

# The Mail Pouch

Ostomy Support Group EV/AZ

March 2012

## Our Next Meeting is . . .

**Sunday, March 25, 2012**

**2:00 PM**

**Centennial Village**

**130 West Brown Road**

**Mesa, AZ 85207**

## Our Program . . .

**Laura Hernandez-Rauch, a Coloplast Representative,** will introduce new products and answer questions from the group.

**UOAA:** For information for ostomates and to view upcoming conferences and events, go to [www.ostomy.org](http://www.ostomy.org). You can join the discussion board and read the monthly Update letter. Click the "advocacy" tab to reach your elected and send a suggested message.

**BE SURE TO VISIT OUR WEBSITE:**  
**[www.ostomysupportarizona.org](http://www.ostomysupportarizona.org)**

## ET Advisors

We want to thank our WOC nurses for all they have done for us. They come to every meeting and help us with any problems we may have.

### **Banner Desert Medical Center (Dobson Road)**

Janet Schmidbauer, RN, BSN, CWOCN

Elaine Fox, RN, BSN, CWOCN

Angela Hukill, BSN, COCN, CWCN

### **Banner Baywood Medical Center (Power Road)**

Miriam Jensen, BSN, RN, COCN, CWCN

Sandra Lane, BSN, RN, COCN, CWCN

Karol Friend, BSN, RN, COCN, CWCN

## Welcome New Members:

Tamara Ervin

Russ Gentry

Anthony Espinosa

Doug Abraham

## Officers and Directors

**Co-President: Sheila Kollenberg**

480.451.3815  
sshine203@aol.com

**Co-President: Vella Owens**

480.657.6464  
bovella@cox.net

**Secretary: Maureen Hymel**

480.730.5765  
mhymel@msn.com

**Treasurer: Paula Nelson**

480.276.3436  
pdnelson1978@aol.com

**Vice President/Program: Darlene Kosman**

480.812.0324  
generalkosman@gmail.com

**Director: Bob Owens**

480.657.6464

**Director: Andrea Pinsker**

480.945.7322  
iaskyoutel@aol.com

**Director/Webmaster/Advertising: Robert Miller**

480.984.1195  
ostomy@robertBmiller.com

**Director/Membership: Vacant**

**Visitation: Bobby King**

480.218.4658  
mrsdeacon2001@q.com

**Greeters/Sign In: Mary & Carlton Palmer**

480.834.2418

**Newsletter Editor: Vacant**

**Newsletter Circulation: Sandy Clark**

480.835.1338

**Publicity/Sunshine: Marilyn Justice**

480.982.4862  
codmeg@aol.com

**Refreshments: Florence Park**

480.964.8953

**Advocacy: Sheila Kollenberg**

480.451.3815  
sshine203@aol.com

**Support Group Meeting Dates for 2012. All meetings begin at 2:00 PM at Centennial Village in Mesa.**

Sunday, March 25, 2012  
Sunday, April 29, 2012  
Sunday, May 20, 2012

**Board Meeting Dates for 2012. All meetings begin at 1:00 PM at Centennial Village in Mesa.**

Saturday, March 10, 2012  
Saturday, April 14, 2012  
Saturday, May 12, 2012

Every month our officers and directors meet to discuss the business of our support group. **All members are invited to attend the board meetings.** We appreciate your interest and need your support. These meetings are on Saturdays at 1:00 pm at Centennial Village.

## A Word from Two from Your Presidents

Hello Folks in the Ostomy Circle,

A beautiful Arizona day welcomed the group for our February meeting! It was so good to see many of the 1<sup>st</sup> timers from last month return and Mary Riley was there for the first time. We did great getting started at our 2pm meeting time and finished at 4:05 (cleanup and all). Centennial is such a nice meeting place; we want to honor our Agreement with them. REMEMBER to keep your name tags in your car to be handy for wearing to the meetings. This is such a benefit knowing each others names and identifying the color coding assigned to the different Ostomies and Associates (no Ostomy).

**Ostomy Awareness with the Public is making some headway. April 28 @ Phoenix Zoo, the 'Crohns & Colitis Take Steps to be Heard' Walk** will be held. Combined effort of the partnered local Ostomy groups will be manning a booth. We need 2 persons from our group to volunteer for a 2 hour shift between the hours of 4pm to 8pm. There will also be a 3 mile run for those who want to run. Contact Sheila for more info. There is to be a 15 minute radio broadcast on KNFX. 1100 AM. As of now, no date or time has been determined. The Leadership group is still looking into this. We hope to utilize two 15 minute time slots between June and October. This Friday, March 2 is to be a Colon Cancer Awareness Walk in New York City. Doubt that many will be walking in NY, but we can wear **BLUE that day signifying our Support.** **Maureen Hymel and Lee & Georgia Lucas** reported of 2 different Cancer Gatherings they took part in March 26. Both were well attended and sounded like all enjoyed the day along with all the accomplishments made in the **Awareness.** Watch for more details of upcoming events. Also, the partnering Ostomy groups in the Phoenix area will be known as **OSTOMY SUPPORT PARTNERS OF ARIZONA.** Watch for more details from them.

Paula, Treasurer, reported over \$600 has been given toward the Sandi Miller Fund which will go to education, printing and mailing costs.

Names of those running for the **EV Mesa Ostomy Support Group offices will be announced in March. Nomination are open; Volunteers are welcome.** Some of the offices would be good filled by **Co** persons since so many people are here a portion of the year. We need **someone to Edit the newsletter** before its publication each month (10). Some who have served several years would welcome a **Co** person to assist. CAN YOU HELP IN THIS WAY???

Word was let out of David Nelson's 64<sup>th</sup> Birthday being today. All enjoyed singing Happy Birthday. Paula brought a special Birthday Cake for all to enjoy!

**Bobbie** shared of those having been visited. Thanks Bobby! These folks need encouragement and help.

**Bob Miller**, webmaster, has SO much on the WEB. Pull it up and read.

**Sandy Clark** continues a great job in the printing and mailing of the Newsletters. Various ones donate the printing and some has to be paid. Maureen asked if we had checked with the American Cancer Society for the printing; she will follow up on this.

**Marilyn** our Sunshine Lady had sent no cards, but she shares her 'sunshine' in many ways.

WOCNs **Janet and Angela** conducted a very informative Question and Answer Time. Thank You, Ladies!!!!

**Darlene** introduced **Dick Rogers with Night Time Support Bags** for Urostomates as our program. The bag is a result of his realization for the need after he had surgery. It is intended to allow the person a good Nights' Rest. Thank you Dick. We wish you well in your new company. Dick shared a good piece of advice; **prior** to having your surgery, see a **WOCN** and have them measure for the Stoma Placement.

**Mary and Carlton** Palmer welcomed and checked everyone in. The 50/ 50 Pot was won by Doug Abraham; he donated back to be given to the Youth Rally fund. Thanks!

**Florence and Kelly**, as always spread a beautiful Refreshment Table. It's always good to see some variety brought for those with eating concerns. Angelica's uncle had died/she was unable to be present. Also missed Sheila today.

Thanks to ALL THOSE STAYING TO HELP CLEAN UP AND PUT CLOTHS AND CENTER PCS. ON.

Enjoy the AZ warm weather and spread the encouragement wherever you go!

Vella & Sheila

## MARCH IS NATIONAL COLORECTAL AWARENESS MONTH:

**Colorectal cancer screening saves lives. If everyone who is 50 years old or older were screened regularly, as many as 60% of deaths from this cancer could be avoided.**

Among cancers that affect both men and women, *colorectal cancer* (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, more than 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it.

### How Can You Reduce Your Risk?

The risk of getting colorectal cancer increases with age. More than 90% of cases occur in people who are 50 years old or older. [Colorectal cancer screening](#) saves lives, but many people are not being screened according to national guidelines.

If you're 50 years old or older, getting a screening test for colorectal cancer could save your life. Here's how—

- Colorectal cancer screening tests can find precancerous polyps so they can be removed before they turn into cancer. In this way, colorectal cancer is prevented.
- Screening tests also can find colorectal cancer early, when treatment often leads to a cure.

### What Are the Symptoms of Colorectal Cancer?

Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. Symptoms for colorectal cancer may include—

- Blood in or on the stool (bowel movement).
- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you're having any of these symptoms, the only way to know what is causing them is to see your doctor.

### When Should You Begin to Get Screened?

You should begin screening for colorectal cancer soon after turning 50, then keep getting screened regularly. Some people have a higher risk because they have [inflammatory bowel disease](#), a personal or family history of colorectal polyps or colorectal cancer, or genetic syndromes like familial adenomatous polyposis or hereditary non-polyposis colorectal cancer (also known as Lynch syndrome). If you are 50 years old or older, or think you may have a higher risk for colorectal cancer, talk to your doctor about getting screened.

The U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer for all people until they turn 75 years old, and for some people when they are older than 75. If you are in this age group, ask your doctor if you should be screened.

### What Are the Screening Tests for Colorectal Cancer?

Several [tests](#) are available to screen for colorectal cancer. Some are used alone; others are used in combination with each other. Talk with your doctor about which test or tests are best for you. The USPSTF recommends these tests—

- Colonoscopy (every 10 years).
- High-sensitivity fecal occult blood test (FOBT), also known as a stool test (every year).
- Flexible sigmoidoscopy (every 5 years) with high-sensitivity FOBT (every 3 years).
- 

### How Can I Pay for Screening Tests?

Many insurance plans and Medicare help pay for colorectal cancer screening. Check with your plan to find out which tests are covered for you. To find out about Medicare coverage, call 1-800-MEDICARE (1-800-633-4227).

### More Information

- [www.cdc.gov](http://www.cdc.gov)
- [www.cancer.org](http://www.cancer.org)
- **Inflammatory Bowel Disease; Crohn's and Colitis:** [www.cdfa.org](http://www.cdfa.org)

## News from the 2/26/12 Meeting:

### Announcements:

1. Members were reminded that the month of March is National Colorectal Cancer Awareness month. To raise awareness about colon cancer and celebrate survivors, you are asked to participate in *Dress in Blue Day on March 2*.
2. Georgia Lucas informed members of free cancer outreach seminars held every Wednesday at the Cornerstone Wesleyan Church in Apache Junction. The group, led by Shary Oden, meets from 1:30 PM to 3:00 PM in the CWC Fellowship Hall. This is for those on the journey, in remission, care takers, and anyone else who really needs a break and fellowship and will last for the next eight weeks.
3. Maureen Hymel reported that the annual Climb to Conquer Cancer, a 5.5 mile walk up the paved road in South Mountain Park, was a huge success with more than 4600 participants.
4. Vella Owens reported that Sheila Kollenberg attended the valley ostomy group meeting. The official name of the group, composed of leaders from all of the ostomy groups in the Phoenix area, will be known as **Ostomy Support Partners of Arizona (OSPA)**. OSPA will be working on advocacy and community outreach through radio spots and making ostomy information available at doctor offices and pharmacies. The group will also focus on using the 2013 Ostomy Product Fair as a means to bring Valley ostomy groups together.
5. Vella Owens reminded everyone that new officers will be nominated at the March meeting. It was noted that all positions were open but it was emphasized that positions for Secretary and Newsletter Editor were currently vacant. Nominations for all positions were opened on the floor but none were brought forth. Nominees will be voted on at the April meeting and Installation will be in May.

### Nurses

**Janet Schmidbauer, RN, BSN, CWOCN and Angela Hukill, BSN, COCN, CWCN from Banner Desert Medical Center (Dobson Road) answered questions from attendees.**

Nurses stated that issues with obstruction or poor output could be due to diet. Ostomates should be aware that fruit with skins such as grapes, blueberries and apples could cause problems. The nurses suggested that you chew your food well, limit consumption of troublesome foods and drink lots of water. It was stated that due to short hospital stays and limited patient contact hours, new ostomates should seek instruction from WOCN nurses and local ostomy support

groups. Ostomates should also be aware of other issues like stoma prolapse and hernias. It was stressed that we need to be our own health advocates and someone should always be with you when consulting with your physician. When questioned about the need for a colonoscopy, post ostomy surgery, it was a clear answer. **If you have any body part, it should be checked. So if you have a diversion, the body part is still there, it still needs to be checked.**

*The UOAA website had the following information:*

### HOW TO TREAT ILEOSTOMY BLOCKAGE

**Symptoms:** Thin, clear liquid output with foul odor; cramping, abdominal pain near the stoma; decrease in amount of or dark-colored urine, abdominal and stomal swelling.

#### **Step One: At Home**

1. Cut the opening of your pouch a little larger than normal because the stoma may swell.
2. If there is stomal output and you are not nauseated or vomiting, only consume liquids such as Coke, sports drinks, or tea.
3. Take a warm bath to relax the abdominal muscles.
4. Try several different body positions, such as a knee-chest position, as it might help move the blockage forward.
5. Massage the abdomen and the area around the stoma as this might increase the pressure behind the blockage and help it to "pop out." Most food blockages occur just below the stoma.

#### **Step Two: If you are still blocked, vomiting, or have no stomal output for several hours:**

1. Call your doctor or WOC/ET Nurse and report what is happening and what you tried at home to alleviate the problem. Your doctor or WOC/ET Nurse will give you instructions (ex., meet at the emergency room, come to the office). If you are told to go to the emergency room, the doctor or WOC/ET Nurse can call in orders for your care there.
2. If you cannot reach your WOC/ET Nurse or surgeon and there is **no output** from the stoma, go to the emergency room immediately.
3. **IMPORTANT: TAKE ALL OF YOUR POUCH SUPPLIES** (eg., pouch, wafer, tail closure, skin barrier spray, irrigation sleeve, etc.)

**4. IMPORTANT: Cut out the card below and bring it with you to the hospital.**

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## **Emergency Room Staff: Ileostomy Obstruction**

**Symptoms:** No stomal output; cramping abdominal pain; nausea and vomiting; abdominal distention, stomal edema, absent or faint bowel sounds.

1. Contact the patient's surgeon or WOC/ET Nurse to obtain history and request orders.
  2. Pain medication should be initiated as indicated.
  3. Start IV fluids (Lactated Ringer's Solution/Normal Saline) without delay.
  4. Obtain flat abdominal x-ray or CT scan to rule out volvulus and determine the site/cause of the obstruction. Check for local blockage (peristomal hernia or stomal stenosis) via digital manipulation of the stoma lumen.
  5. Evaluate fluid and electrolyte balance via appropriate laboratory studies.
  6. If an **ileostomy lavage** is ordered, it should be performed by a surgeon or ostomy nurse using the following guidelines:
    - Gently insert a lubricated, gloved finger into the lumen of the stoma. If a blockage is palpated, attempt to gently break it up with your finger.
    - Attach a colostomy irrigation sleeve to the patient's two-piece pouching system. Many brands of pouching systems have Tupperware®-like flanges onto which the same size diameter irrigation sleeve can be attached. If the patient is not wearing a two-piece system, remove the one-piece system and attach a colostomy irrigation sleeve to an elastic belt and place it over the stoma.
    - Working through the top of the colostomy irrigation sleeve, insert a lubricated catheter (#14–16 FR) into the lumen of the stoma until the blockage is reached. Do not force the catheter.
    - **Note:** If it is possible to insert the catheter up to six inches, the blockage is likely caused by adhesions rather than a food bolus.
    - Slowly instill 30–50 cc NS into the catheter using a bulb syringe. Remove the catheter and allow for returns into the irrigation sleeve. Repeat this procedure instilling 30–50 ccs at a time until the blockage is resolved. This can take 1–2 hours.
  7. Once the blockage has been resolved, a clean, drainable pouch system should be applied. Because the stoma may be edematous, the opening in the pouch should be slightly larger than the stoma.
- 

## **Visitation:**

- 1 colostomy visited by Bobby King
- 1 colostomy visited by Darlene Kosman
- 2 ileostomies visited by Bob Owens
- 1 ileostomy visited by Andrea Pinscher

**Get Well** cards were sent to Bob Miller and Jeff Ogden.

**50/50 Winner:** Doug Abraham won the 50/50 drawing of \$53.50 collected but he donated his winnings to the Youth Rally Fund.

## **If You Have Internet Access . . .**

Our website has been up and running. We have all kinds of information plus links to the national UOAA and Phoenix Magazine. Our current Mail Pouch is on the website in addition to archived ones. Our website address is:

[www.ostomysupportarizona.org](http://www.ostomysupportarizona.org)

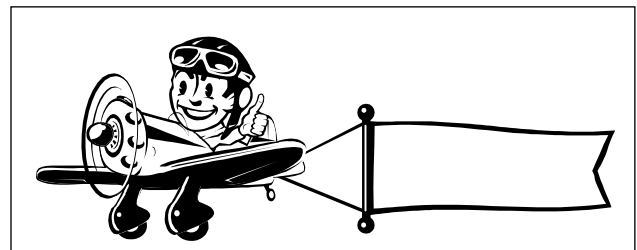
If you have any questions or suggestions about the website, send an email to:

[webmaster@ostomysupportarizona.org](mailto:webmaster@ostomysupportarizona.org)

\*\*\*\*\*

## **Our Advertisers . . .**

When reading our newsletter, be sure to read the advertisements in addition to the articles. These businesses offer many fine products and help defray the cost of publishing and mailing our newsletter. When you contact them, let them know you saw their ad in The Mail Pouch.



## Around the Valley

We are listing below the other Valley Ostomy Support Groups with their contact information and meeting dates.

- **Phoenix Support Group** meets on the 2<sup>nd</sup> Tuesday of the month at 7 pm at Chris Ridge Village, 6246 N 19th Av Phoenix, AZ (Multi-purpose room left of main lobby entry).
- **Paradise Valley Support Group** meets on the 3<sup>rd</sup> Thursday of each month from 12:30 to 2:30. They serve light lunch/snacks at 12:30 with the meeting starting at 1 pm at La Casa de Cristo Lutheran Church located at 6400 E. Bell Rd., Building C, Room 109 at the back side of the church. For more information contact Cheryl Simmons at 623.580.4120.
- **Sun City Support Group** meets on the 1<sup>st</sup> Thursday of each month at 2 pm at Sun Health Boswell, 10401 W Thunderbird Blvd, Sun City. For more information, contact Joe Musser at 623.935.7514 or e-mail him at: [hjmusser@cox.net](mailto:hjmusser@cox.net)
- **Chandler Support Group** meets on the 2<sup>nd</sup> Tuesday of the month in Sept., Nov., Jan., March and May. Meetings are held in the Board Room of the Morrison Bldg. which is located on the Chandler Regional Hospital Campus. The address is 1875 W. Fry Rd., Chandler. Contact Richard Fleming at 480-895-7397 for more information.

## Refreshments

The following members have generously volunteered to bring refreshments to our March meeting:

- Sally Seriani
- Bobby King
- Jan and Morrie Patten

**That's it! If you can add to our refreshments, we would greatly appreciate it. Don't forget our diabetics. Please bring some healthy snacks, i.e. fruit, vegetables, diabetic baked goods.**

If you can bring a snack this month, or any month call Florence Park at 480.964.8953 and she'll add you to the list. She will also call to remind you a few days before the meeting.



## NOMINATIONS OPEN!!!!

Nominations will be finalized at the next meeting, March 25. The vote for new officers will take place at the April meeting. New officers will be inducted on May 20 (last meeting before summer break).

## Upcoming Events

There is a Cancer Support Team meeting the 1<sup>st</sup> Monday of each month @ 10am at Broadway Christian Church, 7335 E. Broadway Rd. Mesa, (between Power @ Sossaman).

### **Solving Digestive Disorders**

#### **March 29**

6:00 - 7:30 p.m.

Banner Desert Medical Center

#### **March 30**

5 - 6:30 p.m.

Banner Baywood Medical Center

#### **March 30**

5:30 - 7 p.m.

Banner Estrella Medical Center

More information online

## **Saturday, October 6, 2012**

### **World Ostomy Day and Ostomy Awareness Day "Let's Be Heard"**

"Let's Be Heard" is the theme of World Ostomy Day 2012. The UOAA will be celebrating Ostomy Awareness Day in conjunction with World Ostomy Day on Saturday, October 6, 2012. We will be getting more information about activities in the future. Let's make this a World Ostomy Day and Ostomy Awareness Day a day that will impact the lives of ostomates, future ostomates and their families!

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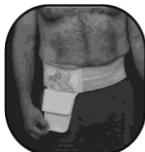
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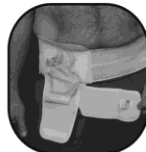
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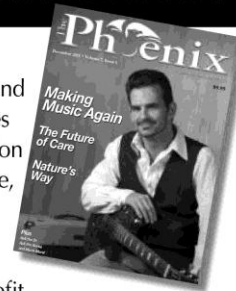
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**THIS MONTHS' MEETING: March 25, 2012**  
**NEXT MEETING: Sunday, April 29, 2012**

**APPLICATION FOR MEMBERSHIP**

Membership is open to all persons interested in ostomy rehabilitation. MEMBERSHIP in the Ostomy Support Group EV/AZ includes a subscription to the chapter's monthly newsletter. ASSOCIATE MEMBERSHIP in the Ostomy Support Group EV/AZ is open to the spouse of a regular member or a member of another chapter who lives out of state, and includes a subscription to the newsletter.

Full Membership Dues are \$25.00 per year. Associate Membership Dues are \$12.50 per year.

I wish to make an additional contribution of \$ \_\_\_\_\_ to support chapter programs.

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PLEASE CIRCLE ALL THAT APPLY:     Colostomy     Ileostomy     Urostomy/Ileo Conduit  
   Continent Urostomy     No Ostomy     Other (please specify) \_\_\_\_\_

Date & Location of initial surgery: \_\_\_\_\_

Complete this form and bring it to the next meeting or mail it with your check to: Ostomy Support Group EV/AZ, c/o Paula Nelson, 6712 Des Moines St., Mesa, AZ 85205-6827

**BE SURE TO VISIT OUT WEBSITE: [www.ostomysupportarizona.org](http://www.ostomysupportarizona.org)**