News for you, from the UOAA

Friends of Ostomates Worldwide - USA
UOAA Update November 2014

The modern ostomy supplies we take for granted in the U.S. and other developed countries may be unavailable or too costly in many areas around the world. People resort to plastic bags, rags, and duct tape, resulting in poor skin, odor, no jobs, and no school. Since 1968, the Friends of Ostomates Worldwide-USA (FOW-USA) has collected new supplies from U.S. individuals and groups and sent them overseas where needed. From Afghanistan and Cameroon to Zambia and Zimbabwe, to over 70 countries, our shipments have made a difference. You can too, with supplies and financial donations: FOW-USA, 4018 Bishop Lane, Louisville, KY 40218. Phone:502-909-6669 Website: www.fowusa.org

How the Ileostomy Changes Digestive Function
UOAA Update November 2014

Some may wonder how it's possible to live without your colon (large intestine). The major functions of the colon and rectum are sorting intestinal contents, absorbing water and carrying waste to the outside. Although these functions are necessary for you to live, they can be taken over by the small bowel.

The major function of the small intestine is to absorb the body's nutrients and water. Enzymes released into the small intestine break food into small particles so that vitally needed proteins, carbohydrates, fats, vitamins and minerals can be absorbed. These enzymes will also be present in the ileostomy discharge and they will act on the skin the same way they work on foods. This is why the skin around an ileostomy must always be protected.

When the colon is present, the food you eat eventually reaches the large intestine, where it's stored and more water is absorbed. Many hours or perhaps days later, the mass is expelled through the anus in a formed stool. Peristalsis (muscle contractions of the colon) pushes the contents toward the rectum. When the stool reaches the rectum, the need to empty the large intestine occurs and nerve pathways from the brain initiate the process of defecation. (Continued on page 8)
Hello fellow ostomates and friends,

Thank you to all who attended my first group meeting as President. All of your support is overwhelmingly beautiful to me.

The last half of the year has gone by blindingly fast. November’s general meeting will be the last meeting of the year. Don’t forget to sign up for our Annual Holiday Party to help raise funds for the group; there is still time to reserve your seat.

We are currently looking for a new board member to add to our great team and take over advertisement duties. Please see the add on page eleven for more information.

I wish everyone Happy Holidays and to please be safe if you’re traveling this year.

Lots of good food will be on the table soon. Try your best to eat small portions, eat slowly, and make sure to chew, chew, chew! It’s not worth the trip to the emergency room, even for your favorite side dish.

Now is also a great time to reflect with family and friends about everything there is to be grateful for. I know that no matter how unwell I feel, a bowl of soup from a neighbor or a hug from my mother always lifts my spirits. It’s the little things that can make a big difference in someone’s life.

Thank you for your support,
President Sierra Cabezas

It’s time to celebrate!
Ostomates celebrating their stomaversary this month are:
Leland Russell - 3 Years
Robert Crabtree - 1 Year
Ron Johnson - 9 Years
William Meurs - 18 Years!
Paulino Caunin - 2 Years
Paulette Frazelle - 6 Years
Lorna Goodman 2 Years

Birthdays in November:
Leslie Schwartz, Helen Eliott, Muriel Turner, Sierra Cabezas, William Whitley, Dan Smith, Demi Cotrupe, & Lorraine Lawrence

Thinking of you and get well:
Bob Ballentine, Lola Jiang-Clarke, Janet Howell, Larry Reed, Shirley Mersy, & Bonnie Coppock

Gone, but not forgotten:
Frank Liles
Meeting News
By Paulette Frazelle & Tammy Davis

Welcome visitors:
Gloria Harrison
Charlene Goldman
Rob Wall
Rose Marie Reno
Betty Wall
Glenda Rogov

Welcome new members:
*****

Number of visitors and members in October:
33

Goodies Providers for November’s
general meeting:
Sierra Cabezas, Ray Lovell, & Helen Elliot

Goodies Provider for November’s
board meeting:
Sierra Cabezas

Thank you to:
Lynell Warren, Warren Wall, Larry Reed,
Tammy Davis, Joanne Rudnick,
& Dodie Wilson
for providing October’s goodies

General meetings are held at Tri-City Medical Center, 4002 Vista Way, Oceanside Lower Level, Room AR 1 @ 1:00 P.M.

2014 General meeting dates:
— Friday, January 31st
— Friday, February 28th
— Thursday, March 20th
— Friday, April 25th
— Friday, May 30th
— Friday, June 20th
— Friday, July 25th
— Friday, August 29th
— Friday, September 26th
— Friday, October 31st
— Friday, November 21st
No meeting in December

Date Change!
November’s general meeting has been moved from the 28th to the 21st.

Next board meeting date:
— Monday, January 13th
— Monday, February 10th
— Monday, March 10th
— Monday, April 14th
— Monday, May 12th
— Monday, June 9th
— Monday, July 14th
— Monday, August 11th
— Monday, September 8th
— Monday, October 13th
— Monday, November 10th
— Monday, December 8th
It has been a custom in our group, and likely in many other ASGs of UOAA as well, to honor those who have had their ostomies for a certain number of years. Those who are celebrating such anniversaries may wish to contribute to the general fund of the OSGNSDC in the amount of one dollar for each year of their having had an ostomy. We wish to acknowledge these people in our newsletter. This is valuable news to those who are just entering their ostomy journey and can provide much needed support and confirmation that living with an ostomy is a very manageable situation and not life-limiting in most cases.

If You Have Internet Access...
Are you still receiving this newsletter in hard copy? If you have internet access, you can save us money by joining our electronic mailing list. To try the electronic version, send an email request to: sierracabezas@gmail.com. We won’t remove you from our hard-copy list until we know you can receive the electronic version successfully. We appreciate your efforts to keep costs down while also being more eco-friendly.

Surplus Ostomy Supplies
Ostomy supplies have been donated by chapter members or their families when an ostomate has had a revision surgery or passed away. These supplies are available to our chapter members or individuals in need of supplies. Please contact Al Nua at (760) 213-2501 if you need supplies or have supplies that you no longer need.

Want to become a Certified Ostomy Visitor?
Al Nua, is looking for ostomates that would like to attend a class to become a Certified Ostomy Visitor. Visiting new and recent ostomates is the most important service our group provides. Visitors go through formal training and can make calls in the hospital and home. If you are interested, please call Al Nua at 760-213-2501.
President Sierra Cabezas called the meeting to order at 1:00 P.M. followed by the flag salute.

Self introduction were next. The group then had breakout sessions, where members interacted with each other to discuss ostomy issues. Sierra Cabezas asked the group to write down what they want to see discussed at future meetings.

Lee Russell introduced guest speaker Richard Rettig. Richard spoke about the Fair Tax Act with the group and had a Q&A afterwards.

The raffle raised a total of $44.00. The winner was Charlene Goldman; she donated her winnings to the Koins for Kids. Koins for Kids raised a total of $38.90. Happy Birthday was sung to group members that had a birthday in October. Thanks were given to Lynell Warren, Warren Wall, Larry Reed, Tammy Davis, Joanne Rudnick, & Dodie Wilson for bringing in the goodies for the meeting.

At the conclusion of the meeting Sierra Cabezas announced November's meeting had been changed to the 21st. UOAA updates were handed out to the group. Al Nua read Frank Liles obituary from a news clipping. Members were reminded of December's Annual Holiday Party and membership dues. The meeting, was then called to a close.

In Case You Missed it...
Dr. Dhruvil P. Gandhi
At Colorectal Center of San Diego, Inc., we are committed to providing quality care to our patients. Dr. Dhruvil P. Gandhi is the only board-certified colon & rectal surgeon in the north San Diego county area, serving Oceanside, Vista, Carlsbad, Encinitas, and San Marcos.

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**OSGNSDC’s Annual Christmas Party**

El Camino Country Club  
3202 Vista Way, Oceanside, CA 92056

**December 5th, 2014 11:00-3:00**

$28.00 per plate will need to be collected by Tammy Davis. Please bring payment with you by November 21st's general meeting or mail your payment and food choices into: P.O. Box 3019 Vista, CA 92085

A three course lunch will be served.

**First Course**  
A Garden Salad.

**Second Course**  
Your choice of:

- **Pasta Primavera** - Chef's selection of Pasta served with Vegetables, Sweet Basil, and Parmesan Cheese.
- **Monterey Chicken** - Breast of Chicken with Jack Cheese, Avocado and Tomato in Light Cream Sauce, served with Rice Pilaf and Vegetables.
- **Tri Tip Beef** - Sliced and Fanned Tri Tip over Mashed Potatoes, served with Vegetables.

**Third Course**  
New York Cheesecake with Strawberries.

There will be a silent auction and raffle prizes to raise money for the Support Group. There will also be an optional $10.00 gift exchange. Please RSVP as soon as possible.
(Continued from page 1)

After removal of the colon and rectum, you no longer have control. Unlike the anus, the stoma has no shutoff muscle. Digestive contents pass out of the body through the stoma and are collected in an individually fitted pouch, which is worn at all times. Because the small intestine doesn’t store and make intestinal contents solid, your stool will never get thicker than toothpaste. However, the soft stool in your ileostomy pouch should not be confused with loose stool and diarrhea.

**Celebrating Ostomy Awareness Day**  
*Ann Favreau, Past President UOAA*  
**UOAA Update November 2014**

On October 4, 2014, UOAA encouraged people with an ostomy or continent diversion, as well as Wound Ostomy Continence Nurses, to celebrate Ostomy Awareness Day. Affiliated support groups planned activities to bring attention to the fact that people with a stoma or continent diversion can lead a productive life. Although one day a year is set aside for these events, The Phoenix magazine has been carrying on this mission since 1963, first as the Ostomy Quarterly, or OQ, and now with its present title. It is interesting that when the United Ostomy Association (UOA), the forerunner of UOAA, had its constituting convention in Cleveland, Ohio, in 1962, the organizers identified the need for a national publication. Remember, these were the days before the Internet, email, and instant communication. UOA dues, which included a subscription to the Ostomy Quarterly, were 75 cents.

I first became acquainted with the magazine as a new ostomate in 1988. The Ostomy Association of Greater Springfield, MA, had copies to borrow, and I soon had my own subscription. I had confidence in the information that I read because it was written by credible sources. Over the years, I have submitted articles. In leadership roles, I worked with others to proofread the content; wrote about our strategic plans, fund raising, and advocacy issues; and from 2000-2002, delivered the President’s Messages.

Live, Learn, Share was the theme of this year’s Ostomy Awareness Day. Think about the stories we have read in The Phoenix written by ordinary people, some of whom have done extraordinary things after surgery. They chronicled their road from pain, disease, and compromised days through decision making and acceptance of an altered and much better life. We have read about building self-esteem, new relationships, challenges overcome, and joy. New readers and those of us who have had long-term...
subscriptions are always inspired by these shared stories. They bolster our lives by knowing that others who have walked in our shoes are thriving.

The magazine has helped us learn and cope with problems that may arise. The articles written by doctors educate us about surgical techniques in a language that we can understand. Physicians and Wound Ostomy Continence Nurses answer questions posed by concerned readers. Nutritionists provide dietary information. Books are reviewed that give us additional resources to peruse. New products are featured in ads and articles. Yes, the publication has facilitated learning.

We live in a world in which we have to be advocates for our own well-being and understand global issues. The Phoenix relates the work of UOAA in addressing bias, stigma, and advocacy for ostomates in terms of supply reimbursement, travel, and access to bathroom facilities. The magazine focuses on the UOAA national convention and regional meetings, where ostomates can interact with one another and hear outstanding speakers. Articles explain the work of the Friends of Ostomates Worldwide-USA, which collects unused ostomy supplies and sends them to individuals and facilities that distribute them to those in need. The Phoenix communicates the establishment of ostomy groups around the globe by the International Ostomy Association. Readers from small towns and big cities in the United States and online subscribers from around the world benefit from the diverse content. Yes, The Phoenix illustrates how those who have had bowel or bladder diversions can Live, Learn, and Share. It celebrates ostomy awareness in every issue and has carried out this mission for over 50 years.

**Ostomy Terms and Procedures**

**UOAA Update November 2014**

If you are reading this newsletter, chances are you or someone close to you has had an intestinal or urinary diversion. This is the broadest terminology for the types of surgeries we are all dealing with at various stages, whether just starting out or successfully managing for a number of years. Quite simply, our body's waste management system has been diverted or changed from its normal course. If you have an intestinal diversion, the way your body excretes (or passes) solid waste has been changed. If you have a urinary diversion, the normal flow of urine from the kidneys to the bladder has been interrupted. These two types of diversions can be further divided into two more subdivisions: continent and incontinent diversions.

**Continent Diversion:** A continent diversion is one where the elimination of solid waste or urine is controlled. The control is made possible through the creation of an internal reservoir (a man-made pouch inside your body) to hold the feces or urine. Elimination is then done through manually inserting tubing to drain the reservoir (catherization). In the case of "pull-throughs" where the reservoir has been attached to the anus, elimination is through normal means. You may have a Kock (or K) pouch; a Barnett Continent Ileal Reservoir; or a pull-through pouch such as J, S, or W pouch; an ileoanal (or pelvic) reservoir; or similar procedure. These are all considered continent (controlled) diversions.

**Incontinent Diversion:** The elimination of either fecal waste or urine is not controlled in this type of diversion and requires the patient to wear a pouching system. Usually an ostomy is considered to be an incontinent procedure.

**Ostomy:** An ostomy refers to a surgically created opening in the body for the discharge of body wastes and allows for the formation of a stoma.

**Stoma:** The actual end of the small intestine (ileum) or large intestine (colon) that can be seen protruding through the abdominal wall and through which the feces or urine is discharged. The ideal stoma is round, dark pink and moist. The skin around the stoma (the peristomal skin) is intact with no breaks or cuts and no irritation. Not every stoma is ideal, though. Your own stoma may be retracted, flush or prolapsed and may require additional attention to manage properly.

**Retracted Stoma:** Your intestine is pulling in and creating a concave effect, so that your stoma is below the surface of your skin. This may result in increased skin irritation.

**Flush Stoma:** The stoma is at the same height, or flush, with the surface of the skin. This also may result in increased skin irritation.

**Prolapsed Stoma:** The intestine is being pulled out of the abdominal opening, so that the stoma sticks out further than desirable. This can be uncomfortable and may cause the stoma to not work as efficiently.
There are times when we think we're doing the right thing, but get ourselves into trouble. Here are some instances to think about:

Alcohol: Alcohol is a powerful drying agent. Prolonged contact with the skin can have serious consequences.

Clamp Usage: Wrapping the drainable pouch tail around and around the clamp before closing it. This will not make the clamp work any better. All it will do is spring the clamp out of shape, which will ensure that the clamp won't work for future application and it will make releasing excess gas more difficult.

Releasing Gas: Snapping the pouch off the face plate to expel gas. This doesn't do much for odor control! It's much better to hold the tail of the pouch beyond the clamp with a tissue, open the clamp and allow the gas out through the tissue with deodorant. Then use the tissue to clean out the end of the pouch and replace the clamp.

Normal Wear Time: You shouldn't wear the appliance until it leaks. The object is to change the appliance before leakage occurs. This way, the skin gets the best protection and care. Three to five days is normal wear time. Some people report seven days, but manufacturers feel that this may be pushing their products to their limits.

Washing Pouches: Washing pouches and using the same pouch for months will eventually saturate the plastic of the pouch with odor of the chemicals and no amount of washing will get rid of it. It is recommended that you throw the pouches away when you throw the face plate away.

Experimenting With Appliances: Although it’s fine to experiment with new appliances, especially if you’re unhappy with your usual equipment, you’ll generally get the best service from the equipment you have the most experience with.

Ignoring Skin Problems: All skin problems are easier to manage if they are treated early.

A Full Pouch: Letting your pouch get full before emptying it can separate a two-piece system. Try to empty your pouch when it’s one-third to one-half full.

Seat Belts: A well-placed and adjusted seat belt shouldn’t interfere with stoma function or damage your stoma. True, in an accident your stoma may be damaged, but it’s a lot easier to repair a stoma than a crushed skull.

Wound Ostomy Nurse: It’s not a good idea to try to live with a condition you can’t correct yourself. When in doubt, see your friendly wound ostomy continence nurse (WOCN) or your doctor.

We get a lot of questions here at our national office. I thought I would address some of them from time to time in a short article. So whenever you see On the Short Side, you know it’s from our home office.

My wafer and barrier ring won’t stay on. What can I do?

I recently found out by accident that the amount of softener in your water can make a difference in the

**On the Short Side**

**Kathy Ward, UOAA Admin. Asst.**

**UOAA Update November 2014**
effectiveness of your barrier ring seal because the softener in the water is not being rinsed off. The softener solution remains on the skin, compromising the seal. The dispenser was broken on our water softener, and the result was that we were getting an abundance of softener in our water. When it was fixed, I found that my wafer and barrier ring stayed on my body much longer. It used to get compromised by the second day. So, if you can't determine any other reason, check how much water softener is being dispensed daily.

My stoma emits so much liquid, I can't keep it dry enough to put a new barrier ring and wafer on. What can I do?

Try eating bananas or apples. They will help to absorb the liquids. There is a Diet and Nutrition Guide on our website at ostomy.org that has other suggestions as well. For those of you who get those late-night hunger pangs, try not eating that snack too late, especially if you intend to put on a new ostomy wafer the next morning. On those days, try to avoid all after-dinner snacking.

**Tip:**
For those of you who are short-waisted, try placing your pouch diagonally on your body. This gives your pouch more room to expand. If you find it's still too long, bags with a Velcro seal can be folded-up, once or twice, at the end to give you more comfort.

*****

Help Wanted
The Ostomy Support Group is looking to fill the position of Director of Advertisements.

**Duties for this job include:**
- Attending the monthly board meeting
- Contacting current and potential advertisement vendors for the newsletter
- Keeping accounts current and up to date on their payments.
- Gathering vendors for the Annual Vendors’ Fair

**The purpose of ads in our newsletter**
A director working with current and potential advertisements for the newsletter is what keeps the newsletter going. The money raised from the ads pays for the cost of running and mailing out the newsletter every month. The more ads the better we can make our newsletter and get it out to more people.

**Why you should apply**
All sorts of people volunteer for many different reasons, but one thing that unites them all is that they find it challenging, rewarding and varied.

Volunteering can add a great deal to your life and the lives of those for whom you volunteer. It offers you a chance to become involved in a project or with an organization you really care about as well as an opportunity to meet new and like-minded people.

Community groups and organizations benefit from the input of volunteers by gaining a new and valued perspective on their work as well as the precious resource of time. Even a small commitment can have a lasting effect on an organization and the people it represents.

Contact Sierra Cabezas for more information at: 530-392-2211 or sierracabezas@gmail.com
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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 and more.

Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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Dear Sponsor,

Thank you so much for sponsoring me on this wonderful journey to this camp. Thank you for also letting me meet all these wonderful and loving people here at this camp. My one example to explain how much fun I had here at this youth rally camp. My family will want to send me here again for me to be more grateful. My favorite time was when we went to the San Diego park and I rode a rollercoaster for the first time ever.

Sincerely,
Wadana-Nicole L. Dudin

ps. I'm 13 years old
When To Call A Doctor
Or A WOCN

- If cramps last more than two or three hours
- If you get a deep cut in the stoma
- Excessive bleeding from the stoma opening or a moderate amount in the pouch after several emptyings
- Bleeding at the juncture of the skin and stoma
- Severe skin irritation or deep ulcers
- Unusual change in the size or appearance of the stoma
- Change to a purple-blue color may be an indication
- Severe watery discharge lasting more than five or six hours
- Strong odor lasting more than a week
- Any other unusual occurrence with the stoma.

(Courtesy San Diego & Metro Maryland Newsletters)

Enterostomal Therapy And Wound Clinic Information

Suzasne Crockett, CWOCN
Tri-City Medical Center
Mon-Fri 8 A.M.—4:30 P.M.
Appointments: 760-802-9447

Donna Johnston, RN, ET
Palomar-Pomerado Wound Care
Mon-Fri 8:30 A.M.—4:30 P.M
760-510-7300

Mandy McDonough, WOCN
Scripps Ostomy Clinic
10666 North Torrey Pines Road
La Jolla, CA 92307
858-554-8984

Donna Rositani, CWOCN
Margaret Talley, CWCN
Palomar Hospital
Mon-Fri 8 A.M.—6 P.M.
760-739-2891/2393

Phyllis Parker RN, CWOCN
Kaiser Garfield Clinic
5893 Copley Drive
San Diego, CA 92111
858-616-5006

Certified Ostomy Visitors
Visitor Coordinator
Al Nua
760-213-2501

Visiting new and recent ostomates is the most important service our group provides. Visitors go through formal training and can make calls in the hospital and home. They are proof that life after ostomy surgery can be normal. They can answer questions about living with an ostomy.

You can expect a visitor of the same gender and with the same surgery. I encourage you to take advantage of this valuable service.

The Ostomy Support Group Of North San Diego County trains and certifies ostomate members who can offer psychological support to individuals and their families both before and following surgery. Ostomy visitors may come to a home or to the hospital, but may only visit when invited by the patient, his or her doctor, or a family member.

The chief goal of a visitor is to reassure individuals that they can look forward to an essentially normal and satisfying life following ostomy surgery. To insure integrity, all medical questions which may arise during a visit are referred to medical practitioners. To request a certified ostomy visitor or to obtain additional information on this program, please contact Al Nua.
OUR ADVERTISERS

We are pleased to have such a fine array of advertisers in our newsletter. We remind you that these advertisers are very important to us, not only as suppliers of Ostomy healthcare products, but also as supporters of our newsletter and group activities. We urge you to give them the opportunity to fulfill your ostomy healthcare needs. We request also that when you do call or e-mail them, to please mention that you saw their ad in our newsletter.

HAVE YOU ALL REMEMBERED TO PLACE YOUR ORDER FOR THE PHOENIX MAGAZINE?

REMINDER!
DID YOU REMEMBER YOUR OSTOMY SUPPORT GROUP IN YOUR WILL?

MEMBERSHIP APPLICATION

OSTOMY SUPPORT GROUP OF NORTH SAN DIEGO COUNTY

MEMBERSHIP is open to all ostomates and individuals with continent diversions, persons contemplating or scheduled for ostomy surgery, family members, medical professionals, and other interested persons.

MEMBERSHIP INCLUDES:

- **OSTOMY NEWS**, our Group’s monthly newsletter containing useful information on how to live a satisfying life as an ostomate, helpful hints for caregivers, and other relevant information.
- **Monthly meetings** to: hear interesting speakers, exchange ideas, answer questions, receive emotional support, share the camaraderie of fellow ostomates, and enjoy refreshments.
- **One-on-one visits** by Certified Visitors to prospective or new ostomates, and to others as needed.
- **Access to the many services** and information made available by our national association, United Ostomy Associations of America, Inc. (UOAA).

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Dated Material

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NEXT MEETING:
Friday, November 21st @ 1:00 P.M.

Director Leland Russell presents:
Pat Morocco the 1st Vice-President, Tri-City Hospital Auxillary. He will tell us who the volunteers are and what they bring to their work.

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- Disclaimer -

It is not the intention of The Ostomy Support Group Of North San Diego County; advertisers; contributors; or writers of any articles to provide specific medical advice, but rather to provide users with information to better understand their health and their diagnosed disorders. Specific medical advice will not be provided, and this Group urges you to consult with a qualified medical professional for diagnosis and for answers to your personal questions.