with your medical team or obtain a medical team that is responsive to your needs.

After you have consulted with your medical team and determined that you have a justifiable need that can be documented for more pouches, then pursue the Medicare appeal process with your supplier. Be prepared to purchase your additional supplies while you wait for the Medicare decision. Try to get your needed supplies at the lowest cost through discounts and free supplies. UOAA lists lower cost supply resources [here](#).

If your appeal is denied, another resource is your local State Health Insurance Assistance Program (SHIP). They can assist you with correcting billing issues, and filing complaints and appeals. With your permission, SHIP will work with Medicare directly to help solve problems on your behalf. Find your local SHIP [here](#).

The information we just discussed applies to people with traditional Medicare, if you have a Medicare Advantage plan you should follow the appeal procedure of your plan. You may also request a case manager who is an employee of the plan for assistance with the process. The decision-making process is different with Medicare Advantage plans.

UOAA has been advocating on this issue for many years and we will continue to beat this drum with the Centers for Medicare and Medicaid Services (CMS) and their coverage jurisdiction Medical Directors until improvements are made.

Virtual Ostomy Clinic

Ostomies change bodies and lives. People living with an ostomy need personalized suggestions and ongoing support from medical experts who really understand ostomies. In the healthcare system today, too many ostomates do not have the regular access to a certified ostomy nurse they need for a successful health journey. This is why UOAA has partnered with The Wound Company—to bring certified ostomy nurses to ostomates and their caregivers across the United States virtually. **For a one-time direct payment of \$125**, The Wound Company's certified ostomy nurses provide people with personalized support via Zoom, text SMS and email for 30 days—in the privacy of their own home.

[Get Started Here!](#) *(More info on page 11)*



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Ostomy Outpatient Clinics

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Call 713-867-2432

Memorial Hermann – Northeast FRIDAY AFTERNOONS, BY APPOINTMENT

Call 281-540-6322 or fax a referral to 281-540-7107.

Memorial Hermann Rehabilitation Hospital – Katy BY APPOINTMENT

Contact Kim Dewitt, Clinic Manager

kim.dewitt@memorialhermann.org 281-579-5541

Memorial Hermann – The Woodlands BY APPOINTMENT

Contact Stephanie Wilkins 281-602-4830 or fax 281-602-4849



**GET THE LATEST INFORMATION AND INSPIRATION
AT THE UOAA WEBSITE**

<https://www.ostomy.org/news/>

Virtual Ostomy Clinic

(Continued from page 10)

Whether it's a colostomy, ileostomy or urostomy, a new ostomate learning to care for their stoma or an existing ostomate grappling with new complications, the journey can be overwhelming. UOAA's Virtual Ostomy Clinic provided by The Wound Company offers support through telehealth visits and ongoing touchpoints via texting and emailing to make sure ostomates have the right supplies for their unique situation and thoroughly understand how to care for their ostomy.

- * Assess a person's ostomy in one comprehensive telehealth assessment by Zoom in the beginning of the 30-day period
- * Assist ostomates and their caregivers in choosing supplies and recommend pouching options that fit the person's lifestyle and health goals
- * Help ostomates and their caregivers prevent and manage skin irritation, rashes, and other complications around the ostomate's stoma.
- * Answer ostomy questions from ostomates over email or SMS for the 30-day program.
- * Provide personalized education, care, and support throughout the program, including tips on diet, nutrition, hydration and intimacy.
- * Follow up with one additional comprehensive telehealth assessment during the program when necessary.
- * Provide a summary of the assessment and recommendations for ongoing care after each telehealth assessment.

[Learn more about UOAA's Virtual Ostomy Clinic](#)

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 Ericka Spence 346-263-9658, or contact Mary Kinsey 936-443-2565 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. 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 at 4653 Nall Rd., Suite F12, Farmers Branch, TX 75244.

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



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Manufactured by KEM in the U.S.A.

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

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 North Houston Group Sugar Land Group Woodlands Pediatric Group

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.

Healthy skin, everyday, everywhere you go



As many as 75% of ostomates report skin complications.¹ Convatec is your solution – with a complete portfolio of ostomy products designed to help keep the skin around your stoma healthy.

- ✔ Leading Adhesives Technology including Durahesive® and Stomahesive®
- ✔ Convatec Moldable Technology™ is proven to prevent and improve complications of the skin around your stoma²
- ✔ Essential Accessories, including ESENTA™ skin care line and lubricating deodorant and eakin Cohesive® seals



Reference: 1. Lessons Learned About Peristomal Skin Complications: Secondary Analysis of the ADVOCATE Trial. Salvadadena, Ginger, Colwell, Janice C.; Skountrianos, George; Pittman, Joyce.
 2. Maria Teresa Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCN-AP; and Karin H. Izel-Plontek, RN; The Effects of Using a Moldable Skin Barrier on Peristomal Skin Condition in Persons with an Ostomy: Results of a Prospective, Observational, Multinational Study. Ostomy Wound Management 2014;60(12):16-26.
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Our me+™ program provides ostomy education, resources and support to help you keep your skin healthy.

Scan the QR code to learn more, visit www.mepluscare.com or contact our me+™ team at 1-800-422-8811