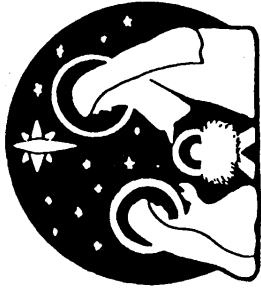


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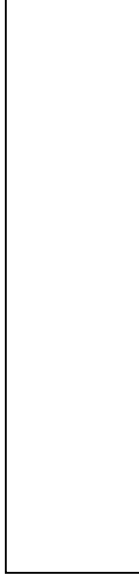


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**COME TO THE MEETINGS!**



DECEMBER 2009-JANUARY 2010

# **NEW LIFE NEWSLETTER**

Volume 39 Number 6  
*Ostomy Connection  
of Charlotte*



[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

Gloria Johnson, RN, BSN, CETN  
Mercy Hospital  
Charlotte NC - 704-304-5678

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

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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Jason Bright— Sales Rep  
1-800-523-1735 x8823

ConvaTec  
Professional Services  
1-800-422-8811

### Coloplast

Teri Barber, RN  
1-800-788-0293 x4833  
678-799-2155 Cell

Coloplast  
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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

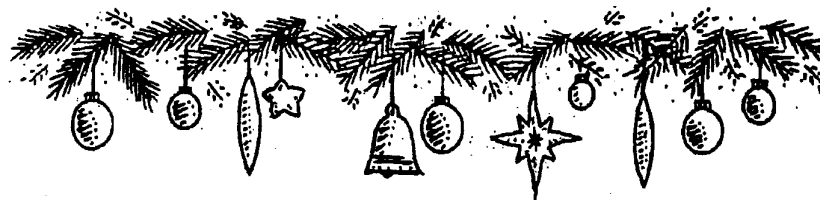
The goal of the OCC is to provide support for the person that has undergone ostomy surgery. We are committed to providing the ostomate, their family and friends with an atmosphere that is non-threatening, open, honest and supportive. We plan to accomplish this by:

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!!!



December 2009

# Christmas Party

Date: Tuesday, December 8, 2009

Time: 7:00 PM

Place: Presbyterian Hospital Matthews  
Community Room - where we usually meet.

Menu: The event will be catered again this year by Morrison's - remember how good it was last year?

Cost: \$9.00 per person  
\*No children (under 18) are allowed in the hospital due to the Flu.

Please RSVP to Cristale Norwood at 704-573-1835 or email her by December 3<sup>rd</sup> if you plan to attend. You can pay at the door or in advance by mailing her a check to:  
3855 Lipton Lane Charlotte, NC 28227

Please bring any photos you have from Christmases' past at the OCC or as we used to be called the "UOA"... we will be celebrating Christmas Past.

Also bring a baby picture of yourself----we will try to figure out who is who..and we will as usual have great musical entertainment.

## 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.

Call our mailman **Hubert Wilson** at 704-364-0445 to volunteer - **we need your help now more than ever!**

The next Stuffing Party will be Tuesday February 2, 2010  
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 2010

#### Stuffing Party Date

February 2  
April 6  
June 1  
August 3  
October 5  
November 9

**Mark  
Your Calendar**



#### Meeting Date

February 15  
April 20  
June 15  
August 17  
October 19  
December 7  
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 1

## Don't Miss an Issue!

**The Leading Ostomy Publication.** *The Phoenix* is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories — it's all here and more.



**More Than A Magazine.** Half of each subscription funds the nonprofit United Ostomy Associations of America — the only national organization providing vital information, resources, support and advocacy for ostomates.

**Annual subscriptions: \$25.** Send check or money order to: **The Phoenix, P.O. Box 3605, Mission Viejo, CA 92690.** Phone/Fax: 949-600-7296. Published quarterly: March, June, September and December.

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online at: [www.uoaa.org](http://www.uoaa.org)

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## Just for Fun .....

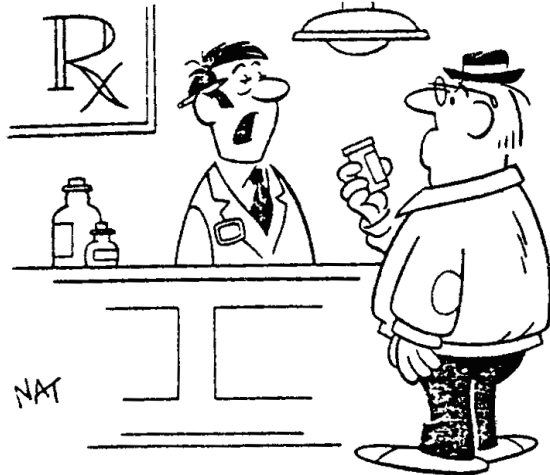
### A Lady with Psoriasis

A doctor told the lady with psoriasis that conventional medicine was not working on her condition and asked if they should try holistic medicine. She agreed. The doctor told the lady to bathe in milk. She asked, "pasteurize?" The doctor replied, "No only up to your neck."

### Hugs

are practically perfect:  
they are low energy consumption, high energy yield,  
no monthly payments, non-fattening, inflation-proof,  
no pesticides, no preservatives, non-taxable,  
non-polluting, and, of course, fully returnable.

**Consider Yourself Hugged!**



"The drug itself has no side effects, but the price may cause dizziness and fainting."

## 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

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

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

**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

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

**CROHNS & COLITIS  
FOUNDATION OF AMERICA:**  
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Lisa Harris  
4319 Sardis Church Rd.  
Monroe, N.C. 28110  
704-882-0265  
uosalisaharris@aol.com

Akhtar Malik  
AIMALIK @comporium.net

Janet Cline  
936 Timber Knoll Dr.  
Matthews, NC 28105  
704-845-2534  
jcline3@carolina.rr.com

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



**Looking For Help? Call:**

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



**Call**

## O.C.C. Chapter Highlights

### October Meeting Notes

Attendance - 12

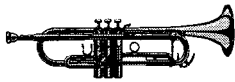
Carla Mellon opened our October 20, 2009 meeting by welcoming everyone. She announced that our Christmas Party would be December 8<sup>th</sup> at 7:00 pm at Presbyterian Hospital Matthews.

She then introduced our speaker, **Stacy Smith**, a dietician. She spoke on "A Healthy Diet". She talks with a lot of ostomy patients about their diet. She went through the basic food groups and how much we should try to work into our diets each day. She also went over foods that cause gas and odor and foods that can help to thicken stool. Also foods like celery, coconut, coleslaw, corn, nuts, popcorn, etc. can cause the stoma to block.

We then adjourned to refreshments provided by Carla and Lisa Harris.

**Christale Norwood**  
Secretary

OCC NEWS ★



★ PLEASE READ!!! ★

We need to pursue having our Newsletter on-line instead of a paper mailing...If you have an e-mail address---please notify Carla at [cmell@carolina.rr.com](mailto:cmell@carolina.rr.com). We will begin to compile a list of e-mail addresses for those with access. We will continue to print and mail the Newsletter however due to the expense associated with this endeavor, we MUST seek alternative ways to communicate. Most organizations today do communicate via the internet and e-mail, and we need to explore this as well. Please give this option consideration, we should be able to reduce our mailing by 50%...don't you think?

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.cffa.org](http://www.cffa.org).

For only an ostomate is really akin  
To the fears and frustrations that lie deep within.  
Her time and her friendship so willing to give,  
Will keep me remembering as long as I live.

And my family was grateful for what she had done,  
For once more the evening was festive and fun.

Now each time I meet her, more clearly I see  
The "Saint" who came calling with blessings for me!

### The Gift of Time

Adapted By *The New Outlook*

What does your ostomy mean to you? Does it create a persistent nuisance, need constant care, present difficult problems, embarrasses you, leaks at irregular intervals, and makes you resentful?

On the other hand, do you relegate it to a significant but minor part of your daily routine, and now enjoy a new lease on life? What would have happened to you if the surgery had not been performed? You probably had to choose between a pine box six feet under or a bag on your tummy. That does not leave much room for negotiation.

A surgical diversion to create an ostomy or internal pouch is usually done as a life-saving procedure. Some are temporary solutions to an acute problem, and some are permanent diversions. Some are done as cures for whatever ailed you in the first place, and some alleviate worry, pain, misery and medical expenses.

All of them buy you the special gift of extra time. What are you going to do with that precious gift? Are you going to waste it or are you going to do something productive or memorable with it? Are you going to crawl into a psychological hole and remain there, feeling sorry for yourself until your time runs out? Alternatively, are you going to appreciate and live life to the fullest, making good use of the gift of time that you have remaining? The choice is yours. Choose wisely.





## A Visit from "St. Ostomy"

by Marjorie Kaufman

'Twas the night before Christmas and all through the flat,  
There was general confusion, including the cat.

The bathroom was strewn with the ostomy ware,  
That I had abandoned, in utter despair.

The courage I'd had in the hospital bed,  
To follow instructions, had suddenly fled.

It all looked so strange, and uncommonly new,  
I swore I would never know quite what to do.

Now which goes to which, and what sticks to what,  
I fumbled each step, with my nerves overwrought.

And then in my anguish, I went to my room,  
To settle my brains for a night full of gloom.

With a household a-flutter in holiday matter,  
I shut out the sounds of excitement and chatter.

When out in the hallway I heard from below  
The sound of a voice with a jolly "Hello."

As I peeked through the door, up the stairway she came,  
And she smiled when she saw me, and called me by name.

And I, in my wonder, just couldn't believe,  
That ostomy visits were made Christmas Eve.

And then in a twinkling she put me at ease,  
And said she could lessen my anxieties.

She was dressed all in white, in a form-fitting sheath,  
With nary a sign of what lay underneath.

So trim and well groomed, a delight to behold,  
No one would suspect, unless they'd been told

That standing before me so calm and serene,  
Was the very first ostomate I'd ever seen.

Her manner so friendly, with faith and good cheer,  
Soon gave me to know I had nothing to fear.

My questions, like leaves in a hurricane flew,

And with each knowing answer, my confidence grew.

Then under her guidance each part fell in place,

As I conquered the problem I'd just failed to face.

And all of a sudden I knew I was free,

To live just as normal and happy as she.



## An Old Farmer's Advice

*The New Outlook*

- \* Your fences need to be horse-high, pig-tight and bull-strong.
- \* Life is simpler when you plow around the stump.
- \* Words that soak into your ears are whispered ... not yelled.
- \* Meanness don't jes' happen overnight.
- \* Forgive your enemies. It messes up their heads.
- \* It don't take a very big person to carry a grudge.
- \* You cannot unsay a cruel word.
- \* Every path has a few puddles.
- \* When you wallow with pigs, expect to get dirty.
- \* The best sermons are lived, not preached.
- \* Most of the stuff people worry about ain't never gonna happen anyway.
- \* Don't judge folks by their relatives.
- \* Remember that silence is sometimes the best answer.
- \* Live a good, honorable life, then when you get older and think back, you'll enjoy it a second time.
- \* Don't interfere with somethin' that ain't botherin' you none.
- \* If you find yourself in a hole, the first thing to do is stop diggin'.
- \* The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'.
- \* Lettin' the cat outta the bag is a whole lot asier than puttin' it back in.
- \* If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.
- \* Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God!

*"Who then can so softly bind up the wound of another  
as he who has felt the same wound himself."*

*-Thomas Jefferson*

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## UOAA NEWS ★

**LATE BREAKING NEWS!!!** Keep current with the **UOAA blog!** Thanks to the efforts of Kristin Knipp, UOAA now has a new way to communicate with you...we have a blog. For the uninitiated, a BLOG = a shortened form of **web-log**. 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 2010 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.

## 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>.

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.



## Urolithiasis (Urinary Stones)

By: A. Trudeh, RNET

All ileostomates, transverse colostomates and urostomates have one thing in common: continuous output with a loss of fluids. If the liquid intake does not exceed the output, these ostomates may be dehydrating their bodies, making themselves prone to a condition called urolithiasis, which refers to the presence of stones in the urinary system.

These stones may be found anywhere from the kidney to the bladder. They vary in size from mere granular deposits, called sand or gravel, to bladder stones the size of an orange. In the majority of stones, 90% are composed of calcium, with 5-8% from uric acid and 1-3% of the rest composed of cystine. Conditions which predispose as stone formations are:

- Infections
- Periods of immobility
- Concentrated urine
- High concentrations of calcium in the blood
- Heredity
- Dehydration
- If you were to develop urolithiasis, the symptoms you may experience are:
- Low back pain with sharp pain in the lower back radiating to the groin
- Chills, fever
- Difficulty or burning with urination
- Blood in the urine
- Nausea, vomiting and/or diarrhea



See your physician, as soon as possible, if any of the above symptoms appear. Measures to prevent stone formation include:

- **Drinking two to three quarts of fluid daily**—preferably water and juices. Include acidic juices like cranberry juice to maintain acid urine which also helps to prevent infection.
- Urinate during the night if necessary.
- Exercise daily.
- Use caution with foods containing calcium. But, a certain level of calcium is required for good health. Restrict your diet only with the advice of a physician.

## Ileostomy blockage? Could be waste control!

via Oklahoma Ostomy News

An ileostomate once called an officer of an ostomy chapter to ask whether she was blocked. Nothing much at all had come through her stoma in 24 hours. Asked what she had eaten, she said, "A lot of things. Toast and eggs for breakfast, a big hamburger for lunch, rice and chicken for dinner."

Well, all those things make almost no residue at all.

It is far healthier to eat fruits and vegetables, but it is useful to know that juices (not milk), meats, breads, eggs, cheese and rice (not potatoes) will leave your pouch quite empty.

Things that make a lot of residue contain cellulose. Melons, nuts, oatmeal, bananas all make for thick stool.

We may not have bowel control, but we can occasionally decide how much we want to "give out" if a special occasion will keep us in tight clothes or away from a bathroom for a long time.

But *do not cut down on liquids*. Extra liquid will leave the body through the kidneys, not the stoma. And as you already know, dehydration is dangerous.

## Ileostomy Absorption Concerns

Via *The Rambling Rosebud*

Due to the absence of the colon and often altered transit time through the small intestine, the type of medication taken must be carefully considered when prescribing for the person with an ileostomy. Medications in the form of coated tablets or time-release capsules may not be absorbed and therefore no benefit received. A large number of medications are prepared in this way. Before the prescription is written, the patient with an ileostomy should inform the physician of his concern. If the medication required is available only in a certain form, and the coating would not be destroyed by stomach juices, then the tablet may be crushed between two spoons and taken with water. This often results in an evil tasting mixture but absorption is ensured. The best type of medication for the person with an ileostomy is either form of uncoated tablets or in liquid form. Although these are not the most palatable treatments, these dosage forms ensure that the medication prescribed will be absorbed.

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

## From the Editor

Dear Friends,

As we're heading into the Christmas Season of the year I wanted to encourage all of you who can, to seriously consider coming to our Christmas Party this year. We always have a good time. There's good food, good fellowship and lots of fun together! The meeting place is very "user friendly". We meet on the ground level and there's plenty of free parking with no parking deck to navigate.

I hope all of you have a Merry Christmas and that your New Year will be a blessed one!

*Melissa Miller*  
Editor



# PEACE

"May the Peace of Christ  
Reign in your Heart."

Colossians 3:15

## Practice Healthy Habits During Flu Season:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is unavailable, cough or sneeze into your shoulder or elbow instead of your hands.
- Wash your hands often or use hand sanitizer.
- Avoid touching your eyes, nose or mouth.
- Get the season flu vaccine and/or the 2009 H1 N1 flu vaccine, if recommended.
- Try to avoid close contact with sick people.
- Keep sick children at home.
- If you have flu-like systems (fever with cough or sore throat), stay home for at least 24 hours after you are free of fever without the use of fever-reducing medications.

## One To One

Carol Norris- *West Texas Ostomy Association*

Most members of the UOAA realize that their organization is expending great efforts to tell the world that ostomy is not a tragedy but a new chance at life. Newspaper feature articles, TV interviews and public lectures help dispel the common "horror" at our kind of surgery.

However, all of us need to be reminded that each ostomate, regardless of age, class, education, or talent, has the power to pack a wallop in the relations area. When we ponder "whether to tell" about our own surgery, we may consider only the effects on us, asking "How will this revelation make me look and feel?" But we should also ask ourselves "How many lives can I save?"

Young people are still dying because they assume Ileostomy will mean no dating, athletics, love, marriage and children. Other people are literally "sitting on their cancers" because they think ostomy means ostracism, unemployment and the end of love. Knowing about one happy, healthy ostomate, even second-or fourth-hand, might save their lives. So do not underestimate your power. Many people in your town will hear in the next few weeks or months that they will need ostomy surgery. Put your power to work, so they can say, "Yes, I heard about a person who triumphed over such surgery; yes, I can accept an ostomy, too." You might start by explaining ostomy to those who meet many people--your beautician, dentist, grocer or plumber.

Get the word out to those who desperately need to hear it. Charity begins at home. So does lifesaving.



**Happy Hanukkah**

## Psychological Issues

### After Ostomy Surgery

*These are a few of the types of people who fare better after ostomy surgery:*

Those who think of others before themselves;  
Those who look outward and upward;  
Those who are busy and active;  
Those who are interested and always inquiring and learning;  
Those who are not bogged down in the grief process.

### *The four L's of the ostomy patient are:*

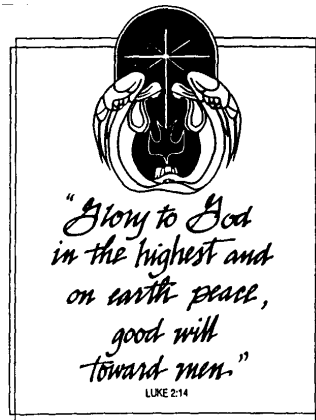
Learn—through the ostomy association chapter;  
Lean—on each other;  
Laugh—through troubles and with a positive outlook;  
Lead—others through your time, by volunteering.



### The Year

The Year is closed, the records made,  
The last deed done, the last word said.  
The memory alone remains  
of all its joys, its grief's, its gains.  
And now with purpose full and clear,  
We turn to meet another year.

-Robert Browning



## Memory's Gifts

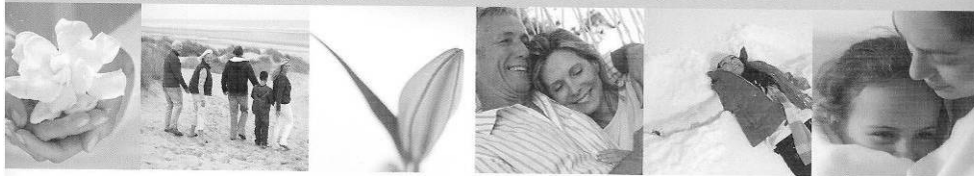
Bushels of popcorn  
And one bushel more...  
Bright scraps of tinfoil  
From some country store  
Cut into stars to  
Swing from each bough:  
Need anyone tell you  
Christmas is now?  
Armloads of holly...  
A meadow of snow...  
Generous bundles  
Of white mistletoe;  
Bright burning candles

On each windowsill  
Choruses singing  
Of peace and good will...  
Far-distant sleigh bells...  
A star-studded sky-  
Gentle reminders  
Of days long gone by.  
Shared recollections  
Of things such as these  
Are beautiful gifts  
For family trees.

by June Masters Bacher  
(in NRTA Journal-Dec. '80)



NEVER A CHRISTMAS  
MORNING,  
NEVER THE OLD  
YEAR ENDS,  
BUT SOMEONE THINKS  
OF SOMEONE,  
OLD DAYS, OLD TIMES,  
OLD FRIENDS.



Introducing

 **ConvaTec**  
**MOLDABLE**  
 technology

Help Your Patients  
 Discover a Worry-Free Fit

 **ConvaTec**  
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## Ordering Information

| Skin Barrier Description   | Ordering Code | Flange Size   | Market Unit Size | Fits Stoma Sizes           |
|--|---------------|---------------|------------------|----------------------------|
| <b>Flat Moldable Durahesive® Skin Barriers</b>                                       |               |               |                  |                            |
| SUR-FIT Natura® Moldable Durahesive® Skin Barrier with Flexible Hydrocolloid Collar  | 411800        | 45mm (1 3/4") | 10 Pack          | small<br>1/2" - 7/8"       |
| SUR-FIT Natura® Moldable Durahesive® Skin Barrier with Flexible Hydrocolloid Collar  | 411802        | 45mm (1 3/4") | 10 Pack          | medium<br>7/8" - 1 1/4"    |
| SUR-FIT Natura® Moldable Durahesive® Skin Barrier with Flexible Hydrocolloid Collar  | 411804        | 57mm (2 1/4") | 10 Pack          | large<br>1 1/4" - 1 3/4"   |
| SUR-FIT Natura® Moldable Durahesive® Skin Barrier with Flexible Hydrocolloid Collar  | 411806        | 70mm (2 3/4") | 10 Pack          | X-large<br>1 3/4" - 2 1/8" |
| <b>Flat Moldable Stomahesive® Skin Barriers</b>                                      |               |               |                  |                            |
| SUR-FIT Natura® Moldable Stomahesive® Skin Barrier with Flexible Hydrocolloid Collar | 411801        | 45mm (1 3/4") | 10 Pack          | small<br>1/2" - 7/8"       |
| SUR-FIT Natura® Moldable Stomahesive® Skin Barrier with Flexible Hydrocolloid Collar | 411803        | 45mm (1 3/4") | 10 Pack          | medium<br>7/8" - 1 1/4"    |
| SUR-FIT Natura® Moldable Stomahesive® Skin Barrier with Flexible Hydrocolloid Collar | 411805        | 57mm (2 1/4") | 10 Pack          | large<br>1 1/4" - 1 3/4"   |
| SUR-FIT Natura® Moldable Stomahesive® Skin Barrier with Flexible Hydrocolloid Collar | 411807        | 70mm (2 3/4") | 10 Pack          | X-large<br>1 3/4" - 2 1/8" |
| <b>Convex Durahesive® Moldable Skin Barriers</b>                                     |               |               |                  |                            |
| SUR-FIT Natura® Durahesive® Moldable Convex Skin Barrier with Flange                 | 404592        | 45mm (1 3/4") | 10 Pack          | small<br>1/2" - 7/8"       |
| SUR-FIT Natura® Durahesive® Moldable Convex Skin Barrier with Flange                 | 404593        | 45mm (1 3/4") | 10 Pack          | medium<br>7/8" - 1 1/4"    |
| SUR-FIT Natura® Durahesive® Moldable Convex Skin Barrier with Flange                 | 404594        | 57mm (2 1/4") | 10 Pack          | large<br>1 1/4" - 1 3/4"   |

ConvaTec is dedicated to enhancing quality of life.

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 call 1-800-422-8811, or visit  
[www.convatec.com](http://www.convatec.com)

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References: 1. Herlihy P, Olan AG, Cohen B, Nissen H, Korman T and Jones GB. An Personal Skin Barrier Treatable? 19th World Congress of the World Council of Ostomy Nurses, 2-6 July 2003, Hong Kong  
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