

Volume XLIII Issue No. 4

April 2013



# Broward Beacon



**Next Meeting:**

**Sunday May 5th, 2013 1 p.m.**

**The Lueders**

**2100 South Ocean Drive #16M**

**Fort Lauderdale, FL 33316**

# Broward Ostomy Association



An affiliated chapter of the United Ostomy Associations of America.  
Our Vision ~ a society where people with ostomies are universally accepted and supported socially, economically, medically and psychologically.

[www.browardostomy.org](http://www.browardostomy.org)  
24 Hour Hotline (954) 537-0662

Shedding The Light Of Hope, Help, And Education For Ostomates Through Visitation & Rehabilitation.  
Published by the *Broward Ostomy Association*, a non-profit affiliated chapter of the *United Ostomy Associations of America* to aid Colostomates, Ileostomates and Urostomates.

**MEETINGS:** Held on the 1st Sunday of each month September through June at 1:00 P.M. excepting our Holiday Banquet in December which is by reservation only and meeting at 4:30 p.m. All meetings at the Memorial Regional Hospital, Main Auditorium, 3501 Johnson St., Hollywood. Directions: Exit I-95 at Hollywood Blvd. westbound. At 4th traffic light turn RIGHT (north) onto N 35th Avenue. Continue to second traffic light. Turn left following posted signs to Main Entrance. Free covered parking will be on your right and the Main Entrance will be on your left. The Main Auditorium is just off the main entrance lobby to the right. A receptionist as well as security personnel are on duty to assist you.

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### Broward Beacon

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## President's Page



So many of you have been kind enough to inquire as to the situation with my 36 year old niece , a non-smoker, who is battling tongue/neck/throat cancer. At this time Samantha is at Moffitt Cancer Center in Tampa FL receiving both chemo and

radiation therapies. Unfortunately she has developed pneumonia and has needed to be hospitalized.

My other wonderful niece who is an emergency room RN at Broward Health, and a friend of Amparo Cano's, took a leave of absence and has been living in hospital with Samantha as her unpaid private duty nurse. They are not only first cousins but best friends and lived next door to each other while growing up. We're taking one day at a time and I thank you all for your loving concern and prayers. I find it difficult to discuss in person so if I don't mention anything at our meetings it's to help me maintain composure. I home-schooled Samantha through High School and she's like a daughter to me.

Sincere condolences to our treasurer Adam for the April 13th loss to cancer of his dearest friend David. Adam has been serving as David's healthcare surrogate spending long days and hours at David's side and we know this is the saddest of times for him. Adam, we all send you our love.

On a less serious note, there are some news items about which you will want to know. Thanks to our Recording Secretary Bill, we have learned that our beloved Dr. Wodnicki has been promoted to Chief of Colon Rectal Surgery at Mount Sinai Medical Center in Miami Beach. He closed his Hollywood office March 15th. He will be greatly missed but hopefully he'll be willing to travel the extra distance and visit with us again soon.

The Phoenix Magazine has made a wonderful article available to freely download from their website. Unfortunately all rights have been reserved so, as much as I would like to, I cannot print it here.

To download the Article: *Your Complete Recovery from Ostomy Surgery*: Learn the important steps you need to take to fully heal after colostomy, ileostomy or urostomy surgery by Anita Prinz, RN, MSN, CWOCN. go to: <http://www.phoenixuoaa.org/> and follow the instructions.

The article covers Physical Healing, First Challenges, Psychological Adaptation and Altered Body Image issues.

The Phoenix magazine is a truly wonderful publication to which all ostomates should subscribe. It shows you how to live with your surgery from preventing leaks to ordering ostomy supplies to dating and intimacy, in-depth articles written by medical professionals. Authors and ostomates show you what works and what doesn't to lead a full and rewarding life after ostomy surgery.

The Phoenix is the official publication of the United Ostomy Associations of America. Topics addressed in each 80-page issue include: Advice from medical professionals: New ostomy products: Skin care and treatment: Odor control: Sex and intimacy: Emotional and psychological issues: Diet and exercise: Surgery techniques and advancements and personal stories of recovery

The Phoenix is published quarterly - March, June, September and December. Printed Annual subscriptions are \$29.95 and two-year subscriptions are \$49.95. The NEW online version is only \$19.95. The Phoenix has a Money Back Guarantee: If you're not completely satisfied, a refund for the unused portion of your subscription will be given.

Now don't forget to put on your calendar UOAA's National Conference. Here's some highlights from their website: "Welcome to the history and charm of downtown Jacksonville, situated on a four-mile riverfront boardwalk close to area attractions in the center of Florida life. Plan to arrive by Tuesday, August 6. Programming begins Wednesday morning August 7 and continues through Saturday, August 10.

Featured events include a 1st Timers Orientation and Reception; 1st Night Ceremonies and Welcoming Ice Cream Social; Guest Speaker Brenda Elsa-gher: Free Stoma Clinic: Educational Workshops of special interest to: All attendees; 30+; Young

*continued on page 7*

# Next Meetings:

**Sunday, May 5th, 2013**

**Refreshments, 1:00 p.m.**

**Chat 'n' Chew till 1:30 p.m.**

**Meeting: 1:30 p.m.**



We are truly delighted and honored to have as our May guest speaker Dr. Nick Masi, Jr, psychologist. As you will learn, this is a great man.

Dr. Masi was the former President and CEO of Gilda's Club

South Florida and has spent twenty years in private practice with a special focus on issues related to chronic illnesses, stress, anxiety, depression and chemical dependency.

Dr. Masi is also a founder and board member of the Camp Boggy Creek, one of the "Hole in the Wall" camps founded by Paul Newman. This camp provides medically safe camping experiences for children with life threatening illnesses as well as weekend retreats for their families.

He recently retired from his position as the Director of Patient & Family Centered Care at Memorial and Joe DiMaggio Children's Hospitals. On a personal level, two of his children have been treated for childhood cancer and he is well aware of the ostomate community. He will discuss both his professional and personal journey of Patient and Family Centered Care. We are so fortunate to have him share his valuable time with us.

## **3 Free Samples at Next Meeting:**

**Na'Scent Ostomy Odor Control 1 oz bottles**

Na'Scent was kind enough to send us enough samples for each one of us to try this in-the-pouch clear liquid odor eliminator. For all types of ostomates, (urosto-

mates, ileostomates and colostomates) you squirt one or two times directly into your pouch and all odor is eliminated by creating an oxygen-rich environment that eliminates odor-causing microbes in the pouch. As their literature says, It "allows you to enjoy your favorite foods and socialize without worry." Now will it make me look younger too?

## **No-Sting Safen'Simple peristoma & Adhesive Remover Wipes**

This product is wonderful to carry in your I've-Got-a-Leak and am away from home emergency kit. Each resealable sample contains 5 thick & soft moist disposable wipes that contain no stinging alcohol or lotions and thus will not interfere with pouch adhesion. When you have to change in a strange bathroom these are perfect for cleaning up around your stoma. "Removes oil, dirt and adhesive residue from the skin so the ostomy pouch adheres well to the skin, improving wear time and adherence. Make sure skin is dry before applying ostomy appliance and reseal stoma wipe pouches to keep remaining wipes moist." Product No. SNS00505.

## **Samples of Safen'Simple Ostomy Appliance Odor Eliminator**

As reviewed in last month's issue of the *Broward Beacon*, this "One Use" Purse or Briefcase take along in-the-pouch odor eliminator travel pack by Safen'Simple gives you the freedom to be prepared wherever you go. Each packet contains .5 oz unscented odor eliminator. Product no. SNS40201.

## **2013 Meetings Schedule**

If you are as forgetful as I am here are the dates of our upcoming 2013 meetings so you can put them in your date book now: May 5th, June 2nd, Summer Break, September 1st, October 6th, November 3rd and December. 1st. Our December meeting is our Holiday Banquet and this meeting only starts at 4:30 p.m. for a wonderful catered dinner by our beloved professional caterer and member Leroy. Detailed meeting information including a useful map can always be viewed on our website [www.browardostomy.org](http://www.browardostomy.org).





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# Look Ma! No Scissors!

by Wendy Lueder

with thanks to Emma for letting me know

Skin barrier wafers that do not need scissors to create the “just right” opening size for our stomas are a great benefit for those of us who have oval stomas or are challenged by dexterity issues. Also if your stoma is still changing size during the few months following surgery, this type of barrier has real advantage as adjustments can be easily made with each barrier change. For busy nurses who change many ostomates a day, these type of wafers also save lots of time as cutting with scissors must be slow and accurate.

Both Hollister and ConvaTec have wafers that don't require the use of scissors. However the two products do exhibit differences.

Hollister's FormaFlex is an extended wear skin barrier wafer which has the ability to be stretched to custom fit the size and shape of the stoma without the use of scissors. It is an optional skin barrier in the New Image two-piece system.

The starter hole is stretched (not rolled) to the correct opening size. However, if you make a mistake by stretching it too far it will not shrink back to a smaller size. The barrier does not come with built-in convexity however they now make a 'ring' that fits into the barrier that will make it convex.

ConvaTec's Moldable Skin Barrier wafers are available in either flat or built-in convexity and can be used with either SUR-FIT Natura pouches or Esteem Synergy Adhesive Coupling Technology. To



create the customized stoma opening you place your fingertips or thumbs at the inner edge of the starter hole while leaving the plastic cover backing in place and roll the skin barrier outward. If you roll it too far by mistake you can roll it back to a smaller size. Once it is the correct



size you pinch the material together to help hold the customized circumference in place.

Using all modern and thus pliable skin barrier wafers, the opening hole for your stoma should be the exact size of your stoma. The barrier should be placed right up next to, but not over the stoma with no gap allowing the skin to be exposed. Stomahe- sive is an older product that is not as pliable and thus should not be applied immediately next to the stoma as a cut to the stoma may occur.

For all barrier wafers, be sure to use clean hands when handling and make sure the skin around your stoma is completely clean and completely dry before application. Don't use soaps or tissues with lotions. All barrier wafers are like packing tape in that if you touch the sticky side, the adherence is diminished.

Barriers also become more effective by applying warmth. After you've applied a new wafer and pouch, hold a warm hand over the wafer for fifteen minutes as the warmth will make the need to change less frequent.

See page two for the phone numbers for Hollister and ConvaTec and request samples to try if these scissor free options seem right for you.

## News from the Head Office

Dear Friends,

It's time for UOAA National Elections. This year the Management Board of Directors (MBoD) has the following openings: President, 1st Vice President

and 3 Directors.

“With the election of new officers and directors, UOAA experiences a moment of enrichment, a moment of organizational rebirth ... new people, coming forth with new ideas, new enthusiasm, willing to venture along unexplored avenues. Problems cease to be problems and assume the role of opportunities to attain objectives and in so doing, move on to more expansive goals.” Ken Aukett

To qualify for the position of President the individual must have served on the MBoD for 3 of the past 8 years. This is a 2 year term beginning on January 1, 2014.

To qualify for 1st Vice President the individual must have served on the MBoD for 2 of the past 6 years. This is a 2 year term beginning on January 1, 2014.

The 3 directors' positions will begin on January 1, 2014 and end on December 31, 2015. To view Director's Job Description see: [http://www.ostomy.org/files/election\\_info/attachment\\_6\\_director\\_duties.pdf](http://www.ostomy.org/files/election_info/attachment_6_director_duties.pdf)

If you would like to help the UOAA continue with the mission to help ostomates on a national level, please fill out this nomination form. Remember that each form must be signed by Wendy.

Nomination Form: [http://www.ostomy.org/files/election\\_info/attachment\\_1\\_candidate\\_nomination\\_form.doc](http://www.ostomy.org/files/election_info/attachment_1_candidate_nomination_form.doc)

## **President's Page** *continued from page 3*

Adults; those with Continent Diversions; Gay and Lesbian ostomates; Affiliated Support Group leaders: Basic ileostomy, colostomy and urostomy panels: Product Exhibition Hall with breakfast in the Hall on the 9th: Brenda Elsagher, “It's in the Bag and Under the Covers”.

Do you want to work out at the gym with your ostomy, or learn some ostomy friendly exercises? Come to the hotel fitness center on Saturday August 10th, where professional fitness trainer Pam Hodges will be holding a Sports and Fitness session.

Are you curious about your insurance coverage for your ostomy supplies? Join UOAA Director/Patient Advocacy Chair Diane Miterko as she breaks it all

down for you and answers your questions in our “Insurance 101” session.

Have you been diagnosed with SBS (Short Bowel Syndrome)? You have been diagnosed with SBS, but not sure what nutrition you should be concerned with? Do you know someone who has SBS and you would like to know more about it? You will have a chance to learn more about SBS this August in Jacksonville!

Closing Ceremonies and Awards are on August 10th and a wonderful Closing Banquet with Entertainment will be held Saturday evening.

Registration Costs: \$125 individual, \$75 spouse/companion and Saturday night's Banquet is \$50 per person. The Hotel is charging \$99 per night, plus tax with this rate guaranteed through July 12, 2013 only.

Parking is \$10 per day but consider taking Amtrak and leaving the driving to them. I just called the taxi and bus companies in Jacksonville to get some prices for transportation from Amtrak to our hotel.

For three or less persons to take a Checker Cab (Checker phone 904 345 3333) the total cost would be between \$14 to \$16 plus tip. Four or more persons would run approximately \$4 per person plus tip.

To take the bus to within a six minute walk of the hotel would cost you only \$1.50. Really! Details for bus: Leaving Amtrak station: Take Route K2, bus marked Beach Blvd. then a 36 minute ride to within that six minute walk to the hotel at intersection of Forsyth and Market Streets. The bus runs every half hour before 7 p.m. then every hour. Really nice lady answered my questions. If they're all that nice in Jacksonville we're all going to have a really great time. They also accommodate American with Disabilities. For more information call the bus service at 904 630 3100.

Please don't miss out. The conference is held only once every two years and next time it will surely be much farther away as UOAA likes to rotate where they meet at to different parts of the country.

Ren and I are sharing a car ride with another one of our wonderful members. to help cut costs, why not mingle at our next meeting to discuss sharing rooms and transportation. Thrill my heart and be there too!

# Ostomy and Wound Care Services

Memorial Healthcare System is dedicated to addressing the unexpected and changing needs of people who are preparing for or living with an ostomy. We can help with ostomy care, including:

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## Exercise May Help Irritable Bowels

*Adapted by MMOA – (Reuters Health), 2011, via The New Outlook, Ostomy Assoc of Greater Chicago*



People with irritable bowel syndrome may be able to find some relief by getting regular exercise, a small clinical trial suggests. The study, of 102 adults with the disorder, found that those who were told

to get some more exercise had better odds of seeing improvements in problems like cramps, bloating, constipation and diarrhea.

After three months, 43% of the exercisers showed a “clinically significant” improvement in their symptoms - meaning it was making a difference in their daily lives. That compared with a quarter of the participants who maintained their normal lifestyle. For people who are currently less than active, even a moderate increase in exercise may curb irritable bowel symptoms, according to senior researcher Dr. Riadh Sadik, of the University of Gothenburg in Sweden. In an e-mail, Sadik said the researchers had told those in the exercise group to obtain 20 to 60 minutes of moderate-to-vigorous exercise - like brisk walking or biking, on three to five days out of the week. That is a level that is generally safe and achievable, Sadik said. On top of that, the researcher added, “it will also improve your general health.”

According to Sadik, exercise may be helpful for several reasons. Past studies have shown that it can get things moving along in the gut, relieving gas and constipation. Vigorous exercise, however, may worsen bouts of diarrhea. Regular exercise may also have a positive influence on the nervous and hormonal systems that act on the digestive tract.

None of the participants in the new study, reported in the American Journal of Gastroenterology, were regularly active at the outset. The researchers randomly asked about half to begin exercising over a 12-week period, with advice from a physical therapist. The rest stuck with their normal lifestyle habits. At the end of the study, the exercise group reported greater improvements on a standard questionnaire on

IBS symptoms. They were also less likely to show worsening symptoms. Of the exercise group, eight percent had a clinically significant increase in IBS symptoms, versus 23 percent of the comparison group.

## New Year's Resolutions Not a Reality Yet?

*AARP New American Diet by John Whyte, M.D. and “A Year of Healthful Living” by Casey Seidenberg, co-founder of Nourish Schools (DC), Washington Post*

*Editor's Note:* Not all the suggestions in this article are appropriate for all ostomates such as the ones for eating high fiber foods. Be sure to check with your ostomy nurse before trying any of these modifications to your diet.

Have your New Year's resolutions been slipping or haven't gotten started as yet? Here are some practical ways of achieving healthy resolutions and seeing your health improve in 2013. In Casey Seidenberg's Washington Post's article she reminds us that any significant lasting changes in our eating habits takes time. Seidenberg recommends a small change each month of the 2013, taking a slow methodical approach.

“Don't just make a resolution; make a plan, a realistic plan. Start with a list of the specific things you'd most like to change about the way you and your family eats”. Scrapping perfection means progress is the goal. She says “We don't need to be sugar-free, 100 percent whole grain or make every single meal from scratch the first year. Rather, next December it should feel very satisfying to say that you learned how to cook leafy greens, your kids drink less juice and you sit down to dinner twice a week.” Prioritize the items, one for each month. These are positive changes that will last; the point of a resolution.

In John Whyte's book, he reminds us that as we age a slowing metabolism, a loss of muscle mass and a decline in hormones causes our body to store fat more easily. His book is the result of 17 years of teaming up of AARP with the National Institutes of Health (NIH) to study the effects of dietary and lifestyle choices on incidences of cancer and other

# Coral Springs Ostomy Support Group

Coral Springs Medical Center's "Caring & Sharing Ostomy Support Group" meets on the 4th Wednesday of the month at 5:30 p.m. to 7:00 p.m. For more information call Patricia Paxton-Alan MSN, ARNP-BC, CWOCN at 954-344-3094.

## Miami Dade Support Group

We are thrilled to announce the new *South Florida Ostomy Support Group* inaugurated and led by ostomy nurse Donna Byfield, CWOCN. The group will meet the third Wednesday of each month from 6 to 7 p.m. January through June, take a summer break, and then pick up again September through December at Baptist Health Resource Center, Baptist Medical Arts Building, 8950 North Kendall Drive, Suite 105, South Miami, FL. For more Information, call 786-596-1642 or 786-596-6060.

## Resolutions *continued from page 9*

diseases among half a million people ages 50 and older.

Suggestions including some provided by John Whyte, M.D that may help make real changes in your diet in the next 12 months, enough time to introduce a routine:

- Nutrient-rich soups for the cold months
- Cook more leafy greens; they help prevent spring allergies
- Chose a month for beans; add them to salads, dips and soups
- Limit sugar in the household; replace dessert with dark chocolate or sweet whole food fruits.
- Use more whole grains; quinoa, barley, millet, whole wheat pasta and brown rice.
- Add more fish to meals for omega-3 fatty acids, low in calories, contains important nutrients.
- Fill up with fruits and veggies, being rich in anti-oxidants they will help in weight loss

even when you aren't trying. In summer invite friends to bring their Mason jars and can the veggies and fruits together.

- Have breakfast every day; incorporating protein: eggs, warm quinoa cereal, make your own granola

## Ten Tips For Living Well With An Ostomy

*by Ann Sloane, LCSW-C, Psychotherapist:  
via Metro Maryland Ostomy Association*

1. Learn the basics of your own ostomy care. Practice your skills. Build your confidence. Don't depend on others to do for you what you can do for yourself.
2. Anticipate solutions to potential problems. Practice them too. Keep an Emergency Ostomy Supplies Kit in your car in case you have a leak while far away from home.
3. Live life. Hold onto your goals. Problem solve, as necessary. Many limitations on an ostomate's life are self-imposed and not necessary. There are ostomates who are professional athletes, one has sailed around the world on small boat and most all still enjoy romantic encounters.
4. Have compassion for yourself as you discover and embrace your "new normal." Give yourself a break.
5. If you have an intimate partner, communicate honestly with one another - you may both have new feelings and needs.
6. Know you are not alone. Use your ostomy support system for seeking and sharing help with special issues, e.g. insurance, intimacy, airport scanners, skin breakdown, scuba diving, paid caregivers, self acceptance.
7. Take advantage of professional sources of support for further help with medical, emotional, relational or spiritual issues.
8. Acknowledge that having an ostomy has contributed to your life - the positive and the negative. For many of us it has been the difference between life and death.
9. Use your experience to help yourself and others.
10. Consider becoming a systems advocate for issues important to many living with an ostomy.



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### **Broward Ostomy Association Membership**

If you wish to be a member of BOA dues are \$10.00 per year from January 1st to December 31st and includes receiving our monthly newsletter, the ***Broward Beacon***. Please make checks payable to BOA and mail to Treasurer. Adam Lokos, 9820 NW 36 St., Sunrise FL 33351-8616. BOA never shares membership information. We value your privacy. BOA is a 501(c)3 charitable organization.

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E-mail address \_\_\_\_\_ Prefer Emailed Newsletter: Yes \_\_\_ No \_\_\_

☐ I am an ostomate. I want to be a dues paying member.

☐ I am also enclosing a contribution to BOA

☐ I am an ostomate and want to be a member but cannot afford dues at this time.

(This information is kept in the strictest confidence.)

☐ I would like to become an Associate Member (non-ostomate).

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