

Volume XL Issue No. 6

August 2010



Broward Beacon



Next Meeting:

Sunday, September 5th, 2010: 1 p.m.

The Lueders

2100 South Ocean Drive #16M

Fort Lauderdale, FL 33316

Broward Ostomy Association



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 May and the second Sunday of June at 1:00 P.M. 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. A receptionist as well as security personnel are on duty to assist you.

Medical Board

Judy Considine, RN, ET Amparo Cano MSN, CWOCN, RN Eula Fahie-Romero RN, CWOCN
Patricia Paxton-Alan MSN, ARNP-BC, CWOCN

Wendy Lueder	President & Editor, Broward Beacon
Amy Weishaus	First Vice President & Program Co-Chair
H. Lynn Ward	Treasurer
Bill Wilson	Recording Secretary
Kent Stirling	First Time Visitors
Mary Lou Pfenning	Corresponding Secretary
Arthur Gilbert	Refreshments Chairman
Bill Miller	Program Co-Chair
Doris Miller	Assistant Program Chairwoman
Helen Ginsburg	Telephone Chairwoman & Advisory Committee
Mel Fishman	Advisory Committee
Cliff & Jackie Puttick	Hospitality
Crystal Morvant	Media Liaison
ConvaTec Professional Services	800-422-8811
Hollister Inc.	888-740-8999
United Ostomy Associations of America	800-826-0826
Crohn's & Colitis Foundation	800-343-3637

Broward Beacon

Published monthly except in June,
July and December by the
Broward Ostomy Association
c/o Lueder, 2100 S Ocean Dr #16M
Ft. Lauderdale, FL 33316

President's Page

Each fall when Ren and I spend our vacation just off the Blue Ridge Parkway in North Carolina, milestones help us find our way home. Parkway milestone 344 is a number we look out for after a long, really fun but really tiring day in Banner Elk or Blowing Rock. This summer we are celebrating another type of milestone as my beloved niece, Pam's daughter, Samantha is engaged to be married.

After sailing around the world for seven years as a small child, Samantha hated attending normal school in Ft Lauderdale. I had the joy of home-schooling her throughout High School, so even though she's my niece, she has become as a daughter to me. The entire family adores and rejoices to have her fiancé Stephen become a part of our family.

BOA members and friends are family too and it is with joy once again that we start off our 2010-2011 calendar year. Please take time to carefully peruse our new boosters. Without the income from our boosters, BOA would be unable to pay for our printing and mailing costs without making our dues prohibitively high. Thank you (in order of appearance)

ConvaTec, Memorial Hospital, Surgical World, Hollister, Mar-J and Ostomy Inc. We deeply appreciate your standing by us.

Also we need to thank the manufacturers that are kind enough to send us samples throughout the year. I'd like to especially thank Torbot Ostomy Supplies for gifting us with samples of *New Skin Tac Adhesive Barrier Wipes*, *Liquid Adhesive Barrier*, and *Stoma Care Natural Aloe Based Skin Care Wipes*. As you already know, keeping our member abreast of the latest in ostomy equipment is one of our highest priorities. With that in mind, Amy, our incredibly wonderful Program Chair has invited Cymed, an ostomy equipment manufacturer, to join us all the way from California to demonstrate their products and services. Also Rob will be joining us this fall to introduce ConvaTec's brand new Vitala™, an innovative Pouchless Ostomy Management System for people with a colostomy that has just been approved by the U.S. Food and Drug Administration. We have so much to look forward to and I'm looking forward to seeing you soon.

Fondly,



What's new at UOAA

As many of us know, having an Ostomy can be an overwhelming experience - especially at first. One of the questions people wonder about is whether or not they will be able to continue to work at their present jobs, or if there are products available to help them at work.

For example, Jason, an ostomate, is a State Trooper. He wears an ostomy guard that protects his stoma from a 25+ pound gun belt, or against a direct hit if he were involved in a scuffle with the bad guys. The stress of the operation and the unknown is tough enough without adding on the "what if's" and uncertainty about being able to continue work. Having the UOAA Family is something that helped him in returning back to a normal life by being able to talk

to other members in the same profession.

UOAA members have a wide variety of vocational backgrounds. UOAA hopes to compile a data base of members who desire to share their experiences regarding how they continued to work, and adjusted to their employment after their operations! We'll be developing a form to fill out with appropriate information in the near future so you can anticipate participating in this new project. I want to stress that you will not be asked to participate unless you desire to do so. I'm amazed that UOAA continues to come up with such helpful ventures.

UOAA's been in the process of receiving a logo and website "facelift". They are happy to report that the project is complete! If you've not done so already, please go and check out our new website. In addition to the design changes, our URL is now www.ostomy.org (Thank to the family of Dick Taylor for helping us acquire this domain name). You can still access

continued on page 7

Next Meeting:

Sunday, Sept. 5th, 2010
Refreshments, 1:00 p.m.
Chat 'n' Chew till 1:30 p.m.
Meeting: 1:30 p.m.



Our beloved Amparo Cano, CWOCN and 18 year old Michael will be sharing their adventures this past summer at the Youth Rally Camp for young ostomates. This is the first year that BOA helped both a camper and volunteer staff nurse to attend and we are so grateful to Amparo for donating her time and medical talents to so many that needed and appreciated her help.

Your generosity made attending this special summer camp possible and it is heartwarming and encouraging to learn about this important event. For many of us adult ostomates we have a lifetime of experience to help us cope with our new bodies. Learn how this camp really equips these very young ostomates to live full, abundant lives. Amparo will also be available to answer questions on your personal ostomy needs.

BOA Minutes ~ June 2010

Editor's Note: As our Recording Secretary Scott Jones was unable to attend our June meeting, Linda Roberts graciously filled in for us at the last minute.

We sincerely thank you Linda!

Helen's lovely daughter Susan read the Ostomy Prayer for this last 2009-2010 meeting. Happy Summer All! NEWS: Although there are no meetings for July and



August the hotline is open 24 hours a day. The *Bro-ward Beacon* is also online (no telephone numbers) for your reading pleasure and a handy reference in case you forget something and want to review (I'm always forgetting something). Wendy sent sincere thanks and good wishes to Scott for being the 2010 Recording Secretary.

We're headed for the 21st Century and going public. Wendy developed a new committee and Crystal will be the new chairperson for BOA's Media Liaison. She will help get the 'word out' that we are here to help by contacting newspapers, Comcast, and making phone calls to let the public know when our meetings are. Congratulations.


Richard once again joined us with his new colostomy. Richard is our local celebrity. Better know as the 'Miami Fanatic' and we wish you well.



Miami Dolphins fan Richard holds a sign telling Hurricane Wilma to stay away during their game against the Kansas City Chiefs at Dolphins Stadium

Thanks for joining us. BOA is full of warm hearted, knowledgeable ostomates willing to share information just for the asking.

A new year is upon us and this means it is election time. The floor was opened by Ren who sincerely thanked the past year's officers for all they did. He announced the new candidates: Mary Lou Phanning, Corresponding Secre-



*“For years I suffered
with skin irritation around
my stoma. Now I feel
I can live the life I want.”*

*Cricket is wearing **ConvaTec Moldable
Technology™** flat skin barrier*

The **Rebounding Memory Technology** with **Turtlenecking** inside **ConvaTec Moldable Technology™** skin barriers is helping people like Cricket live the life they want.

Rebounding



The adhesive **gently recoils** and **snugs** up against the wall of the stoma.

Turtlenecking



The adhesive **gently swells** when in contact with effluent to help protect the skin and secure the seal.

To learn more, call 1-800-422-8811 or visit
www.convatec.com/moldable

ConvaTec Moldable Technology and Realize the possibilities are trademarks of ConvaTec Inc.
©2005 ConvaTec Inc. AP-07836-US

 [ConvaTec
MOLDABLE
technology].

ConvaTec  Realize the possibilities™

Frequently Asked Questions

by Janice Colwell, RN, MS, CWOCN; past president of WOCN Society; based on May 2006 presentation to Greater Chicago Ostomy Assoc.; via Chicago (IL) and North Central OK Ostomy Outlook

Q: What are the main reasons for ostomy surgery?

A: The most common reasons today for having ostomy surgery are colon cancer, IBD—Crohn's disease and ulcerative colitis, bladder cancer and damage to the bladder or gastrointestinal (GI) tract.

Q: Why is the stoma red? **A:** The stoma is the exact color of the inside of the GI tract. If one looks inside one's mouth, it is red also. Looking at a stoma is looking at the lining of the intestine. Since a stoma is formed from the inside of an intestine, it is accustomed to being covered in waste. This does not hurt it in any way. Do not be concerned about washing out the pouch to keep the stoma clean.

Q: Does the stoma hurt? **A:** There are no [pain] nerve endings in the stoma. If you touch your stoma, the stoma will not feel anything, although the surrounding skin has plenty of nerves and will have sensation if the stoma is moved.

Feeling no pain may be good most of the time. However, it cannot tell you with any sensation when it is hurt either. This means that one must always be vigilant so that damage to the stoma does not occur, or if it does, to treat it expeditiously.

Q: Is there a special diet for someone with an ostomy? **A:** There is NO ostomy diet! For fecal ostomies, it is advisable to be on a low residue diet for the first six to eight weeks. After that, only try adding one new food at a time to see how your body accepts it. Never overeat. A caution for people with ileostomies: the way it goes in is the way it comes out. One must start chewing food. This may be a new experience for many people. Americans tend to swallow food before chewing it completely...not a recommended practice for someone with an ileostomy. People with colostomies, like those with ileostomies, should limit the eating of high fiber foods in large quantities. The abdominal opening through which the stoma comes

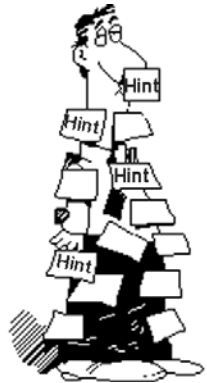
out does not expand to let large effluent out. It may become stuck behind the stoma. People with urostomies, like all people with ostomies, need to make sure they drink enough water to reduce the risk of kidney infections.

Q: Should one carry anything special on a daily basis? **A:** One should have an emergency kit at one's work as well as a change of clothes there. It is prudent always to have an extra ostomy system in your pocket, purse or satchel just in case that one in a thousand event happens. However, do not be too concerned about this; accidents and emergencies are rare with people who are experienced in the care of their ostomy.

Editor's Note: I personally can't be bothered having an emergency kit and change of clothes on hand. I only take this kind of precaution when traveling more and a two hour's drive from home. I've had about one ostomy emergency change per five years.

Q: What restrictions will one have? **A:** Most probably...none. However, it is good to avoid heavy lifting or anything that strains the abdominal muscles. It is important that people with ostomies stay hydrated, so drink plenty of water, with your doctor's approval. In the improbable event that you become a professional wrestler, you may need a stoma guard for protection.

Q: Will odor be an issue? **A:** This is the number one question asked by people with new ostomies. No, odor is not an issue. Modern ostomy systems are completely odor proof. One will only notice an odor when the pouch is opened to be drained. There are commercial products available if this is an event one wants to manage. However, the skin around the barrier and the pouch itself will pick up body odors. Good hygiene is essential. Keep the outside of the pouch clean and your skin rinsed.



What's new at UOAA *continued from page 3*
the website at the old uaaa.org web address, it just forwards you to www.ostomy.org. See the upper right hand corner of page two to view our new logo!

CONCERNS WITH THE J-POUCH

By Dr. Tracy Hull, Cleveland Clinic

Patients with ulcerative colitis (UC) who were treated surgically previously underwent a total proctocolectomy with permanent ileostomy. However, in the late 1970s, when the pelvic pouch (J-pouch) procedure was first introduced, the surgical approach to UC has evolved. Although the operation avoids a permanent stoma and may improve the patient's quality-of-life, it does not restore the bowel function to normal. Patients can expect to have many stools per day - as few as two or three for the fortunate few and as many as 40 for the less fortunate, with the average being around eight - and these stools are pasty to watery in consistency. As with any bowel operation, patients experience many changes, both short - and long-term. This article will discuss some of the potential long-term problems that patients with a pelvic pouch may experience.

Diarrhea: The function of the pelvic pouch will change over the first year - improve as the pouch stretches and becomes larger after the ileostomy closure. However, there are still some people who have 20 bowel movements or more, daily. Dietary changes may help these people to decrease the number of bowel movements. Foods, which have been found to help decrease the water content of the stool, may help to reduce the number of trips to the toilet. These foods include applesauce, bananas, rice, creamy peanut butter, potatoes, cheese, marshmallows, pretzels, toast, yogurt and tapioca pudding. Bulking agents such as Metamucil, Citrucel, Fibercon or Konsyl also help thicken the stool.

These products are ingested with little fluid to allow extra fluid in the gastrointestinal tract to be absorbed. A doctor to slow down stools sometimes prescribes medications such as Lomotil or Imodium. They should not be used without your

doctor's approval. Limiting the intake of fried and fatty foods and milk products may decrease diarrhea. Reaction to foods varies with each individual, and other foods may be found to increase the amount of stool produced or change the consistency.

Bowel obstruction and emptying concerns: To construct the pelvic pouch, the small bowel is stretched, along with the blood vessels that provide blood to the pouch, in order to reach the anus. This stretching may predispose a patient to bowel obstructions from scar tissue, twisting or kinking; surgical intervention may be required to relieve the obstruction.

Another concern, which may lead to problems with pouch emptying, is a narrowing or stricture at the pouch-anal joint (anastomosis). This is diagnosed by an exam of the anal area. Strictures may cause symptoms that result in a progressive need to strain more and more to move one's bowels. Usually, dilation solves the problem and rarely is an operation needed to correct the problem.

Pouchitis: Pouchitis is a non-specific inflammatory condition of the pouch. The cause is unknown, but it occurs much more frequently in patients who have a J-pouch for IBD versus those who have one for familial polyposis. Patients are at risk to develop pouchitis over their entire lifetime, as long as they have a functioning pelvic pouch. For some patients, pouchitis is an isolated event, but others can experience multiple episodes or even continuous chronic pouchitis; The symptoms are similar to a mini-attack of UC. Patients report increased bowel movements, pelvic pain, abdominal cramps, malaise, fevers or blood in their stools. However, it is common for patients with a pelvic pouch to notice blood on the toilet paper with normal function of the pouch and yet not have pouchitis. The most common treatment is Flagyl (metronidazole) 750 to 1500 mg daily for 7 to 14 days. This is effective about 85% of the time. Improvement is usually seen within 48 hours.

For support and information regarding this procedure see <http://www.j-pouch.org/> We are so blessed to have as a new BOA member Crystal who has had the J-pouch. procedure. If you'd like to speak with her give Wendy a call and she'll ask Crystal to try and get in contact with you.

Memorial Hospital West

Ostomy and Wound Care Services

Memorial Hospital West 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:

- Stoma site selection
- Ostomy product selection
- Treatment of peristomal skin complications
- Peristomal hernia belt fitting
- Complex fistula/tube management

For information or to schedule an appointment, please call (954) 844-6834. Ostomy and wound care services are available every Thursday from 1pm to 3pm at our outpatient clinic.

 **Memorial
Hospital West**

703 North Flamingo Road
Pembroke Pines, FL 33028 / (954) 436-5000

A facility of Memorial Healthcare System

Subscribe to our online Health-e-News at mhs.net

Discover **The Memorial Experience** at mhs.net



SURGICAL WORLD

1751 North 68th Avenue, Hollywood, Florida 33024

Just north of 68th and Taft on 68th Avenue

Broward (954) 983-6523 ~ Dade (305) 620-3947

Sustaining Member of Broward Ostomy Association for over 32 years

Visit Our Patient Care Center

Hospital Beds Oxygen Equipment Walkers Hernia Supports

Everything for Convalescent Care

Wheel Chairs Commodes Canes Complete Professional Fitting Service

Rental - Sales - Service - Free Set Up and Delivery

We Carry A Complete Line Of Mastectomy Forms, Bras, and Swimwear
Post-operative Permanent Appliances and Accessories

Colostomy -- Ileostomy -- Urostomy

ConvaTec Hollister Coloplast

UPS available in all areas

We Accept Medicare Assignments on Qualifying Products

BOA Minutes *continued from page 4*

tary; Bill Wilson, Recording Secretary (thank you); Lynn Ward, Treasurer; Amy Weishaus, First Vice President; Wendy Lueder, President. Ren asked for any nominations from the floor and there were none. Kent gave a first and Thelma a second. All were in favor. The new board stands as above and will be inducted at the December 2010 Holiday Banquet. Congratulations to all and have a wonderful year.

Amy introduced Martha Taylor, who has worked in the medical field for thirty-four years. She has been with Hollywood Medical, VNA (visiting nurses); ConvaTec, Swift, Clinical Services, and now at Imperial Point Hospital for Wound Care and Hyperbaric Treatment.

Wound care has evolved. There are Bio-Engineered Materials from babies' foreskin that can now grow skin that has nutrients and growth factors to help your skin heal from wounds. It is not used as a graft but a way to help your own skin reproduce and heal. There is a (95%) ninety-five percent healing rate. WOW!! Great Odds.

Hyperbaric treatment is 100% oxygen. Room air is 21%. This is used for wounds that won't heal and people with specialty conditions such as Vascular, Lupus, Diabetic and some underlying conditions that conventional medicine doesn't work on. The chamber is clear acrylic, has a technician there at all times and a television you may watch to wile away the time. You may also bring a friend. The qualified technicians may be CNA's, EMT's, Respiratory Techs, or Para-Medicals. The facility is a controlled environment governed by specific criteria and inspections. You stay in the chamber for 90-120 minutes every day for several weeks. The benefits of a Hyperbaric Oxygen treatment are rapid healing, enhancement of the vascular bed, creating faster growth and shut down of bacterial growth. Athletes use oxygen for their muscles. Insurance covers this for specific types of wounds. Oxygen has helped people with diabetic foot ulcers that are deep, grafts post radiation injury and other unhealed wounds.

There is now an operating room that is hyperbaric

Since your surgery is performed while the room is at 100% oxygen you have less bleeding and heal faster. Hopefully this will start to be seen in all hospitals. Doctors are beginning to understand more about this and it is becoming mainstream for them to refer a patient to the center. Centers can be found in Aventura, Memorial Pembroke, North Miami, Jackson North and South, Mercy, Miami Heart, Imperial Point, Coral Springs, Broward Health, JFK, and Wellington. Thank you Martha for an informative and educational presentation.

Torbot donated wonderful products to BOA for our instruction. There were biodegradable liners for inside your colostomy pouch that you just toss when emptying; Skin Tac wipes that help your pouch stay put and other items I didn't see.

Warm Get-Well-Soon wishes go to our beloved Mel Fishman. You are greatly missed.

Respectfully submitted,



Linda Roberts
Acting Recording Secretary

Coral Springs Medical Center

“Caring & Sharing Ostomy Support Group” meets on the 4th Wednesday of the month at 5:30 PM - 7:00 PM. However, they do take a summer break so be sure to call Patricia Paxton-Alan CWOCN at 954-344-3094 for their summer schedule.



SEE YOU IN RENO NEXT AUGUST

TRAVEL COMMUNICATION CARD
COMPLIMENTS OF THE UNITED OSTOMY ASSOCIATIONS OF AMERICA, INC.

This is provided to travelers in order to simplify communication with federal Transportation Security personnel and airline flight attendants, at those times when you wish or need to communicate in a non-verbal way, as is your legal right.

This is not a "certificate" and it is not a "pass" to help you avoid screening.

INSIDE LEFT—for use during screening before boarding.
Intended for passenger to have handy to show the TSO if it is necessary to enter a full-body scanner, or if questions arise as the result of F-B scanning.

INSIDE RIGHT

PRIVATE SCREENING REQUIRED

Please carry out personal and luggage examinations discretely and in a private space. The cardholder wears an **OSTOMY DEVICE** for elimination of body waste (stool/urine) on the upper/ lower right/ left of the body and/or carries pouches and related supplies and/or a catheter to manage personal hygiene.

NAME: _____

ADDRESS: _____

SURGERY TYPE: _____

PHYSICIAN: _____

PHYSICIAN PHONE: _____

PHYSICIAN LOCATION: _____

Please see reverse for more information

OUTSIDE LEFT - this would be to show in the event it is needed while in flight and the pilot has chosen to limit restroom access—or when passengers are supposed to be belted in during some turbulence.

OUTSIDE RIGHT

RESTROOM ACCESS REQUIRED

The cardholder uses an **OSTOMY DEVICE** for elimination of body waste (stool/urine) and/or carries pouches and related supplies and/or a catheter to manage personal hygiene. S/he needs access to the restroom now in order to empty the pouch — this is a critical situation for the well-being of the cardholder as well as for public sanitation.



TRAVELER'S COMMUNICATION CARD

Provided by the UOAA, a volunteer-based health organization dedicated to providing education, support and advocacy for people who have or will have intestinal or urinary diversions.

United Ostomy Associations of America
www.uoaa.org 1-800-826-0826

MEDICARE, MEDICAID & PRIVATE INSURANCE ACCEPTED

We Have What You Need:

MAR-J Medical Supply



Ostomy & Urological Supplies
Wound & Skin Care
Lift Chairs
Compression Stockings
Home Care – Hospital Beds
Bathroom Safety/Commodores/Grab Bars
Mobility Aids – Wheelchairs/Walkers

Incontinence Products
Breast Pumps & Supplies
Mastectomy & Lymphedema*
(*By appointment only)

Located across the street from the emergency room of
BOCA RATON COMMUNITY HOSPITAL

If we dont carry it - we can get it! Delivery available on most orders

801 MEADOWS ROAD, SUITE 101
BOCA RATON, FLORIDA 33486
EMAIL: INFO@MAR-JMEDICAL.COM
WWW.MAR-JMEDICAL.COM

MAR-J Medical Supply

STORE HOURS:
MONDAY - FRIDAY
9:00AM - 5:30PM
PH: 888-347-7997

BOA does not endorse any products or methods. Consult with your doctor or ET 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 monthly newsletter, the *Broward Beacon*. Please make checks payable to BOA and mail to Treasurer Mr. H. Lynn Ward, 1704 N 32nd Ct, Hollywood, FL 33021-4427. BOA never shares membership information. We value your privacy.

Name _____ Age _____ Year of Surgery _____

Street _____ Apt. _____ Type of Ostomy _____

City _____ Zip _____ Phone _____

E-mail address _____

- 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).



Ostomy Accessories that give me confidence. **That matters.**



Go ahead. Surround yourself with confidence. With **Adapt** Accessories, your ostomy system truly fits into your life. **Adapt Barrier Rings** help prevent leakage by creating a secure fit — you can stretch, mold, and stack them for your specific needs. **Adapt Lubricating Deodorant** neutralizes odor and eases the emptying of your pouch. For a sample, call **1.888.740.8999**.

Hollister Ostomy. Details Matter.

Hollister and logo, Adapt, and "Attention to Detail. Attention to Life." are trademarks of Hollister Incorporated. "Hollister Ostomy. Details Matter." is a service mark of Hollister Incorporated. ©2009 Hollister Incorporated.



Free Ostomy Magazine!

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!

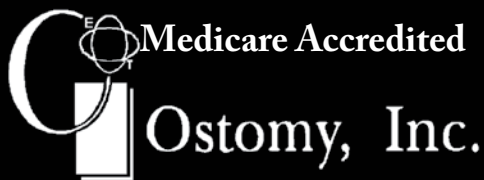
Name: _____

Address: _____

City _____ State _____ Zip _____

Annual subscription: \$25 (5 issues). Published Quarterly: March, June, September and December. 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.

OFFER SUBJECT TO TERMINATION AT ANY TIME



**JUDY EBEL CONSIDINE R.N., E.T.
ENTEROSTOMAL THERAPIST**

- *Ostomy Resource Center*
- *Free Office Visits with Stoma Nurse, by appointment*
- *VISA & Master Card Accepted*
- *VISTA/Summit, Humana, Blue Cross, Blue Shield, & Freedom*
- *We accept Medicare Assignment*

**5420 WEST ATLANTIC BOULEVARD
MARGATE, FLORIDA**

**(800) 343-1614 (954) 975-8004
FAX (954) 973-3141**

OSTOMY AND UROLOGICAL SUPPLIES