



WEB SITE: [www.ostomysolano.org](http://www.ostomysolano.org)

# SOLANO OSTOMY NEWS

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P.O. BOX 5142, VACAVILLE, CA 95696**



**DATE: JUNE 17, 2020 – 7:00 PM (IF WE HAVE A MEETING)**

**SPEAKER: DAN BRUCE & MARY ANN CHICO, CWOCN**

**PROGRAM: ROUNDTABLE DISCUSSION - Q & A**

**REFRESHMENTS: DAN BRUCE**

**WHERE: KAISER VACAVILLE, 1 QUALITY DR., BLDG B  
MEETING ROOM H1A, FIRST FLOOR**

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## JUST A FEW COMMENTS

Spring has been beautiful with clear skies and good weather. Spring rains are the best. As we move into summer, June is generally warmer and makes one want to get out of the house, fire up the barbeque and enjoy the fresh air. I do admit that I am tired of the isolation and staying home all the time. Even though the **State** and **Solano County** have eased certain restrictions starting on May 8<sup>th</sup> & May 22<sup>nd</sup>, the restrictions will continue as far as our type of gathering is concerned.

### Reminders for the Community (From Solano County Publications)

As Solano County reopens, it is important to continue to protect those at high-risk of contracting severe COVID-19 illness, including individuals **65 years of age or older**, those with compromised immune systems and people with certain underlying health conditions, particularly, heart disease, lung disease or diabetes, to continue to self-isolate at home and follow the practices below:

- Stay home as much as possible
- Clean and disinfect your home; practice routine cleaning of frequently touched surfaces
- Cover coughs and sneezes with a tissue or a sleeve
- Review and update your personal emergency plan

All community members are still asked to follow the same guidelines of staying home as much as possible, and:

- Wear a face covering whenever you leave home
- Wash hands throughout the day
- Stay six feet away from people who don't live with you

So, for us old (sorry, I mean **mature**) folks, it looks like we are still grounded as far as a meeting next month, but we can play it by ear, and see what happens. It will depend on the State and County directives over the next few weeks. I will let you know, probably at the last minute, if we are going to meet in June.

I thought it would be nice for the next couple meetings to just go around the table, get to know one another again, and have members discuss any issues or comments that the group can help address. **Peggy Terry** in Vallejo and **Mary Ann Chico** in Vacaville, would be present to address member needs and offer support. It is nice to have a **special speaker or program** from time to time, but at those meetings, there doesn't seem to be enough time to address group business or to address member concerns, especially for new members to the group. After all, we are a "support" group, especially for new ostomates, and our members offer a vast knowledge base for others to draw upon.

Jim Stacey brought over a lot of Rochelle's ostomy supplies and accessories that I will bring to the next meeting, looks like August, for members to pick over. I also have a lot of handouts and samples from suppliers and UOAA to offer members at our next meeting.

Be careful out there!

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### Upcoming Meetings – Add to Your Calendars – Details to Follow

**June 17** – Vacaville Kaiser – 1 Quality Dr., Building B, Meeting Room H1A 1<sup>st</sup> Floor  
**Tentative: Roundtable Discussion and Support**

**July 2020** – As usual **No Meeting in July**

**August 19th** – Vallejo Kaiser - Conference rooms A, B and C. Hallway past pharmacy #1  
**Tentative: Roundtable Discussion and Support**



# Increase Your Wear Time

## Five steps to lengthen the time between pouch changes

By Monica Chen, RN, BSN, CWOCN

Whether you have a colostomy, ileostomy or urostomy, one of the biggest concerns coming out of surgery is, “How do I manage this thing?” You were most likely taught the steps in the hospital and are hopefully discharged home with a basic understanding of how it is done. After you have been home for a while, you may feel ready to get back to an active lifestyle. Once cleared by your physician, you should certainly do so! Let’s review five important steps to maximize your pouching system wear time and prevent leaks so that you can get to living the life you want to.



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### Step 1: Use the Correct System

Often at discharge from the hospital, you are provided with a basic, standard-wear appliance. There will be post-operative swelling that will slowly go down and with that, the size and shape of your abdomen and stoma will change. Your output may also change if you have a colostomy or ileostomy. What may start out as high-volume and/or liquid, may slowly begin to thicken over time. As these things change, it is definitely appropriate to revisit the type of pouching system you are using. Use the shape of your abdomen and stoma to direct you to the correct wafer/barrier. Is your stoma somewhat flush with the surrounding skin? Then using convexity (where the middle of the barrier sticks out towards your skin) is something to try as it will put gentle pressure on the surrounding peristomal skin and push your stoma out into the wafer opening. Is your stoma within a crease of skin? Then using a flat, flexible barrier will allow it to mold better to fit within the crease for maximum contact and adhesion with your skin. Also, look at the placement of your stoma to make sure your pants and/or belt are not directly over your stoma or tight against your pouch. Tight pressure against your stoma may cause irritation and possibly injury, while tight pressure against your pouch may prevent output from adequately emptying into the bottom of the bag.

***“Use the shape of your abdomen, stoma and peristomal skin to direct you to the correct wafer/barrier.”***

### Step 2: Empty Regularly

Emptying your pouch regularly is very important in maintaining the integrity of your selected system. As it fills, it becomes increasingly heavy which, if not emptied in a timely manner, will overwhelm the seal causing it to leak. Frequency of emptying will depend on the type and volume of output you have. Follow the manufacturer’s recommendations on emptying frequency for their particular product, but it is typically recommended to empty when your pouch is about one third to one half full and before you go to bed. If you are having a difficult time keeping up with emptying your pouch frequently enough, then consider a system with a spout for an opening. With this type, you are able to attach a larger drainage bag with the use of an adaptor. This will keep your pouch empty, lessening the weight of the bag and easing the strain on the adhesive barrier. If you notice a sudden increase in your output, then notify your physician promptly. They will want to discuss duration, any recent changes in medication, vitamins, or food, ill contact, etc. If you have a urostomy, then remember to either stop drinking fluids early enough in the night or connect to a bedside drainage bag so that you will not have to get up every few hours to empty your pouch.



### Step 3: Treat Your Skin

If you have any peristomal skin irritation or breakdown, this will impact the wear time of your system. If you are having recurrent leaking issues, then you may see redness and areas of broken skin along the path of the leakage. This skin needs to be addressed prior to reapplying your skin barrier in order for it to stick. Broken skin is typically moist, sometimes draining, and as you know, your skin barrier will adhere best to a dry surface. Stoma powder is an excellent product to help absorb any moisture on the skin and that will help create a dry surface for your wafer to stick to. After applying the powder, if you feel you need an additional layer of protection, you may also use a skin barrier. There are a few types that you may see, but make sure they are “no sting” and alcohol free to limit further skin irritation.

Marathon® liquid skin protectant from Medline leaves a bonded purple film over your skin providing strong protection against moisture, but is also breathable. If you notice that the irritation is rash like in appearance, moist, and/or itchy, please follow up with your physician as you may have a Candidiasis (yeast) infection and need an antifungal powder to treat it.

#### Step 4: Accessories When Needed

While finding the correct pouching system is an essential component of maximizing wear time, sometimes it isn't enough. Fortunately, there are several accessory products available to be used in conjunction with your current system. There are barrier rings of various compositions designed to be cut, shaped, and molded to fill the area that you need. It is worth the time to experiment to determine which ring may be the best fit for you. They are primarily hydrocolloid based and come in various sizes, shapes, and convexities to help create a better surface for your skin barrier to adhere to. Two exciting products on the market are the Hollister Adapt CeraRing, which is a moldable barrier ring infused with skin-healing ceramide and the Trio Siltac, which is a silicone ring that you are able to stretch to fit around your stoma creating a customized seal. Additionally, the silicone-based ring does not absorb fluids or breakdown, creating a clean barrier which results in easier pouching system changes.

#### Step 5: Use an Ostomy Belt

Traditional one to two inch belts are soft, adjustable, removable, and reusable. Since the fit or tightness of the belt is customizable, you are able to adjust the amount of support you get. Belts can be used to aid adhesion of your wafer, provide a sense of security, and increase convexity if you are using a convex product. Remember to check your skin every day when wearing a belt for any signs of skin irritation. If kept too tight, the belt could easily cause breakdown. Keep in mind that not every pouching system is designed to be used with a belt. This simply means that when discussing product options with your ostomy nurse, you will need to inform him/her of your desire to try a belt and they will be able to assist with selecting the best system for you. If you have a peristomal hernia, then a custom designed support belt that looks like an abdominal binder would be the best bet for you. Please see your ostomy nurse for details.



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## Bleeding Stoma

*I have had a colostomy because of rectal cancer since 2002. In 2018 I was put on a blood thinner owing to episodes of Atrial Flutter. Since then, my stoma bleeds much more easily when changing appliances. Recently something must have injured it, as it started to bleed and took quite a while to stop. Have you any suggestions to prevent this from happening?*

J.R.

Dear J.R.,

Anticoagulants or blood thinners usually don't cause bleeding, but make it harder for the body to stop bleeding when it occurs. Most bleeding from a stoma is due to trauma (i.e., poorly fitting appliance, bruising while sleeping, skin damage from removing the barrier, etc). I would talk to a WOCN nurse. There are some sprays or solutions that help one to remove their appliance without damaging the skin. If bleeding does occur, it will almost always stop with local pressure. Take a piece of gauze or toilet paper and apply pressure for 5-10 minutes to the bleeding site. After this time, dampen the material and remove it slowly (you don't want to tear off the clot). Another option is to soak the gauze in a epinephrine solution (available from our physician [1% lidocaine with epi]). The epinephrine causes the blood vessels to constrict.

## Ask The Ostomate

Warm and humid climates may be an invitation to spend more time outdoors, but it also can be challenging for an ostomate. Humidity can decrease the wear times by causing skin barriers to break down faster, allowing excess moisture on the skin. Moisture on our skin can feel uncomfortable and lead to skin issues as well as add to leaks. But knowing what to expect and how to manage it can help you adjust to the climate changes.

### Peristomal Cleaning

Maintaining the integrity of your peristomal skin helps you create a better seal. The wafer sticks to skin best when that skin looks like the skin on the rest of your body – healthy, clean and smooth. Clean your peristomal skin with warm water and a bar of soap that does not contain fragrance or oil.

### Using Barrier Wipes or Sprays

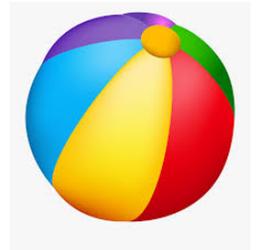
You can maintain moisture balance with barrier wipes and sprays which will help reduce irritation from adhesives, friction and ostomy output. Wipes can reduce trauma to skin, lessen skin stripping and assist in maintaining skin barrier function, helping increase the contact or stick of adhesive to the skin. Wipes and sprays are a good addition to longer wear and will help keep your skin from getting too moist and irritated.

### Using a Seal

Using a seal may help absorb additional moisture. Seals can help prevent leaks and skin irritation by forming an absorptive barrier around your stoma.

### Changing More Often

You may find that in humid climates, you'll need to change your appliances more often. Monitor wafer erosion during an appliance change, and if you notice that there's more erosion than normal, change it sooner. Some medical professionals suggest emptying your pouch when it is about 2/3 full. This prevents the weight of the stool from pulling the wafer off your body. If you experience leaks before it is 2/3 full, you may need to empty it at 1/2 full, or even 1/3 full. Using a support belt or wrap can also prevent the weight of stool in the bag from pulling your wafer off.



### Pouch Covers

The skin is more susceptible to breakdown when it is hot and moist, including the area where your ostomy appliance sits. Rashes can form due to the combination of heat and friction of the pouch against the skin. An ostomy pouch cover can help soften the friction, allowing for more comfort.

### Drink More Fluids

Heat and humidity can cause you to sweat more, so it is especially important for ostomates to drink more fluids to avoid dehydration. When it comes to staying hydrated, there is no "one size fits all" recommendation. But play it safe and always carry extra fluids with you.

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## Scratching the Surface of Peristomal Itching

Check out this Hollister link and survey regarding peristomal itching!

[https://www.hollister.com/en/itchinguncovered?utm\\_source=HOL&utm\\_medium=direct&utm\\_campaign=uso-itching-190130&utm\\_content=itching-quiz](https://www.hollister.com/en/itchinguncovered?utm_source=HOL&utm_medium=direct&utm_campaign=uso-itching-190130&utm_content=itching-quiz)

## SWIMMING ... BACK IN THE POOL!

Edited by B. Brewer, UOAA Update 7/2012

Swimming is an excellent exercise and activity you can enjoy with family and friends. So, why are so many of us afraid to get back into the water? Here are some issues and solutions

### **I'm afraid that my pouch will leak or come off while I'm in the pool.**

This is by far everyone's number one concern. The thing to remember is that your pouching system is designed to be leak-free and water-proof, and your wafer adhesive actually gets stronger in water. As long as your seal is strong and intact, strap on your swim fins and jump in.

#### **Check out these tips.**

1. Don't go swimming immediately after you have put on a new pouching system.
2. Make sure your pouch is empty.
3. Picture-framing your wafer with water-proof tape, really isn't necessary, but may give you the extra confidence you need.
4. Avoid wearing pouches with filters in the pool. Water may get into the pouch through the filter. Filters may become ineffective after they are wet.

### **I'm concerned that people will be able to see my pouching system under my swimsuit.**

Dark colored suits with a busy pattern will camouflage your pouch better than light colors like white or yellow, which can become almost transparent when wet.

#### **Consider the following tips:**

1. Women, choose a swimsuit with a small well-placed ruffle or skirt.
2. Men, choose a swimsuit with a higher waist or longer legs.
3. Add a lycra or spandex undergarment. Consider a tank top to cover any scars and/or a waist high stoma placement.
4. Colostomates who irrigate may wish to wear a small, non-drainable pouch.



### **I'm embarrassed about changing into/out of my swimsuit in the locker room and people noticing my ostomy pouch.**

#### **Some tips to follow:**

1. You may wish to change and towel off in a convenient bathroom stall.
2. Put on a dry, oversized shirt as a cover-up while you change.
3. A dry suit is easier to take off than a wet one. Relax by the side of the pool with a good book or a talkative friend before heading for the locker room.
4. Wear your swimsuit under a jogging suit/sweat pants and don't worry about changing at all.

### **What about using the hot tub or Jacuzzi? What about snorkeling or scuba diving?**

Go ahead. Again, as long as your pouch seal is good and your pouch is empty you should have no problem with your ostomy. General Tips:

- Take it slow the first time out. Save those strenuous swims and dives until later.
- Always leave a little air in pouch, to permit stoma drainage to fall down into the pouch.
- When sun bathing, take a magazine or book to the beach or pool. Lay it open over your pouch to protect your pouching system (wafer) from the heat of the sun.
- To build confidence, test your pouching system in the bathtub and soak for a few minutes.
- Don't talk about your ostomy surgery at the community pool. If asked, talk in private.

## Urology Concerns

UOAA

Germes are all over the world but when they are in the urinary tract, either in the conduit, the ureters, or the kidneys, they are in an abnormal location, and that is what causes an infection. What causes infection? Mostly, the reasons are unexplainable! Why do some people get more colds than others?

Infections can be caused by obstructions, kidney stones, tumors, cysts, or scar tissues. Almost synonymous with obstruction is infection, and then too often comes stone formation. Once you have stone formation, it is hard to get rid of the infection. It is a kind of a cycle that goes around and around.

**Infection can be caused by urine being forced back to the kidneys through the conduit.** This could happen if you fall asleep with the pouch full of urine and accidentally roll over on the pouch, **causing urine to be forced back through the stoma and the urinary tract** with tremendous pressure. Invariably, the urine in the pouch is contaminated. In general, to prevent and treat infection, you need a good flow of urine, much like a stream. That not only dilutes the bacteria or germs in the urine but also helps wash them out. Two and one-half quarts of liquids daily are required for the average adult. Night drainage is a MUST. Otherwise, you run the risk of urine backing up into the kidneys which can cause irritation or infection. This is especially important for urostomates with only one kidney.

It's important to be aware of the symptoms of a kidney infection: elevated temperature, chills, low back pain, cloudy urine, or decreased urine output. People with ileal conduits normally produce mucus threads in their urine which give a cloudy appearance, but bloody urine is a danger sign. You must see your doctor if any of these symptoms occur.

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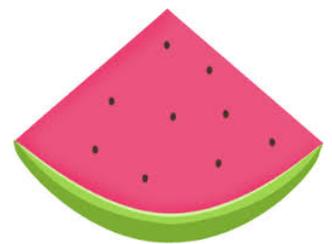
## Ask Nurse Brown

UOAA Fall 2018

### Wafer Sizing

*I am having trouble with the skin around my mother's ileostomy. I cut the hole in the wafer very close to the stoma and it seems to fit well. Within 24 to 48 hours, she has a burning sensation, so I check it and discover that the hole has increased in size and the skin around the stoma is red, irritated and even has a small amount of blood visible. I clean the area and use stoma powder to protect the skin, but the problem continues. What can we do?*

T.W.



**Dear T.W.,**

It sounds like your mother's wafer is melting out and undermining quickly from the ileostomy output. When she sits up, does the stoma retract or otherwise pull back into a crease or low spot? When you use the stoma powder, are you always using a skin sealant, preferably a "no sting" preparation low in alcohol, to reduce burning and let it dry well before application of the wafer? Is the stomal pattern too small? It should be approximately 1/8" from the edge of the stoma. Have you tried wafers that are designed to be more durable with an ileostomy effluent? Have you ever tried adding a barrier ring around the stoma? Avoid cleansing the peristomal skin with any soaps that contain moisturizers, cold creams, etc. that may interfere with adherence. Try incorporating these suggestions and hopefully you can resolve these issues. Please contact your ostomy nurse if you need assistance or other recommendations with your mother's ileostomy care.

## Products You Might be Interested in Checking Out

### ConvaTec Esteem™+ Soft Convex

Esteem™+ Soft Convex is a one-piece convex ostomy system with an integrated soft convex skin barrier that is designed to deliver comfort. Its shallow convexity (4mm deep) is very flexible, helping conform to the body and helping to improve the pouch seal by minimizing leaks. The pouch includes an easy-view window for accurate positioning and observation, and its filter is designed to help minimize odors and ballooning. This product has been launched with 15 more pouches, now in five pre-cut drainable pouch sizes, three cut-to-fit urostomy pouch sizes, and seven pre-cut urostomy pouch sizes. All of the pouches include belt tabs for attaching an ostomy support belt for added security. The drainable pouches include a Safe Seal Clipless Closure to make emptying and cleaning easy. The Esteem™+ Soft Convex system can be purchased through national distributors and local retailers. To request a sample, please call 800-422-8811 or visit:



[www.convatec.com/ostomy](http://www.convatec.com/ostomy)

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### Trio Pearls

Trio Pearls are the only clear, gelling sachets that gel loose ostomy pouch contents and reduce odor on emptying. They contain a patented, odor-neutralizing additive which will visibly reduce odor on emptying the ostomy pouch. Trio Pearls are efficient and only require one sachet to gel even a large ostomy pouch. Trio Pearls can be added through the pouch opening or via the tail. The paper cover will dissolve in contact with stoma output allowing the super absorbent and odor neutralizer to act quickly and stop pouch sloshing. Trio Pearls are available via the Trio website or on Amazon. For samples of Trio Pearls, visit

<https://trioostomy.com/product-range/trio-pearls-gelling-odour-control-sachets/>

For further information call 877-400-1700 or email: [mail@trioostomy.com](mailto:mail@trioostomy.com). See video below to see how the product works:

<https://youtu.be/IG62IV1qtvY>

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### Hollister Convex CeraPlus™ Skin Barrier

The CeraPlus™ skin barrier with Remois technology\* is infused with ceramide. Ceramide is a natural component of human skin that helps prevent water loss that can lead to skin dryness and damage. It features a formulation to help protect the skin's natural moisture barrier and maintain good peristomal skin health from day one. This skin barrier has soft and flexible convexity designed to achieve a better fit to help prevent leakage. It may help provide gentle pressure around the stoma to help obtain the right fit and conform to uneven skin surfaces. It also comes with an adhesive border that may help provide peace of mind and increase confidence in those with skin creases. It also features a floating flange to help allow a secure pouch and barrier coupling without pressing on the abdomen. To request a sample, visit [hollister.com/ceraplus-2piecesoftconvex](http://hollister.com/ceraplus-2piecesoftconvex) or call 888.808.7456. \*Remois is a technology of Alcare Co., Ltd.



## New Oral Rehydration Solution

H2ORS, Inc. has released a new berry flavored oral rehydration solution. H2ORS Berry is fully World Health Organization compliant with all the correct amounts of electrolytes, no complex sugars and the same rapid absorption of fluids and electrolytes as their original citrus flavor. 24-count boxes of H2ORS Berry flavor are available with free USPS shipping: use coupon code BCBERRY on the checkout page at [www.h2ors.com](http://www.h2ors.com).



## THIS HAPPENED: I decided to try the colostomy irrigation process.

Irrigation, it's not just for crops anymore! Here's another spin on life as an ostomate.

STACI WILLS, THE COLON CLUB

**THIS HAPPENED** is an ongoing series where readers share firsthand experiences living with an ostomy.

At 32, I was diagnosed with Stage 3 rectal cancer. Because of how low in the rectum the tumor was located, I had no other option but to have colostomy surgery. Not having a choice, I quickly accepted that this would be my new way of life, but accepting something and embracing it are not the same.



The first year with a colostomy, I often felt like I was dressing someone else's body (note: I was also in full-blown menopause because of radiation). Recovering from surgery took much longer than I was prepared for. I had a difficult time finding clothes that I felt comfortable in, tops that could easily hide the bag or pants that would give a little when the bag would fill.

During the second year, I began to feel a little better. With the help of physical therapy, I was getting stronger and the more I exercised the more energy I had. As my abdomen healed, finding clothes seemed less challenging. During a conversation with my surgeon, his nurse mentioned this process, telling me that irrigation is only effective for patients with a colostomy, so it was an option for me. It was during this time that I began to contemplate the possibility of an irrigation process.

**Colostomy irrigation** is a way to regulate bowel movements by flushing and emptying the colon at a scheduled time. Simply put, water is used to flush out the colon through the stoma. If this is done routinely (every day to start, although some colostomates find they can go two full days between irrigating once they've been doing it

for a while), the body is “trained” to only empty during that time. If patients are dedicated to this process, they can possibly get away with only wearing a stoma cap or a bandage to cover the stoma, so wearing a colostomy bag is no longer necessary. This process takes dedication, and I wasn’t sure if I would ever be brave enough to try this, but I ordered an irrigation kit just in case.

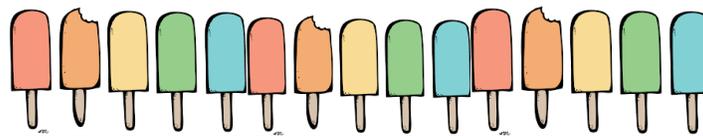
I thought a bikini was something from my past and never to be seen again. But one day while looking through a friend's Facebook photos ([Becca Babcock, Miss August 2008](#)), I saw that she was wearing a bandage on her abdomen, AND she was wearing a bikini at the beach. While she had a different type of ostomy, I was instantly inspired to try that foreign process of irrigation. It’s not that I hated wearing a bag, but as much as I tried to conceal the appliance, it still had a huge influence on what I wore.

I called my husband to tell him that I was going bikini shopping, and then called my ostomy nurse to schedule an appointment to learn more about how to do this process. That night I made the decision to commit a portion of my time every evening to irrigating. That was seven months ago, and since then the only time my body has “emptied” without irrigating was if I was sick or ate something that didn’t agree with me.

Colostomy irrigation has been such a liberating experience. I no longer worry about carrying ostomy supplies with me. I’m not brave enough to go without a “bag” very often, but that time is coming. I no longer worry about clothing choices and I can’t remember the last time I asked my husband if he could see the appliance through my shirt.



As with most colorectal cancer patients and survivors, the term “poop pain” is common jargon. For a few colostomy patients, “poop pain” means things are moving too slowly through the colon. With irrigation, most times I can quickly relieve these pains with a flush of the colon. I also tend to feel less bloated and less gassy. I no longer even think about the possibility of pooping in public. I feel so much more like my old self without these concerns. I no longer feel like I’m dressing someone else. Now into year three, I have embraced my colostomy. My scar and my “bag” are nothing more than reminders of how far I have come.



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**MEMBERSHIP:** DUES ARE \$15.00 PER YEAR, \$ 5.00 PER YEAR FOR SPOUSE. CHAPTER IS OPEN TO OSTOMATES, SPOUSES, PROFESSIONALS, SUPPLIERS AND FRIENDS. ORGANIZED UNDER THE AUSPICES OF THE AMERICAN CANCER SOCIETY.

**MEMBERSHIP APPLICATION  
(MAKE CHECKS PAYABLE TO OSTOMY ASSOC OF SOLANO)  
MAIL TO O.A.S., P.O. BOX 5142, VACAVILLE, CA 95696**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

OSTOMY BIRTHDAY \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

TYPE OF OSTOMY: COLOSTOMY \_\_\_\_\_ ILESTOMY \_\_\_\_\_ UROSTOMY \_\_\_\_\_

PROFESSIONAL OR OTHER OCCUPATION \_\_\_\_\_

IF YOU NEED A RIDE IN ORDER TO ATTEND THE MEETINGS, PLEASE CALL DAN BRUCE. HE CAN ASSIST IN ARRANGING TRANSPORTATION.

Happy  
Father's  
Day

Have a  
Great  
Summer!



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"This should keep you going while I'm on vacation."