



Houston Chapter United Ostomy Association

October 2004

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

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

"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 two locations for member convenience.

Central Group

Monthly: Third Monday
Time: 7:30 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ed Wood 281-493-5015
(ewood6@houston.rr.com)

Meeting: October 18, Monday evening

Program: ConvaTec Representatives

ConvaTec Representatives will join us for a presentation of their products and will be available to answer any questions. Come enjoy fun, food, and fellowship as we learn more about the many products and services that ConvaTec offers. See you at the meeting!!

Northwest Group

Monthly: Tuesday following the third Monday
Time: 7:00 p.m.
Place: NW Medical Professional Bldg. (The Cali Bldg.)
17117 Cali Drive (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: Bill Propst 281-320-8005 propst@neosoft.com

Meeting: No regular meeting in October.

Join us for the Annual Picnic on Saturday October 16th at the home of Bill & Margo Propst. All members & guests welcome. See Page 5 for details.

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: October 18, Monday evening

Program: Round Table Discussion

Ulcerative colitis and the J-Pouch connection.



**Houston Chapter
Annual Picnic**



**Saturday
October 16
2:00 p.m. til ??**

See Page 5 for details



Happy
Halloween!!

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

Our September speaker was Jenny Jansson-Smith who is with Sterling Medical Services. She explained the services that Sterling provides to their customers. She announced that Sterling now accepts some insurances which they previously did not accept and soon will be adding more. Sterling now advertises in our chapter newsletter, and we look forward to other projects with them in the future.

There were 29 people in attendance at our meeting. Following the presentation by Ms. Jansson-Smith, there was time for questions and a round table discussion from those in attendance. It was suggested that at the next round table discussion we divide into two groups, Ileostomy and Colostomy, so that more specific questions can be addressed. We welcomed Lorette Bauarschi, and Jana Villarreal as first time attendees. It was good to see faces returning from previous meetings as well. Also, in attendance was Cindy Barefield who is a nurse in Baytown. We hope to work with her in establishing a satellite group for ostomates in the Baytown area.

There are several events coming up in the next few months. You can read more about these in this newsletter. First is the October 16 picnic hosted by the Propst's. We hope to car pool from Grace Presbyterian Church on that Saturday. Five people have indicated that they plan to attend with another five as possibilities. Please contact Ed Wood at 281-493-5015 so that we can arrange adequate transportation for everyone. The picnic announcement on page 5 asks that you contact Margo to indicate the potluck dish that you may be bringing. A map to the Propst's home is included in the announcement if you plan to drive there yourself.

The "Cancer Patient Perspectives Meeting" will be held on November 20 at the JW Marriott Hotel, 5150 Westheimer. See details on Page 9. You must have had colon or rectal cancer to participate. The meeting will present the latest treatments now available and participants will have an opportunity to give their input. Also, participants are encouraged to bring a friend or loved one with them. You can register at www.CancerPatientsPerspectives.com or call 1-800-535-0109.

In December, we will have our annual Holiday Dinner at Pine Forest Country Club. To reserve your seat at this enjoyable holiday event, please send your check, made payable to *Houston Chapter, UOA*, to Chuck Bouse, 12427 Millbanks, Houston, TX 77031. Your check is your reservation. Look for more details on page 7.

In February, we will host our biannual Visitors Training Program. To be eligible for training to be a Certified Visitor you must be at least 12 months post-op

and well adjusted to your ostomy. Previous Certified Visitors must also take this training to renew their qualification for another two years. Two Saturdays are being considered...either February 5th or 12th. We feel sure that we can do the training from 9 – 12 a.m. using the **New Video Tapes** that have been produced by the Fort Worth Chapter. Please check your calendar as we hope to decide on one of these dates at our October meeting. We will also have to coordinate with the American Cancer Society to be certain a room is available. This is one of our most important events and hope to have many of you become certified as trained visitors. We are making a concerted effort to contact more ostomy patients in the Houston Area which hopefully will bring a greater number of requests for visits. The visits may include a hospital visit, but increasingly the visits have been telephone visits. Our visitors, who are coordinated by Dorothy Andrews, can make such a difference with their friendship and assistance to new ostomates.

We wish Harold Richmond well as he undergoes treatment in the hospital. Mary Lou Hartranft has just been discharged from the hospital following treatment for pancreatitis and Shirley Mucassey's husband, Leon, is recovering from recent hip replacement surgery. We extend our sympathy to Denise Parsons whose 104-year old grandmother passed away recently.

Convatec representatives will be at our October meeting to display their new products. In November we will have a dietitian as our speaker.

Hope to see you at all of the events in the next few months.

Ed Wood
President

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"Celebrate what you've accomplished, but raise the bar a little higher each time you succeed."

- MIA HAMM, Olympic soccer player

"As the years pass I am becoming more and more to understand that it is the common, everyday blessings of our common everyday lives for which we should be particularly grateful."

- Laura Ingalls Wilder

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 of 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.

THE BIG THREE

Via *REMEDY*, Sept/Oct 2004 Issue

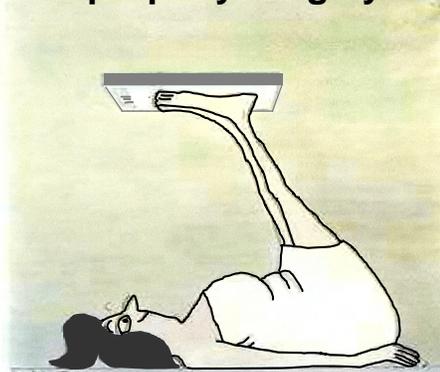
Below are the three most common excuses, says Maryann Troiani, Psy.D, that clients give for not making healthy lifestyle changes, along with her advice for overcoming those excuses:

1. **"It takes too long."** Break the plan down into small steps and set micro-goals so you can accomplish some things right away.
2. **"It's too hard."** Commit to making changes one day at a time, and throw in a few stress-relievers as a bonus. Also, remind yourself of the long-term consequences of not having a healthy lifestyle.
3. **"I don't have the time."** Remind yourself that your health is a priority. Go into problem-solving mode and fix what's eating up your hours. Are you overcommitted? Are you a perfectionist? Do the people around you drain your energy?

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.

How to properly weigh yourself!



ATTENTION... Ostomates and Medical Personnel

Clarice E. Kennedy, Certified Enterstomal 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.

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.

A POUCH FALLING OFF

Via *New Life Newsletter*, Charlotte, NC Chapter

One of the most embarrassing situations that can befall a person with an ostomy is to have an accident because the wafer/flange pulled loose.

Multiple reasons exist to explain the falling off of an ostomy system:

- The stoma
- The skin around the stoma
- The wafer/flange
- The pouch

The stoma may be placed too close to a scar, crease or body prominence so that twisting or bending loosens the wafer/flange. There is no single solution for a misplaced stoma. A different wafer/flange may be tried; e.g., one that is softer and more pliable like the new and improved version of Hollister's New Image Ostomy System.

An irregular area may be built up with the new seals—like ConvaTec's Eakin Seals—or with paste.

Using these products will usually solve most challenges.

A stoma may require surgical intervention if one has a prolapsing stoma that is pushing the pouch off. Conversely, a flat or recessed stoma may cause pooling of the effluent around the stoma eroding the adherence and eventually lifting the wafer/flange from the skin.

Fortunately, manufacturers

have developed ostomy systems with curved wafers/flanges that put minor pressure on the skin around the stoma. These convex ostomy systems are a growing product line for retailers as more and more people discover the advantages of wearing a convex wafer/flange.

The most stubborn falloff problem can usually be solved by using a seal with a convex wafer/flange held on with a belt. Your ET nurse is expert in solving these types of issues.

The skin around the stoma might be too oily or too irritated for the wafer/flange to hold satisfactorily. Bath oils and greasy creams should be avoided. But, there are products that may be put on the peristomal skin to treat skin irritation problems. Ostomy product manufacturers all carry skin care products that will treat peristomal skin and yet at the same time allow your wafer/flange to adhere firmly to your skin.

There are many different manufacturers of different wafers/flanges. They offer you a large choice of products that may work for you. You need to try different products if you are having problems. One wafer/flange

will not work for everyone in the same way. For instance a urostomate in our chapter had a problem with falloff using a flat Stomahesive wafer. An ET from our chapter recommended he try a Durahesive flange with convexity along with a belt to gently hold it in place. It worked! Our member was pleased that he could resume life doing the same activities he did before surgery.

A well fitting pouch that is suited to your needs and lifestyle is essential. If your pouch keeps coming off, have your entire ostomy system evaluated by an ET nurse. Do not settle for less than excellent service from your ostomy system. There are solutions to most any problem with ostomy management. Invest the time to talk to a professional ostomy nurse—at a hospital, through your retailer, at a Chapter meeting or even by calling one of the manufacturers themselves. There is no need to suffer!

Death rates from all cancers dropped 9% between 1993 and 2001.

Source: *Annual Report to the Nation on the Status of Cancer, 1975 - 2001*

*Do not settle
for less than
excellent
service from
your ostomy
system*

EVERYDAY WAYS TO LIVE WELL FOR LESS

Great tips for saving money and living better!

1. **Make a List.** Whatever you're shopping for, bring a list of what you need with you. Then stick to the list. That way you won't be tempted to buy things you don't need or that don't really fit your figure, your lifestyle or your budget.
2. **Before You Buy.** When it comes to clothing, planning ahead can save you money. Go through your wardrobe, so you're familiar with what you have and what you need. Before buying, be sure each piece passes the rule of three: can you think of 3 things to wear with it, 3 places to wear it, and 3 ways to accessorize it?
3. **Eat Before you Shop.** Never go food shopping on an empty stomach. Hunger compels you to buy things you don't need, like high-priced "indulgence" goods you'll regret later.
4. **Exercise for Free.** So many people join an expensive health club, and then stop using it. Get fit in both body and wallet by exercising 'on the cheap'. Try walking or running (you only need shoes and determination), working out with an exercise tape at home (there are many varieties to choose from) or even jumping rope (amazing cardio benefits for the price of a jump rope)!

NORTHWEST GROUP HAPPENINGS

Thanks to Hollister's rep Chris Robison for presenting our September program. Chris talked about Hollister's latest products and showed us numerous items. We had thirteen attendees this month.

Betty King attended for the first time....welcome Betty.

There will not be a regular meeting during October. Instead we will have our annual picnic on Saturday, October 16. See picnic notice on this page. Note that our entrées will be grilled pork ribs and grilled chicken. Please call Margo if you plan to attend and let her know what side dish you can bring.

See you at the picnic!!

Regards,
Bill Propst

OCTOBER PICNIC

Date: Saturday, October 16

Time: 2:00 p.m. til ??

Eat about 4:00 p.m.

Place: Home of Bill & Margo Propst
15102 Beacham Drive

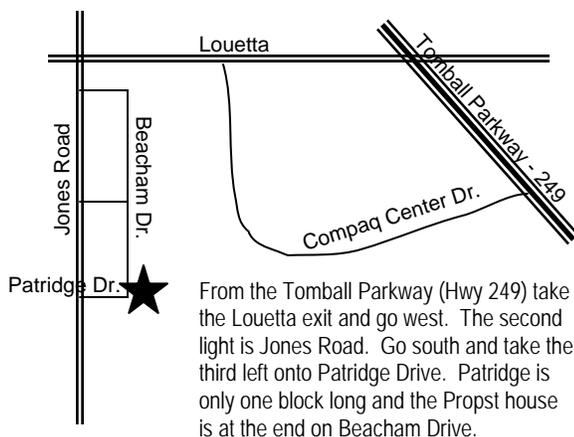
RSVP: Call Margo at 281-320-8005
to coordinate the food dishes
(we would not want too many
salads, but lots of desserts
are okay!) ☺

☉ All Chapter members and their
guests are welcome.

☉ Grilled Pork ribs, Chicken and
drinks will be furnished.

☉ Please bring a dish to share.

Map to Propst home



PRECAUTIONS

Source: The National Eye Institute

The National Eye Institute notes that lifestyle can play a role in reducing your risk of developing age-related macular degeneration. It recommends you:

- Eat a healthy diet high in green leafy vegetables & fish.
- Don't smoke.
- Maintain normal blood pressure.
- Watch your weight.
- Exercise.

The ABCs of Ostomy Care

(Continued from last month)

From ConvaTec's *Health & Vitality* publication

G IS FOR GROUP

As supportive as your friends and family are, it can be hard for them to completely understand what you're going through. But finding others with an ostomy to talk, laugh, and share stories with is easy. Just contact the United Ostomy Association, 800-826-0826, www.uoa.org, for its list of local support groups.

H IS FOR H₂O

To avoid dehydration, keep your tanks full: Drink at least six glasses of water and fruit juice every day. This will also help prevent constipation, help flush out your kidneys, and help your body maintain the proper levels of electrolytes like sodium and potassium.

I IS FOR INSURANCE

Shopping for an insurance plan? Before switching, find out if the new plan considers your ostomy a "preexisting condition," and if that means coverage will be restricted.

J IS FOR JOURNAL

Sometimes specific foods can trigger gas, discomfort, diarrhea, or other problems. Add new foods to your diet one at a time, and keep a food diary. A written record of what you eat will help identify problematic foods so you can take them off the menu.

K IS FOR KRANBERRY

Okay, it's really cranberry—but we used "C" already. If you've had a urostomy, favor cranberry juice over orange or other citrus juices. It helps keep your urine acidic, which is healthier (and less pungent).

(This article will be continued next month)

WHAT CAN YOU EAT AFTER OSTOMY SURGERY?...MAYBE MORE THAN YOU THINK

By Connie Kelly, RN, ET, University of Chicago Hospital

The United Ostomy Association is a mixture of people. Some have new ostomies, and some have years of experience. But hopefully many will benefit from this review of food after ostomy surgery.

I present this from a nurse's view, so remember, I am not a dietitian!

The function of the small intestine is to absorb calories, vitamins, etc. The function of the large intestine is to act as a storage space and to absorb water. Therefore, even with all the large intestine removed, people can lead a healthy life.

Your ostomy will not change your diet in the long run. If you are on a diabetic or high-blood-pressure diet, you still need to follow it. If you eat a reasonable diet, including food from the four basic food groups, you should not need supplemental vitamins.

Right after surgery, you may have been told to avoid certain foods. But once healing is complete, you may not have to avoid them. Some examples are popcorn, nuts, Chinese vegetables, celery, corn, coconut and fruit skins.

Such high-fiber foods may cause a blockage right after surgery. But once you are recovered, you can try to reintroduce them to your diet, remembering at first to eat small amounts of the new food, chew well, drink plenty of fluids and try one questionable food at a time.

Then there's the matter of weight. Just because you have an ostomy does not mean you can't gain!

Unless medically indicated, be careful not to gain or lose too much weight. Significant weight change may cause problems with skin folds or change the shape of the stoma, causing a problem with the seal of the pouch. If the stoma becomes larger or smaller because of weight loss or gain, the pouch must be re-fitted to protect the stoma and surrounding skin.

Troubled with gas? Skipping meals may cause it.

But think about the foods you eat. Beans, cucumbers, cabbage, milk, chewing gum, using a straw, carbonated drinks and beer are common offenders.

Not all of these cause gas in all people. You know which foods are the problem for you. It's not that they are forbidden: you just know that when you eat them, you must be prepared for the consequences.

Here are some reminders about fluids:

- If you have an ileostomy, you lose more water because your colon has been removed. Therefore you need to replace water, salt and potassium. Dehydration is very common after exercising or on hot days. Salt is usually not a problem to replace, con-

sidering our diets, but you may need to increase your intake of foods rich in potassium such as bananas, tomatoes and oranges.

- If you have a colostomy, you should not have too much of a dehydration problem. But you should drink at least the "normal" six to eight glasses of water a day.
- If you have a urostomy, you need to drink plenty of fluids for healthy functioning of the kidneys. Asparagus and some vitamin supplements may cause an unpleasant odor in urine, so you may want to avoid them.

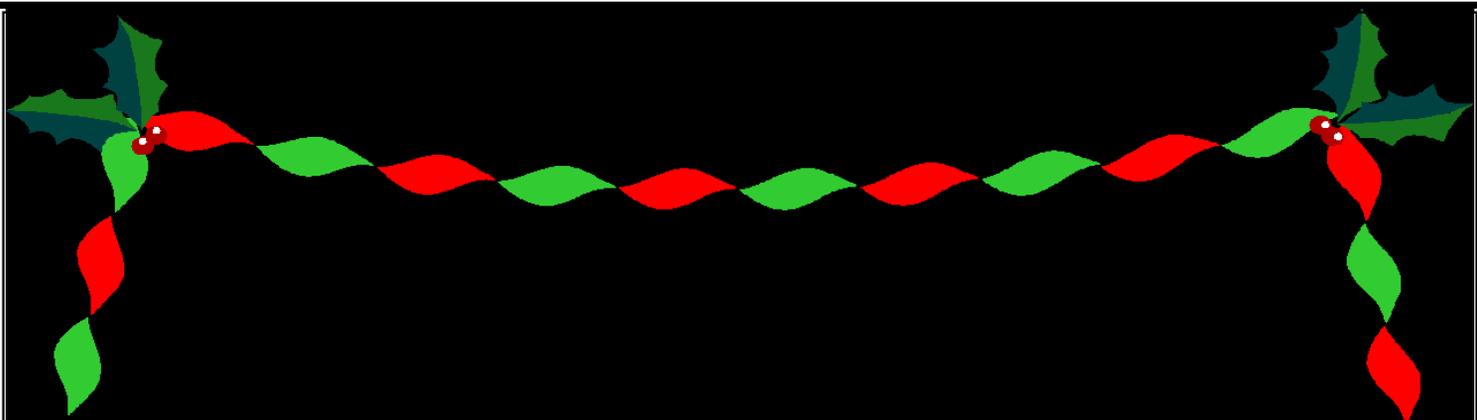
The bottom line: varied food and interesting meals are an important part of our society, so don't avoid them because you have an ostomy. Understand what food does in *your* body....and enjoy it!

AN ODE TO THE ET (WOC) NURSE

Your ET Nurse is your best friend,
She treats you right...end to end.
Always the teacher, forever the nurse,
She helps you get better—never worse!
If bowel or bladder, her care's the same,
Your stoma's welfare tops her aim.
To have it flow when it should flow
And keep its healthy rosebud glow.



She gets you right back on your feet
She goads, cajoles you...always sweet.
And all the while she's teaching you
That life's worthwhile to start anew.
The "stoma means a new beginning,"
She tells you, "now's the time for winning."
Rush to join the joyous throng
That celebrates life's happy song.
"Visit," she says, go tell your story
(Please keep it simple and save the glory.)
Help new patients gather hope
And find new ways for them to cope.
But goes your stoma on the blink
The nurse is there quick as a wink.
She'll poke it, soak it, daub it with goo
And when she's done your stomas's like new.
To sum it all up, she's a friend indeed
A shining light in time of need.
The WOC nurses take care of you
As only your own mother would do.
God Bless Our WOC Nurses!!



*18003 Clay Road
Houston, Texas 77084*

MENU: *Entrée Choices: ~ Chicken Scallopini
~ 6 oz. Filet Mignon with Bearnaise
~ Herb Seared Salmon
(Includes salad, dessert, coffee or tea)*

COST: *\$22.00 per person (includes gratuity)*
Make checks payable to "Houston Chapter, UOA"*

*** RESERVATIONS CAN BE MADE BY CONTACTING ED WOOD AT
281-493-5015. YOUR CHECK IS YOUR RESERVATION.**

**** THIS SOCIAL EVENT REPLACES OUR REGULAR DECEMBER
MEETING.**

*This dinner will be a wonderful start for your holiday season.
Come and enjoy the beautiful surroundings, great food, good friends, and door prizes.*

TIDBITS FROM HERE AND THERE . . .

- Worry is interest paid on trouble before it is due.
- You do the best you can and don't worry about the criticisms.
- Knowledge and timber shouldn't be much used till they are seasoned.
- Your dimples you get from your parents; your wrinkles, from your children.
- Joy is the holy fire that keeps our purpose warm and our intelligence aglow.
- Nobody has ever measured, even the poets, how much a heart can hold.
- Judicious praise is to children what the sun is to flowers.
- I used to dread getting older because I thought I would not be able to do all the things I wanted to do, but now that I am older I find that I don't want to do them all.
- The person who has lived the most is not the one with the most years but the one with the richest experiences.
- There is a difference between interest and commitment. When you are interested in doing something, you do it only when it is convenient. When you are committed to something, you accept no excuses, only results.
- Seven Wonders of the World:

To see To taste
To hear To feel
To touch To laugh
To Love

SAFEGUARD YOUR CREDIT CARD

1. Guard your trash from theft by shredding documents and receipts. Thieves can build an alternate identity using the mail you throw away.
2. Don't leave credit cards in glove compartments. (Glove compartments account for thousands of credit card thefts.)
3. Always check your monthly statements. (Criminals will sometimes make a small purchase first to see if it goes undetected, before making a big one.)
4. Notify the post office immediately if you change your address. Mail going to your old address can end up in the wrong hands.

Oh, those label instructions . . .

- * On a Sears hair dryer: "Do not use while sleeping."
- * On an American Airlines package of nuts: "Open packet, eat."
- * On a bar of Dial soap: "Use like regular soap."
- * On some Swanson frozen dinners: "Serving suggestion: Defrost."
- * On a Rowenta Iron box: "Do not iron clothes on body."
- * On a Swedish chain saw: "Do not attempt to stop chain with your hands."
- * On a Korean kitchen knife: "Warning! Keep out of children."

OOPS! A TRUE STORY THAT PACKS A POUCH — UH, PUNCH

Via *The Austi-Mate Journal*, Austin, TX Chapter

After years of struggle, I finally faced the inevitable and had surgery, which resulted in an ileostomy. I endured the same fears, depression and hopelessness common to anyone undergoing this type of traumatic procedure. With the total support of my family, I faced each day of my hospitalization. Finally a milestone...I would get to see my 10-year-old daughter! It meant walking all the way to the visiting area, but, rolling my IV stand and holding onto my sister-in-law, I knew I would make it.

My nurse placed a fresh bag on me and I started my "journey." Within a few minutes, I felt fluid draining down my leg and knew the bag had broken.

Back to my room. Call the nurse. Replace the bag. Start again.

Halfway there, the bag broke again. Is this what my future was to be? Was there something about me that caused the breakage? I was in tears as the nurse placed a new bag on me.

When the third bag broke, my morale was completely destroyed. My daughter was still waiting, crying now to see her mom.

A new nurse came in and in a matter of seconds was able to turn disaster into a quick and happy reunion with my badly shaken daughter.

What magic did this new nurse perform? None. But she did know that drainable pouches require a clip at the end to hold liquids in!

Yes, the first nurse had been "exposed" to ostomy care, but her skill was so minimal that she could not identify the various forms of pouches. As a result, she inadvertently put me through 60 minutes of sheer hell.

Will I help promote ostomy familiarization training in our hospitals? You bet!

ARE YOU 'RESISTANT' TO ASPIRIN?

Source: Fifth World Stroke Congress, Vancouver, Canada, June, 2004

Millions of people take aspirin to prevent strokes and heart attacks—but it doesn't work for everyone.

Aspirin can halt the clumping of platelets that can block blood flow. But studies indicate that up to 40% of aspirin users are "resistant" to the drug's blood-thinning effects.

Nearly half the patients admitted to Chicago's Northwestern Memorial Hospital after a stroke had already been taking aspirin. Greater resistance was found with low-dosage or coated pills.

Until more is known, don't start (or stop) taking aspirin without a doctor's advice. A good diet, exercise and not smoking, can protect the heart, too.

THE BEST MEDICAL WEB SITES

From *BusinessWeek*, August 30, 2004

The Net is awash in medical information. The hard part is finding advice you can trust. You might want to add the following sites to your "favorites" list.

- **www.nlm.nih.gov** - National Library of Medicine, part of the government's National Institutes of Health.
- **www.nimh.nih.gov** - National Institute of Mental Health, part of the National Institutes of Health.
- **www.4woman.gov** - U.S. Health & Human Services Dept.
- **www.mayoclinic.com** - Mayo foundation for Medical Education & Research, an affiliate of Mayo Clinic of Rochester, Minn.
- **www.nationalhealthcouncil.org** - A nonprofit made up of voluntary health agencies, professional associations, and medical nonprofits and businesses.
- **www.yourdiseaserisk.harvard.edu** - Harvard Center for Cancer Prevention, at the Harvard School of Public Health.
- **www.drugdigest.org** - Express Scripts, a major pharmacy-benefits manager.
- **www.questdiagnostics.com** - Quest Diagnostics, a leading diagnostic-testing company.
- **www.oncolink.com** - Abramson Cancer Center of the University of Pennsylvania.

A LIST TO LIVE BY...

- The most destructive habit.....Worry
 The greatest joy..... Giving
 The greatest loss..... Loss of self-respect
 The most satisfying work..... Helping others
 The ugliest personality trait..... Selfishness
 The most endangered species..... Dedicated leaders
 Our greatest natural resources..... Our youth
 The greatest "shot in the arm"..... Encouragement
 The greatest problem to overcome..... Fear
 The most effective sleeping pill..... Peace of mind
 The most crippling failure disease..... Excuses
 The most powerful force in life..... Love
 The most dangerous pariah..... A gossip
 The world's most incredible computer..... The brain
 The worst thing to be without..... Hope
 The deadliest weapon..... The tongue
 The two most power-filled words..... "I Can"
 The greatest asset..... Faith
 The most worthless emotion..... Self-pity
 The most beautiful attire..... A smile
 The most prized possession..... Integrity
 The most powerful channel of communication..... Prayer
 The most contagious spirit..... Enthusiasm

Everyone needs this list to live by...pass it along!!