

# The New Outlook

September 2014



## NEXT MEETING

Wednesday, September 17, 7:30 pm

**Lutheran General Hospital**

1775 Dempster St., Park Ridge, IL

**Special Functions Dining Room**

10<sup>th</sup> Floor

### Last Months' Meeting (our 442nd)

We thoroughly enjoyed a gentle fitness work-out with special guest Personal Trainer Ben Rudzin. Emphasizing strength training using our own body weight, Ben guided us through basic exercises (many while seated) working individual muscles and muscle groups. It was amazing how intense these simple movements felt in each muscle. And we can do this at the office, or while reading or watching TV! We learned strengthening our abdominal muscles may also help to lower the risk of hernias. Additionally, Ben demonstrated proper posture and balance, and discussed the importance of maintaining muscle mass as we age.

Afterward, many of us realized we were very out of shape! We then transitioned into a spontaneous rap session, with assistance from WOCNs Karen Blum and Mary McCarthy. We were very fortunate to have these two incredibly knowledgeable nurses join us.

Don't forget to let us know if your physical address or email address has changed. Our member list is private, never shared or sold.

Our next meeting, **September 17**, will feature prominent **Gastroenterologist Dr. Eugene Yen**, Northshore University Health System.

Attending your first meeting? Simply park in the underground garage, enter the Parkside Center and take Elevator B to the 10th floor, then hallway to the right. There are always supportive ostomy veterans to chat with you.

**We're going GREEN!** Paper is so 20th century! Thanks to everyone who volunteered to receive this newsletter via email. If you have Internet access, you can save us money by joining our electronic distribution list. To try the electronic version, send e-mail request to: [uoachicago@comcast.net](mailto:uoachicago@comcast.net) Be sure to add us to your safe sender's list.



## Ostomy Association of Greater Chicago (OAGC)

Established 1975

### President

Judy Svoboda [uoachicago@comcast.net](mailto:uoachicago@comcast.net) 847-942-3809

### Treasurer

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### Visiting Chairperson

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### Ways and Means [sallyschinberg@yahoo.com](mailto:sallyschinberg@yahoo.com)

Jerry & Sally Schinberg 847-364-4547

### Chapter WOCN

Mary McCarthy [marysean@comcast.net](mailto:marysean@comcast.net) 847-231-5485

## Wound Ostomy Continence Nurses (WOCN)

Bernie auf dem Graben 773-774-8000

*Resurrection Hospital*

Nancy Chaiken 773-878-8200

*Swedish Covenant Hospital*

Teri Coha 773-880-8198

*Lurie Children's Hospital*

Jan Colwell, Maria De Ocampo, 773-702-9371 & 2851

Michele Kaplon-Jones

*University of Chicago*

Jennifer Dore 847-570-2417

*Evanston Hospital*

Karen Blum 312-942-7088

*Rush University Surgeons*

Robert Maurer, Laura Crawford 312-942-5031

*Rush University Medical Center*

Madelene Grimm 847-933-6091

*Skokie Hospital-Glenbrook Hospital*

*North Shore University Health System*

Connie Kelly, Mary Kirby 312-926-6421

*Northwestern Memorial Hospital*

Kathy Krenz & Gail Meyers 815-338-2500

*Centegra-Northern Illinois Medical*

Marina Makovetskaia 847-723-8815

*Lutheran General Hospital*

Diane Zeek, Carol Stanley 847-618-3125

*Northwest Community Hospital*

Nancy Olsen, Mary Rohan 708-229-6060

*Little Company of Mary Hospital*

Kathy Garcia, Jola Papiez 708-684-3294

*Advocate Christ Medical Center*

Sandy Fahmy 847-316-6106

*Saint Francis Hospital*

Nancy Spillo 847-493-4922

*Presence Home Care*

Colleen Drolshagen, Becky Strilko, 630-933-6562

Barb Stadler

*Central DuPage Hospital*

Kathy Thiesse, Nancy Stark 708-216-8554

(Ginger Lewis-Urology only 708-216-5112)

*Loyola University Medical Center*

Alyce Barnicle (available on as needed basis only) 708-245-2920

*LaGrange Hospital*

## National UOAA Virtual Networks

*Pull Thru Network:* Lori Parker 309-262 6786

*UOAA Teen Network:* Jude Ebbinghaus 860-445-8224

*GLO Network:* Fred Shulak 773-286-4005

*YODAA:* Esten Gose 206-919-6478

*Teen Network:* Jude Ebbinghaus 860-445-8224

*Thirty Plus:* Kathy DiPonio 586-219-1876

*Continent Diversion Network:* Lynne Kramer 215-637-2409

*FOW-USA:* Jan Colwell 773-702-9371

## 2014 Meeting Dates at Lutheran General Hospital

September 17- Dr. Eugene Yen, Gastroenterologist

October 15-

November 8- Midwest Regional Ostomy Education

Conference in Arlington Heights

December 10- Annual Holiday Gala

### More area support groups:

#### Northwest Community Hospital

Arlington Heights. Oct. 9, Dec. 11, at 1:00pm, level B1 of the Busse Center. Contact Diane Zeek

847-618-3215, [dzeek@nch.org](mailto:dzeek@nch.org)

#### Southwest Suburban Chicago

The third Monday at 7:30pm, Little Company of Mary Hospital, Evergreen Park. Contact Edna

Wooding 773-253-3726, [swscost@gmail.com](mailto:swscost@gmail.com)

#### Sherman Hospital, Elgin

The second Wednesday of each month at 2 pm.

Lower level Conference B. Contact Heather LaCoco

224-783-2458, [Heather.Lacoco@Advocatehealth.com](mailto:Heather.Lacoco@Advocatehealth.com)

or Tom Wright, [tomwright122@att.com](mailto:tomwright122@att.com)

#### DuPage County

The fourth Wednesday at 7:00pm, Good Samaritan

Hospital, Downer's Grove in the Red and Black Oak

Rooms by the cafeteria. Contact Bret Cromer 630-

479-3101, [bret.cromer@sbcglobal.net](mailto:bret.cromer@sbcglobal.net)

#### Aurora

The second Tuesday at 7:00pm, Provena Mercy

Center. Contact John Balint 630-898-4049

[balint.john@yahoo.com](mailto:balint.john@yahoo.com)

#### Will County

Charlie Grotevant 815-842-3710

[charliegrtvnt@gmail.com](mailto:charliegrtvnt@gmail.com)

#### Lake County Illinois

Hollister in Libertyville, 10:00am the 3rd Saturday,

every other month. Meetings are in January, March,

May, July, September and November. Contact Barb

Canter 847-394-1586 [barb1234@sbcglobal.net](mailto:barb1234@sbcglobal.net)

*Here & Now*  
with Patricia Johnson

*Let there be such oneness between you, that when one cries  
the other tastes salt.* Author Unknown

At a recent ostomy meeting Judy said, "We have all been through a lot." And she was so right; we have been through a lot. That verbal acknowledgement was a balm to my spirit.

I think our families, spouses, friends, and significant others who have stood by and watched have been through a lot also. Maybe more.

I say this because while we were the center of attention by doctors, nurses, and technicians, they could do nothing but watch. And it must have been painful for them. To see someone you love struggle or in pain and not fix it must be very frustrating.

These dear people have taken us to appointments, held us when we hurt, dried our tears, and encouraged us to keep going. Our achievements, healing, and victories great and small, are theirs too. We must not discredit their trial. It was just as difficult as ours.

Because of these people in our lives who love us and who have stood by us we are blessed.

Life is good.



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THE UNITED OSTOMY ASSOCIATIONS OF AMERICA (UOAA) is declaring that on October 4, 2014, UOAA is acknowledging ostomy and continent diversion surgery. The day will be recognized as **Ostomy Awareness Day 2014 – Live, Learn, Share.**

Our mission by celebrating this special day is an effort to help patients **LIVE** a normal life following surgery, to help the medical community **LEARN** about the needs of ostomy patients, and to **SHARE** our stories to raise awareness about ostomies throughout the United States.

Those of us who **LIVE** with an ostomy have an opportunity to **SHARE** our stories so that other patients, medical professionals and the general public can **LEARN** about living with an ostomy. Building **AWARENESS** begins with you, and together we can make a difference in the ostomy community.

Susan Burns  
President/UOAA

## Chemotherapy and Your Ostomy

Edited by B. Brewer UOAA Update 08/2014

If you are taking chemotherapy, you should be aware of many chemo agents that affect the body differently. Below are listed basic side effects of chemo that an ostomy patient should be aware of.

**Stomatitis** - Is an inflammation that can develop anywhere in the gastrointestinal tract. It may appear as white ulcers in your mouth, on your stoma or elsewhere in your GI tract. You must be very careful in caring for your stoma, using care in gentle removal of the pouch and barrier, and using plain tap water to cleanse the stoma.

**Dermatitis** - Is an inflammation of the skin. Skin reactions are worse when you are on chemo; therefore, if leakage occurs, change your pouching system as soon as possible. Again cleanse your skin with tap water only, making sure to get it clean. You will want to look for areas of increased redness, weeping areas, or a red rash that may have a white head on it. If the skin is open, or you identify a rash, see your doctor or ostomy nurse.

**Diarrhea** - Can be a severe side effect for the ostomy patient, especially the ileostomate. It is necessary for the ostomate to keep track of the amount of fluid he/she is able to drink versus what is expelled.

**Dehydration** - Is a big risk, as well as losing two of the body's minerals-sodium and potassium. If a colostomate develops diarrhea, discontinue irrigations (if you normally irrigate). You will want to eat foods that slow the bowel down, such as bananas, rice, applesauce, tapioca, or yogurt. You should notify your doctor if diarrhea occurs. He or she may prescribe some medications to slow bowel activity.

**Constipation** - On the opposite end of the spectrum, some agents can cause constipation. If this occurs, see your doctor. He or she may want to give you a laxative or stool softener. Remember to increase your fluid and fiber intake if you are constipated. Chemotherapy can be taxing on you. Nutrition and rest are essential. Do your routine stoma care when you are well rested.

~~~~~  
People often go to another room to get something and when they get there, they stand there wondering what they came for.

This is NOT a memory problem; it is nature's way of making people do more exercise.



### Skin Care

WOCN Society via Shield Healthcare

People who manage ostomies pay special attention to the stoma site and surrounding skin. It's very common to be concerned about skin irritation caused by exposure to stool or urine. With this in mind, the Wound, Ostomy and Continence Nurses Society (WOCN) developed a Basic Ostomy Skin Guide to address typical questions. The guide is designed to help ostomates use products correctly, protect the skin, and gently clean and care for the stoma and surrounding skin.

Here are WOCN's answers to the most commonly asked questions about stoma cleaning and care.

- To clean the skin around your stoma, all you really need to use is warm water and a washcloth (or good quality paper towels). The use of gauze or gloves is not usually necessary.
- For those that prefer to use soap to clean around the stoma, it's best to use a very mild soap. Avoid using soaps and cleansers with oils, perfumes or deodorants since these can sometimes cause skin problems or prevent your skin barrier from sticking.
- Rinse the soap off the skin around your stoma very well because the residue may keep your skin barrier from sticking and may also cause skin irritation.
- If you are using a skin paste, it may be easier to remove the paste before you wet the area. Some people may use adhesive remover. Do not worry if a little bit of paste is left on your skin.

- Always dry your skin well before putting on your new pouching system.
- Do not use alcohol or any other harsh chemicals to clean your skin or stoma. They may irritate your skin.
- Do not use baby wipes or towelettes that contain lanolin or other oils, as these can interfere with the skin barrier adhesive and may irritate your skin.
- Unless recommended, do not apply powders or creams to the skin around your stoma because they can keep your skin barrier from sticking.
- Sometimes you may see a small amount of blood on your cloth. The stoma tissue contains small blood vessels and may bleed a small amount when cleaned. Any bleeding that does not stop should be reported to your health care provider. The stoma has no nerve endings, so you are not able to feel if you are rubbing too hard. For this reason, use a gentle touch when cleaning around the stoma and do not scrub.
- The basic rule that applies is not to use too many products on the skin. Do not use adhesive remover if you have skin that tears very easily. If you do use adhesive remover, always wash well with water and mild soap to remove the oily coating on the skin. Then rinse the skin well with water and dry completely.

If you have a new ostomy, it's recommended that you measure your stoma once a week for the first six to eight weeks after your ostomy surgery. Your stoma shrinks while it's healing and you'll make sure the opening in the skin barrier is the right size for your stoma. Remeasure your stoma if you experience irritation between the stoma and skin barrier wafer. Should you experience painful skin problems or severe irritation around the stoma, please contact your health care provider or WOC Nurse.

### **You Can Hide Your Ostomy**

Mayo Clinic Ostomy Care

To you, the ostomy bag attached to you is very obvious. When you look in the mirror, you notice the bag under your clothes. You might think every

gurgle and noise coming from your stoma is loud and heard by everyone in the room.

Most people won't notice your ostomy unless you tell them about it. As you get used to your ostomy, you'll figure out tips and tricks to keep the bag concealed and the noises to a minimum. Here are some ideas to get you started:

- Empty your ostomy bag when it gets to be one-third full. That way it won't bulge under your clothes.
- Work with your ostomy nurse to find the ostomy pouching system that works best for you.
- If you're worried about the odor when emptying your ostomy bag, ask your ostomy nurse or visit your medical supply store for pouch deodorants or air sprays to minimize odor.

Ask a close friend or loved one whose opinion you trust whether your ostomy bag is visible under your clothes or if the sounds your ostomy makes are as loud as you think they are. Everyone's body makes noises and produces odors from time to time. While it can be embarrassing, don't let a fear of what could go wrong keep you from going about your day.

### **Simple, Yet Profound Words From a Five-Year Old**

By Kathy Ward, Admin. Asst.-UOAA

When my granddaughter was five, she had many problems with her digestive system. Her surgeon placed a stoma over her stomach so that a feeding tube could be inserted.

One day, she looked at me and said, "Grandma, did you name your stoma?"

I replied, "Yes, I did. I call it Rose, because it looks like a flower to me. Did you name yours?"

"Yes," she said. "But I named mine Jack."

Thinking this was an odd name for a little girl to name her stoma, I had to ask, "Why did you name it Jack?"

Her response, "Because Jack is the name of the lifeguard at the beach and my stoma saved my life."

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*Proud sponsor of the Midwest Regional Ostomy  
Education Conference November 8th*

### When to call your ostomy nurse.

If any of the following occurs:

- Frequent leaking of your pouching system
- Change in size or appearance of your stoma, causing discomfort or problems with your pouch
- Skin rash or rawness
- Weight gain or loss that causes problems with your pouch

### Daily Exercise for the Non-Athlete

Vancouver Ostomy Highlife

A recent medical association report stated that "proper weight control and physical fitness cannot be attained by dieting alone. Many people who are engaged in sedentary occupations do not realize that calories can be burned by the hundreds just by engaging in strenuous activities that do not require physical exercise."

Here is a tongue-in-cheek guide to calorie burning activities that can be conducted right in your workplace, as well as the number of calories per hour they consume.

| <u>Activity</u>                   | <u>Calories Consumed</u> |
|-----------------------------------|--------------------------|
| Beating around the bush           | 60                       |
| Jumping to conclusions            | 75                       |
| Climbing the walls                | 150                      |
| Swallowing your pride             | 20                       |
| Passing the buck                  | 50                       |
| Throwing your weight around       | 100-400                  |
| Pushing your luck                 | 100                      |
| Making mountains out of molehills | 600                      |
| Wading through paperwork          | 100                      |
| Juggling deadlines                | 120                      |
| Balancing the books               | 60                       |
| Running around in circles         | 250                      |
| Bending over backwards            | 50                       |
| Opening a can of worms            | 60                       |
| Tooting your own horn             | 100                      |
| Reinventing the wheel             | 150                      |

## Ostomy ~ The New Normal

### Tips

University of Pittsburgh Medical Center

#### When to call the doctor.

If you have any of the following symptoms:

- Purple, black, or white stoma
- Severe cramps lasting more than 6 hours
- Severe watery discharge from the stoma lasting more than 6 hours
- No output from the colostomy for 3 days
- Excessive bleeding from your stoma
- Swelling of your stoma to more than 1/2-inch larger than usual
- Pulling inward of your stoma below skin level
- Severe skin irritation or deep ulcers
- Bulging or other changes in your abdomen

*Great opportunities to help others seldom come, but small ones surround us every day.*

Sally Koch

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### Acidic Urine and its Importance for Urostomates

*Ostomy Nutrition and More* by Allen & Price via West Texas Group UOAA Update

Urine odor from the urostomy pouch indicates possible infection. More often this is due to stale alkaline urine residue (or poor hygiene), although some medications or foods will produce odor in the urine. Acidic urine tends to keep bacteria down, thereby reducing the incidence of infection, and decreases urine.

In chemistry, "pH" defines the degree of acidity or alkalinity of a substance. When food you eat is burned in the body, it yields a mineral residue called "ash". This ash can be either acidic or basic (alkaline) in reaction, depending on whether the food burned contains mostly acidic or basic ions. The reaction of urine can be definitely changed by foods. Most fruits and vegetables actually produce an alkalized ash and tend to alkaline the urine. Meats and cereals will usually produce an acidic ash that will acidify urine.

By taking Vitamin C (ascorbic acid), one can acidify urine pH. The normal dosage is 20 mg four times daily. Do not take the total daily amount all at once. Several doses a day gives the best result. High alkaline urine may cause stoma stenosis or the narrowing of the stoma opening, often caused by bacteria in alkaline urine. High alkaline may also cause blockage of urine and subsequent ureteral and kidney damage. Persons with urostomies should maintain acid urine with a pH of 5.5 to 5.0. This range can be determined by dipping nitracine (litmus) paper into a drop of fresh (not from the pouch) urine that has come directly from the stoma. Never take a urine sample from urostomy pouch. Stale urine is almost always alkaline.

### FOW Save the Date!

Friends of Ostomates Worldwide is holding a fundraiser Sunday, October 26th from 2 - 5pm at The Painted Penguin family activity center in the Fox Valley Mall, Aurora, IL. There will be painting, take-home artwork, refreshments, raffle prizes and a silent auction. Money raised is used to send ostomy supply donations to needy people all over the world. For advanced information call 847-764-0891.



*Sometimes help comes from unlikely sources.*

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### Why You May Need a Health Advocate

by: Carolyn M. Clancy, M.D., AHRQ,  
from: AARP Bulletin, July 23, 2010

Imagine your doctor has just given you a serious diagnosis or told you she was concerned about the results of your medical test. You might understandably be frightened.

Listening carefully to your doctor and asking questions about a diagnosis or test results can help you get better care. But here's the problem: Just when you should be paying close attention to what your doctor is saying, you may be stunned by the news you've received.

That's when having a health or patient advocate can help.

A health advocate can be a family member, friend, trusted coworker, or a hired professional who accompanies you to your appointments and asks questions, writes down information, and speaks up for you so you can better understand your illness and get the care you need.

Research shows that quality health care requires taking an active role in decisions about your care. If you're facing a difficult medical decision, it's a good

idea to bring someone with you who can help focus on your care when you're not fully up to it. As a doctor and a patient, I've seen how valuable it is to have "another set of ears and eyes" in the exam room. Having an advocate at medical appointments or during a hospital stay can ensure that you get the information you need to manage your health.

Health advocates can:

- Ask questions or voice concerns to your doctor for you.
- Compile or update your medicine list.
- Remember your medication regimen and help you follow treatment instructions, including asking questions about your follow-up care.
- Help arrange transportation.
- Research treatment options, procedures, doctors, and hospitals.
- File paperwork or assist with insurance matters.
- Ask the "what's next" questions, such as, "If this test is negative what does it mean? If it's positive, will more tests be needed?"

Of course, many encounters with the medical system are routine and don't require the help of a patient advocate. But there are instances when an advocate can be valuable. For example, if you've had a series of tests and you're concerned the results may reveal a diagnosis such as cancer, you might want to bring an advocate with you to hear and discuss the results.



**A true friend** reaches for your hand and touches your heart.

-Author Unknown



# MIDWEST REGIONAL OSTOMY EDUCATION CONFERENCE

## Presented by OAGC and Hollister

Saturday, November 8, 2014  
The Double Tree Hotel  
75 W. Algonquin Road, Arlington Heights, IL 60005  
Arlington Heights Rd exit off I-90

Join us for this one-day Ostomy Educational Conference filled with information for and about ostomies.

Sponsors: Hollister, OA Greater Chicago, OA Aurora, Mark Drug Medical Supply, Stoma Guard

### Medical Advisor:

Bruce A. Orkin, MD  
Vice Chair for Academic Affairs, Department of General Surgery  
Chief, Section of Colon and Rectal Surgery  
Rush University Medical Center

### Speakers:

Dr. Bruce Orkin, Colon and Rectal Surgeon    Dr. Tiffany Taft, Psychologist    Dr. Renjie Chang, OB-GYN  
Stephanie Horgan, Clinical Social Worker    Jan Colwell, APN, CWOCN    Karen Blum, APN, CWOCN  
Madelene Grimm, CWOCN    Kesuri Sethurama, Physical Therapist  
Brenda Elsagher, Author *I Want to Buy a Bowel*    Urologist TBA    Pharmacist TBA    Dietician TBA  
Ally Bain, Law Student, drafted Restroom Access Law (Ally's Law)    Susan Burns, President UOAA  
Sessions for family/spouses

### Stoma Clinic:

Organized by Diane Zeek, NP, CWOCN  
You will need to bring an appliance change. Information on making appointments will be provided closer to the event and via email to all registered attendees.

### Schedule:

8:00am - Registration/Continental Breakfast  
8:00am - 4:00pm - Vendor Fair  
9:00am - 5:00pm - Sessions with lunch break  
9:00am - 3:00pm - Stoma Clinic  
6:00pm - Casual Hawaiian Pa'ina (party) with Pu Pu's (pun intended)

**Vendor Fair Exhibitors:** Hollister, Convatec, Coloplast, Mark Drug Medical, Edgepark Medical, Northwest Community Hospital, MPM Medical, ABBVIE, Shield Healthcare, Oak Park Behavioral Medicine, Stomastifler, Nascent, Byram Healthcare, Stoma Guard, Safe n Simple, FOW, Youth Rally, and more.

Our website [www.uoacchicago.org/events](http://www.uoacchicago.org/events) is continually updated as Speakers and Vendors are confirmed.

If any attendee wants to stay over night, in addition to the Double Tree, there are a variety of price options; a Courtyard, a Red Roof Inn and a Motel 6 on Algonquin Rd, and a Holiday Inn Express, Wingate Inn and Jameson Inn on Arlington Heights Rd.

# MIDWEST REGIONAL OSTOMY EDUCATION CONFERENCE

Saturday November 8, 2014 Arlington Heights, Illinois

## REGISTRATION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

TYPE OF SURGERY (check what you have or will have)

Colostomy  Ileostomy  Urostomy  J-Pouch  Continent Urostomy  Other \_\_\_\_\_

Are you a member of a support group? \_\_\_\_\_ Name of group \_\_\_\_\_

| Name of Attendees (for badge) | Relationship  | Cost | Box lunch choice<br>(circle one) |      |
|-------------------------------|---------------|------|----------------------------------|------|
| 1. _____                      | Self          | \$25 | Turkey                           | Beef |
| 2. _____                      | Spouse        | \$20 | Turkey                           | Beef |
| 3. _____                      | Family/Friend | \$20 | Turkey                           | Beef |
| 4. _____                      | Family/Friend | \$20 | Turkey                           | Beef |

Children under 12

|          |         |               |     |        |      |
|----------|---------|---------------|-----|--------|------|
| 1. _____ | Patient | Family/Friend | n/c | Turkey | Beef |
| 2. _____ | Patient | Family/Friend | n/c | Turkey | Beef |

Total: Adults (12+) \_\_\_\_\_ Children(<12) \_\_\_\_\_ Total Cost \$ \_\_\_\_\_

Will you attend the evening social event? Yes or No \_\_\_\_\_

**There is no additional charge, but we need a count for catering.**

Check sessions that would interest you:  Colo-rectal Surgeon  Urologist  Pharmacist  
 Physical Therapist  Psychologist (patient)  Psychologist (family/caregiver)  Dietician  
 Skin  Hernia  Intimacy  Ask the Nurse (panel of WOCNs)  Meet other spouses/caregivers  
Other \_\_\_\_\_

>Please note - you are not registered for any specific sessions. This information is for scheduling purposes only.

Please send this form with check payable to:

Ostomy Association of Greater Chicago  
Judy Svoboda/President  
605 Chatham Circle  
Algonquin, IL 60102

Or register online: [www.uoachicago.org/events](http://www.uoachicago.org/events)

# Ostomy Association of Greater Chicago

## Confidential Membership Application

We invite you to join our association. You are especially welcome if you have an ostomy, are preparing for surgery, are a healthcare professional and/or have a loved one who has had surgery. We are a completely volunteer-operated ostomy support group. Our mission is to support, educate and advocate for people with ostomies.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Type of Ostomy:      Colostomy      Ileostomy      Urostomy      Continent Procedure

Date of surgery \_\_\_\_\_ Age Group <21 22-36 37-50 51-65 66-80 80<

Attend one of our general meetings. There are always friendly people to talk with you. You may even want to participate in our association's leadership. We always need talented people to share in our good work. Membership is free (our funds come primarily through donations). Please mail this application to

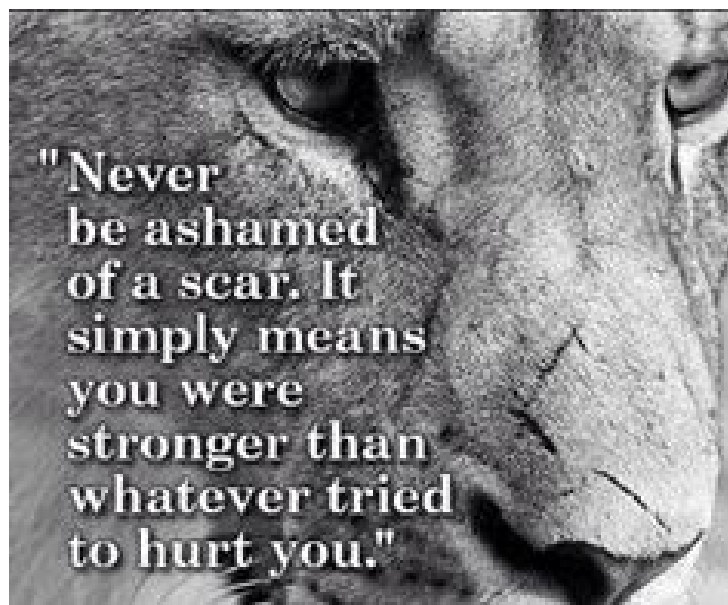
Judy Svoboda, President  
605 Chatham Circle, Algonquin, IL 60102  
Or sign up online at: [www.uoachicago.org/membership](http://www.uoachicago.org/membership)

► A very special thank you to everyone who donates to our association. Our largest expense, the cost of printing and mailing this newsletter, is continually increasing and is only made possible through the generous donations of our members.

To make a tax-deductible donation, please make check payable to Ostomy Association of Greater Chicago or OAGC and bring to a meeting, or send to

Tim Traznik  
Treasurer/OAGC  
40 Fallstone Drive  
Streamwood, IL 60107

Donations can also be made online using a credit card: [www.uoachicago.org/donations/](http://www.uoachicago.org/donations/)



*September is Gynecologic Cancer Awareness Month*

Every seven minutes in the U.S. a woman will receive a gynecologic cancer diagnosis, totaling nearly 95,000 new cases and 28,500 deaths each year.

The information contained in this newsletter and on our website is intended for educational purposes only, and is not a substitute for the medical advice or care of a doctor, surgeon, WOCN, licensed pharmacist or other health care professional.

**The New Outlook**  
**514 Knox St.**  
**Wilmette, IL 60091**

Return Service Requested



*We invite you to attend our general meetings. Relatives, friends, doctors, and nurses, as well as our members—any interested people—are invited and welcome. Our association has a team of trained volunteer listeners available to discuss the concerns of patients. Healthcare professionals and families are urged to use this free benefit. When you know of a patient who would like to talk to a person who has been there and done that, please call the visiting chairperson (see page 2).*