September 2022

UOAA United Ostomy Associations of America, Inc.

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

LeeAnne's Healthy Eating and Fitness Tips For People with Ostomies

by LeeAnne Hayden (Courtesy of ostomy.org, August 2022)

Actress, model, businesswoman, and cancer survivor LeeAnne Hayden shares diet and fitness tips that can help you live your best life with an ostomy.

> ***Learn simple lifestyle changes you can make to improve your health and wellness.***

Living a healthy lifestyle. We all know we should be doing it, but sometimes it's not so easy – especially after having ostomy surgery. When it comes to eating and exercise, we're worried about the possibility of blockages and hernias. I get a lot of questions about those issues.

I have had my colostomy for over six years now, and after doing a lot of testing of what my body can and can't tolerate, I feel great. Regardless of any concerns you may be experiencing, it is so important to live a healthy lifestyle. When we feed our bodies the right foods and move our bodies with exercise, over time we will see, and more importantly FEEL, the positive results.

6 Tips for Healthy Eating With an Ostomy

So, what do we do? Our Moms always said, "Eat those vegetables and have an apple!" However, most of us must watch our fruit and vegetable intake so that we avoid intestinal blockages. Here are six tips that can help you eat well and safely:

Actress, model, businesswoman, and cancer survivor LeeAnne Hayden shares diet and fitness tips that can help you live your best life with an ostomy.

1. Cook your fruits and vegetables. When foods are cooked, they are easier for the body to break down. Try sautéing, baking, or even air frying your favorite fruits and vegetables. I am constantly sautéing spinach, red peppers, onions, and mushrooms, and then tossing in some lean protein and jasmine rice or sweet potatoes to complete the meal.
2. Blend your fruits and vegetables. After every workout I have a protein smoothie. I combine one cup of unsweetened almond milk with one scoop of vanilla whey protein, a handful of spinach, a half of a banana, and one tablespoon of peanut butter.

(Continued on page 5)

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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News from the OAHA Board

As you know, our board is a group of volunteers and many of our board members have full time jobs and volunteer in their spare time. We are very proud of our accomplishments and we work very hard to support the greater Houston ostomy community. We have a website: www.houstonostomy.org with contact information, support meeting information – with ostomy nurses offering virtual support meetings, publications of our monthly newsletters, a link to the UOAA, and we offer a patient visiting support services. If you need to contact us for any reason you can find a phone number, email address and P.O. Box address on our website and newsletter. We are a small but dedicated group and we can always use a helping hand so, if you would like to get a bit more involved, please contact any of our board members listed on this newsletter. Thank you in advance!.

The OAHA Board

Northwest Group News

The Northwest Group hosted Lisa Kelly, CWON, in August who did a great Q&A regarding nutrition and digestion. At the September 21st meeting, Mary Kinsey will be doing a presentation on quality of life and self-image. See your email newsletter for meeting information.

Billy Locke
337-515-6354

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will resume meetings in September! The next virtual meeting will be September 11 at 2:00 p.m. See your email newsletter for login information.

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

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

Central Group News

Our Central Group met in-person on Monday, August 15, 2022 at the Tracy Gee Community Center at 7:00 pm. We welcomed a total of 9 attendees! We had a few announcements—one announcement I am pleased to share is the wound/ostomy clinic at the South Tower of Memorial Hermann Greater Heights Hospital, 1635 N. Loop West, Houston, 77008 offers an ostomy clinic. You can make an appointment with an ostomy nurse at this clinic by calling Mary Kinsey, BSN, RN, WCC, OMS at 713-867-8972 (direct line). You will need to give Mary your insurance information before you can make an appointment and please note that it may take 2-5 days to get your appointment due to your insurance verification. This obviously will not work in an emergency but please write this information down and keep it handy in case you need it.

We hosted a Roundtable at our meeting and one of our visitors shared with the group he was diagnosed with bladder cancer last year and if the drug therapy he is trying now does not work, he was told by his doctor he may need to seriously consider urostomy surgery. He came to our meeting on a fact-finding mission and he wants to learn as much as possible about this procedure and life with a urostomy. We did not have anyone at the meeting with a urostomy but since the OAHA just completed our ostomy visitor training we are working on setting up a visit for him with a member with a urostomy.

As always, all are welcome to join us at our support meetings—we meet the third Monday of each month. Meeting dates and times are found in this newsletter.

Hope to see you in September when we will host Convatac's Houston representative

Kathleen Duplessis, President, OAHA,
Kathleen.duplessis@outlook.com or 713-299-3180

Baytown Group News

Baytown Ostomy Support Group met on August 15th with an informative presentation by Houston Methodist Baytown Clinical Dietitians Vittoria Andriolo, RD, LD and Diana Groux, MS, RD, LD. Vittoria and Diana discussed the importance of nutrition in ostomy care with a focus on hydration, vitamins and minerals and recommended versus not recommended foods for the ostomate.

Vittoria began with the topic of hydration as this is often a concern during these hot and humid days. She shared several ways to increase fluid intake that included adding flavoring to water (such as fruit and vegetables), consuming fruits/vegetables high in water content and drinking non-caffeinated beverages (juice, decaf tea, etc.). An anatomical diagram of the intestinal tract helped to relate where absorption of the vitamins and minerals that we consume take place. For best absorption, multivitamins with minerals of the chewable variety (non-gummy) are best. It was also noted that calcium is available in chewable form, but liquid is best for absorption.

(Continued on page 3)

Baytown Group News *(Continued from page 2)*

Diana reviewed recommendations to help adjust to the changes in the digestive system after ostomy surgery. Small, frequent meals help support better digestion and absorption. Try not to skip meals as this can increase gas and watery stools.

Review of low fiber food choices included items like peeled fruits and vegetables, well-cooked vegetables and refined grains such as white rice and grits that are easy on the digestion. Low-fat easy to digest proteins include eggs, lean meat or poultry. Lactose-free cottage cheese or other dairy products are also good choices.

Food that helps with bulking up the stool include peanut butter, marshmallows, peeled potatoes, bananas, and apple sauce. The thicker the stool the more nutrients and fluids that are being absorbed.

Foods that are not recommended because they may cause odors, gas, diarrhea, or blockage include foods that are high in fiber and fat. These food choices may include salad or raw vegetables, cabbage, broccoli, brussels sprouts, alcohol, carbonated drinks, and artificial sweeteners. Food that may cause blockage include nuts and seeds, popcorn, casing on sausages, cucumbers, coconut, fruits with skin on. Foods that may cause diarrhea include alcohol, high sugar foods, caffeinated drinks, nuts and seeds, stone fruits, prune and grape juice, artificial sweeteners. Foods that can cause discoloration of stool include beets, red dye, spinach, asparagus, broccoli. Foods that can help reduce gas and odor include buttermilk, cranberry juice, parsley, yogurt with active cultures. To reduce gas, avoid chewing gum, drinking with straws, carbonated beverages, smoking or chewing tobacco, eating too fast, and skipping meals.

Add foods containing fiber gradually to your diet but avoid those that can cause blockages initially. Eat only very small portions and chew your food very well.

Vittoria and Diana shared an awesome reference: Eating with an Ostomy Comprehensive Nutrition Guide. You can review this 70-page document digitally at:

https://www.ostomy.org/wp-content/uploads/2022/02/Eating_with_an_Ostomy_2022-02.pdf

I hope you will join us September 19th at 6 p.m. We will have a representative from the Physical Therapy Department joining us. We will continue to meet in the Community Resource Credit Union Meeting Room of Plaza II of the Houston Methodist Baytown Hospital. I hope to see you there!

Sincerely,

Cindy Barefield, BSN, RN-BC, CWOCN
281-428-3033, cbarefield@houstonmethodist.org

Sugar Land Group News

Meeting Summary

Joan presented information on Social Media and Ostomies.

What do reliable websites look like? Look for websites that the URL ends with .org, .edu, .gov, or .gov.au, as these are domains that are generally safe and have reliable information. Websites with .com or .net are not unreliable, but they should be used with caution.

When visiting a new website consider five criteria when you are looking at the information on the site—authority, currency, content, accuracy, and bias.

Authority – who is responsible for the content? Are they an expert in their field and the topic? Have they written other articles/books in the field?

Currency – when was the information published? Was it within the last 3-5 years? Are you looking for historical or current information?

Content – is the information relevant to your needs? Is it written in language you can understand? Are you the targeted audience?(some sites are targeted to healthcare professionals and others to patients/general public).

Accuracy – is the information true or factual? Does the information sound too good to be true? are there any references to validate the information at the bottom of the article? Do you recognize the authors?

Bias – is the information supported by an organization (i.e.: UOAA)? Are they trying to push a product or service? Are they asking for your personal information to get access to the information you want?

Be cautious of sites that have lots of visuals or pop-ups that advertise or serve as clickbait to draw your attention away from the information you are seeking. Also look for fake news (another form of clickbait) or propaganda that drive web traffic to another website that may not be safe.

What is social media? It is a website or applications that allow users to engage with one another. Most social media are mobile – that means available on your smart phone. They use real time posting – it is happening NOW or in the very recent past (less than 24 hours). People who post are known as influencers and the measure of success is how many followers they collect.

Some social media sites have restrictions on what can be posted and may be monitored or unmonitored (someone is checking for restricted content). Some social media is temporary, and the post disappears within 24 hours (SnapChat or Instagram Stories).

(Continued on page 4)

Sugar Land Group News *(Continued from page 3)*

Keeping it safe includes:

- Not posting any personal information – full name, address, date of birth, phone number, hometown, where you met your spouse and other information that is used as security questions.
- View the Internet as a novel, not a diary.
- Expect people you have never met will find your profiles.
- Be careful what you advertise.
- Realize you CANNOT take back what you post.
- Think about the implications BEFORE you post information.

Other things you should know about Internet safety:

- Know how to report, block, and filter content.
- Personalize your privacy settings.
- Pause before you post.
- Turn off geolocation.
- Use a private Internet connection.
- Talk to your friends about public posts.
- Report harassment or inappropriate content.
- Look before you click.
- Pick strong passwords and update them frequently.
- Make privacy a habit by doing a regular social media privacy check-up.

The following are Internet websites with information related to ostomy care of life with an ostomy:

https://www.ostomy101.com/ (web site/app)

https://www.ostomy.org/tag/social-media/

https://www.myostomyis.com/social-media-disclosure/ (blog)

https://www.ostomynsw.org.au/social_media18.php

https://www.ostomy211.org/

https://backcountryostomy.com/

https://uncoverostomy.org/ (blog/FB/Twitter/Instagram)

https://www.hollister.com/en/about/socialmedia (LinkedIn/Glassdoor/FB/Instagram/Twitter/YouTube)

https://www.youtube.com/c/OstomyDiaries/videos (Vlog/FB/Twitter/Instagram)

https://fullcircleostomy.care/ (FB/Instagram/YouTube)

https://www.veganostomy.ca/ (blog/YouTube/Support Forum)

And if you have an ostomy you may need access to a bathroom and there are apps (applications) for your smart phone that can be helpful:

- Where is Public Toilet (SF Capital)
- CrapMap – Find toilets near me
- Toilet Finder
- Flush – Find public toilets/restrooms
- National Public Toilet Map (Human Solutions)
- PeeQwiq Toilet Finder
- Lulu: Bathrooms on demand (Lulu App LLC)
- We Can't Wait (Crohn's & Colitis Foundation)

Open Forum

Questions about what to expect when you are post op and the gaps in care. Daniela shared about the ideal being a meeting prior to surgery and then daily visits after surgery and to include a caregiver who can also learn. Joan reminded the group of the OAHA Visitor Program. Shared that the class in July was good and we are expecting changes to the program from UOAA. Trouble shooting from the group on filling gaps and contour challenges when placing a new bag. Noted that our bodies continue to change as we age and so even people who have had their stomas for a while may experience challenges related to their bag and stoma. Daniela asked participants to email her with any questions or concerns as well as suggestions for the GO bag at dajofre@houstonmethodist.org. Joan sent an email with the PowerPoint and encouraged participants to share the information as needed.

Our next meeting will be on September 15, 2022 at 6:00 p.m., virtually, our topic is "Are You Ready? What to put in your GO bag" By Daniela Jofre BSN, RN, OMS, WCC. Meeting adjourned at 7:15 p.m.

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

LeeAnne's Healthy Eating and Fitness Tips For People with Ostomies *(continued from page 1)*

3. Chop your salads. The smaller the pieces, the easier they are to digest. I've been loving the bags of pre-chopped salad that are in grocery stores now.
4. Take a digestive enzyme after a meal. These supplements can help your system break down vegetables and fruits even more.
5. Chew slowly. Our lives are so busy that when we sit down to eat, we often don't take our time. Slow down at the table and chew your food more. This will help you digest it better.
6. Keep a food log. Writing down what you ate and how it made you feel will help you make better choices.

Be sure to check with a dietitian about what foods you can safely eat. For example, mushrooms can cause intestinal blockages for some people living with an ileostomy.

3 Tips for Exercising Your Core After Ostomy Surgery

When you have an ostomy, working on your core is important. It can be scary prospect, however, since the fear of getting a hernia is a real thing. So, always check with your doctor before starting any fitness program.

Core exercise is great for improving pelvic floor strength, posture, and balance. It also can help prevent ostomy bag leaks because the flange will fit better on your peristomal skin.

Here are three gentle core movements that you can do to help strengthen your core:

1. Standing single knee lift. Stand with your feet hips-length apart, and your hands on your waist or down by your side. Tense your abdominal muscles and lift one knee. Do as many as you can or three sets of 10 to 20 on one side before moving to the other side.
2. Holding a plank position. Planks put less strain on your spine and hip flexors than abdominal crunches or sit-ups. A beginner version can be done against a piece of furniture (e.g., a chair or a low table). Place your forearms on the furniture, keep your back flat, don't sag into your forearms, keep your core tight, and hold that position for 15 to 30 seconds. The further away your legs are from the furniture the more activated the core will become. Advanced options are done on the floor. Put your hands directly under your shoulders, grind your toes into the floor, and tighten your gluteal and core muscles. Neutralize your neck and spine by looking at a place on the floor about a foot beyond your hands. Hold this position from 20 seconds to two minutes.
3. Stomach crunches. Lie on your back with your knees bent to a 90-degree angle and your feet on the floor. Make sure your back is flat. Squeeze in your abdominal muscles and bring your head to your knees. Your glutes will try to play too, but don't let them. Focus solely on your abs, hold for three to five seconds, and then release. Do three sets of 10 to 20.

Editor: Always check with your doctor before starting any exercise regimen.

I hope these wellness tips have been helpful to you! Share with us on social media your favorite fruit and vegetable recipes, and what you think of these moves!

To learn more about LeeAnne Hayden, listen to The Beautiful Bag podcast, visit leeannhayden.com, or follow **@leeannehayden** on Instagram, Facebook, and YouTube.

Donating Ostomy Supplies?

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

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/

UOAA has developed a new self-assessment checklist to help you understand the components of ostomy care and determine if you need assistance with any component of care, especially following changes in medical conditions and as you age.

Ostomy Self-Management Checklist

DAILY POUCH EMPTYING

- ☐ Are you able to ambulate/ self-propel to the bathroom to empty your pouch?
- ☐ Are you able to adjust your clothing before and after pouch emptying?
- ☐ Are you able to empty your pouch, clean the end and reseal it?
- ☐ Do you remember to empty your pouch on a regular basis?
- ☐ Are you experiencing leaks related to your pouch emptying schedule?
- ☐ Are you able to empty your pouch at night?
- ☐ Urostomy- Can you change from daytime drainage system to nighttime drainage system?

APPLIANCE CHANGE

- ☐ Are you able to gather your supplies and change your appliance on a regular schedule and maintain a functional wear time (3-4 days)?
- ☐ Are you able to observe your peristomal skin at your appliance change to determine if the area is intact?
- ☐ If your skin is not intact at appliance change, are you able to manage minor skin problems?
- ☐ Are you able to observe your stoma at your appliance change to determine any changes and to aid in aligning the appliance over your stoma?

PROBLEM SOLVING

- ☐ Can you identify and problem solve leak problems?
- ☐ Do you know when you need to seek medical assistance and how to access this care? (Signs and symptoms of blockage, severe skin problems, dehydration, infection, constipation)

SUPPLY MANAGEMENT

- ☐ Do you maintain a list of supplies (include supplier name and contact number, product manufacturer, reference number and amount ordered monthly)? UOAA has a handy supply checklist that you can use for this purpose.
- ☐ Do you have automatic reorder set up with supplier or a system to remind you to reorder?
- ☐ Does your Primary Care Provider have an up-to-date supply list in your medical record?
- ☐ Are you able to self-advocate for supply problems?
- ☐ Are you able to store your supplies in a temperature neutral place away from excessive heat or cold?

LIFESTYLE MANAGEMENT: DIET & HYDRATION

- ☐ Ileostomy: Do you know how to maintain adequate hydration and electrolyte balance? Do you know how to avoid foods which may cause blockage?
- ☐ Urostomy: Do you maintain adequate hydration?
- ☐ Colostomy: Do you maintain adequate hydration and diet to avoid constipation?

For more ostomy resources visit UOAA's website: https://ostomy.org

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Central Group

Date: **Monday, September 19, 2022**
Time: **7:00 p.m.**
Place: **In-Person Meeting:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042
Program: **Convatec's Houston Representative**
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: **Monday, September 19, 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: **Speaker: Representative from the Physical Therapy Department**
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: **Wednesday, September 21, 2022**
Time: **7:00 p.m.**
Place: **Virtual Meeting** (Information is provided in the email of your September OAHA Newsletter.)
Program: **Mary Kinsey will present on Quality of Life and Self-Image**
Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: **Thursday, September 15, 2022**
Time: **6:00 p.m.**
Place: **Virtual Webex Meeting** (Information is provided in the email of your September OAHA Newsletter.)
Program: **"Are You Ready? What to put in your GO bag" By Daniela Jofre BSN, RN, OMS, WCC.**
Contact: Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator at 281-274-0188 or jmburnham@houstonmethodist.org

Woodlands Pediatric Group

Date: **Sunday, September 11, 2022.**
Time: **Sundays at 2:00 p.m.**
Place: **Virtual Meeting** (Information is provided in the email of your September 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. 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.)

UOAA 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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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 additional 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.***

☐ Colostomy
☐ Ileostomy
☐ Urinary Diversion
☐ Other: _____

☐ Continent Ileostomy
☐ Continent Urostomy
☐ Pull-Through
☐ J-Pouch

☐ Parent of Child with procedure
☐ Spouse/Family Member
☐ Physician
☐ 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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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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Remois

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Healthy skin. Positive outcomes.