



# The Advocate

## Greater Eastside Ostomy Support Group

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*Fall/Winter Schedule*

Date	Time	Speaker/Topic	Room
09/07/16	Wed 6:30 – 8:00 pm	Welcome to returning and new attendees Executive Board Elections Annual Registration Open Forum	Tan 119
10/05/16	Wed 6:30 – 8:00 pm	Annual Registration (cont’ d) “Show & Tell” Open Forum	Tan 119
11/02/16	Wed 6:30 – 8:00 pm	Speaker (TBD)	Tan 119
12/11/16	Sun 4:00 – 7:00 pm	Winter Social & White Elephant @ Laurie Cameron’s House	
01/04/17	Wed 6:30 – 8:00 pm	Vendor Fair	TBD

**Annual Support Group Registration**

It’s that time again to join us for another year. We are holding our annual membership drive in September/October. While registration is not required to attend the support group, we encourage everyone to become registered members of the group. The annual dues are \$25.00. These dues go towards the group’s expenses for speakers, UOAA Affiliated Support Group membership, brochures, website and to support the Supply Closet (see page 3). Your annual membership will also include a bimonthly copy of our newsletter, The Advocate. Registration forms will be available at the support group meetings and online at [www.geosg.org](http://www.geosg.org).

If there is a financial hardship and you are unable to pay the \$25.00 dues, please fill out the registration form and an allowance will be made for this year’s dues.



## Ostomy United excels in first team event of the year

For the second year in a row, Team Ostomy United-Washington competed in the Lake Meridian Triathlon. And for the second year in a row the Team took the Medal Podium. In the Olympic distance Tri Relay, the Ostomy United Semi-Colons consisting of Team Founder Ted Vosk and WOC Nurse Quyen Stevenson took 2nd Place, while ostomate Dave Maltos and founding member Kristine Vosk took 5th place in the Sprint Distance Tri Relay. Other milestones included ostomate Tom T. Davis finishing his 91st triathlon while ostomates Shawn Forsyth and Susan Freeman participated in their first. Five ostomates competed in this year's event for Ostomy United and once again, every one finished like a champion.

Congratulations to Team Ostomy United-Washington on your second outstanding season!



Members of Team Ostomy United-Washington cross the finish line.



Center: Quyen Stevenson and Ted Vosk Celebrate 2nd Place Olympic Distance Tri Relay

## Contacts

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<b>Manufacturers</b>		
Coloplast	888-726-7872	www.us.coloplast.com
ConvaTec	800-422-8811	www.convatec.com
CyMed	800-582-0707	www.cymed-ostomy.com
Hollister	800-323-4060	www.hollister.com
Marlen	800-321-0591	www.marlenmfg.com
Nu Hope	800-899-5017	www.nu-hope.com
<b>Organizations</b>		
American Cancer Society	800-227-2345	www.cancer.org
Crohn's & Colitis Foundation	800-343-3637	www.cdfa.org
Friends of Ostomates Worldwide	N/A	www.fowusa.org
United Ostomy Associations of America	800-826-0826	www.ostomy.org



We're on the web! [www.geosg.org](http://www.geosg.org)

**GEOSG MEMBER STOMA "BIRTH" DATES**

September	Ostomy	Years		October	Ostomy	Years
<i>Ro Moncrieff</i>	<i>Ileostomy</i>	<i>67</i>		<i>Jerry Singer</i>	<i>Urostomy</i>	<i>5</i>
				<i>Tom Davis</i>	<i>Urostomy</i>	<i>2</i>

♥ ♥ ♥ *Supply Closet* ♥ ♥ ♥

The Ostomy Supply Closet provides supplies free of charge to anyone with an ostomy that has a need due to lack of insurance coverage or is in need of emergency supplies. The Supply Closet is dependent on donations. If you have extra, unneeded supplies, please consider donating them to the Supply Closet.

The supply closet is located at a Public Storage in Kirkland, If you have a need, or know someone who is in need, please contact Laura Vadman ([lovadman@hotmail.com](mailto:lovadman@hotmail.com)) to arrange a time to meet and pick up needed supplies.



**ON THE LIGHTER SIDE**



**Ostomy A to Z**

Used with permission from Brenda Elsagher from:  
*I'd Like to Buy a Bowel Please: Ostomy A to Z*  
[www.livingandlaughing.com](http://www.livingandlaughing.com)

**T: Toilet**

Things I have dropped in the toilet while irrigating over the last 10 years

- Pens
- Paper Clips
- Combs
- Jewelry
- Perfume (Is that eau de toilet?)
- Scissors
- Books
- Deodorant
- Note Cards
- Toothbrush
- Magazines
- Crossword puzzles
- Brush
- Q-Tips
- and just this morning - reading glasses

**Train**

There were several people with ostomies at the first international conference held in Denmark for the twenty-to-forty-year-olds. Minnesotan Amy Finley, an ileostomate since 1979, at the age of eighteen, was amongst them. She and a few friends decided to walk to the station to take the train into town. As they were all trying to figure out where and how to purchase their train tickets, they noticed the train was arriving.

As they hurriedly boarded the train, one of the women was slow in getting on. It appeared she was having problems at the doorway. Someone rushed to help her and saw the predicament. Even though the friend had the straps of her purse over her arm, the body of the bag that contained her money, passport, and ticket was stuck in the door, outside of the train.

As they arrived at the next stop, they witnessed the curious looks of the bystanders to the purse hanging midway in the door. Being all ostomates in the car, Amy made the comment, "I can just see the headlines now. Ostomate gets bag caught in train." A group of people were seen laughing heartily as the doors opened on the platform.

## What I Drink to Stay Hydrated With an Ileostomy

By Christine Kim

### 4 Beverages That Help Me Stay Hydrated

I was 21 years old when I had ileostomy surgery, and did not take seriously that maintaining fluids was a lifelong obligation. Many trips to the ER happened due to possible blockages, and after an hour or so hooked up to an IV solution I felt much better. I was told to “stay hydrated” and given an invoice for at least \$500, really costly lessons.

For many years “electrolyte” sports drinks, soda and fancy coffee drinks were my main beverages of choice. I’ve learned that those beverages are filled with nasty artificial ingredients, synthetic additives and food dyes. I had to find alternatives that worked *for* my body, not against it.

Here’s what I drink every day to stay hydrated:

#### 1. Warm Lemon Water

This one is simple — but the effects are profound! Adding this powerful citrus fruit to warm water is a tasty way I stay hydrated and keeping my digestion in motion.

**Advice:** I recommend starting the day with a big glass of warm water and a few squeezes of lemon first thing in the morning. It energizes me!.

#### 2. Ginger Root Tea or Peppermint Tea

Both have been known to improve digestion and there’s some evidence to back the claim that they can have a powerful effect on headaches too — it

distinct scent, which I like to call wowie-azowie!!! Naturally caffeine-free, I drink them as often as I like.

**Advice:** Boil water. Place mint leaves or peeled ginger root in a tea cup and cover with water, steep for about 5 minutes. You can remove mint or ginger after steeping, or leave them in (which I like to do).

#### 3. Golden Milk

Golden Milk (also called turmeric tea) is the ultimate bedtime concoction — it’s soothing and delicious. The combination of turmeric, coconut milk, sweeteners, and spices is warming and it’s something that’s also helped me with sleep issues. Recipe is available at <http://draxe.com/recipe/turmeric-tea-recipe/>

**Advice:** Warm 2 cups of coconut milk and 1 teaspoon of turmeric in a pot, whisk until fully mixed. Then add a dash of cinnamon, honey or maple syrup to taste.

#### 4. Purified Filtered Water

Water is the best thing I can put in my body, yet I snubbed it for years! I drink water to prevent or alleviate headaches caused by dehydration, and my ostomy does not function as well without the proper water intake. **Advice:** I drink about half my bodyweight in ounces of water (ex. if you weigh 120lbs, drink 60oz of water each day).

#### So, how do I make sure I fit plenty of fluids into my day?

I set out tea and water cups where I can see them. I fill up glass water bottles the night before, so they’re easy to grab and go when I leave the house. But, the real hydration happens when I drink fluids that my body embraces.



### 7 Quotes From Ostomates On Acceptance (Part 1)

From acceptance, to overcoming your fears and letting go...

Having ostomy surgery can be intimidating and acceptance may be tough at first, but that doesn’t mean it can’t be one of the best things that ever happen to you. These inspiring words come directly from ostomates who made the decision to keep moving forward.

#### From Gaylyn Henderson, founder of [Gutless and Glamorous...](#)

*I know what it’s like to see your reflection in the mirror and feel unattractive. I used to be disgusted at the very thing that restored my health. But then I realized, that anything that has the power to save a life can be nothing but beautiful.*

#### From Brian Greenberg, founder of [Intense Intestines Foundation...](#)

*The surgery I had to make my ostomy permanent was a tough time in my life for many reasons, but I made it through it on top. My life has taken a 180 degree turn. I love the fact that I finally feel well and am capable of completing my life goal of a Half Ironman for the IBD community.*

#### From Charis Stolz, ileostomy since 2012...

*A lot of people say that an ostomy doesn’t define them, as if all definitions are negative. I think of it differently. My ostomy has affected every single aspect of my life, positively. It DOES define me...and I choose how.*

*To be cont’d next issue...*

# Protecting Yourself from Stoma Injuries

Stoma injury of any kind is a constant concern for ostomates; especially those who are active in sports and activities. Injury is an unpleasant topic, but facing the reality helps prevent injuries and ensure good quality of life.

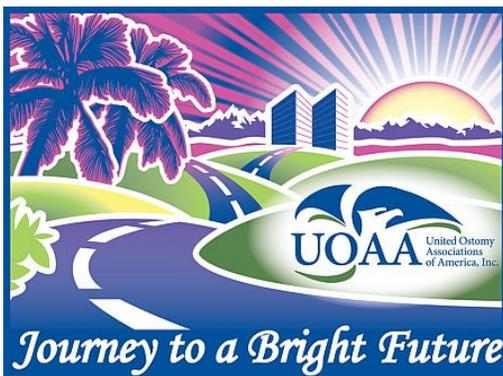
Stoma injuries can be caused from incorrect pouching or pouching accidents, tight belts, or external blunt force (getting hit with something, for instance, a ball or foot). The injury may bleed some and typically looks white or red. Generally, if you're experiencing this, it's likely you know the cause – but if you don't, be mindful to understand what caused your injury so you can correct a possible persistent problem.

## Tips to avoiding and treating injuring a stoma:

- 1) Activities with a lot of friction and impact like combat sports (martial arts, karate, wrestling) should be avoided since they put the stoma at risk of damage, or to the skin surrounding it. Weight lifting and strenuous exercise are enjoyed by many ostomates, but should be discussed with your doctor if you've recently had surgery so you're aware of any limitations (either physical or while healing) so you can be assured you won't create an injury.
- 2) Be Sure You're Using Your Ostomy Pouch System Appropriately – Using your appliances incorrectly increases risk of injury. If you have questions about how to use your ostomy supplies or a new product, ask an Ostomy nurse for assistance so you'll get the most out of it and prevent hurting yourself!
- 3) Try Ostomy Armor – a belt and plate that you use over a stoma to protect both your stoma and the appliance. It's perfect for playing sports or activities where external force is possible. It's Medicare approved for insurance reimbursement and can be worn on commercial air flights.
- 4) Cleanliness – If you've experienced an injury, keep the stoma and the area around it tidy and clean. Irrigate with Saline Solution (you can purchase this or make it yourself) and ostomy cleaning supplies that keep the area clean and fresh. There are also a number of skin protecting creams and products designed to keep stoma output and mucus from compromising the skin or the site of an injury/irritation. Spending the time and using the right products to keep clean will make you feel better, reduce odor and prevent infections and irritations from developing.

While most injuries can heal on their own, if you're experiencing abnormalities and discomfort from a stoma that cause you pain and discomfort, you should talk with a doctor. No advice can always address your specific personal needs, nor is it worth your health to assume so! While these guidelines can help you, if you're suffering from an injury that needs treatment, you should talk with your doctor.

Aug 22-26, 2017 • Sixth UOAA National Conference • Hotel Irvine, Irvine CA



6<sup>th</sup> National Conference

Tues.–Sat., Aug. 22–26, 2017, Hotel Irvine, Irvine, California

**UOAA's Sixth National Conference will offer a variety of resources to everyone within the ostomy community. The Conference features great education, wonderful guest speakers, and most importantly—community. All are welcome to participate in this amazing event—people who are currently living with an ostomy, those who may be having surgery in the near future, as well as family members, spouses, friends, and members of the medical community. Attendees receive the support and answers they needed to adjust comfortably and to reach their ultimate goal of a “new normal” life.**

**GEOSG is putting together a group to attend this conference. Please let us know if you are interested in attending.**

## Personal Stories from Fellow Ostomates

### Coping With Chronic Pain

By Lynn Wolfson, Broward Ostomy Association

**Editor's Note:** Lynn was born with Hirschsprung's Disease which severely affects the digestive system and has had over 30 surgeries since she was 4 years old. At this time, she has her seventh ostomy, a gastric tube for stomach venting since she is unable to vomit, a Jejunal tube for feeding due to severe motility issues, difficulty breaking down of foods and malabsorption of nutrients. In addition, she has a neurogenic bladder and needs to catheterize two to three times a day. Lynn enjoys traveling the world with her family.

Chronic pain is something that most people with digestive diseases live with on a daily basis. Learning to cope with this pain and to live a productive and meaningful life can be a tremendous challenge. However, with the appropriate support, attitude, exercise and diversions it can be managed. However, this is not easy to learn and is very individualized. It is very important that a person with chronic pain surround themselves with people that are positive and supportive. These people are the ones that you want to see on a regular basis. This may include family, friends, book clubs, card groups, synagogue or church groups or any other group that meets on a regular basis. Talk to these people and get to know them. Listen to their challenges and give creative positive solutions. I find that when I am helping another individual, I forget about my own ailments for the moment. I put my feet in their shoes and look at life with a whole new perspective.

Attitude is another important characteristic. Unfortunately, for most of us, this chronic pain is here to stay. Accept it. Try to understand the difference from chronic pain and acute pain. Make a list of the things you have done in the past that have helped. I keep this list on my phone. My list includes venting my gastric bag, catheterizing, lying down, pushing my hernia back in place, making sure my ostomy is outputting a sufficient amount, stop eating, and feeling for any hardness in my abdomen. If I find that my output is very low or I feel a hardness in my abdomen, I know to call the doctor.

I find exercising on a regular basis keeps me healthy and happy. For me, I swim 30 laps three to five times a week at the YMCA. I also walk around my neighborhood. Perhaps there are other exercises which you are capable of doing and can enjoy.

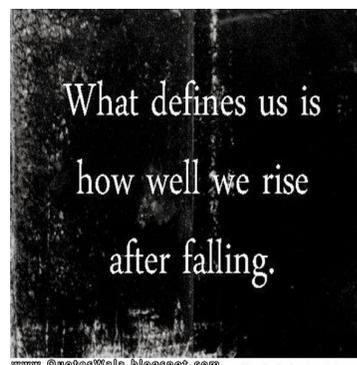
Lastly are diversions. For me, I enjoy knitting hats. I find by keeping my hands moving and my mind

focused on my hands, it helps me to endure the pain. I consider knitting turning the negative energy of pain into positive of energy of giving a hat to someone in need. Perhaps others would enjoy doing a puzzle or building a model or painting or needle pointing. I also find playing scrabble or Words With Friends on the computer another diversion. It took me a while to figure out what works for me. Try to learn what causes your pain or when your pain is at its worst. I find I am pain after eating or standing or sitting too long. Once I realized that, I adjusted what I was doing. Coping with chronic pain is a challenge. However, once I gained control and understood my pain, I found I started to enjoy life.

We have all been given the gift of life. However, no one's gift was free of flaws. Accept our strengths and use them to create a meaningful and productive life.

**Editor's Recommended Reading:** Unfortunately I am experiencing chronic adhesion pain and thus asked Lynn to write the above article. A book that has significantly helped me is entitled *The Pain Survival Guide, How to Reclaim Your Life* by Dennis C. Turk, PhD and Frits Winter, PhD. The book covers the theme of becoming your own pain management expert with sections on activity levels, rest and pacing; relaxation; fatigue; relationships; thoughts and feelings. A good read and published by the American Psychological Association.

*This information is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.*



## To the Woman on the Beach Who Thanked Me for Rocking a Bikini

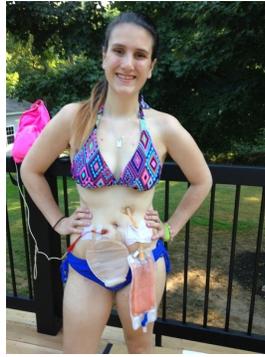
By Sara Gebert

Reprinted from themighty.com

I don't know how hard it was for you to approach me on the beach, but I know I have a hard time talking to strangers. But you waltzed up to me with such confidence that nobody would have ever expected a confidence problem with either one of us, especially since I have to carry myself with such an aura of it. You saw me for who I really was — a scared girl who was trying so hard to not let anyone see the fear in her eyes.

I don't know if that's why you came up to me or not, but I want to thank you. Living with a chronic illness is no easy feat, and it gets even harder when that illness changes your outer appearance as much as mine has. With clothes on, no one can tell that I'm anything but a "typical" person, but on the beach it's a whole different story. Everyone is exposed on the beach, but I literally have to "let it all hang out." I have an ileostomy, a G-tube and a J-tube, not something you see every day. I'm used to them — to me they're normal. But to everyone else, I'm something out of a science fiction movie. But you, you saw me as a person. You didn't stare at my equipment, you looked me in the eye. And then — you thanked me.

I'm not sure you could tell, but I was stunned. I've had people approach me and call me gross or ask me, "Are you really going in the pool like that?" And when you came up to me, I was preparing for the worst. But what came next still has me in awe. You thanked me for rocking my bikini



and told me about how you used to have an ileostomy as well and how you no longer have a large intestine. You told me I was inspiring. That honestly meant the world to me.

When I was packing for that trip, I agonized for hours about what bathing suits to bring. I actually brought every bathing suit I owned and money to buy a new one because I didn't think I had the right one to hide everything. That morning I made a last minute decision to just wear my bikini as if I didn't have any extra parts on my belly. I was so nervous.

Every teenage girl can have body image issues, and since getting my ostomy, mine have been multiplied by 100. We hadn't been on the beach long when you approached me, and I was already feeling uncomfortable, thinking all eyes were on my ostomy. But after speaking with you for those few short minutes, all my worries melted away. At that moment, I realized what I look like doesn't matter, and for the rest of vacation, my only bathing suit issue was that I had severely over packed and probably didn't need nearly as many as I had brought!

So thank you. Thank you for restoring my faith in the good of people. Thank you for allowing me to feel comfortable in my own skin. And finally, thank you for giving me the confidence to enjoy my vacation to the fullest extent.

## 5 Reasons Why Having An Ileostomy Is Awesome

By Leah Sannar

Ever since living with an ileostomy, I've heard one phrase over and over again... *"I don't know how you do that, I could never do it."*

Occasionally, I've also heard... *"I'd rather die than have to live with an ostomy."*

The first one is understandable... because initially, it is scary and any normal person would worry about it. However, the second one? "I'd rather die than have to live with an ostomy." That one blew my mind. Really? You'd rather die? DIE? Actually STOP living?? This confirms to me one very obvious truth: You obviously have NO IDEA what it's actually like to live with an ostomy.

I'd like to point out why living with an ileostomy is awesome, and sometimes downright hilarious:

**1 – I'm just going to start with the most obvious reason: I'm still alive and symptom free.** I owe that to my ileostomy and for that, I'll always be grateful.

**2 – You know when you get "the runs" and you literally have to RUN to the bathroom.** That no longer exists for me. There is literally no urgency. I never have to race to make it to the toilet. I just empty when I need to empty. Nice right?

**3 – Have you ever accidentally farted at the most inopportune moment and wanted to just pass out from embarrassment?** Well I have. Thank you Crohn's disease. But now, when my



Ostomy Awareness Day is held annually to raise awareness and increase the national visibility of those living with ostomies. This year's theme is Resilience and is all about finding your inner strength to bounce back from this surgery and rise up stronger than ever before.

Check out [ostomy.org](http://ostomy.org) for updates on all the ways to get involved.

### Help us generate a buzz about Ostomy Awareness Day before the big day!

- ⇒ Get your town to pass a [Proclamation](#) declaring October 1, 2016 as Ostomy Awareness Day
- ⇒ Submit a [Letter to the Editor](#) to your local newspaper
- ⇒ If you are able to get a proclamation, or a letter published, please share the good news with us at [advocacy@ostomy.org](mailto:advocacy@ostomy.org)

### Ways to celebrate and make an impact on Ostomy Awareness Day!

- ◇ How are you 'bouncing back into life'? What helps you find your resilience? Check out our [kick-off video on YouTube](#) for inspiration on how to tell your story.
- ◇ Take an [#IAmResilient](#) photo or video and make your own sign Use the hashtag #IAmResilient in your text and share by tagging UOAA on [Facebook \(@UOAAinc\)](#), [Twitter \(@UOAA\)](#) or [Instagram \(@UOAA\)](#)
- ◇ Join a live race or the [Virtual Run for Resilience Ostomy 5k](#)
- ◇ Take part in an Ostomy Awareness Day Twitter Chat

# #IAmResilient

A purple square with a bokeh light effect in the background. The text "COUNT YOUR BLESSINGS, NOT YOUR PROBLEMS" is written in a white, hand-drawn, all-caps font.

*Continued from page 7*

Ileostomy “farts” it doesn’t sound like a fart. So ‘let it rip’ however often it wants, and not only will you not smell anything, but you probably won’t even know what the noise was, much less who it came from. Awesome!

**4 – How much time do you waste sitting on the toilet going #2?** If you’re an IBD’er, then it’s probably A LOT. With an ileostomy, that all goes away. You just sit and empty. It literally takes the same amount of time to empty, as it does to sit down and go pee. That is awesome.

**5 – Okay, so this is probably my favorite thing about living with an ileostomy.** You know when you walk into a public restroom and it’s DISGUSTING? And what about using a Port-A-Potty? GROSS! Then it occurred to me, I don’t actually have to sit. I can lean over and empty into the toilet with my clothes on, without ever sitting on the seat. How many of you can do that? Well with an ileostomy, you can. It’s awesome.

I hope what I’ve shown you, is that not only is an ileostomy a life-saving surgery, but that it can change your life for the better. You can also have some fun with it and appreciate other little benefits along the way.

## Get Back to Exercising After Ostomy Surgery

By Coloplast Customer Care, featured on [ostomyconnection.com](http://ostomyconnection.com)

In the months after your surgery, exercising can really help speed up recovery, as the physical activity gives you more energy and makes you stronger and better prepared to deal with illnesses. Also, exercise can prevent complications related to sitting or lying down too long.

### Are there limits to what I can do?

Until your ostomy and abdominal area are fully healed, physical activities can put you at risk for a hernia. A parastomal hernia is a bulge that forms if the bowel is pushed through a weak area in the abdominal wall, which normally holds the bowel in place.

To reduce the risk of a hernia, you should avoid any kind of heavy lifting (anything more than 7-8 pounds, really) for the first six weeks after your surgery.

### What is a good exercise I can start with?

Walking is a good way to start; it is an easy, gentle way to get back into exercise. Even though you may be used to playing sports, it can be a good idea to start out slowly - especially if you recently had your surgery.

Whether you walk inside (i.e. up and down stairs), or outside in the fresh air, it is an activity that you can gradually increase in both speed and distance. And soon your strength and endurance will return and you'll be ready to do more challenging exercise, just like before.

Note: Check with your doctor or your Wound, Ostomy, Continence (WOC) Nurse before you start exercising, or increase activity level. What's good for one person may be too much for someone else.

### How can I motivate myself to get started exercising?

It is never easy to start a new habit. But if you sense that your mind is trying to make excuses before you start exercising, try to make a point of not listening to the excuse and act on your decision instead. Instead, listen very carefully to your body afterwards - almost everyone feels better after exercise.

This article was featured on [OstomyConnection.com](http://OstomyConnection.com), A Hub for Ostomates

"Our greatest glory is not in never falling, but in rising every time we fall."

CONFUCIUS

## Personal Stories of Healing & Hope

We need your stories. What led up to your ostomy surgery? How have you handled the difficulties that are inevitable when recovering from your surgery? What are your special "tricks of the trade"? Do you have any funny stories to tell? Have you travelled with your ostomy? Do you have any pictures to share with the group? Would you rather write up your story anonymously? We're looking to inspire, comfort, encourage and possibly even entertain those who have new ostomies and those who may be facing ostomy surgery.

One story for every newsletter would be fantastic. If you are willing to share, please submit your written story to Laurie at [lauriecmmr@gmail.com](mailto:lauriecmmr@gmail.com). This is a wonderful opportunity to not only feel empowered by your own journey, but to also assist those who are just starting down the path.



Having an ostomy is the most efficient way of pooping - I'm such a multitasker.



som<sup>ee</sup>cards  
user card



Hi, I'm Steve,  
What did you name your stoma?



Transportation Security Administration

# What to Expect

Disability Branch, Office of Civil Rights & Liberties, Ombudsman, and Traveler Engagement

## Colorectal Awareness: Ostomies (Colostomy, Ileostomy, Urostomy)

TSA Pre✓®	Standard Screening
<p><b>Travelers eligible for TSA Pre✓®:</b></p> <ul style="list-style-type: none"> <li>○ Present your boarding pass and government-issued ID to the TSA travel document checker;</li> <li>○ The TSA travel document checker will scan your boarding pass barcode;</li> <li>○ Proceed to the <b>TSA Pre✓®</b> line.</li> </ul> <p><b>At the beginning of screening:</b></p> <ul style="list-style-type: none"> <li>○ Inform the TSA officer about your disability or medical condition.</li> <li>○ Inform the TSA officer if you have a medical device such as an ostomy pouch.</li> <li>○ Oversized medically-necessary liquids should be removed. These liquids are permitted through security checkpoints after undergoing x-ray or inspection screening. Medically-necessary items may include lotions, creams, cleaning agents, disinfectants, and other ostomy-related equipment and supplies.</li> <li>○ Inform the TSA officer of any sensitive area where pain or medical complications could happen if touched.</li> </ul>	<p><b>Travelers not eligible for TSA Pre✓®:</b></p> <ul style="list-style-type: none"> <li>○ Present your boarding pass and government-issued ID to the TSA travel document checker;</li> <li>○ The TSA travel document checker will scan your boarding pass barcode;</li> <li>○ Proceed to the standard screening line.</li> </ul> <p><b>At the beginning of screening:</b></p> <ul style="list-style-type: none"> <li>○ Inform the TSA officer about your disability or medical condition.</li> <li>○ Inform the TSA officer if you have a medical device such as an ostomy pouch.</li> <li>○ Oversized medically-necessary liquids should be removed. Medically-necessary items may include lotions, creams, cleaning agents, disinfectants, and other ostomy-related equipment and supplies.</li> <li>○ Inform the TSA officer of any sensitive area where pain or medical complications could happen if touched.</li> </ul>



## Get Ostomy Answers!

The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

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