

Volume XLIX, Issue No. 3

Fall Quarter 2019



Broward Beacon



Meetings: September 1st ~ October 6th
November 3rd ~ 1 p.m. All Welcome

The Lueders
2100 South Ocean Drive #16M
Fort Lauderdale, FL 33316

Broward Ostomy Association



AFFILIATED SUPPORT GROUP

Our Vision ~ a society where people with ostomies are universally accepted and supported socially, economically, medically and psychologically.

www.browardostomy.org
Chapter Hotline (954) 537-0662

Shedding The Light of Hope, Help, And Education for Ostomates Through Visitation & Rehabilitation. Published by the *Broward Ostomy Association*, a 501(c)3 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

Published August, November,
February and May.

Broward Ostomy Association
c/o Lueder, 2100 S Ocean Dr. #16M
Ft Lauderdale FL 33316

Next Meetings:

Sunday, September 1st

Sunday, October 6th

Sunday, November 3rd

Meetings Start at 1 p.m.

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

Program: 1:30 p.m.



Sunday, September 1st UOAA National Conference Report

Several of our members including (left to right) Larry, our Refreshments Co-Chair; Rhonda; Bob, First-Time Visitors Co-Chair; Amy, our Vice-President, Nurse Ana who serves on our Medical Board with her husband Arthur; Ren, our Treasurer and myself attended UOAA's National Conference in Philadelphia this August. We look forward to sharing with all our members and guests the insights that we gained.

The Conference's Exhibition Hall demonstrated ostomy equipment and supplies of which we need to be aware and the very latest equipment developments. For example, two years ago we learned for the first time about wonderful Stealth Belts: Four years ago we learned of a new spray adhesive remover.

We look forward to sharing what is new this year that could change our lives all for the better.

If you were unable to make it to Philadelphia this meeting will be the next best thing to being there yourself! Those of us who were blessed to have attended all agree UOAA's 7th National Conference was a super 10.

Sunday, October 6th

Once again our Focus Group Round Table discussions welcome members to share personally their challenges and their successes. This is our time to learn from and to encourage one another. There is value in hearing about the experiences of others in a safe, casual and open forum.

No one needs to feel the pressure to speak. Often listening is a great comfort to know we are not alone. Index cards will also be available at the beginning of the meeting as an alternate way to communicate questions and concerns.

Some participants have had surgery as recently as within a matter of weeks and others first adjusted to an ostomy almost 50 years ago! With this range of experience, the resulting impact is often one of hope and inspiration

Each group: Colostomy, Ileostomy and Urostomy will be guided by a knowledgeable facilitator. At the end of the meeting we will share some of the significant points made in each group.

Sunday, November 3rd

Oh how I look forward each year to having Mr. Rob Seaman of ConvaTec join us once again. Recently returned from Mt. Rainier WA, Rob is an adventurer who career with ConvaTec spans thirty-five years!



As many of you already know there are three major manufacturers of ostomy supplies, ConvaTec, Hollister, and Coloplast as well as specialty product manufacturers such as Torbot, Parthenon, Nu-Hope, Cymed, and Celebration Support Belts, etc.

Every ostomate is unique and what works well for one does not necessarily work well for another. Each of us needs to be aware of the different pouching products available and use what's best for their own particular situation. I personally prefer one manufacturer's barrier wafers yet prefer another manufacturer's pouch. Do learn what options ConvaTec has for you and be an informed, comfortable ostomate. It is only when we can manage well physically with our pouching system that we can happily get on with our lives.

BOA Meeting Dates

Please, if you are as forgetful as I am, take a moment to mark your calendars now for our upcoming meeting dates: September 1st, October 6th, November 3rd and December 1st. Our December meeting is a catered Holiday Banquet starting at 4:30 P.M. and attended by reservation and prepayment only.

Minutes General Meeting May 5th, 2019

The meeting was called to order at 1:30 P.M. in Memorial Regional Hospital's Main Auditorium, Hollywood, FL by Wendy Lueder, President of the Broward Ostomy Association. The Ostomate's Prayer was read by Larry.

Announcements were as follows: United Ostomy Associations of America Convention will be held in August this year. This is a great convention and an excellent support and educational opportunity.

Bonnie and Bob presented the first annual *Hope Floats* cruise for ostomates in the Caribbean. The ship is the **Regal Princess** and the dates are February 9-16, 2020. Please see Bob or Bonnie for more information. It has been determined that salt water and swimming in the ocean is actually good for your skin so don't hesitate to enjoy the beautiful Caribbean.

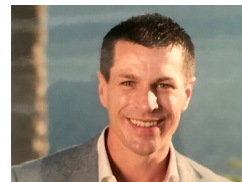
First time visitors were greeted: Luz who is from Venezuela where there are no ostomy support groups, Michaela who came with her mother Dorina both of whom are going through troubling times and need the support from the group, Derrick who has had ileostomy for five months, and Terry.

The Vice President and Program Chairwoman, Amy Weishaus, introduced today's speaker, John Chickey from Hollister. John passed out a pop quiz on skin health. After watching a short video, the group reviewed the correct answers. Itchy peristomal skin is a very frequent complaint. The majority of the time, stoma nurses interpreted this itchiness as a sign of leakage. However, when the skin was assessed, it appeared healthy. In these instances, the most common cause of itching is skin dryness. What improved the symptoms was changing the pouching system.

Hollister's CeraPlus barrier is infused with ceramide which is a natural component of human skin. It is the most abundant waxy lipid in the stratum corneum and helps the skin retain moisture. Ceramide has been used for many years in different skin creams and lotions. The "fit and formulation" of a good barrier is critical to a good seal. CeraPlus helps to protect the skin with enhanced adhesion, tack, and absorption of output to resist erosion. With CeraPlus it is recommended to avoid skin protectant wipes to allow the ceramide to be most effective. Not only does the CeraPlus help to avoid skin damage, but it also helps to heal damaged and/or eroded skin.

John passed out samples of the soft convex 1-piece which has belt attachments. The urostomy pouches come in flat and soft convex – there are three chambers to evenly distribute the output. There was a question re: possible sensitivity to Ceramide which John answered as none has been reported. Moldable flanges called FormaFlex are available. Two-piece soft convex wafers will be coming out on the market soon.

There was a discussion about the filters being slow release. If needed, the pouch may need to be





Ostomy, Inc.

Julie Ebel Gareau, President

Judith Ebel Considine, RN, ET, Founder, 1990

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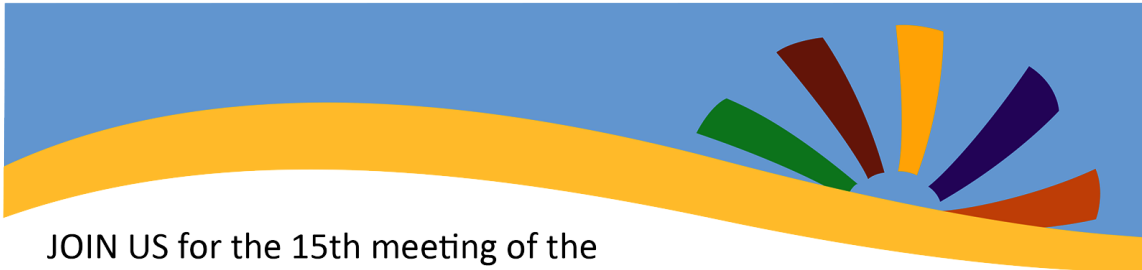
**Convatec ~ Hollister
Coloplast ~ NuHope
Permatype ~ Marlen
Torbot ~ Perry**



OSTOMY AND UROLOGICAL SUPPLIES

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JOIN US for the 15th meeting of the

Miami Ostomy Aftercare Support Group

August 27, 2019, 6:30 pm
TOPIC: Hurricane Preparedness for
the Ostomy Patient

Speakers:

Alicia Horner, Miami-Dade Office of Emergency
Management Health & Medical Planner (ESF8)
and

Vincent J. Torres, Emergency Manager, University
of Miami Health System and Miller School of
Medicine, Department of Public Safety

Patients and caregivers are encouraged to join in discussions
on ostomy problems and share solutions. Ostomy nurses are
present to answer questions.



University Of Miami Hospital & Clinics, UHealth Tower
Boardroom # 2026 (Lobby level-2nd floor)
1400 NW 12th Avenue, Miami, FL 33136

Parking garage next to the main entrance.
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For more information call 786-580-3928 or email
moap@miamioostomyaftercare.org.

Check out our website: miamioostomyaftercare.org

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burped by opening to air.

Other accessories were introduced: adhesive remover spray which is silicone based and can spray upside down if needed; barrier rings which are infused with ceramide; and barrier extenders are all available.

The meeting adjourned at 2:40 pm. There was a discussion about the filters being slow release. If needed, the pouch may need to be burped by opening to air.

Other accessories were introduced: adhesive remover spray which is silicone based and can spray upside down if needed, barrier rings which are infused with ceramide, and barrier extenders are all available. The meeting adjourned at 2:40 pm.

Respectfully submitted,



Debbie Walde
Recording Secretary



Ostomy Buzz with Joy Hooper, RN, CWOCN Summary by Wendy Lueder

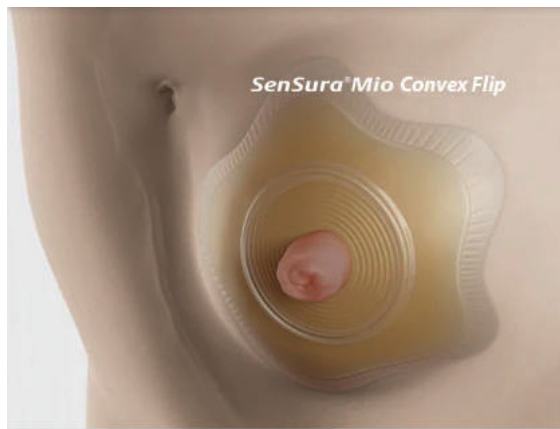


Wednesday, August 7th, Joy Hooper, RN, BSN, CWOCN, OMS, WCC updated UOAA Conference attendees with the Ostomy Buzz since our last conference two years ago. Joy, the winner of this year's *Nurse of the Year Award*, has over 20 years of wound and ostomy care experience. In

addition to teaching wound and ostomy courses for Wound Care Education Institute, she is the inventor

of the educational tool *Anatomical Aprons by Joy*. For those of us who learn by seeing/doing, this apron is a lifesaver.

Joy updated us on new ostomy equipment and stories of ostomates in the news. The first product Joy presented was the **Sensura Mio Convex Flip skin barrier** and pouching system by ColoPlast. This skin barrier features a curved star-shape barrier that fits well over bulges, body curves such as those caused by hernias.



The **Brava Ostomy Support Belt** provides stabilizing support for outward areas – both when wearing it on top of the ostomy appliance or when using the individualized hole. The reinforced panel is intended for cutting an individualized hole for your ostomy appliance. The panel material does not fray when cut.

The fabric of the Brava Ostomy Support Belt can be stretched horizontally and vertically, allowing it to conform to body contours and move with your body. The material is breathable and sits evenly on the skin, without creases and folds. It comes without an opening which is customized by the wearer.

Silicone grip to prevent sliding and rolling. Available in 6 sizes: S, M, L, XL, 2XL, 3XL. Call 1-855-230-7610 to order.





Awesome Ollie Teddy Bear & Book. Their “goal is to gift every child who undergoes ostomy surgery an *Awesome Ollie Teddy Bear & Book*” .

You can gift a child who has undergone ostomy surgery with an ostomate Teddie for \$26 and book for \$12. Go to www.awesomeostomy.com



Esteem™+ Flex Convex from ConvaTec. As the latest addition to ConvaTec’s range of one-piece ostomy solutions, the Esteem™+ Flex Convex system combines the comfort and freedom of flexibility with the firmness of convexity.

The Esteem™+ Flex Convex system fits the contours of your body, moving with you and helping to give you the confidence to live life the way you want. All bodies are different. Convex wafers are designed to help manage irregular stomas and abdomens to help to reduce leakage and simplify stoma management.

There are two types of skin barriers within ostomy pouching systems: Flat - a skin barrier which is flat against the skin surface. Convex - an outward curving of the skin barrier towards the skin. You may consider using a convex wafer if: You are experiencing leakage; Your stoma sits at or below skin level; You have skin folds, creases or a soft abdomen.

FOUR CONVEXITY PLATEAU VARIANTS

The Esteem™+ Flex Convex system is available in four convexity plateau sizes to accommodate a range of stomas and abdomens.

V0 60mm (2 1/3") X-Large	V1 50mm (2") Large	V2 40mm (1 4/7") Medium	V3 30mm (1 1/16") Small

7mm (27")
Depth

Safe N'Simple **Longevity Skin Conforming Seal** creates a secure and comfortable seal around the stoma to protect the skin from leakage and irritation. Ideal for all types of ostomies. The rings have two unique layers that function differently when applied to the skin. White layer against the skin: for stomas with thin to liquid output (ileostomy, urostomy) the ring provides a secure seal at the skin surface with minimal if any moisture absorption. Tan Layer against the skin: for stomas with thick to solid output (colostomy) the ring maintains a secure seal at the skin surface but can absorb moisture when needed. See samples@sns-medical.com



DripDrop ORS (Oral Rehydration Solutions): Many ostomates cope with chronic dehydration. Water alone is not enough. For those of you who have tried H2ORS for rehydration, the taste was so intense that using that product was difficult. A similar product is now available that purports to have good taste.

As their website says, “When you’re in a state of dehydration, no amount of water is enough. So what’s going on inside your body and how does DripDrop solve it? Here’s the science of dehydration relief, in bullet points.

Must. Have. Sodium. We’ve come to think of sodium as bad, but in dehydration relief, it’s a key ingredient. Problem is, sodium alone has a hard time getting through the small intestine.

Add glucose. Glucose helps sodium get from the small intestine into the bloodstream. So we’ve added just enough glucose to make that happen. It’s called the sodium-glucose co-transport system.

Now that the sodium and glucose have reached the bloodstream, the gate is open for water to

get through, plus other electrolytes like zinc, potassium, and magnesium to relieve dehydration fast. **DripDrop ORS's** patented formula provides medically relevant electrolyte levels consistent with World Health Organization ORS standards, but also tastes great. Notably, sports drinks only contain about 1/3 the electrolytes of DripDrop ORS and most contain too much sugar.

By solving the taste problem, has made the most highly effective oral hydration solution known to medical science practical for use by anyone who finds themselves with a hydration need where water and sports drinks just aren't enough."



Berry



Lemon

Flow-Thru Pouch by JP Med Supply: If pancaking is a life issue, there is an ostomy pouch that might help. Pancaking is a term often used when describing ostomy output sticking to the bag at the stoma site and not falling down as it should. This causes the stool to form around the wafer and “smoosh” itself into the shape of a pancake.

The Flow-Thru Pouch has openings at both the top and bottom which allows the wearer to flush out the pouches' contents with water. Water may be inserted at the top of the pouch by either using an equipment kit affixed to your own toilet, or a squeeze bottle full of water.

Editor's Note: As the process of flushing out the pouch may shorten the wear time of your skin barrier wafer, I would recommend this product only for those who have ongoing pancaking problems.



Compare prices. Schena EZ-Clean Ostomy Pouch Cleaning System is a similar product. See <https://www.ostomyezclean.com/>



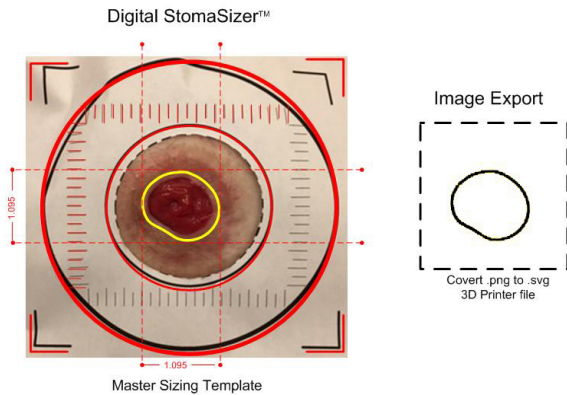
Upper and lower "Flow-Thru" openings enable the pouch to be flushed out

StomaGenie & SecurPress by Stomagienics: This terrific new device is a tube that catches or traps output during pouch changing time, especially helpful for urostomates. The disposable tube is lined with super-absorbent odor control fabric which keeps your skin clean and dry and comes in 12 different sizes to custom fit your stoma.



Their partnering product, SecurPress, presses the skin barrier wafer immediately next to your stoma firmly into place. This product also comes in 12 custom sizes and solves the difficult problem of reaching this area with your fingers or hands. The heat created by pressing a skin barrier wafer to your skin immediately after application greatly increases the adhesion or longevity of wear. If you flow during pouch changes, this is a wonderful product to try.

Amazingly, if your stoma is an irregular shape,



they have your covered. “Our custom adapter service is offered to ostomates with a unique shaped stoma. Our customization process allows you to simply take a photo of your stoma with the sizing template over it and email the photo to us. We are then able to take the photo, convert to a file that lets us 3D print your custom individual adapter. Once the process is complete we will ship it to you for use with the properly sized StomaGenie®.” See: <https://stomagienics.com/> 1-844-696-7866



Siltac Silicone Ostomy Seals: Many of us are familiar with Eakin Cohesive seals by ConvaTec. They are a pectin based moldable donut ring placed around the stoma that protects the skin from caustic output, especially for ileostomates. Trio has put on the market a difference ring that is composed of pure elastic silicone. To apply you stretch the ring over the stoma and allow it to retract next to your skin. Once the ring has retracted around the stoma, you secure it to the body by gently pressing on the seal until secure and comfortable. Place your pouching system

directly onto the surface of the seal and hold in place with gentle pressure until secure. The ring comes in two forms, Silvex and Siltac. Silvex is a convex seal which comes in two sizes and Siltac is flat seal that comes in three different sizes. Unlike hydrocolloid products such as Eakin, Siltac and Silvex do not absorb feces or urine. Also unlike Eakin, these rings come off in one piece.

To watch an instructional video on how to apply your Trio rings visit www.TrioOstomyCare.us

When a ring was demonstrated to me at the Conference I was greatly impressed by its high adhesion or by how tacky it was. As I now have dirty little sticky bits of Eakin all over the floor of my walk-in shower, I look forward to trying them out.



Ease™ Strips by ConvaTec: There are many picture frame tape strips out on the market. Joy Hooper, however has her favorite. Ease™ Strips by ConvaTec. Her reason for preferring them is that they cover only a quarter of the rim of your skin barrier wafer rather than a third. This makes them easier to handle and cover only those areas where you want some extra



security. They are water resistant and flexible. And the smaller strips are easy to manipulate.

Simply Beautiful Ostomy & Insulin Pump Wraps:

Simply Beautiful is a new clothing line with beautiful new products. Wondering where they were when I first married Ren 39 years ago. It's so important for all ostomates to feel vital and attractive. This line of intimate ware would surely help.

simplybeautifulstore.com

1-304-771-1773

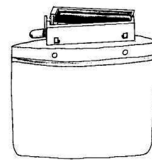
Lora@simplybeautifulstore.com



SOS Traveler Sanitary Ostomy System: “The Traveler kit consists of a snap-on roller mechanism that compresses pouch contents into an attached, collection bag, a pair of gloves and 3 towelettes. No more squeezing out contents with fingers. No more kneeling, No leakage. Easy and simple to use. No

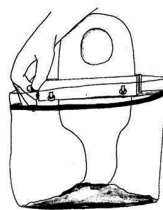
more having to leave an event early to take care of a potential problem.

“The Traveler is perfect of ostomates when they are out and about, on a trip, at an event, on a train, airplane, fishing, etc. It is fully self-contained and disposable. Comes with all the essentials in one small kit. Fits in purse or pocket. Very discreet and when done, the whole thing is disposed of. The SOS consists of a reusable, snap-on roller mechanism that compresses pouch contents into a detachable, disposable collection bag. No more squeezing out contents with fingers. customerservice@sanitaryostomysystem.com 1-805-226-9735



Attach the “back side of the collection pouch to the roller by slipping the holes over the clips.

Open the roller and place it as high as practical on the ostomy pouch and snap closed. Open the bottom of the drainable ostomy pouch.



Attach the front of the SOS Collection Pouch to the front of the roller. While twisting the roller’s knob, apply gentle downward pressure pushing and emptying the contents into the collection pouch.

Detach the collection pouch, seal it and dispose of it!



The Ostomy Protector Seatbelt: “Comfort & Confidence. The Ostomy Protector Seatbelt was designed as an Ostomy seatbelt for use during traveling in any form of transportation where a seatbelt comes into use. Keep one in each vehicle or RV.

The Ostomy Protector Seatbelt eliminates the stress put on your Ostomy pouch and stoma by offsetting the pressure applied by a vehicle seatbelt. With this, you can stop worrying that the seatbelt friction on the Ostomy will cause the skin barrier or pouch to leak. If you have both an Urostomy and Colostomy bag, you can easily keep two of the O.P.S.’s on your seatbelt.

The Ostomy Protector Seatbelt is made in the USA, affordable, and easily allows for traveling comfort and protection for anyone with an Ostomy. It can even be used to relieve the seatbelt rub on the belly for post-Cesarean moms, or the pressure or rub that the shoulder belt places on a pacemaker or heart-assist device.

How It Works: The Ostomy Protector Seatbelt consists of two cushioned rectangular blocks, connected by a strap, which are positioned on each side of the Ostomy pouch between the body and the seat belt, creating a pressure-free span over the Ostomy pouch.

The blocks are thick, holding the seatbelt away from the stoma/pouch, and are attached firmly to the seat belt by Velcro straps. The straps remain attached to the seatbelt when you exit the vehicle for ease of consistent use.

Attach the Ostomy Protector Seatbelt by opening the Velcro straps and placing them around your vehicle’s existing lap belt (or on the shoulder belt, across the chest for pacemaker/heart device patients). Adjust for fit and comfort, allowing the spanning strap to span over the Ostomy (or pacemaker/heart-assist device). Smile and travel worry & pressure free!”

Wearing the Ostomy Protector Seatbelt on oneself attached to a belt, will help protect you when riding in someone else’s vehicle, or an airplane or rental car without attaching it to that vehicle’s seatbelt. This will help eliminate the possibility of forgetting and leaving the Ostomy Protector Seatbelt behind

in another vehicle or when disembarking from an airplane. One size fits all. \$35.

www.OstomyProtectorSeatbelt.com



Happy Sacks: Turn your crappy sack into a happy sack in less than 2 minutes! Invented by Dr. Janae Devka, Nurse Practitioner and ostomate. My Happy Sacks are adhesive ostomy bag covers that are custom fit to any ostomy pouch. “I’m so excited to share this with everyone who has an ostomy pouch! It’s my dream to help other people feel confident about their bodies and their ostomy pouches, and to be able to live a happy and active lifestyle. <https://myhappysacks.com>



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Colostomy ~ Ileostomy ~ Urostomy

ConvaTec Hollister Coloplast

UPS available in all areas We Accept Medicare Assignment on Qualifying Products

Colostomy Irrigation Sleeve Support System by MyrtleTechnologies.com. 530-321-7886
 When colostomates irrigate their ostomy the output sleeve is positioned into the toilet. For those ostomates who need to sit or remain in a wheelchair, Myrtle Technologies has invented a wonderful product that holds the sleeve in place. This is just another instance of a perceived need being met by a thoughtful invention. The Irrigation Sleeve Support (standard) costs \$150.00 with free shipping.



Crohn's Interrupted: Living Life Triumphantly by Makeda Armorer-Wade & Left Holding the Bag by Kristin Furlong. Makeda Armorer-Wade is a successful Inspirational Life Coach, Speaker and International Bestselling Author who uses her journey living with Crohn's Disease to educate and help those with this diagnosis create their own new normal.

Travel with Kristin as she shares her heartfelt struggle with an unexpected and incurable disease. From medical interventions, to the inevitable body-altering surgery that saved her life, Kristin is able to reveal her experience with the truth of her despair, and the humor that helped save her sanity.



Unwilling to allow her circumstances to rob her of the life she wants to live, Kristin forges on with her traveling, scuba diving, and many other activities.

Her story is inspiring for anyone struggling with disease or who loves someone who may be struggling. This is a story of hope, acceptance, and the unexpected joy that comes from a second chance at life.

BOA purchased these books and would like to start a lending library for our members.



Westside Regional Medical Center OSG

Meetings are held the second Thursday of each month (except during July and August) at 5:30 pm in Classroom C. For more information, please contact Patricia Paxton-Alan, MSN, ARNP-BC, CWOCN at 954-452-2162.

Cleveland Clinic Ostomy Support Meetings

Sharing information between ostomates and ostomy nurses. Every 3rd Wednesday of the Month from 6 to 8 p.m. Cleveland Clinic Braathen Building rooms WNN2-202 and WNN2-202A. For more information contact: email CanoA@CCF.org

South Florida Ostomy Support Group

At Baptist Hospital meeting every third Wednesday of the month from 6-7 pm at the Baptist Health Resource Center, Medical Arts Building, South Miami FL. Summer break July-August. For more Information, call Lourdes Placeres at 786-596-6036.

Miami Ostomy Aftercare Support Group

Fourth Tuesday of the month: 6:30 to 8:00 P.M., University of Miami Hospital & Clinics; UMH Boardroom #2026 (Lobby Level, 2nd Floor); 1400 NW 12th Avenue, Miami FL 33136

For more information call 786-580-3928 or email moap@miamioostomyaftercare.org Ostomy nurses are also present to answer questions. See page six for more details and be sure to visit MOA Support Group's website which is one of the finest sites online: www.MiamiOstomyAftercare.org

Memorial Outpatient Ostomy Clinic

At Memorial Regional Outpatient Ostomy Clinic, their goal is to offer preoperative and postoperative education on living with a stoma; appliance selection and application; peristomal skin complications and care; dietary counseling; routine stoma care and support for coping with lifestyle modifications. For more information 954-265-4512.



BOA does not endorse any products or methods. Consult with your doctor or Ostomy Nurse before using any products or methods either published in this bulletin, displayed, described, demonstrated or distributed by sample at our meetings or recommended by an association member.



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 quarterly newsletter, the ***Broward Beacon***. Please make checks **payable to BOA** and mail to: The Lueders, 2100 S Ocean Dr Apt 16M, Ft Lauderdale Fl 33316-3844. BOA never shares membership information with anyone. We value your privacy. BOA is a 501(c)3 charitable organization.

Name _____ Age _____ Year of Surgery _____

Street _____ Apt. _____ Type of Ostomy _____

City _____ Zip _____ Phone _____

E-mail address _____ Prefer Emailed Newsletter only: Yes _____

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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