

OSTOMY CONNECTION  
OF CHARLOTTE  
PO BOX 33811  
CHARLOTTE NC 28233-3811

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April - May 2011

# NEW LIFE NEWSLETTER

Volume 41 Number 2  
Ostomy Connection  
of Charlotte



Ostomy  
Connection of  
Charlotte

For info on the upcoming **OCC meeting** please see p.3  
To read about our own **Chapter Highlights** read p.6  
See the special events on p. 7  
Don't miss a good recipe on p. 19  
+ There's much, much more inside this issue! Check it out.

[www.ostomyconnectionofcharlotte.org](http://www.ostomyconnectionofcharlotte.org)

*Our meetings are open to all ostomates, their families and friends. Physicians and Nurses are cordially invited. A social hour and refreshments follow each meeting.*

# Finding Professional Help



These medical professionals are available in our area:

Heather Pucket, NP  
North East Medical Center  
Concord NC - 704-783-2180

Julie Bowers RN, CETN  
Springs Memorial Hospital  
Lancaster SC - 803-286-1516

Gretchen Caldwell, RN, BSN, WOC  
Julie Elliott, RNET  
Lauri Fowler, RN, MSN, WOC  
Jean Goldner, RN, BSN CWOCN  
Mary French Hut, RN, BSN CWON  
Jackie Kelly, CWOCN  
Carolinas Medical Center  
Charlotte NC - 704-355-7605

Brenda Rutland, CWON  
Carolinas Medical Center – Pineville  
Pineville, NC 704-667-5002

Union Regional Medical Center  
Monroe NC 28111 704-283-3198

Amanda Griffin, RN, BSN, CETN  
Rowan Regional Medical Center  
Salisbury NC 28144

Cheryl Postlewaite, MSN, WOCN,  
Piedmont Health Care System  
Rock Hill SC - 803-909-2170

Phyllis Kupsick, RN, BSN, CETN  
Stanley Memorial Hospital  
Albemarle NC 28001

Betty Loftin, RNET  
Medical Mart  
Rock Hill SC - 803-366-5544

Carla Mellon CWCN, COCN  
Pager # 6579 Voice Mail 704-863-6524  
CMC-University

Phyllis McGalliard RN, CWOCN  
Presbyterian Hospital  
Charlotte NC - 704-384-3229

Debbie Myers RN, CCRN  
Lake Norman Regional Medical Center  
 Mooresville NC - 704-660-4711

Debbie Strider, RN, BSN, CWOCN  
660 Summit Crossing Pl., Suite 306  
Gastonia NC 28054 - 704-671-7830

Vickie Hall RN CDE CETN  
Iredell Memorial Hospital  
Statesville, NC 704-873-5661

## Manufacturers' Representatives

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ConvaTec  
Professional Services  
1-800-422-8811

### Coloplast

Andrew Annunziata  
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704-906-3997 Cell

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1-800-788-0293

### Hollister

Andrew Hixon — Sales Rep  
1-800-624-5369

Hollister  
Professional Services  
1-800-323-4060

## Ostomy Connection of Charlotte Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Date of Birth \_\_\_\_\_

Note: Members will be notified by mail for renewal.

I have a (please check):

Colostomy  Urostomy (Ileal conduit)

Ileostomy  Other

Year of Surgery: \_\_\_\_\_

I am interested in becoming involved in  
service with OCC.  Yes  No

Permission to use your name, address, phone no. in an  
Ostomy Connection directory.  Yes  No

Please complete this application and mail along  
with a check payable to **Ostomy Connection of  
Charlotte** for \$15.00 (annual dues) to:

**George Martin**  
**5925 Donegal Drive**  
**Charlotte, NC 28212**

## The OCC...Ostomy Connection of Charlotte

The goal of the OCC is to provide support for the person that has undergone ostomy surgery. We are committed to providing the ostomate, their family and friends with an atmosphere that is non-threatening, open, honest and supportive. We plan to accomplish this by:

1. Continuing to produce the NEW LIFE Newsletter 6 times a year.
2. Continuing to provide ostomy visitors to new ostomy patients when requested.
3. Establish a website for the local support group.
4. Provide social gatherings to promote support and bonding within the group.
5. Provide helpful educational meetings which reflect the needs of the patient with an ostomy.
6. Reach out to smaller support groups in the surrounding Charlotte area and include them in social and educational events.
7. Encourage membership to subscribe to the *Phoenix* magazine published by the uoaa.

Dues are \$15 for a 12 month membership.  
You will receive the Bi-monthly New Life Newsletter.

Meetings are held at Presbyterian Hospital, Matthews, N.C. at 7:00 p.m. on the third Tuesday of every other month, starting with February. Members will be informed of any changes. Facilities for the handicapped.

Special Thanks to **CONVATEC** for the printing of our Newsletter!!!  
We so appreciate your support of our Chapter!!!

## April Meeting



Date: Tuesday, April 19, 2011  
Time: 7:00 PM  
Place: Presbyterian Hospital Matthews  
Community Room

Program: Guest Speaker

Angela Clark, Chaplin with CMC Pineville will be presenting to us on Advanced Directives and why they are so important as well as the role of the Chaplin in the hospital as a member of your healthcare team.

Bring your unwanted/un-needed ostomy supplies to be sent to Ostogroup!!!

Come join us for an evening of enlightenment and fun!

We need YOU!!!



Newcomers welcome!!! Come One Come All!

## Can't Come to Meetings? -

## Come to our daytime "Stuffing Party!"

Want to volunteer a few hours helping to prepare our Newsletter for mailing? It's fun; there's lots of banter; we make a significant contribution to our chapter.

**We need your help now more than ever!**

The next Stuffing Party will be Tuesday June 7, 2011  
at 1:00 PM at St. Luke's Lutheran Church  
on Park Road near the YWCA.

And Thank You St. Luke's for your gracious hosting!

### Year 2011

#### Stuffing Party Date

June 7  
August 2  
October 4

Mark  
Your Calendar



#### Meeting Date

April 19  
June 21  
August 16  
October 18  
December 6  
Christmas Party

The **NEW LIFE NEWSLETTER** is the newsletter of the Ostomy Connection of Charlotte. We publish the newsletter bimonthly from the address below and send it to members of our chapter, as well as to others whom we hope will be helped by receiving it. This newsletter is a major component of our mission, detailed on later pages, of helping ostomates to a full recovery from surgery through many means, including education, public meetings, and individual visits.

Address correspondence to:  
Editor, New Life Newsletter,  
Ostomy Connection of Charlotte  
7301 Woodstream Dr  
Charlotte, N.C. 28210

## Don't Miss an Issue!

# Free Ostomy Magazine!



**Special Offer for New Subscribers.** Subscribe to the leading national magazine for ostomates, their families and caregivers, *The Phoenix* magazine, and get a free issue – that's a 25% discount. This offer is only available through support groups and only for new subscribers. Simply return this order form (no copies) with payment today!

**America's Leading Ostomy Publication.** Each issue contains 72 pages of new products, medical advice, personal stories, management techniques and much more. Education, information and inspiration in every issue.

**Annual subscription: \$25.** Send check or money order to: The Phoenix, P.O. Box 3605, Mission Viejo, CA 92690. \*This form must be submitted with payment to receive free magazine, no exceptions. Published Quarterly: March, June, September and December.



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 E-mail \_\_\_\_\_ UOAA Donation (optional) \$ \_\_\_\_\_

OFFER SUBJECT TO TERMINATION AT ANY TIME

## Just For Fun...

### A simple quiz for people who know everything!

1. Name the sport in which neither the spectators nor participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial veggies?
4. What fruit has its seeds on the outside?
5. Only three English words in standard English begin with the letters dw: name two..

For Answers – See bottom of page



"The healthiest part of a donut is the hole.  
Unfortunately, you have to eat through the rest  
of the donut to get there!"

Answers: (1)Boxing (2)Niagara Falls (3)asparagus & rhubarb (4)strawberry  
(5)dwarf, dwell, dwindle

## OSTOMY CONNECTION OF CHARLOTTE

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Charlotte, N.C. 28210



### Looking For Help? Call:

**AMERICAN CANCER SOCIETY:**  
Beverly Eller  
704-552-6147

**VISITOR COORDINATOR:**  
Christale Norwood  
704-573-1835

**CROHNS & COLITIS  
FOUNDATION OF AMERICA:**  
1-800-343-3637



# Call

## O.C.C. Chapter Highlights

### February Meeting Notes ★

Attendance – 13

Christale welcomed everyone to our February 15, 2011 meeting. She then introduced Doug Yoch, PharmD – Compounding Pharmacist from Stanley Apothecary. Compounding is the art and science of preparing customized medications to meet each patient's specific needs. One way they can prepare these medications is to free them of sugar, lactose, dyes, alcohol, gluten or preservatives. Some compounded drugs bypass the gastrointestinal tract that may normally irritate it. They also can use topical creams, sprays, etc. applied to the affected site. Before compounding they have to have a prescription from the patient's doctor. They do not file insurance but give you all the information needed to file for reimbursement.

We then adjourned for fellowship and refreshments provided by Lisa Harris and Christale Norwood.

*Christale Norwood*  
Secretary

### Convatec Plant Tour ★

On February 22<sup>nd</sup> members of our support group joined members of the Concord support group in visiting the Convatec plant. Several of the people there gave us many facts about Convatec, how it got started, where their different plants are located and the amount of production they do. We had lunch that they provided and then we suited up in our gowns, gloves, and goggles to tour the plant. We divided up into three groups with our own personal guide. Thank you Convatec for a very informational and enjoyable meeting and tour! You made us all feel very welcomed!

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If you haven't visited our own "local" website – you should! There is a lot of information available and some very helpful links also – check us out at: [www.ostomyconnectionofcharlotte.org](http://www.ostomyconnectionofcharlotte.org)

The Crohn's & Colitis Foundation of America is also another good resource and you can visit their website at: [www.ccfa.org](http://www.ccfa.org).

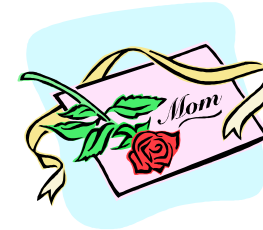
### ★ Fresh Green Beans ★

Submitted by Gail Gay (Melissa Miller's Sister)

1 lb fresh (or frozen) green beans, trimmed, washed, drained and cooked until tender.

1 stick butter, melted  
1 tsp garlic salt  
1 tsp dill  
1 tsp parsley flakes

Sauté garlic salt, dill, parsley flakes in stick of melted butter in large skillet. Add cooked beans. Stir mixture with beans and simmer until ready to serve...



### Life's Garden

Mother is the blossom...  
radiant, complete.  
The children are the tiny buds...  
delicate and sweet.  
Father is the sturdy stem...  
that holds them straight and tall.  
Love's the root that gives them life...  
and nourishes them all.

Author and source unknown

*Happy Mother's Day*



## COVERED WOUNDS HEAL BEST

by Mary Ann Brooks MSN, RN, CWOCN, Reston Hospital Center  
via: "The Pouch", Nov/Dec 2010

Recently my 85 year old father-in-law Bob had a non-healing wound on his 3<sup>rd</sup> finger. He is a "borderline" diabetic. His family was concerned that the finger was infected, and that it was open and the possibility of spreading the infection to others. I encouraged him to keep the area covered and to use an antibiotic ointment daily. He had seen a doctor and was on an antibiotic.

Two months later, my mother-in-law phoned to ask again about the wound. Bob had been back to the doctor for more antibiotics and an x-ray. They were afraid the bone was infected and that he could lose his finger. I was surprised to hear that the wound hadn't healed and asked how he was caring for the wound. He had tried to keep a bandage on his finger, but every time he washed his hands, it got wet. So he stopped wearing it. Worse than that, was the news that he was using Hydrogen Peroxide full strength twice a day.

Hydrogen Peroxide is too strong to use on wounds. It impairs healing by killing not only germs, but all the cells that are trying to heal the wound. This creates dead tissue in the wound base which must be cleaned out by the body. The repeated use of hydrogen peroxide will create a soft film of dead cells over the wound bed. Without a bandage to keep the wound moist, the soft film turns into a hard dry densely adherent crust that just keeps the wound from healing.

Optimal wound care involves gentle cleaning with water or saline solution. Keep wounds covered to control the spread of germs and to keep wound moist. Add antibiotic ointment if more moisture is needed. Research proves that moist wounds heal best. Moist wounds can clean the debris out of the wound base. It allows for the growth of scar tissue and the re-epithelialization of the skin.

I am glad to report that after 2 weeks of optimal wound care, Bob's finger has finally healed after being open for about 6 months. Remember that wounds don't need to "breathe." And don't use hydrogen peroxide on open wounds.

**You are unique, so be sure to consult your doctor or WOC nurse before trying products or methods that are mentioned in this newsletter.**



## Wine Tasting Rocky River Vineyards INCLUDES 9 TASTINGS & A SOUVENIR GLASS

11685 Reed Mine Road

Midland, NC 28107

704-781-5035

May 17, 2011

3pm-6pm

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Mint Hill, NC area!*

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## Memorial Day

**"We Will Remember"**

*Did You Know?*

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moment of remembrance takes place  
at 3:00 p.m. local time.*



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Fax: (704) 868-3133

## UOAA NEWS ★

Our 2011 UOAA National Conference will be held at the Nugget Hotel in Reno on August 7th to the 11th. This Conference will have the opening ceremonies on Monday night and continue through Thursday. The room rate will be \$ 79.00 + tax. Plan now to join the fun in Reno as they observe their "Hot August Nights" festivities.



Keep current with the **UOAA blog!**

It's our way of bringing you up-to-the-minute news about happenings within UOAA. In addition to the general blog there will be one concerning advocacy matters and others as time goes along. You can find it at [www.uoaa.org](http://www.uoaa.org) in the left-hand navigation menu or go to [www.uoaa.wordpress.com](http://www.uoaa.wordpress.com).

**The 2011 COLONDAR** is now available for purchase online and you can read about it at: [www.colonclub.com/colondar.html](http://www.colonclub.com/colondar.html).

To see how the 2009 Colondar was produced go to: [www.youtube.com](http://www.youtube.com) and enter: 2009 Colondar in the search box. There are 4 short video segments with interviews. It's quite interesting. The video's are still on youtube as of November 2010.

## Public TV/Cable Documentary Tape

UOAA entered into a contract for the production of a 5 minute UOAA/ostomy public awareness tape that will appear in Public TV, National Medical Report as shown on cable, network TV and internationally as part of Voice of America.

This excellent project, coordinated by Kristin Knipp, can now be viewed on the UOAA website at [http://www.uoaa.org/uoaa\\_psa.shtml](http://www.uoaa.org/uoaa_psa.shtml); or on the UOAA Blog: <http://uoaa.wordpress.com>, and if you are a member of Facebook, on the **UOAA Cause** at <http://apps.facebook.com/causes/261710?m=618>.

## A RECENT RUMOR

via Chicago's "The New Outlook"

Rumor has it that the doctor removed one of your parts. The same rumor said that they didn't take out your heart... *So you can still love.* Also, none of your mind was removed... *So you can still dream of sunshine and flowers.* Apparently, they left your family and friends. *So you still have someone to care for and someone to care for you.*

Did the surgeon remove your grandchildren's laughter? Did he leave you your lips to smile with? Your nose to smell the morning air? Your ears to hear the birds singing? Your eyes to see the evening sunset? Surely he didn't touch your soul? *That belongs to God.* If he left you all of these things, did he remove anything *really important*?

Remember what Hubert Humphrey, also an ostomate, once said, "It isn't what they take away from you that matters, it's what you do with what you have left that counts."



Said the frog on the lily pad: "Time is fun when you're having flies." Judy Smith, Elliston, Va.



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BE HEARD**  
FOR CROHN'S & COLITIS

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RAISE AWARENESS  
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Freedom Park  
4pm - Registration  
5pm - Walk

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Register at [www.cctakesteps.org](http://www.cctakesteps.org)

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FOUNDATION OF AMERICA

**TAKE STEPS**  
FOR CROHN'S & COLITIS



## Medical Aspects of an Ileostomy

By Dr. R.B. Kelleck, Great Britain; via *The New Outlook*, 03/11

The person with a new ileostomy may find it difficult to believe that life without a colon can be completely healthy. To understand this, one needs to know the normal function of the colon, the large intestine, which has been removed.

This organ is only found in land animals and its major function is to absorb water and electrolytes from the food residue. When animals first moved from the sea to the land, they moved from a world where water was plentiful to one where it might be very scarce. The ones that adapted best were that an animal that could store waste so their body had time to absorb the remaining water and salts to avoid dehydration. All the other nutrients that we obtain from our food from that which we require for energy and health are absorbed from the small intestine, which is unaffected by the usual operations for ulcerative colitis, FAP and sometimes even Crohn's disease.

People with an ileostomy obtain just as much nourishment, whether carbohydrates, fats or proteins, as anyone else with a healthy normal digestive system. Another function of the colon is to act as a reservoir for the waste products of the body until there is a convenient moment for disposing of them. This function is simply taken over by the pouch for a person with an ileostomy, whether external or internal.

There is only a small section of the intestine that absorbs vitamin B-12. It is located near the joining point of the small and large intestine, about the last three or four inches of the ileum. In a person with an ileostomy, especially if there have been revisions, too much of the small intestine may have been used in the surgical process and the part of the ileum that absorbs vitamin B-12 may have been removed. A person would not be able to absorb vitamin B-12 from food or even from supplements.

A solution to this challenge is usually to receive vitamin B-12 injections, usually 1 cc, from once a week to once every four to six weeks, depending how the patient feels. If, the "worn-out" feeling that one has occasionally develops into a continuous feeling, it may be a good indication of vitamin B-12 deficiency.

## Laughter – An Essential Ingredient of Good Health

From *Marsteller Family Chiropractic newsletter*

For years, *Readers Digest* has featured the column "Laughter, the Best Medicine." It contains jokes, riddles and humorous musings designed to tickle the funny bone. But just how important is laughter to our everyday health?

It turns out that when we laugh we produce natural killer cells which destroy tumors and viruses. Plus there's an increase in the production of Gamma-interferon (a disease-fighting protein), T-cells (important for our immune system) and B-cells (which make disease-fighting antibodies). Besides lowering blood pressure, laughter increases oxygen in the blood, which also facilitates healing.

Laughter helps us to deal with stress, cope with loss, work through tragedy, hide our embarrassment and calm our fears. Laughter helps the body relax. It lowers blood pressure, increases immune system functioning and assists in warding off disease.

In terms of mental health, laughter:

- Helps us connect with others - humor is often used as a means to help us collectively cope with grief, fear or loss.
- Makes us more productive - happy people have more energy.
- Releases, negative emotions such as anger, fear, sadness, resentment, depression - Increases the likelihood that we will feel happy.
- Releases endorphins in the brain that help you feel good.

Did you also know that laughter is a form of aerobic exercise? You may even feel fatigued if you laugh continuously for any length of time! Just remind yourself to laugh well and often in order to experience the aerobic benefits of laughter.

**What steps can you take to increase the amount of laughter in your life?**

- Surround yourself with positive upbeat people who laugh a lot - laughter is contagious!
- Find out what makes you laugh - is it funny movies, watching the comedy channel, reading funny material? Whatever it is - do it more often.
- Don't take yourself, or anyone else for that matter, so seriously.

Always remember to laugh and when you do, laugh loud and often!

## CAROLINAS MEDICAL CENTER

### Ostomy Supply Sources – Charlotte and Surrounding Areas

**Check with your insurance company to see if you have a preferred provider for ostomy supplies. If so, this is where you will need to obtain your supplies for the most reimbursement. Following is a list of some of the medical supply dealers in the Charlotte area.**

Faulkner's Drugs  
215 East Jefferson Street  
Monroe, NC 28110  
704-283-8131

Griffin Home Health Care  
4231 Monroe Road  
Charlotte, NC  
704-347-1993

Giant Genie  
5123-A South Blvd  
Charlotte NC  
704-525-3956

Medical Center Pharmacy  
126 North Center Street  
Hickory, NC 28601  
828-322-7717

Medical Mart  
465 G. South Herlong Street  
Rock Hill, SC 29732  
803-366-5544

Pharmaceutical Center  
3535 Randolph Road  
Charlotte, NC 28211  
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Cannon Discounted Pharmacy  
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Medical Home Health and Mobility  
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**Hollister** 1-800-323-4060

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Edgepark Surgical Inc.	1-800-321-0591
American Ostomy Supply	1-800-858-5858
Parthenon:	1-800-284-4788
Byram	1-877-902-9726
Mercy Surgical	1-888-637-2912 (Accepts N.C. Medicaid)
CCS Company	1-888-724-4357 (Accepts S.C. Medicaid)

#### Outpatient Ostomy Help

CMC-Pineville	Brenda Rutland RN, CWOCN	704-667-5002
CMC-University	Carla Mellon RN, CWOCN	704-863-6524

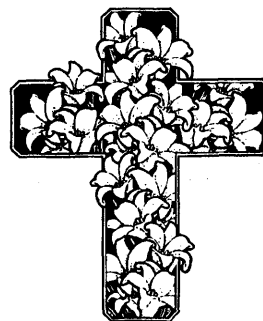
**Ostogroup.org** is a company that may be able to help you with low cost supplies. Ostogroup 877-678-6690

Updated 9/2010

In case of a suspected B-12 deficiency, there are three elements the doctor should check: vitamin B12, folic acid and potassium. The shortage of any one or all three can keep us down and without any pep or ambition even to do our daily chores. Vitamin B-12 and folic acid interact to the point that a deficiency of any one might be mistaken without complete tests for the deficiency of the other. Each of us may need both, to make the other one work correctly.

There is no danger of receiving too much vitamin B-12; the body eliminates anything that is not needed. Folic acid should not be taken in large doses. Studies performed on the amounts of potassium required by a person are not definitive. It seems that the most a healthy person should obtain is about 0.4 milligrams per day. One cannot be overdosed from potassium in natural foods. The greatest source is bananas and potatoes with orange juice also being a very good source. However, if one has a potassium deficiency, which can lead to a run-down feeling, one probably cannot obtain enough from foods without gaining weight. A person with an ileostomy, who cannot absorb enough vitamin B-12 from food or from pills, should consider taking injections. Folic acid and potassium can usually be absorbed in pill form, but a person with an ileostomy should watch if the pills are going through the digestive tract whole. This means that they are not being absorbed by the body. If you are a person with an ileostomy and feel tired all the time, consult your physician.

**“HE IS RISEN”**



**Have a Joyous Easter!**

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- Ideal for patients with semi-formed or formed stool

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  - **Prevents** water erosion and effluent leakage
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Durahesive® skin barrier technology top-side layer "turtlenecks," providing additional leakage protection



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Gaps expose skin to effluent



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- Snug fit is maintained as skin barrier **adapts to changing stoma size and shape**
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