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*October - November 2011*

# ***NEW LIFE NEWSLETTER***

*Volume 41 Number 6  
Ostomy Connection  
of Charlotte*



**Ostomy  
Connection of  
Charlotte**

★ **October 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



**Wound, Ostomy and  
Continence  
Nurses Society**

## 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

\*Accepts outpatients

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## 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 circle):

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!!!

## October Meeting

★ **IMPORTANT ANNOUNCEMENT:** ★

**Effective with our August 16th meeting the Ostomy Connection of Charlotte (OCC) is now meeting at CMC-Pineville!!**

We will continue to meet on the third Tuesday at 7 pm in August and October. December 13th will be our Christmas Party. 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 our 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 this meeting at our new location! Best parking is immediately to the *left* after you enter from Park Road.

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!!



The Program

*David and Ceil McGee* will be presenting info from the UOAA Conference in Reno!!!  
They have lots of great info—Don't miss it!!!

**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, December 6, 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  
December 6

**Mark Your Calendar**



Meeting Date  
October 18  
December 13  
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!

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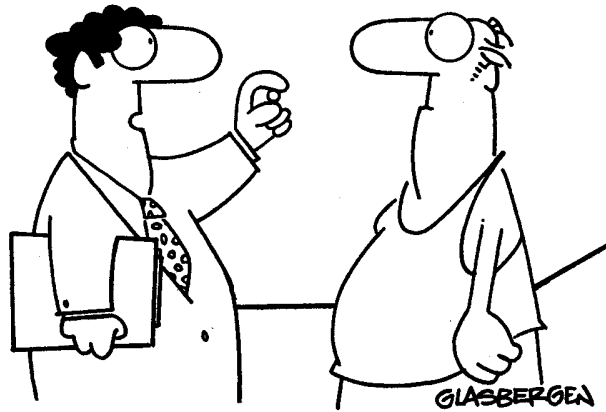
**Annual subscription: \$25.** Send check or money order to: **The Phoenix, P.O. Box 3605, Mission Viejo, CA 92690.** \*This form must be submitted with payment to receive free magazine, no exceptions. Published Quarterly: March, June, September and December.



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OFFER SUBJECT TO TERMINATION AT ANY TIME

## Just For Fun...



*"To prevent a heart attack, take one aspirin every day. Take it out for a jog, then take it to the gym, then take it for a bike ride..."*

### NEVER ARGUE WITH A WOMAN

One morning, the husband returns the boat to their lakeside cottage after fishing and decides to take a nap. The wife, not familiar with the area, takes the boat out for only a short distance, anchors, puts her feet up, and begins to read her book.

Along comes a Game Warden. He pulls up and says, "Ma'am, you're in a restricted fishing area."

"I'm sorry, officer, she replies, but I'm not fishing, I'm reading, enjoying the day." "Yes, but I see you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up."

The woman replied, "If you do that, I'll have to charge you with sexual assault." "But I haven't even touched you," he said.

Her response: "But you have all the equipment. For all I know you could start at any moment."

Officer: Have a nice day, Ma'am' he said, as his boat was pulling away.

## OSTOMY CONNECTION OF CHARLOTTE

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Charlotte, N.C. 28210



### Looking For Help? Call:

AMERICAN CANCER SOCIETY:  
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VISITOR COORDINATOR:  
Christale Norwood  
704-573-1835

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FOUNDATION OF AMERICA:  
1-800-343-3637



# Call

## O.C.C. Chapter Highlights

### August Meeting Notes



Attendance – 25

**Carla Mellon** opened and welcomed everyone at our August 16, 2011 meeting. She thanked **Brenda Rutland** and CMC Pineville for opening their doors and hosting our meetings. She had available to us a new product by trio Niltac – sting free adhesive remover, asking us to give feedback to the company on how we liked or disliked the product. She then introduced our guest speaker, **Dr. Michael Dobson**, colorectal surgeon. He specializes in colon and rectal diseases. There are ostomy clinics at CMC University, CMC Mercy & CMC Pineville that will work together that no matter which of these hospitals you have your surgery at, you will be able to go to the nearest clinic for outpatient. The center is designed for cancer only, but they are working on including Crohns and Ulcerative Colitis patients. He also talked a little about prep for colonoscopies. In some other countries they are doing surgery without prep.

Thank you **CMC Pineville** for having the refreshments for the group!

**Christale Norwood**  
Secretary



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).

being overweight. Physical activity and increased consumption of foods containing dietary fiber decreased the risk of bowel cancer. Reductions have been seen in particularly common cancers such as breast (38 percent fewer cases per year), stomach (47 percent fewer) and colon (45 percent fewer).

#### Fear is an Impediment

National Cancer institute states that many Americans over the age of 50 ignore expert recommendations that they undergo a colonoscopy to screen for colorectal cancer. A new survey reveals 70% of the survey respondents in the age group recommended to get screened admitted that they hadn't done so primarily because of fear of the procedure. The survey was conducted last fall by the Washington, D.C.-based Colon Cancer Alliance, and involved nearly 1,700 people. Colon cancer is the second leading cause of cancer death in the United States," Andrew Spiegel, CEO of the Colon Cancer Alliance, said in an organization news release. "More than 142,000 Americans will be diagnosed with colon and rectal cancer this year, yet by getting tested, it could be prevented. The results from this survey reveal that Americans over the age of 50 forgo colonoscopies due in large part to fear." Survey results indicated that among those who had actually undergone a colonoscopy, 60 percent said they either didn't get or don't recall getting any pre-procedure explanatory information from their health care provider and would have preferred receiving such information. The Internet was cited as the source of information regarding colonoscopies for six in 10 of those surveyed.

### The Healing Touch

By Phyllis Bonham, President, WOCN Society

The healing touch of a WOC nurse is a special gift. It is a gift of service to the special nurses who choose this practice area. It is a gift of caring to patients with wound, ostomy or continence problems in need of a competent and compassionate caregiver.

In the ups and downs of busy, trying and challenging workdays may we never forget the reason, we as WOC nurses do what we do that is, the patients who form the core of our professional purpose.

I salute you on behalf of the multitude of patients you have helped . . . even on a holiday or at 5:00 PM on a Friday—when you were almost out the door.

On behalf of the new WOC nurses you have guided and mentored, I commend you for your unfailing dedication and patience. I applaud your contributions to sustain the future of our specialty practice so that we can continue to extend the healing touch of a WOC nurse to those in need!

## **REMINDER: Colorectal Cancer Prevention is Possible**

by Sue Rizvi, MetroMaryland (Online sources: Cancer Compass (Health Days), American Cancer Society, National Cancer Institute and World Cancer Research Fund)

### **Healthy Habits & Screening Test for Prevention**

The American Cancer Society recommends that normal-risk men and women be screened for colon cancer, starting at age 50. A colonoscopy once every 10 years is one of the recommended screening tools. "Fortunately, there are ... proven ways to help lower risk of colorectal cancer... screening for those over age 50 so that precancerous polyps can be detected and removed before they turn into cancer," says Eric Jacobs, Strategic Director of Pharmacoepidemiology at the American Cancer Society.

According to the World Cancer Research Fund (WCRF) about 340,000 cancer cases in the United States could be prevented each year if more Americans ate a healthy diet, got regular exercise and limited their alcohol intake. For the 12 common cancers about 35 per cent of cases in the USA are preventable through a healthy diet, being physically active and maintaining a healthy weight.

World Health Organization's new Global Recommendations on Physical Activity for Health, a report that says that regular physical activity can prevent many diseases, including breast and colon cancer, cardiovascular disease and diabetes. "150 minutes of moderate physical activity throughout the week. This can be achieved by simply walking 30 minutes five times per week or by cycling to work daily," he advised. Healthy lifestyle habits that reduce the risk of cancer include quitting smoking, avoiding secondhand smoke, avoiding excessive sun exposure, and preventing cancer-causing infections, the WCRF said.

### **Cancer Worldwide**

Cancer is the leading cause of death worldwide. Each year, 12.7 million people are diagnosed with cancer and 7.6 million die from the disease. But 30 percent to 40 percent of cancers can be prevented and one-third can be cured through early diagnosis and treatment, according to the WCRF. The updated figures confirm that about a third of the most common cancers in higher-income countries and about a quarter in lower-income countries could be prevented. The majority of the world's new cancer cases and deaths are now occurring in economically developing countries, the authors of the report noted. And this reflects the growing adoption of unhealthy behaviors -- such as smoking, sedentary lifestyles and poor diets -- that typically accompany economic development. "The worldwide application of existing cancer control knowledge according to the capacity and economic development of countries or regions could lead to the prevention of even more cancer deaths in the next two to three decades.

In economically developed nations, as of 2008, prostate, lung and colorectal cancers are the most prevalent among men, while breast, colorectal and lung cancers are the most common among women. By contrast, in developing countries, the biggest risk for men appears to be lung, stomach and liver cancers, with breast, cervical and lung cancers the primary cancer threats for women.

Bowel cancer is the third most common cancer worldwide. The risk of bowel cancer is increased with high intakes of red and processed meat, drinking alcohol and

## **★ Portuguese Kale Soup ★**

From Stephanie Vinson's Kitchen

4 Generous Servings

- 1 Bunch of kale, washed, stems removed, torn into bite sized pieces
- 3 Russett potatoes, cubed
- 1 1/2 cups carrots, sliced
- 1 cup celery, sliced
- 1 medium onion, chopped
- 2 cloves of Garlic, minced
- 1 Tbsp. Olive Oil
- 2-4 links Italian Sausage (I use Morningstar Farm vegan sausage.)
- 4 cups (1 carton) of chicken or veggie stock
- 1/2 cup White Wine or 1 Tbsp. Red Wine Vinegar
- 1 Tbsp. dried Italian herb blend
- Salt and Pepper to taste

Over medium heat add Olive Oil to a large pot. Add onions and garlic and sautee. Add carrots, celery, potatoes, sausage, salt, pepper, and herbs. Using the back of your spoon break the sausage up into bite sized pieces. Cook until veggies start to soften. If using White Wine, add now to deglaze the pan. Add stock, and bring to a simmer. Cook for 20 minutes or until potatoes are fork tender. Add kale, turn down to low, and cover so kale can wilt. If using Red Wine Vinegar instead of White Wine, add now. Cook covered for 10 minutes so the kale can wilt. You may need to add more liquid to the soup. The soup will be chunky with enough broth to make it a soup.

I like topping this with fresh grated Parmesan Cheese. It's also great with sliced toasted French bread. Enjoy!

**Free ostomy supplies available.**

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Thanks, Denise C. Nelson, EleosInternational.com**

Blessings,  
Denise Cabrero Nelson  
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Finally I'd like to thank two organizations that joined us this year in Reno. Our thanks go out to UOAC (United Ostomy Association of Canada) who had representatives in Reno and to QLA (Quality of Life Association). I had the pleasure of meeting and getting to know the officers of each of these groups and I'd like to say that I think we have forged NEW relationships with them. I look forward to many more collaborative efforts with these two groups and welcome them to join us in UOAA for NEW hurdles to jump over and NEW challenges to conquer. Yes my fellow ostomates, we really did "Seize the Opportunity" in Reno and we made the MOST of that opportunity!!!! The consensus of opinion is that each conference is better than the last, so mark your calendars for August 7-10, 2013 when we're headed for Jacksonville FL.

View the 2011 Conference Slideshow:

<http://vimeo.com/27670162>.

## 2011 UOAA WOC NURSE OF THE YEAR AWARD

It is our great pleasure to announce the WOC Nurse of the Year Award winner. Mary Malone, RN, BSN, CWOCN of Omaha Nebraska has been active in her local support group and was the President of the Nebraska WOCN group in 2007. She has shown exemplary service to the Ostomy Community of Omaha and in addition to being an oncology nurse at Methodist Hospital she has had a private practice and most recently is the manager of the Wound Program at Jennie Edmundson Hospital in Council Bluffs IA. We all appreciate the work that all ostomy nurses do to improve the quality of our lives and we salute Mary Malone, the 2011 UOAA WOC Nurse of the year.

Enjoy the wonderful Fall weather, stay safe and healthy.

*Dave Rudzin*  
President UOAA

## New Travel Card from UOAA —

You may print a new Travel Communication Card from the UOAA website Homepage. Go to [www.uoaa.org](http://www.uoaa.org), in the "NEWS" box, under the video you will find "Download UOAA's new Travel Communication Card to aid in dealing with airline security." Within follow directions on how to print, then cut and paste a paper card to carry.

**AN OSTOMY  
IS FOR LIVING**



SEPTEMBER 2011 UOAA UPDATE  
PRESIDENT'S MESSAGE



Well, the 2011 Conference is over and in my humble opinion, I think the UOAA hit a BIG home run. From all the faces I saw and all the comments I have heard, everyone in attendance had a fabulous time, full of fun, entertainment and great educational sessions. Reno and specifically the Nugget Hotel was a perfect venue for our activities and we would like to thank them for their hospitality and attentiveness.

The sessions that were planned by our Conference Planning Committee were educational and the speakers were knowledgeable and imparted tremendous amounts of information to all of us. Our Planning Committee deserves a huge "thank you" for a job VERY well done.

We would specifically like to thank all the NEW speakers and NEW exhibitors who were in attendance and we hope that they will keep coming back to future UOAA Conferences. We would also like to extend our thanks to the returning speakers and exhibitors who year after year come out for UOAA and help us put on a great Conference. The smiling faces that I noticed all throughout Conference were filled with joy and amazement and that was a priceless experience to witness. I have always said that Conference time is one where NEW relationships are made and where NEW friendships are developed. I encourage all of you who experienced this to further pursue these friendships throughout the year until the next time you will see your NEW friends.

The Exhibit Hall was filled with wonderful sponsors and it was great to see all the people go through the Hall and have their eyes open wide as they saw the new products that were displayed.

For those of you who undertook the Nu-Hope Fun Run early in the morning, I commend you for your dedication to health and fitness and for those of you who just enjoyed all the great food and drink in Reno, I also commend you for your total commitment to a gastronomic delight.

My personal thanks go out to all who helped in making this Conference a big success, from our Conference Planners to our Speaker Coordinators to those behind the scenes who worked tirelessly, making sure that all bases were covered. This could NOT have come off without your help and effort.

Laughter boosts "good" HDL cholesterol

*from Consumer Reports ON HEALTH:*

In a study presented at the annual meeting of the American Physiological Society, researchers divided 20 diabetics into two groups. Both received normal treatment; half also watched 30 minutes of self-selected humor each day. After a year, the laughter group had higher **HDL** levels as well as lower levels of stress hormones and markers of arterial inflammation.

*Attitude*

*The longer I live, the more I realize the impact of attitude on life. Attitude is more important than facts. It is more important than the past, than money, education, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company . . . a church . . . a home.*

*The remarkable thing is that we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past . . . we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our Attitudes.*

*Charles Swindoll*



Thanksgiving Blessings!

## A THANKSGIVING DAY PRAYER

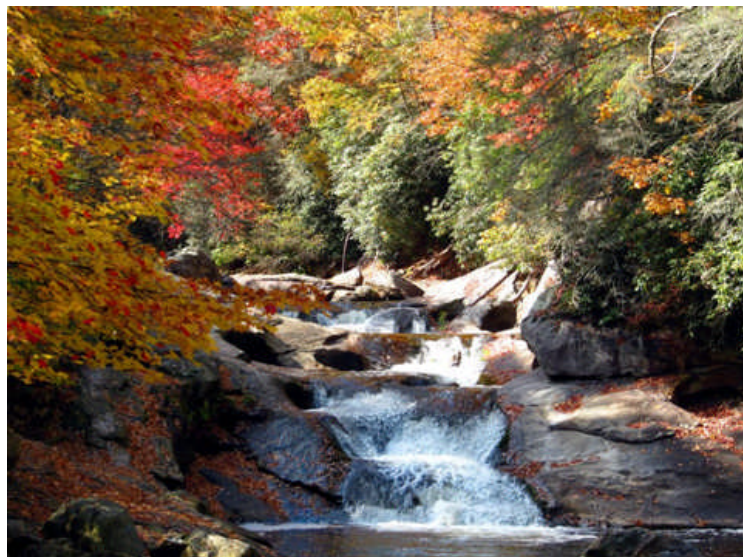
"Faith of our Fathers",  
Renew us again,  
And make us a nation,  
Of God-fearing men;  
Seeking thy guidance,  
Thy love and Thy will,  
For we are but Pilgrims  
In need of Thee still.  
And gather together  
On Thanksgiving Day,  
May we lift up our hearts  
And our hands as we pray;  
To thank You for blessings  
We so little merit,  
And grant us Thy love,  
And teach us to share it.  
---Helen Steiner Rice



## Belonging to U.O.A.A.



**is like being a kid in a candy store.**



*Fall photo by Tommy R. Miller*



## 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

## Fat Intakes May Not Affect the Heart

Via: *The New Outlook* – July 2011

Many of our members think they are eating a healthy diet when they reduce their saturated fat intake. New evidence from 21 different studies involving 350,000 people suggests that saturated fat may have such a small affect on atherosclerosis that it is undetectable according to the American Journal of Clinical Nutrition. It seems that the interpretation of the original information was more difficult than previously thought.

Many studies did not account for diets that included many sugars, refined carbohydrates and trans-fats along with saturated fats. In France, people have diets high in saturated fat but have a low incidence of heart disease (CVD). Many studies have found that people who have heart attacks do not eat more saturated fat than healthy people. No dietary study has succeeded in lowering CVD deaths by reducing intake of saturated fat alone.

The problem is that replacing saturated fat with refined carbohydrates and sugars may trigger a sharp increase in blood-sugar and insulin levels; trans-fats drive body-wide inflammation. Marianne Jakobsen, Aarhus University Hospital did a study of 53,000 people over 12 years. She found that people were more likely to suffer a heart attack if they cut back on saturated fat, but replaced it with hundreds more calories from high-glycemic foods; i.e., white bread, processed food, candy and desert. When people replaced saturated fat with low-glycemic foods like vegetables, fruits and whole grains, they were less likely to have a heart attack.

This does not mean load up on saturated fats and give up carbohydrates altogether. As with most dietary issues, it is a matter of finding a good balance. Researchers have generally concluded that people should tailor their carbohydrate intake to their weight, blood sugar and activity level. In addition, people who are overweight and inactive must obtain their carbohydrates from high-fiber vegetables and not grains.

Many people may find all this a bit disconcerting because this new advice flies in the face of largely vegetarian diets recommended by many physicians. While diets low in saturated fats do reduce CVD, it is not clear that it was eating less saturated fat that did it. It is more probably that it resulted from eating less junk food and more vegetables. This is just based on the science. The evidence for scientific assumptions changes from time to time.

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

## 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

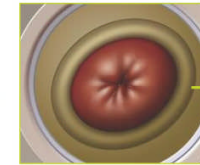
#### First-line defense against leakage



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

