



Oostomy Association of the Houston Area

December 2007

PO Box 25164
Houston, TX 77265-5164
www.oostomyhouston.org

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

"We are 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: Terry Marriott 713-668-8433
(tdmarriott@yahoo.com)

**Meeting: There will be no meeting in December.
Our next meeting will be Monday,
January 21st.**

May your Holidays be filled with happiness!!

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: There will be no meeting in December.
We will resume our regular monthly
meetings on January 22nd.**

Happy Holidays!!!!



**May the love in your
heart shine brightly
this holiday season!**

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: We will not meet in December. Our
next meeting will be January 28th.**

Seasons Greetings to all!!

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: January 21st, Monday evening . . .
Reservation required. No obligation. Please
call 281-491-8220 for reservation.**

Program: Round Table Discussion

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

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. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

Central Group News

We had 27 in attendance at the November 19th Central Group meeting including a new member who joined that night, Bob Carcasi and his wife Marge. Welcome!!

Thomas Mathew gave the program on exercises that we can do to keep in better shape. He gave away several elastic exercise devices as door prizes in a drawing at the end of his presentation. He showed us some low impact isometric exercises that can be used to get better muscle tone in our bodies so that we should feel better and be able to move more easily. Even people who have had ostomy surgery should be able to do these isometric exercises without danger of injuring themselves. He also showed us some more extensive exercises that you should have approved by your physician before you attempt them, especially, if you have had surgery recently. Thomas Mathew also told us that pain can be our friend in that it is the way our body warns us about problems that may require some kind of specialized treatment; so if you experience an unusual pain either in your day-to-day activity or any form of exercise and it persists, you would be well advised to consult a doctor about it.

After the presentation, we did have a short business meeting in which we voted to elect 2 directors to new 2-year terms in the National UOAA Board of Directors. After hearing information about the 3 candidates, Floyd Swinger made a motion that we elect Steve Strizic and LeeAnn Barcus by acclamation; this motion was seconded and passed by hand vote unanimously.

Ed Wood made a short presentation about the Kroger and Randalls user cards that when setup at these grocery store chains not only get discounts for you, their customers, but also directs donations to our Ostomy Association of the Houston Area at no cost to you.

During the first 2 weeks of November our website www.ostomyhouston.org was compromised and temporarily taken off line because of malicious virus or Trojan horse activity. So, if you attempted to access our website during that time you might have seen a strange Portuguese language website or your virus checker or firewall may have warned you about something trying to run on your computer that shouldn't. The website was put back online by November 11th, but all the malicious software that had been left there wasn't completely cleaned up until November 18th. If you use a PC (as opposed to a Mac which would probably not be affected) computer, and tried to access our website during this time, it would probably be wise to make sure your virus scanning and spyware detecting software is currently updated so you can scan your hard disk to make sure none of that malicious software that got on our website managed to load itself onto your computer.

We will be having our Christmas dinner at Pine Forest Country Club on December 4th before you will be reading this, and so far we have 31 people confirmed to attend. I hope that I will have met you there.

Our January 21, 2008 program will be presented by Annette Bisanz, a Diet Specialist from the University of Texas M. D. Anderson Cancer Center. You can observe some of the topics that she may be discussing at the following website: <http://www.mdanderson.org/topics/food/>.

*Terry
Marriott*



French Thief

A thief in Paris planned to steal some paintings from the Louvre. After careful planning, he got past security, stole the paintings and made it safely to his van.

However, he was captured only two blocks away when his van ran out of gas.

When asked how he could mastermind such a crime and then make such an obvious error, he replied, "Monsieur, that is the reason I stole the paintings. I had no Monet to buy Degas to make the Van Gogh."

(And you thought I didn't have De Gaulle to print this. I figure I had nothing Toulouse.)



Q. What do you call Santa's Helpers?

A. Subordinate Clauses.

*"As water reflects a face,
so a man's heart reflects
the man."*

- Proverbs 27:19

The United Ostomy Associations of America
(UOAA) can be contacted at
www.uoaa.org.

OPPORTUNITIES & ANNOUNCEMENTS...

Anniversary Gift: As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable and sent to: **Ostomy Association of the Houston Area**
Attn: Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

Memorial Fund: Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable and sent to: **Ostomy Association of the Houston Area**
Attn: 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.)

Donation of Supplies: We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Kathleen Griswold at 303-921-9892 with any questions.

Consultation with ET: Clarice E. Kennedy, Certified Enterostomal Therapist, is available for consultations. Clarice is an ostomate with 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. Contact cekennedy1@peoplepc.com or call 713-647-8029.

Sponsorship: You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Send your check in the amount of \$25.00 to: **Ostomy Association of the Houston Area**
Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

Use Those Shopping Cards: Krogers and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015 or ewood6@comcast.net.

Moving??: 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, contact Chuck Bouse, Treasurer, at 281-495-1840 (cbouse@comcast.net) or send your request to the Ostomy Association of the Houston Area, 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.

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.

To subscribe to the quarterly magazine of the United Ostomy Associations of America (UOAA) complete the following.

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BEANS CAN HELP FIGHT CANCER

Beans appear to be a wonder vegetable! They could have significant cancer-fighting benefits because of their high levels of antioxidants. . . and also have antidiabetic benefits.

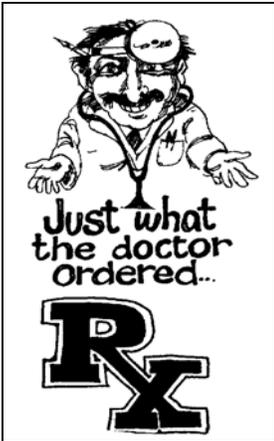
Researchers at Colorado State University will investigate these properties. And a recent study by the U.S. Dept. of Agriculture found three varieties of beans rank in the top four foods studies for these benefits:

Red beans have the highest levels of antioxidants, followed by black beans and then beans with a lighter-colored seed coat. ♦



DOCTORS DO THE PRESCRIBING, BUT IT'S UP TO YOU TO TAKE CHARGE OF THE DETAILS

10/07 UOAA UPDATE



Be curious – know what your condition is and how the drug will help you.

Don't play doctor – never tinker with the dosage on your own.

Share your life story – the doctor needs a complete picture of your health and habits.

Make friends with your pharmacist – you can never get too much information.

Plan a review session every 6 months – one in five Americans

over 65 takes at least one inappropriate prescription drug.

One size doesn't fit all – the amount of medicine you may need may vary with age, weight, gender and ethnicity.

Send old drugs packing – review your medicines at least once a year and get rid of oldies that are no longer goodies.

Timing is everything – some side effects can be avoided by adjusting the timing—but ask your doctor before changing.

Be aware of interactions – Drug-Herb, Drug-Drug, Drug-Condition, or Drug-Food interactions are all potential problems. ♦

STORING & PROTECTING MEDICINES

Prescription medications and over-the-counter drugs do not last forever. Each one has a shelf life. To make sure your medicines stay effective, follow these steps.

1. Keep medicines in their original containers with lids tightly closed. If you use a pillbox to keep track of when to take medication, fill the box for one week at a time.
2. Check expiration dates. Both prescription and OTC drugs have expiration dates.
3. Store medicines properly.
 - Keep in a cool, dry place....no sunlight or moisture.
 - Keep away from children.....use childproof caps.
 - Do not store in glove compartment of your car.
 - Ask your pharmacist about the best way to store a particular medicine since different types may have special storage requirements. ♦

“A dog is the only thing on earth that loves you more than he loves himself.”

– Josh Billings

10 QUESTIONS TO ASK YOUR DOCTOR OR PHARMACIST ABOUT A NEW PRESCRIPTION

10/07 UOAA UPDATE

Prescription drugs are life-savers—but only if they're used correctly. In the U.S., nearly half of all medications *aren't* taken as directed. Fourteen percent of prescriptions never get filled; 13 percent are filled but never used; 29 percent are filled but not finished, so ask these questions:

1. What's the name of the drug you're prescribing?
2. Is a less expensive generic version of this drug available?
3. How much will I be taking and how many times a day?
4. What time of day is best to take the medication? Should it be taken with food or without?
5. Does the medication need refrigeration?
6. What side effects, if any, might I experience? What should I do if they occur.
7. Is it safe to take this drug with other drugs or supplements? Can I drink alcohol while I am on this medication?
8. What do I do if I miss a dose?
9. How long will I be taking the drug?
10. Do I need to finish the entire dosage you're prescribing for me? What do I do if I feel better before that? ♦

WHAT TO DRINK WITH DRUGS

How many times have you received a prescription with the instruction to “take as needed” or “take before meals?” Pretty vague, but many people do not stop to question further, assuming the medication will work, no matter with what they swallow it.

Acidic drinks, such as fruit juice or soda pop, may chemically destroy certain kinds of antibiotics, including penicillin, ampicillin, or erythromycin. Citrus fruit juices may reduce the effect of antidepressants, antihistamines or major tranquilizers by speeding their urinary excretion.

Milk can interfere with a number of medicines. The laxative Ducolax, for example, has a coating designed to ensure that the drug will dissolve slowly within the intestine. But if the medication is taken with milk, which is alkaline, it may dissolve prematurely within the stomach, lose its cathartic action and irritate the sensitive stomach lining. Milk can also block the action of tetracycline. If a doctor fails to warn his patient not to take this antibiotic within an hour of any dairy product, he might be puzzled to hear the infection he was treating has not disappeared.

Even something as simple as tea, hot or cold, may cause problems. A woman given a mineral supplement to treat iron-deficiency anemia would probably be surprised to learn that the tannin in tea can undo the benefits of her iron pills.

To play it safe, you can always rely on GOOD OLD WATER!! Water will not interact with drugs or reduce their effectiveness. ♦

BAYTOWN SUPPORT GROUP

The group welcomed Elizabeth Vallagomesa, RN, BSN, Administrator for SEV Home Care to October's meeting. Beth shared facts about Home Health Care, including benefits of services and types of care that can be provided. The process for choosing a home healthcare provider was explored as well as reimbursement by insurance providers. SEV Home Care maintains a website at www.sevhomecare.com.

We will not have a meeting in December but our January 28th meeting promises to be a good one...“The Truth About Hearing Loss and Hearing Aids” presented by Kathy DiGiovanni, Doctor of Audiology. More interesting programs are planned in the coming months. We hope you will join us – 4th Monday at 7:00 pm.

Cindy Barefield, RN, WOCN
281-420-8671

THE BENEFITS OF LAUGHTER

You know you feel good inside when you laugh. Here's an overview of some of the major physiological and psychological benefits of humor:



- Increases antibodies in saliva that combats upper respiratory infections.
- Decreases serum cortisol, thus providing an antidote for the harmful effects of stress.
- Secretes an enzyme that protects the stomach from forming ulcers.
- Conditions the abdominal muscles.
- Relaxes muscles throughout the body.
- Changes perspective.
- Has positive benefits on mental functions.
- Improves ventilation, thus helping reduce chronic respiratory conditions.
- Liberates interleukin-2 and other immune boosters.
- Reduces blood pressure and heart rate.
- Aids in reducing symptoms of neuralgia and rheumatism.
- Helps the body fight infections.
- Releases endorphins which provide natural pain relief. ♦

Health News!

Another reason you need D!

A new study in the journal *Cancer Epidemiology Biomarkers & Prevention* shows taking 450 IU of vitamin D daily cuts your risk of pancreatic cancer by nearly half.

NORTHWEST GROUP HAPPENINGS

We had no meeting in November and will not meet again until the New Year. That meeting will be on January 22nd when we will have a Round Table Discussion and make plans for the meetings in 2008.

We sincerely wish everyone a safe and happy holiday season and all the best in 2008!!!

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

ASSORTED OSTOMY TIPS

- If odor is a problem, try rinsing the pouch with water containing a small amount of mouthwash (Scope works well) or antibacterial soap, when emptying the pouch.
- If you use a two-piece appliance and rotate pouches, the pouch not in use can be soaked in denture cleanser. For rinsing the pouch when emptying it, a small water can with a curved spout works very well.
- A transparent pouch may help you change your appliance better by allowing you to see what you're doing. Note that not all “transparent” pouches are equally transparent. ConvaTec's are extremely transparent... Hollister's are more translucent.
- If your pouch fills with gas, remember to empty it just as you would empty more liquid or solid contents. If you use a two-piece appliance, you can partially open the flange to “burp” the pouch, and avoid complete emptying protocol. You can also avoid gas build-up using a pouch with a built-in filter.

Perhaps the most important advice: Learn all you can about managing your ostomy, but also be somewhat skeptical of the advice you hear and read. ♦

“I've learned that you can tell a lot about a person by the way he or she handles these three things:

- 1. A rainy day**
- 2. Lost luggage**
- 3. Tangled Christmas tree lights.”**

- Maya Angelou

Did you know?

67% of doctors believe in the healing power of prayer

A Visit from St. Ostomy

by Marjorie Kaufman

via Austin (TX) Austi-Mate;
and North Central OK Ostomy Outlook

'Twas the night before Christmas and all through the flat,
There was general confusion including the cat.
The bathroom was strewn with the ostomy ware
That I had abandoned in utter despair.

The courage I'd had in the hospital bed,
To follow instructions, had suddenly fled.
It all looked so strange, and uncommonly new;
I swore I would never know quite what to do.

Now which goes to which, and what sticks to what?
I fumbled each step, with my nerves overwrought.
And then in my anguish, I went to my room,
To settle my brains for a night full of gloom.

With a household a-flutter in holiday matter,
I shut out the sounds of excitement and chatter.
When out in the hallway I heard from below,
The sound of a voice with a jolly "Hello."

As I peeked through the door, up the stairway she came;
And she smiled when she saw me, and called me by name.
And I, in my wonder, just couldn't believe,
That ostomy visits were made Christmas Eve.

And then in a twinkling she put me at ease,
And said she could lessen my anxieties.

She was dressed all in white, in a form-fitting sheath,
With nary a sign of what lay underneath.
So trim and well-groomed, a delight to behold,
No one would suspect, unless they'd been told.

That standing before me so calm and serene,
Was the very first ostomate I'd ever seen.
Her manner so friendly, with faith and good cheer,
Soon gave me to know I had nothing to fear.

My questions, like leaves in a hurricane flew;
And with each knowing answer, my confidence grew.
Then under her guidance each part fell in place,
As I conquered the problem I'd just failed to face.

And all of a sudden I knew I was free,
To live just as normal and happy as she.
For only an ostomate is really akin,
To the fears and frustrations that lie deep within.

Her time and her friendship so willing to give,
Will keep me remembering as long as I live.
And my family was grateful for what she had done,
For once more the evening was festive and fun.

Now each time I meet her, more clearly
I see
The "Saint" who came calling with
blessings for me!!

Take time this season to thank those who have been
a blessing to you during your ostomy experience!!

CHEMOTHERAPY AND YOUR OSTOMY

By Donna Pennington, via Evansville, Indiana Re-Route

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 have knowledge of:

Stomatitis - 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 now, using care in gentle removal of the pouch and barrier, and using plain tap water to cleanse the stoma.

Dermatitis - an inflammation of the skin. Skin reactions are worse when you are on chemo, therefore if leakage occurs, change your appliance 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 physician or WOC/ET 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 may prescribe some medicines to slow bowel activity.

On the opposite end of the spectrum, some agents can cause constipation. If this occurs, see your doctor. He 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. ♦

Grampa's Bumper Sticker:
**"Ever stop to think and forget
to start again?"**

A "Dumb Blonde" Joke. . .

Last year I replaced all the windows in my house with that expensive double-pane energy-efficient kind. Today I got a call from the contractor who installed them. He was complaining that the work had been completed a whole year ago and I still hadn't paid for them.

Helllooo, just because I'm blonde doesn't mean that I am automatically stupid. So, I told him just what his fast-talking sales guy had told ME last year, namely, that in ONE YEAR these windows would pay for themselves! Helllooooo? It's been a year I told him. There was only silence at the other end of the line, so I finally just hung up. He never called back.

Guess I won that stupid argument. I bet he felt like an idiot!!

Eating Tips for the Holidays

1. Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.
2. Drink as much eggnog as you can and quickly. You can't find it any other time of year but now, so drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an "eggnog-aholic" or something. It's a treat. Enjoy it!! Have one for me. Have two. It's later than you think. It's Christmas!
3. If something comes with gravy, use it. That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill with gravy. Eat the volcano. Repeat.
4. As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.
5. Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello???
6. Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.
7. If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.
8. Same for pies. Apple, pumpkin and mincemeat—have a slice of each. Or, if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert? Labor Day?
9. Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have some standards.
10. One final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Reread tips: Start over, but hurry, January is just around the corner.

Remember this motto to live by: "Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body. But rather to skid in sideways, chocolate in one hand, a bottle of Dom in the other, your body thoroughly used up, totally worn out and screaming "WOO-HOO! What a ride!!" Now that's living!!!

Happy Holidays!!

ILEOSTOMY QUESTION

via Ostomy Support Group, Tucson, AZ

Can an ileostomy be controlled with strict diet or irrigation? A definite "NO" is the answer to both questions. Occasionally, a doctor may irrigate an ileostomy with a lavage set for food obstruction. This procedure should be done only by your doctor to prevent perforation of the small bowel and further surgery. An ileostomy cannot be controlled by any diet. It is vitally important that everyone with an ostomy eat at least three nutritionally balanced meals a day. If your doctor has given you a special diet, remember that when your stomach is void of food, it will fill up with gas. Excess gases result in a noisy ileostomy. It may also increase the activity of the small bowel, causing the ileostomy to discharge very liquid feces. Diet is an individual matter. Some people can eat all varieties of food, including foods with skins, without affecting the consistency of the stool or the activity of the bowel. Others find that any violation of a low residue diet leads to frequent and watery movements. Each person must discover his own dietary pattern through trial and error.

A WORD TO ILEOSTOMATES...if you are ever depressed, just think of all the ailments you no longer have to worry about: rectal cancer, colon cancer, hemorrhoids, Diverticulitis, appendicitis, constipation, etc. It's amazing that anyone can survive with the colon intact! ♦



A UROSTOMY SUGGESTION

By Peter W. Shanon, MD via The New Outlook, greater Chicago newsletter

Sam Holloway, the editor of Southern Alameda's newsletter, called the following letter to their attention. It seemed of particular value to people with urostomies.

"I have had a urostomy since 1980, so I am an old-timer in dealing with urostomy problems. I have recently been using "Dial Antibacterial Hand Sanitizer" to sterilize the skin around my stoma when I am changing my barrier. This gel states that it kills over 99.99% of harmful germs in 15 seconds.

Since I started using this gel, the skin around my stoma has never looked better. The wearing time of my barrier is also about a day longer than before. I also may have fewer urinary tract infections, which I am susceptible to because of hydronephrosis and dilated ureters.

I change my barrier when I am in the shower. I clean my skin around the stoma with soap and water as I have in the past. I then apply the gel to the skin and wait 30 seconds before rinsing it off. It comes off very easily and my skin is squeaky clean when I am finished. I then step out of the shower, dry the skin and put on the new barrier. In the past, the skin around my stoma has frequently been slightly raw and inflamed. After I started using this gel, the skin cleared up almost immediately." ♦

Tips to Avoid Getting Sick:

- Wash your hands—again, and again, and again
- Cover your nose and mouth when you sneeze or cough
- Use a disposable Anti-Viral Tissue
- Don't share utensils
- Don't rub your eyes, nose or mouth
- Talk to your doctor about getting a flu shot

Q. How are colds and the flu spread?

A. Most people don't know that colds and the flu spread in different ways. Cold viruses are generally transferred through the hands when we touch something or someone and then touch our mouth, nose or eyes. Flu viruses, however, are usually transmitted through small particles floating through the air.

Q. Are there any cures?

A. The best "cure" is to never get the virus in the first place. Colds and the flu are viral infections that have no cure; they simply need to run their course. Unless a secondary bacterial infection such as bronchitis or an ear infection develops, antibiotics are not appropriate.

KLEENEX® Brand has just introduced a product that is designed to help stop cold and flu viruses in their tracks. Called KLEENEX Anti-Viral Tissue, the product features a moisture activated middle layer that kills 99.9% of cold and flu viruses in the tissue using everyday, common ingredients. And it's very soft and gentle, so it's easy on your nose. ♦

BRUSH AWAY SICKNESS

When sickness hits, separate an ailing person's toothbrush from the rest, then toss it at the end of the illness. Brushes can transfer all manner of bugs, including strep and stomach flu. ♦

"For success, attitude is equally as important as ability."

- Harry F. Banks

JUST THREE WORDS

Three things in life that, once gone, never come back -	Time Words Opportunity
Three things in life that can destroy a person -	Anger Pride Unforgiveness
Three things in life that you should never lose -	Hope Peace Honesty
Three things in life that are most valuable -	Love Family & Friends Kindness
Three things in life that are never certain -	Fortune Success Dreams
Three things in life that make a person -	Commitment Sincerity Hard work

WHO ARE OSTOMATES?

Men and women, rich and poor, all races, creeds and colors. No one is exempt, from a newborn babe to the very elderly.

Some have felt alone with their ostomy, apart from the rest of the world. Nothing could be farther from the truth since there are over one million ostomates in the U.S. and Canada alone. And, our numbers are increasing annually. When we add the millions living in other parts of the world, we find that we are far from being alone. ♦

