



Houston Chapter United Ostomy Association

May 2005

"We help ourselves by helping others to help themselves."

Houston Chapter UOA
PO Box 25164
Houston, TX 77265-5164
www.uahouston.org

"UOA is a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions."

Monthly support and information meetings are held in three locations for member convenience.

Central Group

Monthly: Third Monday
Time: 7:00 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ed Wood 281-493-5015
(ewood6@houston.rr.com)

Meeting: May 16th, Monday evening

**Program: Local and National Elections ;
Sterling Representative and Round Table
Discussion**

Join us for the election of local officers, National Board of Directors, a brief presentation by Jenny Jansson-Smith with Sterling Medical and a group discussion time.

Northwest Group

Monthly: Tuesday following the third Monday
Time: 7:00 p.m.
Place: NW Medical Professional Bldg. (The Cali Bldg.)
17117 Cali Drive, Houston (This location is just off of 1960 and west of I-45. Turn north on Cali Drive from 1960. At the stop sign turn left on Judiwood and left again to park behind the Cali Building.)
Contact: Tony Romeo 281-537-0681 (sa1tmr@sbcglobal.net)

Meeting: May 17th, Tuesday evening

**Program: Local and National Elections and
Round Table Discussion**

We will elect local officers, 3 members of the National Board of Directors and enjoy a round table discussion.

J-Pouch Group

Monthly: Third Monday
Time: 7:30 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ron Meisinger 281-491-8220

Meeting: May 16th, Monday evening

Program: Round Table Discussion

Join us for a discussion about ulcerative colitis and the J-Pouch connection.

Baytown Group

Monthly: Fourth Monday
Time: 7:00 p.m.
Place: Cancer Center Community Room
4021 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671

Meeting: May 23rd, Monday evening

**Program: Exploring the Marketplace—
Ostomy Options for the Savvy Consumer**

Come and learn about your options.

Patient Visiting and Support Services

Doctors and ET Nurses please note: Upon request from a doctor or nurse, a specially trained visitor will be sent to visit an ostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. There is no charge for this service. The visitor does not give medical advice.

Please contact our Visitor Coordinator, Dorothy Andrews at 713-789-4049.

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. Membership fees and donations are tax deductible.

Chapter News

We had 25 in attendance at our April meeting. Our thanks to Chris Robison, Hollister representative, who gave an excellent program on her company's services and supplies. Chris has offered to also distribute our brochures to her contacts. A special thank you to Hollister and Mary Lou Hartranft for the refreshments provided at the meeting. It was great to see Jane Fieldcamp, Elizabeth Imola, and Howard Schoenike at the meeting. We also welcome Lucette Rieger.

We wish Bryan Washington all of the best in his upcoming medical procedures. We wish a rapid recovery for Mary Beth Melvyn from her recent hospital stay. Our thoughts are with Harold Richmond as he progresses.

Our brochures were updated with stickers on Tuesday, April 26th. The group voted unanimously to continue to meet at 7 PM on the third Monday of each month. This will be reflected on the brochures.

Eight people were trained as visitors April 16 at the Northwest Group's meeting site. This was the first time that visitor training took place in that area and we appreciate the help of Pat Thompson, Tony Romeo, and Gay Nell Faltysek. With the earlier training in February, we now have trained 25 people as visitors for the next two years. We thank all who have offered their services in this important part of the Houston Chapter's program.

We have been invited by the oncology nurses at MD Anderson to participate in their "Cancer Survivor Program" which will be held on June 26th from 12:30-5:30 PM. We will have a booth that will promote the Houston Chapter of UOA and will allow us contact with medical professionals in the Houston area. We will be looking for some members who can help design and construct a display for the booth and also some volunteers willing to split up some time during the 5 hour program. This is the type of event when members can work on a worthwhile project and get to know each other. Please contact Ed Wood 281-493-5015 if you would like to help.

This summer we will help sponsor a young lady to attend the UOA Youth Rally. We will also help send Colleen Reeves to the Rally as a WOCN who will care for the young people in attendance. As in the past, Colleen has offered to present a program highlighting the activities of the Youth Rally when she returns.

Page 22 of the Spring 2005 issue of *OQ* features a picture and article about the December 2004 visit to Houston of Alf Melling from Kristiansand, Norway. Mr. Melling, a fellow ostomate who is involved in leadership of the local ostomy support group in Kristiansand,

spent an afternoon sharing with Houston chapter leaders.

May is election time and most of that meeting will concern our national and local UOA elections. Our Nominating committee, Floyd Swinger and John Flowers, report the following nominations for the Houston Chapter of UOA: Second Vice President-Mary Harle and Secretary-Denise Parsons. We thank Mary and Denise for their willingness to continue serving our Chapter. This would be their first two-year terms of office. This announcement has appeared in the last three newsletters. We would like to thank Debbie Hobart for serving as the Second Vice President these past two years. At April's meeting we passed out information about the six candidates who are running for the board of directors for the National UOA. We will vote for 3 at the May meeting. The new *OQ* magazine highlights the six candidates on pages 66 through 68.

The National UOA office has begun sending a notice for **national** dues of \$17.50 directly to each member's address. This is the amount to pay the national UOA **if** you pay local dues. If you do not pay local dues, then national UOA will bill you as an associate member at \$25. Houston Chapter Treasurer, Chuck Bouse, has sent a **local** dues notice of \$10.50 for members who were due to renew during the first six months of the year. We had a 95% return from those who received notices for the first six months. Thank you for your prompt response. In June or July, Chuck will send a notice for those who are due to renew in the second half of the year. If you have any questions about the dues billing process, you can call Ed Wood at 281-493-5015 or Chuck Bouse at 281-495-1840.

A list is being compiled of those who would like to be reminded by email about our monthly meeting. If you would like to be added to this list, please send your email address to ewood6@houston.rr.com.

Following election of officers at the May meeting we will have a report from our treasurer, Chuck Bouse, as well as a brief presentation by Sterling Medical representative, Jenny Jansson-Smith. A roundtable discussion will follow.

Hope to see you at the May 16 meeting.

Ed Wood
President

"Let your heart guide you. It whispers, so listen closely."

- from "The Land Before Time"

ANNIVERSARY GIFT

After seeing the following suggestion in the Tyler Chapter newsletter, it was decided to offer the same to members of the Houston Chapter.

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Houston Chapter UOA. A gift of \$1.00 for each year you have had your ostomy is a guideline; however, each person determines the amount, if any, he/she wishes to give. If you desire to make such a gift, make your check payable to Houston Chapter, UOA and please send it to:

Houston Chapter, UOA
Attn: Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

MEMORIAL FUND

The Houston Chapter of UOA has established a Memorial Fund. Donations can be made to the fund to memorialize or honor individuals. All donations should be made payable to the Houston Chapter, UOA and sent to:

Mary Harle
9643 Winsome Lane
Houston, TX 77063-3725

When sending a donation, be sure to include the name of the person being honored so that appropriate acknowledgement can be sent.



Happy Mother's Day

The Changing Image of Mother

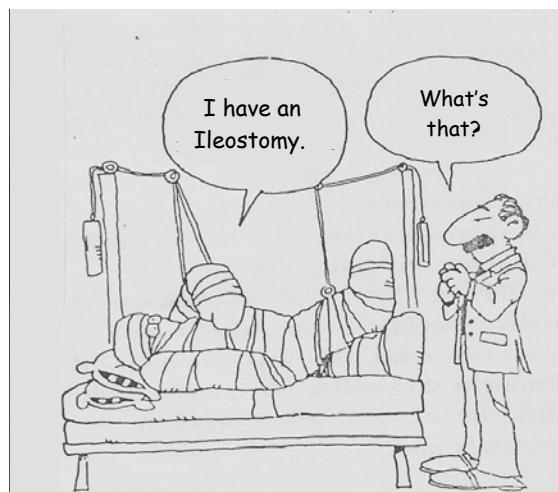
- 4-year-old: "My mommy can do anything!"
- 8-year-old: "My mom knows a lot! A whole lot!"
- 12-year-old: "My mother doesn't really quite know everything."
- 14-year-old: "Naturally, mom doesn't know that, either."
- 16-year-old: "Mom? She's hopelessly old-fashioned."
- 18-year-old: "That old woman? She's way out of date!"
- 25-year-old: "Well, she might know a little bit about it."
- 30-year-old: "She's smarter than she used to be."
- 35-year-old: "Before we decide, let's get Mom's opinion."
- 50-year-old: "Wonder what Mom would have thought about it?"
- 65-year-old: "Wish I could talk it over with Mom."

ATTENTION... Ostomates and Medical Personnel

Clarice E. Kennedy, Certified Enterostomal Therapist and Immediate Past President of the Houston Chapter, UOA, is available for consultations by appointment only at Spring Branch Medical Supply at 8700 Long Point Road, Houston, Texas. Clarice is an ostomate herself and has over 30 years of knowledge and experience to share with anyone who has questions about, or needs assistance with, the care of an ostomy both prior to and following surgery. The Houston area is fortunate to have such a dedicated individual available for personal consultations. Appointments can be made by calling Clarice at 713-647-8029.

Donation of Supplies

If you have ostomy supplies that you no longer use, please consider donating them. The Houston Chapter of UOA is contacted on a regular basis by individuals who are in need of donated supplies of all kinds. This is one way that you can assist your fellow ostomates in the Houston area. Please contact Ed Wood at 281-493-5015 with any questions.



Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.

NUTRITION

FREQUENTLY ASKED QUESTIONS

Excerpt from *Diet & Nutrition Guide*, UOA 2002

Question: How soon after ostomy surgery can I return to a normal diet?

Answer: Physicians and ostomy nurses suggest that you begin slowly, depending upon your recovery and/or other medical complications. Add back one new food at a time. If you experience any problems, discontinue for a few weeks and try again.

Question: In the past, certain foods caused me some trouble with digestion. How will they affect me since my ostomy surgery?

Answer: Check them out. You may find that some of those foods will continue to be troublesome and others may not.

Question: Will my Ileostomy continue to produce output even if I do not eat?

Answer: Yes, the small intestine will continue to produce gas and digestive juices. An empty digestive tract seems to produce excessive gas. Eat small meals to keep something in the gut. Peristalsis (involuntary contractions in the intestine forcing contents outward) happens!

Question: After ostomy surgery, I have gained excess weight. What happened? What types of food should I eat?

Answer: The relaxation of dietary restrictions, freedom from debilitating illness and malabsorption promotes a rapid gain in weight. Follow the same weight reduction diet as recommended by nutritionists and dieticians. Eating small quantities of a well-balanced diet and increasing water/fluid intake will assist with weight reduction.

Question: What is meant by "low residue" diet?

Answer: Low-residue refers to a dietary regime which eliminates bulk-forming, hard-to-digest or high-fiber foods.

Question: Will spicy foods cause any damage to my stoma?

Answer: If you can tolerate spicy foods through your digestive system, the output through your stoma should not cause any harm. The stoma is formed from the lining of the bowel and it is tough and can tolerate those spicy foods.

Question: What effects will oral odor control medications have on my ostomy?

Answer: Some individuals who have a colostomy report that they experienced some constipation from bismuth products found in oral odor control medications. Individuals who have an Ileostomy have more benefits and fewer side effects from oral preparations (chlorophyll tablets, bismuth subgallate and bismuth subcarbonate). Most foods do not affect an individual with a Urostomy. A strong urine odor may be an indication of dehydration and the need for increased fluid intake. Check with your doctor or ET nurse about oral preparations and don't exceed the recommended dosage. ♦

AN EASY GUIDE TO NUTRITIOUS FOODS

From Sam's Club Source

The color of fruits and vegetables is an easy key to how valuable they are to your health. As a rule of thumb, brightly colored foods are great for you, often providing antioxidants, which may add years to your life and improve your overall health. Ranking high on this list of "super produce": 1) dark green: broccoli, spinach, brussels sprouts, kale and chili peppers (sometimes red, too); 2) bright orange: carrots, mangoes, oranges and yams; 3) vivid red: tomatoes, beets, cranberries, strawberries and cherries; 4) deep blue/black: blueberries, blackberries and raspberries.

When you think of starches, again go for color. Aim for dark nutty grains such as barley, oats, brown or wild rice, and quinoa. Lentils, pinto beans and garbanzo beans are another highly nutritious way to add satisfying starch to a menu. Select deeply hued yams or sweet potatoes instead of white potatoes. ♦

"The trick is to stop thinking of it as *your* money," says an IRS auditor.

ডায়াবিটিসের প্রক্রিয়া

DON'T SWALLOW YOUR PILLS WITH...

Source: *Reader's Digest*

You may be tempted to take your daily pills with a sip of juice, coffee, even a beer. Pharmacist Mary Euler explains why water is a safer bet:

Grapefruit juice It may inhibit enzymes that help metabolize certain pills, including some heart drugs, antidepressants and antifungals. That can make them less effective and worsen side effects.

Coffee, tea, cola Consuming caffeine regularly while using certain asthma drugs may increase side effects. Caffeine can irritate the stomach, so avoid with NSAIDs such as ibuprofen.

Milk Calcium prevents absorption of some antibiotics.

Alcohol You risk liver damage if you drink regularly and use acetaminophen. Alcohol can diminish the effects of antidepressants and worsen side effects of other drugs.

Cranberry juice Reports suggest drinking it while on warfarin, an anticoagulant, may increase bleeding.

Fiber drinks Fiber can bind with many drugs, decreasing effectiveness. ♦

BAYTOWN SUPPORT GROUP

A little rain did not dampen the spirits of the Baytown group as they met on April 25th. Members were updated on UOA news from the Local and National organizations. Members will review the 6 candidates for National Board of Directors and bring back individual votes next month. In addition, we discussed the revised process for local and national dues payment. Everyone was able to obtain a copy of the form in the April Houston Newsletter to submit with their payment.

Our roundtable discussion was lively as the group welcomed a new ostomate. Equipment challenges and frustrations were shared along with a big dose of good humor and camaraderie.

We look forward to next month's program: *Exploring the Marketplace: Ostomy Options for the Savvy Consumer*. In addition, Cindy promised to share some info on J-pouch and to bring samples of the Osto Ez Vent which came up during the discussion tonight!

Cindy Barefield, RN
281-420-8671
Pager 713-404-0296

United Ostomy Association Inc Baytown Satellite



May 23, 2005 ~ 7:00-8:30pm
Cancer Center Community Room ~ 4021 Garth Rd

Exploring the Marketplace – Ostomy Options for the Savvy Consumer

Ostomates, Family & Friends are invited to attend

Methodist San Jacinto
Methodist Hospital

HEART OF THE GENDER GAP

Heart disease now kills more women than men, according to the American Heart Association (AHA). But doctors are still more likely to suggest preventive strategies such as statins or aspirin therapy to men than to women. While the AHA works on changing this gap, women need to be their own advocates, know their risk factors and ask their doctors about tests and treatments. ♦

NORTHWEST GROUP HAPPENINGS

Our thanks to Ed Wood for his time conducting our Visitor Training session on Saturday, April 16th. Eight ostomates were trained and became certified as visitors. Thanks also to Pat Thompson, and GayNell Faltysek for their assistance.

Our May meeting will include voting for 3 of the 6 individuals who are running for positions on the national UOA Board of Directors. Additional information about these candidates can be found on Pages 66 through 68 of the Spring 2005 *OQ* magazine.

See you at our regular meeting on Tuesday, May 17th.

Tony Romeo
281-537-0681

NOTE:

There is a substantial stock of various Convatec supplies available from the Houston Chapter. Please see page 11 for a listing of wafers and pouches. Call or contact Ed Wood at 281-493-5015 or ewood6@houston.rr.com if you are interested in obtaining some of these supplies.

THOSE WEREN'T THE DAYS

(To the tune of "Those Were the Days" with apologies to Archie & Edith Bunker)

Remember all the things we ate
Going down they tasted great
Then we found we couldn't wait....
Those weren't the days!

We could never fill our plate
Metamucil was our fate
How could we sustain our weight
Those weren't the days!

Could we find a restroom quick?
That was really quite a trick!
Gosh, we were so gol-darn sick
Those weren't the days!

But the doctor heard our plea
Now we have an ostomy,
Things are better, don't you see
These are the days!!!!!!

BE CAREFUL

**I'm careful of the words I say,
To keep them soft and sweet.
I never know from day to day
Which ones I'll have to eat.**

- Anonymous

KNOW WHEN YOU ARE DEHYDRATED

By Michael Blune, M.D., via *New Life Newsletter*, Charlotte, N.C.

The human body is composed of more than 50% water. Drinking adequate amounts of water is essential for maintaining adequate blood volume and its flow to such vital organs as the brain and the kidneys. In addition, it is important for maintaining optimal function in the cells of the body.

Dehydration is a significant decrease in the total water content of the body. It occurs when the rate of water intake—mostly by mouth—is lower than the rate of losing water from your body—urine, skin, lungs, gastrointestinal tract. When you lose a significant quantity of water, you begin to develop symptoms and signs of dehydration. Some of these are non-specific, such as, dizziness upon sitting or standing up from a lying position.

Why should you be worried about dehydration? The major reason is that it is important to avoid the complications of dehydration. When you become dehydrated, the volume of circulating blood decreases, and this in turn decreases the flow of blood to your vital organs. Your kidneys are one of the first organs to shut down when your body does not have a sufficient amount of water in it.

Not only is blood flow a major problem, but as you become dehydrated, you lose water and three minerals—magnesium, potassium and sodium—which are essential for optimal functioning of the body.

If dehydration is mild, you might try to re-hydrate yourself by drinking a salty broth, orange juice, sports drink, etc., but never alcohol or caffeine beverages. In addition to water, the important electrolytes of magnesium, potassium and sodium that the body loses through perspiration, vomiting or diarrhea may be regained through these drinks. ♦

"Love doesn't make the world go 'round. Love is what makes the ride worthwhile."

- Franklin P. Jones

LESS NEED FOR NEEDLES

Source: *Prevention Magazine*

Some good news to swallow for those of us who fear painful shots: Scientists in India have created a gel capsule that could treat digestive disorders such as Crohn's disease and ulcerative colitis.

The problem with current oral medications for these conditions: The drugs are absorbed into the bloodstream and only a small amount of medication reaches the intestines, where it's needed. This reduces effectiveness. Another option is delivering medicine via injection, but many of us fear shots. Enter hydrogel, a protective gel that encapsulates the medicine, protecting it until it reaches the colon. Once there, the gel expands, releasing the drug. More study is needed before the capsule will be available. ♦

TRAIN OF LIFE

They ride the train of life
In the rear,
Years of life roll by,
Every year.

In remembrance,
Days gone by,
Life for what it was,
Hang their head and cry.

But I don't concern myself with that,
I look a different vent,
Look forward to what life holds,
And not what has been spent.

So strap me to the engine,
As securely as I can be,
I want to be out on the front,
To see what I can see.

I want to feel the winds of change,
Blowing in my face,
Want to see what life unfolds,
As I move from place to place.

I want to see what's coming up,
Looking at the past,
Too short for yesterdays,
Moves along too fast.

The ride gets bumpy,
Are looking back,
And you may find,
Jumped the track.

I want to remember,
Part of history,
Front's where it's happening,
There's so much mystery.

Enjoyment of living,
Not where we have been,
It's looking ever forward,
To another year and ten.

In searching all

Never shot

For if you want

You gotta



**ALL
BOARD!!**

STOMAL PROLAPSE

via Port Huron, MI Chapter Newsletter

Prolapse is a relatively frequent stomal complication (affects up to 14% of all ostomates), and is defined as the excessive protruding of the bowel out of the abdomen. The piece of the bowel that protrudes may often be as long as 6 inches in length, 3 inches wide, and will bleed easily.

If your stoma prolapses you should remove your pouch so the bowel has room to swell without being restricted, and apply a cool compress. If this is the first time that your stoma has prolapsed, call your doctor or ET nurse immediately. If you cannot get in touch with either one, and especially if your drainage has stopped, it would be wise to go to your hospital emergency room. If your stoma has prolapsed before, you may have been taught by your doctor to "reduce" the stoma and you should try to do so. Surgical repair is often required for a stomal prolapse. When in doubt check it out with your doctor. ♦

WHAT IS A REVISION?

va Sherman Area Ostomy Assn., Coos Bay, Oregon and Evansville Re-Route

We often hear people asking, "What is a revision?" The term applies to a surgical correction of the stoma. This may be a small procedure done in out-patient surgery, or it may be a procedure requiring hospitalization. Four common reasons for revisions are listed below. But, before we begin, please bear in mind that these conditions may be present without causing much trouble—in which case a revision is not needed. Revisions are most frequently done to correct the following situation: 1) A tight stoma, 2) a prolapse (when the stoma become very long and large), 3) a retraction (when the stoma becomes so short that it is below the skin level), or 4) in the case of a hernia, so near the ostomy that it interferes with management. ♦

April 19, 2005

NEWS RELEASE

United Ostomy Association Wins ASAE's 2005 Associations Advance America Award of Excellence

The United Ostomy Association (Irvine, CA) has won the **Award of Excellence** in the 2005 Associations Advance America (AAA) Awards program, a national competition sponsored by the American Society of Association Executives (ASAE), Washington, D.C.

UOA received the award for its Annual Youth Rally and the volunteer counselors and nurses who assist the rally. This program is now in the running to receive a Summit Award, ASAE's top recognition for association programs, to be presented in ceremonies at ASAE's 6th Annual Summit Awards Dinner, September 27, 2005, at the National Building Museum in Washington, D.C.

WHAT ARE OSTOMY STOMAL "BUMPS"?

via *Ostoline*, Sherman-Denison, TX Area Ostomy Association

ET nurses are often asked about small "bumps" which appear around the formerly smooth stoma. They can be on the surface or around the edge where the stoma meets the skin. They can occur in a single area or around the whole circumference. Most of the time these are granulomas, which are of a benign nature. Granulation tissue is a normal defense reaction of the body to injury.

Those on the edge can be due to a reaction to a suture being sewn through the stoma and to the skin, or, too rigid or too tight a faceplate rubbing the stoma. Those on the tip or side of the stoma can be caused by an allergic reaction to the plastic in the pouch (even after using the same type of pouch for a long time), or stoma drainage constantly pointing to one area of the stoma (this can occur when the stoma opening points down.)

What should you do? Most of the time these are nothing to worry about. Don't second-guess though. See your ET nurse and, if necessary, your doctor. Occasionally these bumps can be a manifestation of another condition (like the recurrence of Crohn's disease.) Often they can be taken care of by treatment with silver nitrate sticks. Occasionally they need to be biopsied. Quite often a change in the pouch or faceplate can help resolve the problem. ♦

Interesting Facts ...

- ✓ Oral injuries sustained during tooth brushing account for 2,489 emergency room visits a year.
- ✓ 49% of Americans iron their jeans....5% iron their socks.
- ✓ 18% of U.S. pet owners have gone to a birthday party....for an animal.
- ✓ 11.9 million cosmetic surgeries were performed in 2004. The most popular: liposuction.
- ✓ 20% of Americans are chronically late.
- ✓ There are over 40,000 Chinese restaurants in the United States, more than the number of McDonald's, Wendy's and Burger King combined.
- ✓ 91% of Americans support organ donation, but only 34% know how to sign up in their states.
- ✓ Watermelon, bananas and grapefruit are the least expensive fresh fruits in supermarkets.

Ostomy Prayer

By NY Sandy

Now I lay me down to sleep,
I pray the Lord my flange won't leak.
If I have gas before I wake,
I pray the Lord my bag won't break!!



2005 UOA National Conference August 3 - 6 • Anaheim, CA

Anaheim Marriott
\$99.00 plus tax single or double*

Come join fellow ostomates this summer in sunny California. The hotel has great meeting space in one area, indoor and outdoor pools, a health club, plus several restaurants within a short walk. In 1985 and 1992, UOA hosted successful conferences at this hotel and this year's conference promises to be even more successful with great programming, exciting conference events, sight seeing and meeting old and new friends.

United Ostomy Association, Inc.
www.uoa.org, info@uoa.org
or 800-826-0826 for more information.

**To reserve a room at the host hotel, please call 800-228-9290 and mention you are with the UOA to receive the conference rate. Everyone who reserves their room at the conference rate will be automatically entered into a drawing to win free conference registration for the 2006 UOA National Conference. Online reservations do not qualify.*

SUPPORT UOA WHILE YOU SHOP...

Locally: Remember to use your Kroger and Randall's shopping cards. Both stores return a percentage of your purchase to the Houston Chapter on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015.

Nationally: Through links on the UOA Web site, you can effortlessly help the UOA while you shop for your family, friends and loved ones at amazon.com, barnes-andnoble.com, igive.com and buyforcharity.com. Tell your friends, neighbors, family, coworkers and everyone else you know that they can help a worthy cause while they shop. Visit:

http://www.uoa.org/donations_associates.htm.

Questions? Call 800-826-0826. Happy shopping!!

Moving??

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Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move you need to contact Chuck Bouse, Treasurer, at 281-495-1840 (dewitt@houston.rr.com) or Judy Swinger, Newsletter Editor, 281-463-0069 (swingcon@ev1.net). You may also send your request to UOA, Houston Chapter, P.O. Box 25164, Houston, TX 77265-5164.

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Advocacy for Patients with Chronic Illness

This site has been launched for people with IBD. Jennifer C. Jaff, author of "Know Your Rights: A Handbook for Patients with Inflammatory Bowel Disease," has inaugurated a new nonprofit corporation to advocate for patients with chronic illnesses, especially IBD. Visit www.advocacyforpatients.org to use this free service.

SKIN CANCER CHECK

May is Skin Cancer Awareness Month. Take advantage of nationwide free screenings offered by the American Academy of Dermatology. Visit aad.org or call 888-462-DERM for more information. ♦

Check Your ABCs!!

And lower your risk for heart disease and stroke.

If you have diabetes, you are at high risk for having a heart attack or stroke. Heart disease strikes people with diabetes more than twice as often as it strikes people without diabetes. It hits them earlier in life and it hits them harder. In fact, two out of three people with diabetes die from heart disease or stroke.

You can help lower your risk by managing the ABCs of diabetes.

A
B
C

A is for A1C, a test that measures average blood sugar over the past 2 to 3 months.

B is for blood pressure; and
C is for cholesterol.

ADA Goals	My Numbers	My Goals
A1C (Below 7)		
BP (Below 130/80)		
Cholesterol <i>LDL</i> (Below 100) <i>HDL</i> (Above 40 men, above 50 women) <i>Triglycerides</i> (Below 150)		