

**Volume XLIV Issue No. 2**

**Summer Quarter 2014**



# **Broward Beacon**

**Next Meetings ~ 1 p.m. Sept 7, October 5th & November 2nd**

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

# Broward Ostomy Association



An affiliated chapter of the United Ostomy Associations of America (UOAA).  
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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Broward Ostomy Association  
c/o Lueder, 2100 S Ocean Dr. #16M  
Ft Lauderdale FL 33316

## President's Page

I'm still feeling the thrill of being able to attend as a UOAA exhibitor the Annual Scientific Meeting of The American Society of Colon & Rectal Surgeons held May 17-21 at the Diplomat Hotel. I was there to assist and be mentored by UOAA's President, Susan Burns who is a consummately gracious and knowledgeable representative of our mother organization. What joy!



Susan and I were one of 89 technical, service and scientific exhibitors in the Great Ballroom. Much of the rest of this newsletter will be devoted to sharing the information I gleaned over a three day period in Exhibitor's Hall.

Over 1,500 surgeons attended the meeting and were provided in-depth and up-to-date knowledge relative to surgery for diseases of the colon and rectum with emphasis on patient care, teaching and

research. The stated purpose of all sessions was "to improve the quality of care of patients with diseases of the colon and rectum." What fun to see the surgical team from my February hospitalization and surgery walk by and have them actually recognize and greet me. It doesn't get any better than that.

Sharing this time with Susan has given me a far greater appreciation of UOAA and all the work that goes on behind the scenes. Broward Ostomy Association, as only one of over 350 UOAA chapters is the recipient of countless hours of hard work and ostomy advocacy. We have much to be grateful for to those who cleared the path for us as ostomates in the past and also as UOAA continues to confront ostomy issues daily in the present. Thank you UOAA and especially thank you Susan.

The UOAA wants to hear your voice! It exists because of ostomates coming together and supporting one another. It needs your help in guiding them as they grow and expand in the future.

They are beginning a **series of surveys** that will help to identify how people connect with them, how people think about UOAA and how they can adapt for the future. Your responses are private and no personal information is collected ~ your response is completely anonymous. This will be the first in a series of surveys that will allow UOAA the opportunity to seek out new initiatives and build stronger relationships within the ostomy community. Your participation is greatly appreciated and we will share the responses in an upcoming President's Message in the Fall.

The Survey takes less the one minute to complete, but will offer the UOAA a lifetime of guidance!

Go to: <[http://www.ostomy.org/uoaa\\_community\\_survey\\_summer\\_2014.shtml](http://www.ostomy.org/uoaa_community_survey_summer_2014.shtml)>

Hoping you have a wonderful summer and we look forward to seeing you once again in September. Remember, even though we take a summer break from meetings, our 24 hour answering service is always available.

Fondly,

A handwritten signature in dark ink, appearing to read "Wendy". The signature is fluid and cursive, with a long, sweeping underline.

# Next Meetings:

**Sunday, Sept 7th**

**Sunday October 5th**

**Sunday November 2nd**

**Meeting 1:00 p.m.**

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

**Speaker: 1:30 p.m.**

**September 7th** we will be having Focus Groups: Learning, Supporting and Sharing. We will be gathering into four separate groupings, one each for colostomates, urostomates, ileostomates and care giver/loved ones.

Each table will have a professional facilitator to answer questions and lead the participation by all. I personally have learned invaluable hints and tips at this type of meeting.

Please bring with you your questions, favorite appliance or ostomy accessory to share your insights or concerns with the rest of those at your table.



## October 5th

Oh how I look forward each year to having Mr. Rob Seaman of ConvaTec join us once again. 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, 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.



## November 2nd

We are so delighted to have David A. Gross M.D., a board certified psychiatrist with thirty-six years of clinical practice experience and recipient of the Practitioner of the Year Award from the Florida Psychiatric Society. Dr.

Gross specializes in treatment of anxiety, depression, as well as other conditions.

He earned a BA in Psychology, Magna Cum Laude from U. of Rochester, his MD with honors from U. of Florida and was Chief Resident at Yale University where he also taught as a Clinical Assistant Professor.

Ostomy surgery, as no other type of medical procedure, presents extra hurdles to overcome as it entails potential misunderstandings by new ostomates themselves and by the general public. Due to the early years when modern surgical appliances were not available, certain misconceptions about living with an ostomy remain to haunt us today ~ a potential source of anxiety and apprehension. Please join us as we'll learn how best to cope with the challenges we've been given from this eminently qualified physician. Looking forward to seeing you then.

## American Society of Colon & Rectal Surgeons Exhibitor's Hall

*by Wendy Lueder*

One of the potential complications all ostomates face is the possibility of **developing a hernia**. A hernia is an abnormal bulge of intestines or other body parts through a weakness or opening in the wall of





**Ostomy, Inc.**

**Julie Ebel Gareau, President**  
**Judith Ebel Considine, RNET, Founder, 1990**  
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tissue enclosing them.

A wonderful product manufactured by Cook Medical, the BIODESIGN® PARASTOMAL REINFORCEMENT GRAFT is a parastomal (around the stoma site) reinforcement to help preclude herniation. As their brochure states, “The Biodesign Parastomal Reinforcement Graft can help provide long-term strength around the stoma site. That’s because Biodesign remodels as it reinforces, signaling the body to remodel the graft as it supports the abdominal wall. Once remodeling is complete, no Biodesign remains. In its place is patient tissue that provides long-term reinforcement without a permanent material. And unlike dermis-based grafts, Biodesign doesn’t leave behind meaningful amounts of elastin that could stretch over time. Benefits: • Circular design facilitates placement and minimizes use of excess material • Various sizes to accommodate differing techniques and patient anatomies • Intuitive pattern promotes ease of use.

“There are two main categories of tissue repair materials: **Synthetic Mesh:** These are sheets of man-made materials that permanently remain in your body. While they offer strength for a repair, they may cause problems. For example: You might be able to feel the mesh in your abdomen, causing discomfort. Synthetic mesh can erode into surrounding tissue or organs, resulting in pain and tissue damage. Your body might respond to synthetic mesh as a foreign material and surround it with scar tissue.

**Biologic Grafts:** Derived from human or animal tissue, biologic grafts typically allow cells to grow into the graft and replace it—a process called re-

modeling. Some biologic grafts are made from skin tissue, which makes them prone to stretching and bulging. Other biologic grafts are chemically altered to strengthen the material. However, when these grafts are implanted, your body may respond to them as if they were a synthetic mesh.

**Biodesign** is a next generation biologic graft shown to reduce recurrence rates when compared to other biologics. That’s because, once in place the body completely remodels Biodesign into strong, organized tissue. And unlike synthetic mesh, nothing is left permanently in the body to cause problems down the road.”

If facing hernia surgery you may wish to discuss this product with your surgeon. For more information go to: <http://www.cookbiodesign.com/>

At this website there are separate informative pages available for surgeons and for patients.

## How to Write an Insurance Appeal

One of the exhibitors, **The Oley Foundation** which ministers to the needs of those on home parenteral or enteral nutrition, distributed copies of their March/April newsletter, *LifelineLetter*. This issue contains an extremely informative and comprehensive article on how to write an insurance appeal by Brittany Cheree Allen, Esq. If you are in the midst of this type of conflict and as her well written article is fairly long, please see [http://www.oley.org/lifeline/How\\_to\\_Write\\_a\\_Winning\\_Insurance\\_Appeal\\_MA2014.html](http://www.oley.org/lifeline/How_to_Write_a_Winning_Insurance_Appeal_MA2014.html)

Another organization of great interest is mentioned in the same issue, *The Jennifer Jaff Center*. This organization is devoted to **Chronic Illness Advocacy**. They deal with **Health Insurance Issues**, providing information on obtaining and keeping health insurance as well as direct assistance fighting insurance coverage denials; **Employment Issues**, helping you to navigate workplace issues such as requesting reasonable accommodation, taking medical leave and fighting discrimination; and **Education/School Issues** to help the chronically ill child with issues that arise in school, such as developing §504 plans to ensure educational equity. As their website states: “The Jennifer Jaff Center



# Experience the Hollister Ostomy Difference.

**Details. Details.** That's where you'll find the signature of Hollister Ostomy. From the first pouch we developed nearly 50 years ago, to today's ongoing innovations in function and design, Hollister Ostomy remains committed to quality products and quality of life. We're dedicated to providing reliable, high-performing solutions for individuals with ostomies—and helping them to enjoy peace of mind and fulfilling lives.

Hollister Ostomy. **Details Matter.**



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was founded in 2005 by attorney Jennifer C. Jaff. After more than thirty years of living with chronic illness (Crohn's disease), pushing past pain and fatigue to build a successful career as a trial lawyer, Jennifer realized she could put her experience and skills to use assisting other chronically ill patients. While searching for a way to combine her legal skills with her personal experiences, she discovered an entire community of Crohn's disease and ulcerative colitis sufferers who were seeking the kind of help Jennifer could provide, and thus began building this organization. Jennifer realized that many chronically ill patients had similar questions, so she wrote the first version of what is now our *Know Your Rights handbook*. Currently in its fifth edition, the book is a great tool for lawyers, doctors, and patients alike."

Website: <<http://www.thejenniferjaffcenter.org>>  
Contact information: (860) 674-1370 email [info@thejenniferjaffcenter.org](mailto:info@thejenniferjaffcenter.org).

## Colon Cancer Test

*Oncotype DX* is a genomic diagnostic colon cancer test that can help patients and their doctors make more informed treatment decisions based on the unique biology of the tumors. The test may be right for you if you are planning treatment after surgery, and you are **newly** diagnosed with either stage II or stage III A/B colon cancer and have **not started** treatment with chemotherapy.

As their brochure states: "After you have been diagnosed with colon cancer, the first step is usually surgery to remove the tumor. Following surgery, the next step is to determine how likely your cancer is to return (recurrence risk), which helps you and your doctor make decisions about future treatment options. The *Oncotype DX* Colon Cancer Test is a first-of-its kind genomic test that provides a specific estimate of recurrence risk following surgery. It may help you with these questions.

- Should I consider chemotherapy following surgery? (stage II patients)
- Should oxaliplatin be added to my treatment plan? (stage III patients)

For more information visit <[www.genomichealth.com](http://www.genomichealth.com)> Phone 888-662-6897.

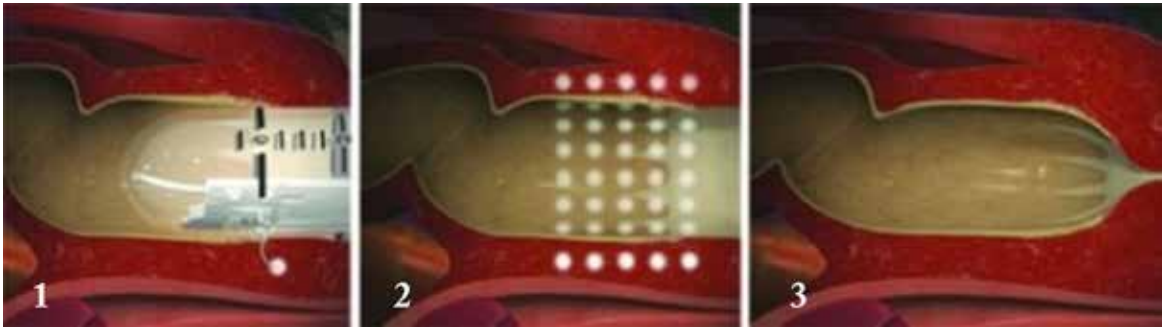
## Butterfly™ A new kind of discreet protection for accidental bowel leakage (ABL)



"Simple, Discreet and Totally Unique. There's nothing out there quite like it! Butterfly Body Liners are the first and only personal hygiene product to securely protect women from ABL. Butterfly's absorbent core, odor shield and stay-fast wings adhere comfortably and discreetly in the buttocks, giving women a new kind of secure protection they can count on."

Fifteen million women over the age of 40 experience ABL. Frequent questions; Will I get used to the feeling of wearing Butterfly? At first you may find the feeling of something in-between your buttocks unusual. But when placed correctly it should feel comfortable. Is it flushable? If you have a septic system they recommend it be disposed of in the trash. Available at Target and WalMart.





## Secca Therapy

“Secca Therapy is an innovative treatment option for patients suffering from BCD (bowel control disorder). Secca does not utilize implants, incisions or stitches and takes approximately 60 minutes in an outpatient setting. Secca is for patients who have failed to respond to first-line therapies, and would like to avoid invasive surgery or a foreign body implantation.

- 1) Radiofrequency (RF) energy is delivered to the muscle of the anal canal
- 2) Multi-level treatment improves structure of the underlying muscle
- 3) Anal sphincter function is significantly improved

**Secca Therapy And The Healing Power Of RF Energy:** RF energy is an energy waveform which is used in many medical specialties for treating different kinds of tissue. Cardiologists use RF to stop dangerous heart rhythms. Urologists use RF for treating prostate enlargement. Ear, nose, and throat specialists use RF to eliminate snoring and sleep apnea. RF is used in cosmetic procedures for body contouring, skin rejuvenation and tightening

The Secca system delivers RF energy to the internal anal sphincter muscle, which remodels and improves the structure of the muscle, resulting in improved sphincter function. Secca treats the underlying problem that may cause bowel incontinence, a weak sphincter muscle, without surgery. Because Secca doesn't involve surgery, or introduce foreign substances, it can be utilized in a variety of patient

groups and doesn't preclude other treatment options.

In clinical trials evaluating the Secca procedure, up to 84% of patients experienced a significant improvement in symptoms, with five years of lasting results. Additionally, Secca has a very low complication rate of less than one percent. Failure to improve after this treatment does not prevent patients from having surgery or an implant at a later date.

**FAQs: Is the Secca Treatment for You?**

Some patients are able to control their symptoms by altering their diet and/or taking fiber supplements, or through the use of anti-diarrheal medications. Many patients benefit from biofeedback (muscle retraining). However, if patients are unsatisfied or don't respond to these conservative treatments, Secca Therapy may be a good option.

What can patients expect in terms of improvements?

As every patient's underlying cause for bowel incontinence may be different, their response to Secca Therapy may also be somewhat different. Some patients see improvement more quickly than others and studies show the symptoms may continue to improve for 6 months or longer. Some patients' symptoms may worsen immediately after Secca therapy and this worsening may last for two to three weeks.

**Do patients experience pain after Secca Therapy?**

Patients may experience discomfort after Secca Therapy, which in most cases can be managed with OTC analgesia (acetaminophen), or in severe cases stronger prescription pain medications. Patients should refrain from using NSAIDs for two weeks after the Secca procedure. Patients generally return to normal activities in a few days.”

## BOA Minutes ~ February 2nd

We all noticed a void when entering this meeting. Where was our smiling Wendy. Ren explained that she was in good hands at Cleveland Clinic Hospital. She was having severe pain which they diagnosed as being caused by a total blockage due to adhesions. She will be seeing the doctor on Monday for possible surgery. We wish you well Wendy.

Amy started us off with our prayer read by Larry and then we welcomed our wonderful first timers. Jay and Shelly with a one-year Ileostomy; Howard with a j-pouch on Jan. 3, 2014; Sandra with a colostomy; and Jill and Sharon came with Lynn who has had nine surgeries, some of which were a gastrostomy (drains food out), an ileostomy and jujostomy (feeding tube).

Once again we were blessed to have five wonderful ET nurses with us. Amparo, Debbie, Eula, Lea and Mary Lou. Thank you for giving of your time to help so many.

### Coloplast Ostomy Supplies

Then it was on to our speaker Melissa Cekay from Coloplast. She showed an interesting video on Elise Sorenson. It all started back in 1954. Nurse Sørensen was concerned by the dramatic change in her sister's lifestyle following an ostomy operation. Thora no longer dared to go out, fearing that her stoma would leak in public.

Elise was determined to help her sister out of her isolation. She came up with the idea of an ostomy bag with an adhesive ring, which would make it fit tightly to the skin. This would prevent leakage and give her sister – and thousands of people like her – the chance to return to their normal life. After just two years two thirds of their business was exported from Denmark. Coloplast was born.

Coloplast has a history of working closely with their customers, listening to what they want and responding with new products. You may contact them for free samples of their supplies.

The Brava Elastic Barrier Strips are skin-friendly and alcohol free. Their elastic technology follows the contours of your body to ensure great position and

minimizes roll-up of your wafer. These half-moon shaped barriers are compatible with all appliances.



SenSura is the most recent line with one and two-piece systems. They have high output pouches and night pouches. A SenSura Mio is a closed end one-piece system as well as one-piece and two piece drainable pouches that became available the end of March. It has body fit technology, is pliable, molds and conforms to any shape. It moves with you and is comfortable as well as skin friendly.

A few other products are:

Belts - gray to blend well with all skin tones and it is soft for comfort. They come in two sizes. Coloplast's belt loops are attached to the wafer and not to the pouch itself to make changing easier with one-piece disposables pouches in restrooms.

Adhesive Remover Spray - comes in a 1.7 oz can (goes through airport security) and is good to the last drop because new technology allows it to drain completely. It is sting-free and dries quickly.

Strip Paste which can be used to fill in crevices. It is a moldable seal that comes in 2mm and 4.2 mm thicknesses similar to Eakin Cohesive Seals.

Lubricating Deodorant or Sachets - it puts a slick layer inside the pouch for contents to drain more easily.

Coloplast Care Program - is customized to your needs. It is a help-line for questions and problems that is open to every ostomate regardless of the brand they use. The lines are manned by knowledgeable personnel with referrals to WOCN's available. This is where you may ask for free sample products. Call 877-858-2656. For enrollment in the Care Program,

which is geared to meet the needs of new ostomates, you will receive a free travel pouch that has a hook for hanging, scissors, pen, mirror, and a DVD which explains both pouch-changing techniques as well as having interviews with ostomates on an ostomate's life style.

Amy thanked Melissa and gave her Amy's version of Wendy's brownies.

Ren was the recipient of our new Interview Process. He is a security analyst for the Enterprise Technology Services Department of Broward County government. He keeps us safe by analyzing the security of various websites that county employees wish to visit. Ren served four years in the Navy which included two tours in Viet Nam. His big personal accomplishment was that he tried out for the 1976 Olympics in sailing. Way to go Ren!!

Respectfully submitted,



Linda Roberts

Acting Recording Secretary

## BOA MINUTES ~ APRIL 2014

Amy opened the meeting and gave an update on Wendy. The good news was that she is doing better from her surgery even though Ren is a little too responsible in sharing everything with Wendy and gave her his flu. By the time you read this all will be well.

Our wonderful Bill has regretfully resigned as Recording Secretary. Bill was in an automobile accident and fell out of his wheelchair preventing him from continuing as secretary. He did a wonderful job of reporting meeting events to all of us. We wish you well and a speedy recovery.

Another change is that Adam has moved away. Lynn is filling in for him. Best of luck Adam and thanks Lynn for stepping in.

A repeat performance of the Informal Discussion Panel at a meeting was voted upon and it was passed by BOA's members. Amy will schedule a future panel.

Our *Personality Behind Faces* participant for today was Darryel. She is a classroom assistant for Special Needs students which she really enjoys. Her future plan is to become a Transportation Security Administrator (TSA). Darryel is fighting for her rights at the present time because she was turned down due to medical reasons. I believe we all wish her well in this endeavor.

Fun time for Darryel is going to the beach, bowling (she enjoys the company more than the activity), sharing and learning. She was able to do these last two at the conference. Attending the conference made her aware of the number of people going through the same things she has. She enjoyed sharing and learning from others.

Darryel shares her birthday, October 11, with Steve Young and Eleanor Roosevelt. She is in good company.

New members were Barbara and Clem with a urostomy since December 2013, and Remmie with a urostomy since 2010. Welcome and thank you so much for joining us.

## Hollister Ostomy Supplies

John Chickey from Hollister was here to enlighten us. He spent his childhood near Hollister's headquarters and even worked for them at times. He knew he wanted to work with people and help others so when the opportunity arose he joined Hollister's team.

John gave us a new contact and sample request form for *Secure Start* and a 2014 Catalog. *Secure Start* is a complimentary service to support people with ostomies and their caregivers following discharge from the hospital and throughout the continuum of care. Call 888.808.7456. There will be improved services to the Medicaid population, a user friendly website and new products coming up.

**A. Formaflex Flange** - an integrated floating flange with no pressure to your tummy during application which is so important immediately after surgery. It shapes to give a customized stoma fit and maintains its shape yet has the ability to be reshaped if necessary. It protects the skin, absorbs moisture, has much flexibility, and can be shaped by either

# Ostomy and Wound Care Services

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## SURGICAL WORLD

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using a scissors or fingers. You use your fingers to shape by pulling with your thumb and index fingers. The tape boarder has updated adhesive. This does not come in Convexity at this time.

B. Round and Oval **Convex Barrier Rings** come in large, medium and small and create uniform pressure around the stoma. This may be used with convex or flat flanges, the edges are tapered for better creases.

C. **Adapt Barrier Rings** have no alcohol, are moldable and you may cut and use only a portion and save the rest for later. The packaging is in a brand new clam shell design and is resealable keeping the product fresh.

D. **Urostomy pouches** come in one or two piece systems. An updated version is now also available. The new pouch has three chambers, one in the middle and one on each side giving a flatter profile. The tear drop on the cap can be felt for ease in adjustment (open/closed). They come with a new night drainage adapter that fits the new pouches.

Hollister also has a comprehensive line of **no-sting products**. Adhesive remover wipes, Adhesive remover spray, Medical Adhesive spray and No-Sting Skin Protective Wipes.

More items will be coming out in the future. The one-piece Ileostomy appliance has an updated 'lock and roll' technique. *Quiet Wear* is a new material that is being tested. It has been proven by decibel testing to be the quietest appliance on the market. This material will be used on other pouches.

We enjoyed playing a game with John and he gave out lovely prizes to the winners. Thanks for giving of your time and knowledge.

Respectfully submitted,



Linda Roberts

Acting Recording Secretary

## BOA Minutes ~ May 2014

The Ostomy Prayer was read by Mary Lou. A BIG 'Thank You' to Elizabeth for joining us today.

It is her 18th Wedding Anniversary and she is spending it with BOA. She and her hubby will go to dinner and a movie later today. Happy Anniversary to both of you. We also tried our vocal prowess by singing Happy Birthday to Harriet. She was once again 39 yesterday!

A favorite saying of Wendy's is to 'Keep Your Words Sweet - You never know when you will have to eat them.' Words to live by.

Welcome back Wendy. She explained that she chose to have three surgeries at the same time. Now with her benign (non-cancerous) ovarian tumor and adhesions removed and a new stoma (no longer below skin level) it is Great to see you healthy and happy once again.

A yearly Special Attraction was presented by Kent. He is our Kentucky Derby race horse aficionado. The horse 'Love of the Chase' was owned by a group of people who thought the horse was dumb because the two times it raced it came in last. Two people bought it and bred it. They had \$8,000 invested. The offspring, *California Chrome*, is owned by the newly named owners *Dumb Ass Partners (DAP)* and won the Kentucky Derby and is a strong possible for the Triple Crown. Not a bad investment they made! You can catch lightening in a bottle.

First timers were Frank with a temporary colostomy on April 30th this year and Dr. Walter, from Michigan, whom has had his stoma since 1970 and is having a revision in a week. We welcome you both and wish you well with your future surgeries.

We were so glad to see Bill this month. Our wonderful recording secretary, Bill, was in an auto accident and will no longer be able to take minutes for us. Continued progress in recovery is wished for you by all your BOA friends. This means that BOA will have a new recording secretary.

Leah, Debbie, Amparo, and Eula, our heroes and CWOC nurses, are here to help you after the meeting if needed. Wendy never forgot that when she was asking Mary Lou the 'why me?,' question when having problems with a below skin level stoma, that Mary Lou's immediate answer was "so when others have the same problem you can help them" "What a positive way to handle trials.

## OstoSolutions

Amy presented us with a Double Feature today. Mary Lou and Johnnie. Johnnie is from Tampa and through his own trials as an ostomate has devised a way to improve the quality of life for others. He has created a product for ostomates to cover the pouch opening when disposing of it. This keeps it odor and spill proof.

His invention started by using a piece of Eakin Cohesive Seal to cover the hole which progressed into his creation of a pop-on seal. It can be used with ConvaTec, Hollister, and Coloplast and is 100% odor free when closed to discard the pouch at changing. It allows for more freedom when you are not near a bathroom. These come in three sizes (S, M, and L) and run about .36 cents each. Medicare and insurances do not cover the cost. It is a private pay item for now that can be purchased at [www.ostosolutions.com](http://www.ostosolutions.com). Thank you Johnnie for thinking out of the box.



## Travel and Emergency Preparations

Mary Lou was the other half of our double feature. She spoke on *Travel and Emergency Preparations*. We have to be prepared. Hurricane season is soon upon us with power outages and water shortages. Remember that your supplies are part of your dress code.

Travel - you need to know - What, Amount, and Where. Create a packing list. You should have packets made up with enough supplies for the number of days you will be gone plus two times the normal amount. Use a separate bag for your paste, powder, scissors etc. If you are going on a long trip you may ship your supplies ahead to the hotel you will be at or find a local supplier in advance.

A list of local Ostomy Associations is also good to have. Some airlines allow you to carry a free extra bag for medical supplies.

Check ahead with your airline. Think about the climate, activities and diet changes you will

encounter and adjust your supply count. In case you forget something, never fret. Check the local hospitals, yellow pages, and/or UOAA and have your supply information ready.

Hospital Stays and Doctor Visits - bring a kit with your supplies with you along with your medical records. Have your specific product numbers with you. Keep your packets (kit) in an easy to find place at home in case a family member needs to bring it to you.

Hurricane - you may encounter a power outage, flood, evacuation. **PREPARE AHEAD.** Put supply packets in something waterproof that seals well. You need two weeks worth of supplies along with toilet paper, water for washing, flashlight, hand wipes, mirror, deodorant spray and your important phone numbers.

## Emergency Supplies Packing List

Ostomy pouches-enough for two weeks; Hand wipes; Gauze or soft paper towels; Waterproof container or sealable bag; Toilet paper; List of supplies with item numbers and manufacturer (e.g. ConvaTec, Hollister, Coloplast etc.); Baggies for disposal; Deodorant - pouch or spray; Phone number or your supplier; Mirror; Phone number of local suppliers or local hospitals where you will be staying; Flashlight or lantern and batteries; Small bottle of water; and Insurance information.

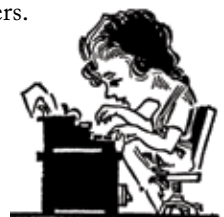
UOAA National Office is at 2489 Rice St, Suite 275, Roseville MN 55113-3797 with Toll Free phone: 800-826-0826. Website [www.ostomy.org](http://www.ostomy.org):

WOCN Society National Office; 15000 Commerce Parkway, Suite C; Mt. Laurel, NJ 08054 with Toll Free phone: 888- 224-WOCN (9626). Website [www.wocn.org](http://www.wocn.org)

'Thank You' flashlights and brownies were given to each of our wonderful speakers.

Respectfully submitted,

Linda Roberts  
Acting Recording Secretary



## 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.

## 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 and to call and confirm as they do take a summer break, contact Patricia Paxton-Alan MSN, ARNP-BC, CWOCN at 954-344-3094.

## Meeting Dates:

Please, if you are as forgetful as I am, take a moment now to mark your calendars for our upcoming meetings. This is especially important since the *Broward Beacon* is now published on a quarterly basis. We really don't want to miss seeing you. Our 2014 meetings start at 1 p.m. Sundays on September 7th, October 5th, and November 2nd.

Our Holiday Banquet is scheduled to meet on December 7th, 4:30 p.m., by reservation only, \$10 per person. We are so fortunate to have it catered once again by our beloved member and professional caterer Leroy.

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 monthly 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. We value your privacy. BOA is a 501(c)3 charitable organization.

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Street \_\_\_\_\_ Apt. \_\_\_\_\_ Type of Ostomy \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

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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