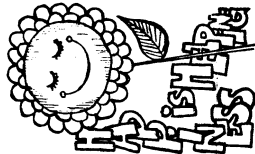


OSTOMY CONNECTION  
OF CHARLOTTE  
PO BOX 33811  
CHARLOTTE NC 28233-3811

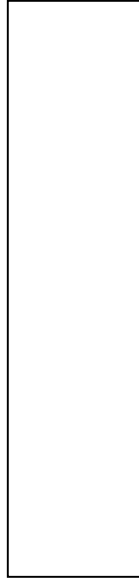
RETURN SERVICE REQUESTED



If you do not wish to receive this newsletter  
place an X here \_\_\_\_\_ and return it to your  
mail carrier. Your name will be removed  
from our mailing list.

**MEETING NOTICE –  
TIME VALUE**

**COME TO THE MEETINGS!**



NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
CHARLOTTE NC  
PERMIT NO 2763

August - September 2011

# NEW LIFE NEWSLETTER

Volume 41 Number 5  
Ostomy Connection  
of Charlotte



Ostomy  
Connection of  
Charlotte

★ August Meeting is at our new meeting location:



CMC-Pineville

[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

Hospitals Listed Alphabetically

## Carolinas Healthcare System:

- CMC-NE:** Marie Mercier RN MSN-704-403-3288  
Lori Hayden RN BSN MHA-704-403-3171
- CMC-Mercy:** Cheryl Weiner RN BSN CWCN-704-304-5678 \*
- CMC-Union:** Luella Kiker RN 704-240-5020
- CMC-University:** Carla Mellon RN BSN CWON-704-863-6524\*
- CMC:** Gretchen Caldwell RN BSN CWOCN-704-355-7605  
Lori Fowler RN, MSN, CWOCN-704-355-7605  
Jean Goldner RN BSN CWOCN-704-355-7605  
Mary French Hutt RN MSN CWON-704-355-7605  
Michael Rankin RN BS CWOCN-704-355-7605  
Debbie Woodard RN MSN CWOCN-704-355-7605
- CMC- Rehab Hospital:** Laurie Crookenden RN BSN CWOCN
- CMC- Healthy at Home:** Lori Borja RN BS CWOCN-704-591-3137  
Jackie Kelly RN BSN CWON-704-806-3980
- CMC- Pineville:** Brenda Rutland RN BSN CWON-704-667-5002 \*

## Caromount Wound Center:

- Debbie Strider RN BSN CWON-704-671-7830  
Janice Thomas RN BSN-704-671-7830

## Central Carolina Medical Associates-Albemarle

Phyllis T Kupsick MSN, FNP-BC, CWOCN 704-983-3855

## Iredell Memorial Hospital:

Vici Hall, RN, CDE, CWOCN, CFCN  
Work phone: 707-873-5661 ext. 3428

## Paragon Surgical: (affiliated with CMC-NE)

Heather Puckett RN FNP-704-783-2180  
Jane Guarini RN FNP-704-725-1235

## Presbyterian Hospital: \*

Anna Radford RN BSN CWOCN-704-384-3229  
Phyllis McGalliard RN BSN CWOCN-704-384-3229

## Stanley Memorial Hospital:

Peggy Dorsey RN BSN CWOCN

## Manufacturers' Representatives

### ConvaTec

Phillip Frazier— Sales Rep  
1-800-523-1735 x8823

ConvaTec  
Professional Services  
1-800-422-8811

### Coloplast

Andrew Annunziata  
1-800-788-0293  
704-906-3997 Cell

Coloplast  
Health Services  
1-800-788-0293

### \*A Hollister

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

Hollister  
Professional Services  
1-800-323-4060



**Wound, Ostomy and  
Continence  
Nurses Society**

## 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 CMC-Pineville, Pineville, 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!!!

## August Meeting

★ **IMPORTANT ANNOUNCEMENT:** ★

**Effective with our August 16th meeting the Ostomy Connection of Charlotte (OCC) will be moving our meetings to CMC-Pineville!!**

We will continue to meet on the third Tuesday at 7 pm in August, October and the December date will be announced later. Meetings will be in the Conference Room on the first floor of the Main Hospital. Signs will be posted/familiar faces will be there to greet and direct you. Don't be shy-we will get used to the new location and be an asset to the Pineville, NC area and to our friends across the state line in SC. Please come and be a part of our very first meeting at our new location!

CMC-Pineville has welcomed us with open arms. We appreciate their enthusiasm and support as we also look forward to the many benefits that this move will provide to the Pineville, Rock Hill and Fort Mill communities.

**Thank you CMC-Pineville** for welcoming us to your facility and for sharing your resources with us!!



**CMC-Pineville**

Very Exciting meeting!!! Special Guest Speaker!

**Dr. Michael Dobson** (Colon and Rectal Surgeon- Surgical Specialist) will be sharing with us about the Colon and Rectal Center of Excellence that is being developed through CMC... this is the first in a succession of Centers of Excellence that is being developed by CMC for the Charlotte area as a result of generous funding from the Levine Foundation.

**Refreshments will be served by CMC-Pineville.**

## 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, October 4, 2011  
at 10:00 AM at Idlewild Baptist Church  
12701 Idlewild Road; Matthews, NC 28105.

And Thank You Idlewild Baptist Church for your gracious hosting!

**Year 2011**  
Stuffing Party Date  
October 4



Meeting Date  
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.



Name \_\_\_\_\_ Apt/Suite \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_ UOAA Donation (optional) \$ \_\_\_\_\_

OFFER SUBJECT TO TERMINATION AT ANY TIME

## Just For Fun...



### The Dalmation Dog Story

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties.

"They use him to keep crowds back," said one child.

"No," said another. "He's just for good luck."

A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

*The Rambling Rosebud*, December 2010

## OSTOMY CONNECTION OF CHARLOTTE

### Board of Directors:

Carla Mellon  
9500 Bartlett Rd.  
Charlotte, N.C. 28227  
704-545-0187 (h)  
704-863-6524 (w)  
Carla.mellon@carolinashealthcare.org

Lisa Harris  
4319 Sardis Church Rd.  
Monroe, N.C. 28110  
704-882-0265

Akhtar Malik  
AIMALIK @comporium.net

Christale Norwood  
3855 Lipton Lane  
Charlotte, N.C. 28227  
704-573-1835  
norwood1972@bellsouth.net

**SECRETARY:**  
Christale Norwood  
704-573-1835 (h)

**TREASURER:**  
George Martin  
5925 Donegal Dr.  
Charlotte, N.C. 28212  
704-568-7972 (h and fax)  
GeorgeMartin@carolina.rr.com

**MAILING:**  
Hubert Wilson  
704-364-0445

**NEWSLETTER EDITOR:**  
Melissa Miller  
704-552-6027  
mtmiller@msceng.com

**NEWSLETTER MAILING ADDRESS**  
7301 Woodstream Dr.  
Charlotte, N.C. 28210



### Looking For Help? Call:

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

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

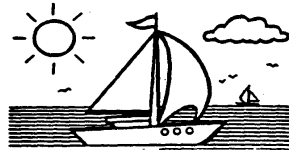
**CROHNS & COLITIS  
FOUNDATION OF AMERICA:**  
1-800-343-3637



# Call

## O.C.C. Chapter Highlights

### June Meeting Notes



We had 5 people to attend the tour/visit of the Billy Graham Library for our June 25<sup>th</sup> meeting. It was a hot day, but the visit exceeded my expectations. I highly recommend taking the time to visit.  
**Carla Mellon**

### Sympathy...



Our sincere sympathy goes to the family of **Jack Mulholland** who passed away a few weeks ago. He died from complications of gall bladder surgery at the age of 84. Jack was a past President of the Chapter and was deeply involved in the Chapter until he moved to Oregon to be with his family. May God's peace and comfort be with you.

### Get Well Wishes...

To **Christale Norwood** who has recently been in the hospital. She is home now resting and recouping. We hope she will be feeling much better very soon.



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).

## Summertime...and the Living is Easy

From North Central Oklahoma *Ostomy Outlook* July-August 2011:  
by Bobbie Brewer, Greater Atlanta Ostomy Association, July 2011

Summertime fun may include many outdoor activities and travel, but may also lead to some concerns about ostomy management. Let's review:

**Swimming** is an excellent exercise and activity you can enjoy with family and friends. So, why are so many of us afraid to get back into the water? Check out these tips:

Don't go swimming immediately after you have put on a new pouching system.

Make sure your pouch is empty and has a secure seal.

Picture framing your wafer with water-proof tape isn't necessary, but may give you the extra confidence you need.

Take precautions against sunburn. Besides being bad for your skin; a bad sunburn can result in diarrhea and sometimes vomiting, thus depleting electrolytes.

When sitting and soaking up the sun, protect/shade your pouching system by placing some covering across the outside area (e.g., hat, towel, magazine).

Monilia is a common summer problem. This raised, itchy, red rash on the peristomal skin is uncomfortable and keeps the pouches from holding well. If you suspect a monilia rash, consult an ostomy nurse.

### "Back To School"



## “Proud to be your Friend”

(Contributed by Jerry Schinberg, *The New Outlook*  
From *New Life Newsletter* – August 2004

- I've learned...
- That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
- That we should be glad God doesn't give us everything we ask for.
- That money doesn't buy class.
- That it's those small daily happenings that make life so spectacular.
- That under everyone's hard shell is someone who wants to be appreciated and loved.
- That the Lord didn't do it all in one day. What makes me think I can?
- That to ignore the facts does not change the facts.
- That when you plan to get even with someone, you are only letting that person continue to hurt you.
- That love, not time, heals all wounds.
- That the easiest way for me to grow as a person is to surround myself with people smarter than I am.
- That everyone you meet deserves to be greeted with a smile.
- That there's nothing sweeter than sleeping with your babies and feeling their breath on your cheeks.
- That no one is perfect until you fall in love with them.
- That life is tough, but I'm tougher.
- That opportunities are never lost; someone will take the ones you miss.
- That when you harbor bitterness, happiness will dock elsewhere.
- That I wish I could have told my Dad that I love him one more time before he passed away.
- That one should keep his words both soft and tender, because tomorrow he may have to eat them.
- That a smile is an inexpensive way to improve your looks.
- That I can't choose how I feel, but I can choose what I do about it.
- That when your newly born child holds your little finger in his little fist, that you're hooked for life.
- That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.
- That it is best to give advice in only two circumstances; when it is requested and when it is a life threatening situation.
- That the less time I have to work with, the more things I get done.  
Show your friends how much you care.

## Recipe:

### ★ Baked Broccoli ★

**Cover a baking sheet with aluminum foil**  
**Spread small broccoli florets onto pan**  
**Add salt and pepper, drizzle with olive oil and toss**  
**Drizzle with balsamic vinegar**  
**Bake at 450° for 20 minutes- stir once, broccoli will be a little charred, but delicious!!**

Carla Mellon

---

*Doctors Do the Prescribing, but It's Up to You to Take Charge*  
*et al via Metro Maryland; Via: Solano Ostomy News May 2011*

**Be curious** - Know what your condition is and how the drug will help you.  
**Don't play doctor** - Never tinker with the dosage on your own.  
**Share your life story** - The doctor needs a complete picture of your health and habits.  
**Make friends with your pharmacist** - You can never get too much information.  
**Plan a review session every 6 months** - One in five Americans over 65 takes at least one inappropriate prescription drug.  
**One size doesn't fit all** - The amount of medicine you may *need* may vary with age, weight, gender and ethnicity.  
**Send old drugs packing** - Review your medicines at least once a year and get rid of oldies that are no longer goodies.  
**Timing is everything** - Some side effects can be avoided by adjusting the timing - but ask your doctor before changing.  
**Request samples** - Ask your doctor for free samples, particularly if you need only a one-time supply. Make sure that your Doctor knows all the prescription and over the counter medications that you are taking.  
**Be aware of interactions** - Drug-Herb, Drug-Drug, Drug-Condition, or Drug-Food interactions are all potential problems.

**Free ostomy supplies available.**

**Please call 704-763-3994 to see if we have your sizes available.**  
**Thanks, Denise C. Nelson, EleosInternational.com**

Blessings,  
Denise Cabrero Nelson  
Eleos International

# A Legacy of Caring

- knowledgeable
- caring
- compassionate

24 Hours A Day • 7 Days A Week  
365 Days A Year



*Visit our Showroom and let our professional staff assist you with all of your Home Health Care Needs.*

## Ostomy Supplies and Appliances by:

- Bard
- Hollister
- ConvaTec
- Smith + Nephew
- 3M
- Coloplast
- DuoDerm
- And many others

*We are happy to file your Medicare and/or Insurance Claims.  
Visit or call soon for prompt, courteous, service.*

WE HONOR THE FOLLOWING CREDIT CARDS:



[www.griffinhomehealthcare.com](http://www.griffinhomehealthcare.com)

**Store Hours:**  
Mon.-Fri.  
9am-5:30pm

4231 Monroe Road  
Charlotte, NC 28205-7709  
Tel: (704) 347-1993  
Fax: (704) 347-1994

**NOW!**  
2 Convenient  
Locations

2515 E. Ozark Avenue  
Gastonia, NC 28054  
Tel: (704) 868-3132  
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.



## Safe Travel Tips

by Joseph Rundle, Aurora (IL) Ostomy Group; via *Metro Maryland*  
From North Central Oklahoma *Ostomy Outlook* July-August 2011:

With the terrorist alert on high and many concerned about safe travel at this difficult time, I thought I would offer you some useful tips:

Do not ride in an automobile. Autos cause 20% of all fatal accidents.

Do not stay at home. That is where 17% of all accidents occur.

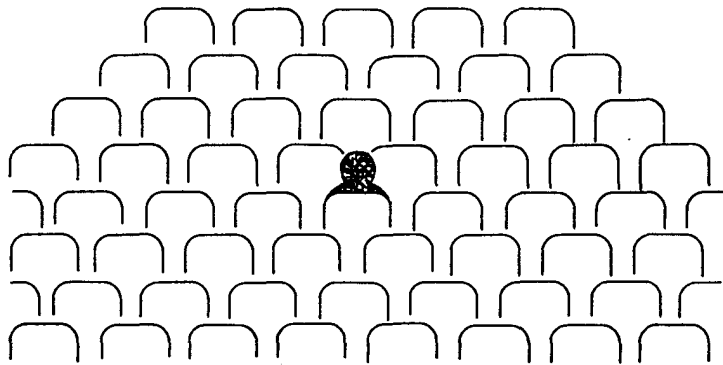
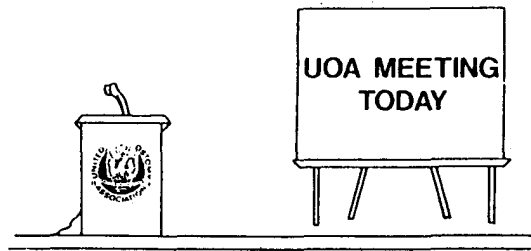
Do not walk across the street. Pedestrians are victims of over 14% of all accidents.

Do not travel by air, rail or water. People have 16% of all accidental deaths because of these activities.

However, only 0.0001% of all fatal accidents occur at our local ostomy support association's meetings. Moreover, virtually none of these happen during the business meetings. Obviously, the safest place to be is at your local ostomy association meeting. You'd better go to the next one, just to play it safe.

## The Mystery of Electrolytes...Gatorade or V-8 Juice

By Liz O'Connor, RN, CWOCN—Metro Maryland Ostomy Association and Youth Group, via: *The Pouch*, November-December 2010



### **“If you’re not there, Who will help?”**

Share some of your success with someone who feels alone. Join your local chapter of the United Ostomy Association. You might just be a ray of light for an ostomate who still is in the dark.

A prior newsletter article recommended Gatorade (like the athletes drink between quarters of a game) for maintaining electrolyte balance for ostomy patients. Metro Maryland recently received a letter from a member who had relocated to North Carolina. He had done some research on the matter and found that V-8 Juice has a higher amount of both sodium and potassium. So which is better for the ostomy patient who is experiencing diarrhea or excessive perspiration?

It seemed wise to consult a dietitian on this matter. She explained that technically the patient is correct, but the **advantages** of Gatorade are that it is almost **immediately** absorbed by the intestine due to its high osmolality. The sugar content provides a quicker boost of sodium and potassium. The sugar content provides a quick increase in energy. If an ostomy patient (especially one with an ileostomy) has diarrhea, this is the product of choice. It is better to pour the Gatorade over ice and sip it. **Do not** gulp it or you reduce its effectiveness.

If you know that you run low in sodium and potassium, V-8 Juice can also be used for a longer term result. It is wise to **consult your physician if you have frequent problems with electrolyte imbalance**. Follow his or her directions. If you have an ileostomy and are vomiting repeatedly, get medical advice immediately. Otherwise, you might end up needing IV fluids. **Normally eating a well-balanced diet** with an average amount of salt is sufficient. Episodes of diarrhea or excessive perspiration in the heat can catch one off guard. It is wise to have some Gatorade on hand. A few bottles of V-8 Juice on your pantry shelf might come in handy, too!

*Editor's Note: For those of us with short bowel syndrome, eating of raw/cooked fruits and vegetables is not always the best, so I keep several small cans of V-8 Juice handy to drink instead of eating a serving of vegetables. I've even taken one to a restaurant when I know the only vegetable being served is "al dente" broccoli.*

## How to Get Out of Depression

via: *The New Outlook*, June 2011

After ostomy surgery, most people fall into varying degrees of depression according to research done at the University of Chicago. The causes are many and as different as the people experiencing it. Fortunately, this should only last a very short time and a person after ostomy surgery should be back feeling like his/herself in just a few weeks. There are ways to help conquer normal depression without drugs. We like to inform you about the latest research on the subject.

According to the latest research, about one in four Americans will meet the criteria for major depression at some point in their lives. The rate of depression in industrialized societies has been on the rise for decades. It is about ten times higher today than it was just two generations ago. How can people possibly be so much more vulnerable to depression now? How do we make sense of the fact that even though antidepressant use has skyrocketed in recent years, the rate of depression in the United States has not declined, but rather increased?

Clinical psychologist Stephen Ilardi Ph.D. thinks the answer is rooted in our way of life. He says this because researchers have assessed modern-day hunter-gatherer bands for the presence of mental illness. They found that clinical depression is virtually nonexistent among such groups.

Despite being much more likely to experience tragic events like the death of a child or a crippling illness, and living with none of the material comforts or medical advances we take for granted, they are largely immune to the plague of depression.

The question is how are hunter-gatherers able to weather life's storms so effectively? Based on the available research, it seems that their lifestyle is profoundly antidepressant. As they go about their daily lives, they naturally wind up doing things that keep them from becoming depressed, things that change the brain more powerfully than any medication. These range from exercising regularly and eating plenty of omega-3 fats to belonging to active social networks and obtaining enough sleep.

For most of human history, everyone benefited from the antidepressant effect of these ancient lifestyle elements. Over the past few generations, technological evolution has proceeded at a relentless pace. As many protective features of that way of life have gradually disappeared, the rate of depression has begun to spiral out of control.

Our "stone age" brains just were not designed to handle the sedentary, isolated, indoor, sleep-deprived, fast-food laden, stressed-out pace of 21<sup>st</sup>

## High Blood Pressure?

via: *The New Outlook*, June 2011

Since many of our members are at the age where there are concerns about high blood pressure, we thought we would share some of the newest information about managing it. Blood pressure is the measurement indicating how strongly circulating blood presses against the arterial walls. One's pressure rises and falls throughout the day, but if it stays too high for too long, it damages blood vessels, the kidneys and the heart.

Hypertension usually has no symptoms yet is a major cause of heart attack and stroke. We all know that blood pressure consists of two separate readings—systolic pressure, the top number, measured as the heart is beating and diastolic pressure, the lower number measured between beats when the heart is at rest. It is the higher, systolic pressure that is most often used to determine risk.

For many years, doctors have treated even slightly high blood pressure with drugs that counteract the vessel-contracting hormone, angiotensin. Drug companies sold angiotensin-converting enzyme (ACE) inhibitor; later, when ACE inhibitors went off patent, they began selling angiotensin II antagonists, also called angiotensin receptor blockers or ARBs.

The data has not been verified according to the Cochrane Collaboration, whose reviews of studies are considered the gold standard of evidence. What they discovered is that the evidence for blood pressure treatment at more moderate levels is not as strong as previously thought. While doctors routinely treat patients with mild to moderate systolic pressure of 140 to 160, it is only for those with moderate to severe hypertension—people with blood pressure over 160—that there has been satisfactory results. There is no good evidence that the benefits for people taking drugs at pressure levels of 140 to 160 outweigh the harm.

Marketing efforts to push ARBs rather than the less-expensive ACE inhibitors are not backed by solid research. A 2010 study published in *The Lancet oncology* reported an increase in cancer diagnoses among ARB users. Other side effects include headache, dizziness, nasal congestion, leg pain and diarrhea as well as kidney failure, liver failure allergic reaction and a drop in white blood cells, when can all be fatal. The best way for most people to reduce blood pressure is by lifestyle changes including diet and exercise.

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

## 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	Medical Mart 465 G. South Herlong Street Rock Hill, SC 29732 803-366-5544
Griffin Home Health Care 4231 Monroe Road Charlotte, NC 704-347-1993	Pharmaceutical Center 3535 Randolph Road Charlotte, NC 28211 704-365-0708
Giant Genie 5123-A South Blvd Charlotte NC 704-525-3956	Cannon Discounted Pharmacy 2721 South Blvd Charlotte, NC 704-523-8607
Medical Center Pharmacy 126 North Center Street Hickory, NC 28601 828-322-7717	Medical Home Health and Mobility 320-F Cooperfield Blvd Concord, NC 28025 704-782-2037

**Coloplast** 1-888-726-7872      **Hollister** 1-800-323-4060

### Mail Order Catalogs:

Edgepark Surgical Inc.	1-800-321-0591
American Ostomy Supply	1-800-858-5858
Parthenon:	1-800-453-8898
Byram	1-877-902-9726
Mercy Surgical	1-888-637-2912 ( <b>Accepts N.C. Medicaid</b> )
CCS Company	1-888-724-4357 ( <b>Accepts S.C. Medicaid</b> )

### 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

century life. Based on this information that shows lifestyle might be the most important factor in producing and beating depressive symptoms, Dr. Ilardi, from the University of Kansas, and his colleagues have developed a treatment called Therapeutic Lifestyle Change (TLC). It incorporates six major protective lifestyle elements we need to reclaim from our ancestors: dietary omega-3, fatty acids, mentally engaging activity, physical exercise, sunlight exposure, social support and adequate sleep.

TLC has yielded exceptional results in their clinical trials: the rate of favorable response has been more than three times higher than that of conventional antidepressant treatments. When you consider the far-reaching effects of the lifestyle changes suggested, it is easy to understand why this approach is so effective—and why for anyone struggling with depression; it is almost certainly worth trying.

An example from his researched states that even though everyone knows that exercise is a key to maintaining physical health, few realize that it is equally important for preserving mental health. Like an antidepressant medication, exercise increases the activity of brain chemicals like serotonin and dopamine. It also stimulates the brain’s release of a key growth hormone, BDNF, which helps reverse the toxic, brain damaging effects of depression. It even sharpens memory and concentration, and helps us think more clearly.

This being said, motivation to exercise can be hard to come by. One reason might be that our hunter-gatherer forebears received so much physical activity in the flow of daily life that they actually avoided extra exertion whenever possible. They followed a simple rule: Spend your energy only on activities that have a clear purpose of offer immediate reward. This rule was so important to people’s survival that it became part of our genetic legacy.

How much exercise is necessary for an antidepressant effect? Incredibly, a Duke University study found that a brisk 45 minute walk every day proved to be more effective than the antidepressant medication Zoloft. So, about five hours of heart rate elevating exercise may be enough to feel a difference. As I heard one personal trainer say, “I do not think I have ever seen someone leave the gym in a worse mood than when they arrived.”

*Stephen Ilardi, Ph.D., is an associate professor of clinical psychology at the University of Kansas. For more about curing depression, see his book, The Depression Cure, by DaCapo Lifelong Books, a member of the Perseus Books Group.*

**A Duke University Study found that a brisk 45 minute walk every day proved to be more effective than the antidepressant medication Zoloft.**

# One-of-a-kind skin barrier technologies

## Stomahesive® skin barriers

- The combination of adhesive materials and hydrocolloids work together to **maximize performance** and **help protect skin**
- Skin-protecting formulation **adheres to both** wet and dry surfaces, without the need for additional adhesives
- Flexible design conforms to a variety of patient types
- Ideal for patients with semi-formed or formed stool

## DURAHESIVE® skin barriers

- Hydrocolloids in top-layer film **absorb moisture** and swell up or "turtleneck" around the stoma, providing **extra protection**
  - **Prevents** wafer erosion and effluent leakage
- Flexible design and adhesive ensures a proper fit
- Designed for patients with mostly liquid stool output



Durahesive® skin barrier technology top-side layer "turtlenecks," providing additional leakage protection

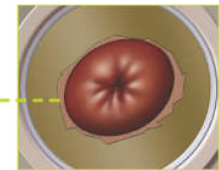


## ConvaTec Moldable Technology™ skin barriers

### First-line defense against leakage



Traditional pre-cut and cut-to-fit skin barriers



Gaps expose skin to effluent



ConvaTec Moldable Technology™ skin barriers

Moldable adhesive eliminates gaps and better protects skin

### Worry-free fit

#### Continuous protection

- Easy for patients to apply and to achieve a **secure fit** that prevents gaps, helps prevent leakage, and helps protect their skin
- Snug fit is maintained as skin barrier **adapts to changing stoma size and shape**
- Available in Durahesive® convex wafers and Stomahesive® and Durahesive® flat moldable wafers

