

Antelope Valley Ostomy Support Group

Newsletter Articles Guide

(Updated May 5, 2010)

Brochure Information (About Us – Membership Application)

Pg

- 1 Contact Information for Ann & Gerry
- 1 Antelope Valley Ostomy Support Group – General Description
- 2 What does UOAA Provide? (United Ostomy Associations of America, Inc.)
- 2 Local Chapter Support (AVOSG) with meeting times
- 2 Support Group Objectives (AVOSG)
- 3 Application for Membership (AVOSG)

January 2006

pg

- 1 Medicare Part D (financial)
- 2 A “Soft Touch” All Winter (skin)
- 3 Continue Your Social Life with an Ostomy (lifestyle)
- 4 Reimbursement of Ostomy Supplies by Medicare (financial)
- 4 Pointers for the New Ostomate (tips)
- 5 Don’t Sweat It (sweating pouch)
- 5 Preventing Skin Irritation (skin)

March 2006

Pg

- 2 Freedom Belt (new product)
- 2 Find and Prevent Colorectal Cancer (medical)
- 2 Top Ten Tips for Handling Leftovers (preventive health)
- 3 Blue Jeans and the Ostomate (lifestyle)
- 4 Hints and Tips – March 06 (tips)

May 2006

Pg

- 1 Calcium and Vitamin D: Beyond the Bones (preventive health)
- 2 Eating and Digestion After Ostomy Surgery (diet)
- 3 Helpful Hints - May 06 (tips)
- 3 Reasons for Skin Breakdown (ostomy care)
- 4 Fish is Health Insurance and Most of Us Lack Enough Coverage (preventive health)

July 2006

Pg

- 1 Keeping Cool: Check the Fabric (tips)
- 2 Bacteria in the Small Intestine (medical)
- 3 Ostomy Tips for the Pool (tips)
- 4 Assorted Ostomy Tips – July 06 (tips)
- 4 “With Apologies to Edgar Allen Poe” – Marjorie Kaufman (poetry, thoughts & anecdotes)
- 5 I Want to Know (tips)

September 2006

Pg

- 1 Reasons for Skin Breakdown (ostomy care...repeat article)
- 2 Infection in Urostomies (diet)
- 3 Role of the ET (general information)
- 4 Malabsorption and the Ostomate (and Food Challenges) – (diet)
- 5 Replaying a Few Zen Thoughts... (poetry, thoughts & anecdotes)

November 2006

Pg

- 2 What Can You Do? (lifestyle)
- 2 Continue Your Social Life with and Ostomy (lifestyle...repeat article)
- 3 Word Play (sincere apologies to Mr. Webster!) - (poetry, thoughts & anecdotes)
- 3 A “Soft Touch” All Winter (skin...repeat article)
- 4 Pointers for the New Ostomate (tips...repeat article)
- 4 The Fungus Among Us! (ostomy care)
- 5 Directions to Marty & Gerry’s

January 2007

Pg

- 1 Kidney Stones and the Ileostomate (diet, medical)
- 2 A gift of Time (lifestyle)
- 2 Celebrity Ostomates (lifestyle)
- 3 Urostomy Hints and Ideas (tips)
- 3 General Ostomy Hints and Ideas – Jan 07 (tips)
- 4 Here’s to Your Health...Have a Laugh! (poetry, thoughts & anecdotes)
- 5 Donate Supplies-Friends of Ostomates Worldwide (FOW-USA) – (information)

March 2007

Pg

- 1 New Meeting Address
- 1 Caution to Urosomates (preventive health)
- 2 Ostomates Receiving Chemotherapy (medical)
- 3 Raisins vs. Colon Cancer (diet, preventive health)
- 3 Kidney Stones and the Ileostomate (medical)
- 4 Controlling Odor (diet, tips)
- 4 What to Do in Case of a Food Blockage (diet, tips)
- 5 Ileostomy Lavage (medical)
- 5 Kids in Church (poetry, thoughts & anecdotes)

May/June 2007

Pg

- 2 Spring Allergies: Nothing to Sneeze At (tips)
- 2 What is Osteopenia and How is it Different from Osteoporosis? (medical)
- 3 Are You Getting the Nutrients You Need? (diet)
- 3 Frequently Asked Questions (information)
- 4 Just For Laughs (poetry, thoughts & anecdotes)
- 5 To Mothers Everywhere (poetry, thoughts & anecdotes)
- 5 If I Had My Life to Live Over (poetry, thoughts & anecdotes)

July 2007

Pg

- 1 Swimming with an Ostomy (tips)
- 2 Which Pouching System is Right for You? (information)
- 3 Thoughts on Odor Management (information)
- 4 Helpful Hints and Tips (tips)

September 2007

Pg

- 1 Ten Commandments for the New Ostomate (information)
- 2 Stomal Stenosis (information)
- 3 Hints and Tips (tips)
- 4 Herbs and the Intestine (diet)
- 4 Parastomal Hernias (medical)

November 2007

Pg

- 1 New Ostomate Corner (information)
- 2 Ileostomates and Fiber (diet)
- 2 Pouch Changes - How Often? (information)
- 3 Tender Loving Care – Your Stoma Needs It Too! (tips)
- 3 Keeping Your Pouch Odor Proof (tips)
- 4 Ask a Kid...How do you cook a turkey? (poetry, thoughts & anecdotes)

January 2008

Pg

- 1 The Legend of the Phoenix (UOA)
- 2 Eating Smart and Heartburn (diet)
- 3 The Secret of Preventing Blockages and Hernias (diet, preventive health)
- 4 Learning Experiences About Skin Cancer (medical)

March 2008

Pg

- 1 National Colorectal Cancer Round Table (organization)
- 1 UOAA in a Nutshell (UOAA)
- 2 Too Much of a Good Thing (information, tips)
- 3 Those First Few Pouch Changes (information, tips)
- 4 Allergic Reactions (information, medical)
- 5 Who Was St. Patrick? (poetry, thoughts & anecdotes)
- 5 Great Truths (poetry, thoughts & anecdotes)

May 2008

Pg

- 1 Stomal Complications (medical)
- 2 More About Stomal Stenosis (medical)
- 3 Leak Producers and Preventers (tips)
- 3 Ostomy Hints (tips)
- 3 What is Iron and Why Do We Need It? (information, diet)

July-August 2008

Pg

- 1 Beneficial Bacteria (preventive health)
- 2 Ostomy Surgery and Depression (tips)
- 2 Peanuts (poetry, thoughts & anecdotes)
- 3 Another One From a Friend (poetry, thoughts & anecdotes)
- 3 Osto Hints & Tips (tips)
- 3 Swimming Under Cover (tips)

November 2008

Pg

- 1 Internet Study (participation for \$\$ opportunity)
- 2 Vitamin B12, Folic Acid and Potassium (medical, information)
- 2 Odor Proof or Odor Resistant (information, tips)
- 3 Reducing Your Risk of Pneumonia (medical)
- 4 Questions & Answers (information, tips)
- 4 Hints & Tips (tips)
- 5 Did You Ever Wonder? (poetry, thoughts & anecdotes)

January 2009

Pg

- 1 A “Soft Touch” All Winter (information, tips)
- 2 Continue Your Social Life With an Ostomy (information)
- 3 Pointers for the New Ostomate (tips)
- 3 Urinary Diversions or What Does One Do Without a Bladder? (medical, information)
- 4 Types of Colostomies (medical, information)
- 4 Preventing Skin Irritation (information, tips)

March 2009

Pg

- 1 Anacids & Orange Juice Don’t Mix (information, tips)
- 2 Top Ten Tips for Handling leftovers (information, health)
- 2 Doctor & Patient Communication (information, tips)
- 3 Cranberries – For and Against for Urostomates (information, health)
- 3 Blue Jeans & The Ostomate (information)
- 4 Hints and Tips (information, tips)
- 5 You Know You are Living in 2009 When... (poetry, thoughts & anecdotes)

May 2009

Pg

- 1 Chron’s Disease & Ulcerative Colitis (medical, information)
- 2 Arthritis and the Intestines (medical, information)
- 3 Fish is Health Insurance and Most of Us Lack Enough coverage (information, health)
- 4 Ileostomy and Salt (medical, information)
- 4 Zen Thoughts

July 2009

Pg

- 2 Hollister World Ostomy Day Photo Contest (announcement)
- 2 The Overactive Ileostomy (medical, information)
- 3 Fluid & Infection Management for Urostomates (medical, information)
- 3 “Get Your Guts in Gear” in 2009
- 3 Centering Your Pouch (tips, information)
- 4 Adhesions & Other Pain that Cramp Your Style (medical, information)
- 5 Powder Your Stoma? (medical, information)
- 5 The Joys of Getting Older (poetry, thoughts & anecdotes)

September 2009

Pg

- 2 Management of a Flush or Retracted Stoma (medical, information)
- 2 Frequently Asked Questions (information)
- 5 Ileostomates (medical, information)
- 5 The Funny Papers (poetry, thoughts & anecdotes)
- Back Page / Membership

November 2009

Pg

- 1 Evelyn Anderson – In Memoriam
 - 2 It's Flu Season...Some Prevention Tips (tips, information)
 - 3 Ileostomy Absorbent Concerns (tips, information)
 - 3 Keeping Weight Down (tips, information)
 - 3 New Urostomy Patients (tips, information)
 - 4 Colostomy Blockage and Its Causes (tips, information)
 - 4 Questions & Answers (tips, information)
 - 5 Powder You Stoma? (tips, information)
 - 5 This Month's Laugh (tips, information)
- [Back Page / Membership](#)

January 2010

Pg

- 1 I Am A Stoma! (thoughts & anecdotes)
- 2 (untitled dietary comments) (tips, information)
- 3 Majority of Americans Take at Least Two Pills Each Day (tips, information)
- 4 Push First, then Gently Pull (tips, information)
- 5 Thirty Minutes a Day May Keep Cancer Away (tips, information)
- 5 The Funnies (poetry, thoughts & anecdotes)

March 2010

Pg

- 1 Keep a Medical Journal (tips, information)
 - 1 Controlling Odor (tips, information)
 - 2 Want to Live Longer? (tips, information)
 - 3 Blue Star Alert Nip Colon Cancer !! (tips, information)
 - 3 Hints and Tips From Everywhere (tips, information)
 - 4 What Would You Do If? (medical, tips, information)
 - 4 Remember the 1st Three Letters...S.T.R. (tips, information)
 - 5 Earthquake Safety (tips, information)
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May 2010

Pg

- 1 Skin Attention (tips, information)
 - 2 Taking Care of Your Skin (tips, information)
 - 2 A Little Ostomy Test Concerns (tips, information)
 - 3 True or False? (tips, information)
 - 4 Taking Care of Your Stoma and Your Skin (tips, information)
 - 5 The Recipe Corner... (poetry, thoughts & anecdotes)
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