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eNewsletter Q3 2020

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Share Your Voice

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#OstomyDay2020

FEATURE STORY

10 Who Share Their Voices to Inspire, Encourage, Embrace

Meet advocates and influencers who are raising ostomy awareness

Amber



Amber Wallace, creator of the Ostomy Diaries YouTube channel and social media platforms ([@ostomydiaries](https://www.instagram.com/ostomydiaries)), was just nine years old when she learned what “Inflammatory Bowel Disease” meant. After being diagnosed with Crohn’s disease in 2008 and undergoing a complete colectomy in 2016, Amber is openly frank about her desire to live life as normal as she can. “No one really chooses an ostomy bag. ...You decide it is the best option,” she says. “You make the choice to live, even if that means you poop in a bag attached to your abdomen.”

An advocate for the “underdogs,” Amber’s mission in life is to educate, encourage and inspire others. She uses her Ostomy Diaries platform to remind those living with IBD and ostomies to embrace their so-called “flaws.” “Wear them as badges of honor, because maybe you’re not the underdog at all,” she says. “Maybe your flaws have given you strength. Keep fighting and keep choosing to live.”

Jearlean



From the time she had ostomy surgery as a child until she became an international fashion model, author, entrepreneur and motivational speaker as an adult, Jearlean Taylor suffered through years of low self-esteem and depression. She even had thoughts of suicide. “For a long time, I didn’t want to tell my story but my mother knew that by telling it, I could heal,” says Jearlean. “I didn’t understand that for a long time, but I do now.”

Jearlean’s story evolved into her popular website jearleantaylor.com, and her intimate autobiography, “Pretty Girl Blues.” “By the grace of God I made it,” says Jearlean. “And now it’s my mission to help others do the same.” Facing and overcoming obstacles has allowed her to inspire other cancer survivors and those living with an ostomy to remain positive about the future. “By pursuing my goals, taking one day at a time, and putting my trust in God, I will live a full and vibrant life,” says Jearlean, and she encourages her followers to do the same.

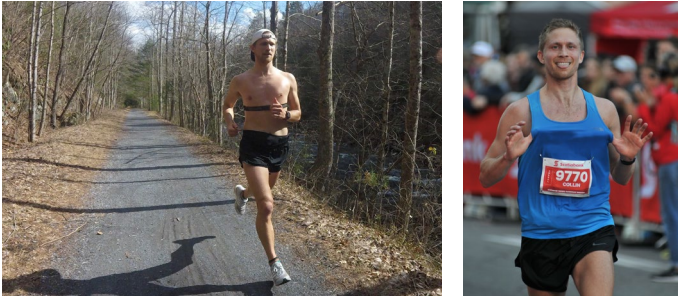


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FEATURE STORY

10 Who Share Their Voices to Inspire, Encourage, Embrace *(continued)*

Collin



Collin Jarvis was diagnosed with ulcerative colitis when he was a junior at the University of California, Berkeley. His body rejected drug treatment to the point where he lost 30 pounds and was sleeping 15 hours a day. He had no choice but to withdraw from school his senior year.

Barely five years after his ostomy surgery, however, the news headlines screamed: "Collin Jarvis Runs Sub-2:30 in One of the Fastest Marathons Ever With an Ostomy."

As evidenced by his marathon-running success, Collin now has the wind at his back and a whole new purpose in life, including being vice president of Stealth Belt, an ostomy support belt manufacturer. On Instagram (@collinjarvis), the "No Colon, Still Rollin!" man inspires his followers with his life's journey. He says, "If you dedicate yourself to something, continually work through failure, stay patient, take calculated risks, and trust in the process, you can transcend your self-imposed limitations."

Krista



When she was nine, Krista Deveau was diagnosed with Crohn's disease. Even while wearing a feeding tube, however, she kept an upbeat attitude about her herself and her future. Now a kindergarten teacher in Calgary, Alberta, Canada, Krista uses her voice on social media (@my.gut.instinct) to give a fresh perspective to others living with ostomies. "A few years ago, I started talking about my illness on Instagram in the hope of helping others," she recalls. "I was struggling with my Crohn's at the time and needed an outlet. I also wanted to raise awareness about what it's like to live with an invisible illness."

Although she shares the good and the bad with her followers around the world, Krista prefers to use her voice to focus on the positives. And one of those positives is named Stella. "Stella, that's my stoma's name, and my ostomy bags have given me my life back," says Krista. "It's important to me to break the stigma around stomas and show what it's like to live with an ostomy bag."



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FEATURE STORY

10 Who Share Their Voices to Inspire, Encourage, Embrace *(continued)*

Kristen



Kristen Cosner's life changed in 2016 when she was diagnosed with severe ulcerative pan-colitis. Six surgeries later, she is living with a permanent ileostomy and still overcoming challenges. However, even a recent bout with a kidney stone has not deterred this spirited woman from sharing words of inspiration and hope on the **Kristen's Chronicles** website and on social media ([@kristenschonics](https://www.instagram.com/kristenschonics)).

"I promised myself that I would start living life as freely and adventurously as possible," Kristen tells others living with ostomies. "I would do things that scared me. I would challenge myself to grow and learn. And I would never take for granted the fragile crown that is our health."

As proof of her determination to live her life without obstacles, Kristen recently graduated from West Virginia University with a Master of Science degree in Integrated Marketing Communications. She notes proudly, "I began the program from a hospital bed the day before my first surgery."

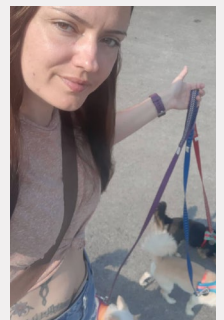
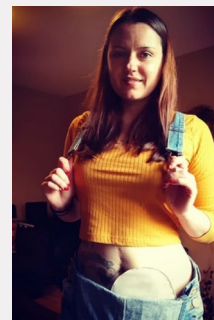
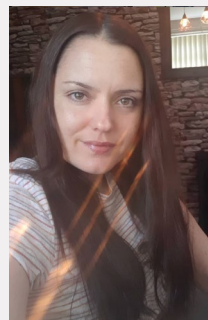
Sahara



Diagnosed with ulcerative colitis in 2007, Sahara Fleetwood-Beresford admits to being near death more times than she cares to remember. "Life has been difficult to keep pushing through during these past years," she says. "But I am so glad I did keep pushing."

Sahara's frustrations led her to begin increasing awareness of IBD online by founding the campaign **#IBDSuperHeroes** (Twitter [@IBDSuperHeroes](https://twitter.com/IBDSuperHeroes)). "What started as a need to raise awareness became so much more," she says. "It became a support system, a place for inspiration that I could draw strength from."

Sahara blogs about her IBD journey (socialmediaibdostomy.com) and posts on Instagram ([@sahara88uk](https://www.instagram.com/sahara88uk)). She also is a volunteer for **Cure Crohn's Colitis**, where her social media expertise is put to good use. "The opportunities that have come my way because I have IBD are why I have ended up where I am today, and I am happy here," notes Sahara. "I want to be the person I needed when I was diagnosed and struggling. I want all of the pain and 'trauma' I have been through to be worth something."



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FEATURE STORY

10 Who Share Their Voices to Inspire, Encourage, Embrace *(continued)*

LeeAnne



Prior to her surgery to remove a sarcoma tumor, LeeAnne Hayden competed in Fitness America competitions and once had a top five finish. Understandably, she was despondent about the surgery, which resulted in a colostomy.

However, her attitude changed when she was in the recovery room. “I had such a different view when I woke up,” says LeeAnne. “God left me here to do some work and I was not going to let Him down by playing small. I was going to live my life HUGE and give back to the world as much as I can.” One huge step she took was to compete in another fitness competition post-surgery to prove “that we are all still beautiful in our bodies no matter what.”

Through her “LeeAnne In The City” podcast and Instagram account ([@leeannehayden](#)), she brings everything she has been through to others living with an ostomy. She encourages her followers to never give up on chasing their dreams, owning their own business, taking financial care of themselves, changing the lives of others, taking care of their health, and wanting more out of life. As she often says to anyone who will listen, “Your scars are what make you perfect! Love them!”



Shaun



As a member of the **Crohn's & Colitis Foundation's** New England Chapter Young Professionals Committee, Shaun Campos relishes speaking about his 22 years of living with an ostomy. “My ostomy was there for every defining moment in my life,” he says. “My first dates, my first day of college, my first marathon. It gave me the strength to achieve.” Shaun notes that the physical challenges of ostomy life were easier to overcome than the emotional ones. “I struggled with embarrassment, self-doubt, and anxiety,” he admits. “And I still struggle with some of these feelings today.” Despite this, he has been vocal about the issues facing the ostomy community. “I have traveled twice to Capitol Hill to advocate for step therapy reform, which gives power back to patients and their physicians, and improves access to care,” Shaun states proudly. Shaun strives to have “the courage to be a voice for patients who don't have one.” He has helped organize a “Night In For The Cure” fundraiser on behalf of the Foundation's New England Chapter, which has raised over \$500,000 total for the Foundation in the last 5 years. He also uses Instagram ([@instacampos](#)) to advocate for others with IBD and ostomies.

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FEATURE STORY

10 Who Share Their Voices to Inspire, Encourage, Embrace *(continued)*

Tina



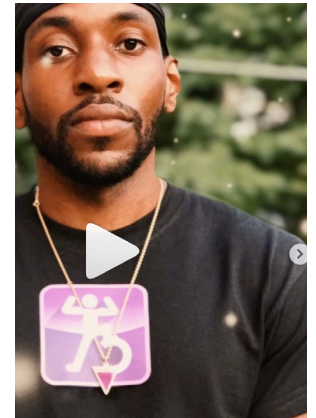
When IBD rendered her no longer able to work on Wall Street, Tina Aswani Omprakash devoted her life to advocating for the chronically ill and disabled, primarily through her website, "Own Your Crohn's" (ownyourcrohns.com) and her social media platforms: [@ownyourcrohns](https://www.facebook.com/ownyourcrohns) on Facebook, Instagram, and Twitter. "I want people to own their chronic illness and/or disability," she says. "Own everything that might not fit societal norms and give it a voice, because what knocks us down can make us stronger, fiercer and more united if we let it." She is also a firm believer in creating core support structures to help those living with IBD and ostomies to cope with their conditions. "I facilitated the Women's Support Group and helped launch the Teen IBD Social Group for the Crohn's & Colitis Foundation in New York City. I also moderate an Indian IBD Facebook Group to create education and awareness for South Asians living with this illness," she says. Tina has also led Facebook/Instagram Lives as well as Tweet Chats to help educate patients around the world and provide psychosocial support. "Please know that you are NOT alone in this journey," says Tina. "There is help every step of the way."



Joel



After Joel Nixon had ileostomy surgery in 2016, he found it difficult to talk about his stoma, let alone even look at it. Today, however, his thousands of Instagram followers ([@crohnically.fit](https://www.instagram.com/crohnicallyfit)) know him as an ostomy awareness advocate. "In 2016, I told my doctor I would rather die than get an ostomy," Joel admits. "Now it's 2020 and I can honestly say it saved my life. I got back my quality of life." Joel's message to anyone living with an ostomy is to never be ashamed. "You don't need anyone's acceptance," he says. "You just need to love and accept yourself."



Joel believes that sharing his life story through social media can help someone having ostomy surgery or inspire someone struggling with their illness. "I encourage others to share their stories as well," says Joel. "Everyone has one, and the more we can spread awareness within the ostomy community and beyond, the closer we can come to winning the fight against IBD and Crohn's." Appropriately enough, Joel ends many of his Instagram posts with this sign-off: "Keep fighting!"

The testimonials presented are applicable to the people mentioned or depicted. These testimonials are representative of their experience, but the exact results and experience will be unique and individual to each person.



Please share the inspiring stories of Amber, Jearlean, Collin, Krista, and Kristen with someone you know who could benefit from their encouraging words.

Please share the stories about the continuing support provided by advocates Sahara, LeeAnne, Shaun, Tina, and Joel with someone you know who will embrace being able to connect with others within the ostomy community.



ASK THE EXPERT

Using Virtual Visits to Connect with Your Ostomy Care Provider

Stay safe during the pandemic with online appointments from the comfort of your home.

By Karen Spencer, BN, ET

Many people may fear going to a doctor's office, outpatient clinic, or hospital emergency room because they think they may contract COVID-19. In addition, everyone is being asked to social distance, wear a mask, and quarantine until a vaccine is available. All of this may prevent people with an ostomy from seeking assistance when they are experiencing pouching system failure or a peristomal skin complication.

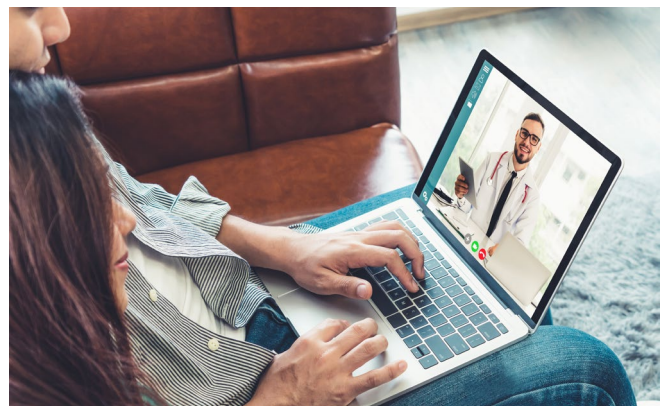
A recent survey revealed that 31% of people with ostomies had in-person visits with a nurse in the year prior to COVID-19. This figure has now dropped to 5% during the pandemic.¹

Virtual Health Visits, also known as telehealth, have emerged as life-savers during this crisis. Conducted through a video and audio connection, a virtual visit allows you to interact with your ostomy nurse or healthcare professional in real time, from any location. Virtual health visits may help minimize the spread of COVID-19 by limiting face-to-face contact.

Below are some frequently asked questions about how virtual healthcare works, along with information on services and support that are available to you during the pandemic.

Q: Can I participate in a virtual health visit?

A. The answer is YES. You can participate in virtual healthcare, and you are not alone in asking this question. In a recent survey, 52% of people with an ostomy reported not knowing if telehealth was an option for their care.² Today's technology allows live, two-way communication over your computer, tablet, or mobile phone. You can use popular videoconferencing platforms – such as Zoom, Skype, and FaceTime. In addition, some healthcare facilities also have their own patient portals that can be used for this purpose. If you don't have access to the internet, you can use a landline phone for an audio visit. Please talk to your healthcare professional to see which mode of communication may work for you.



Q. Will my health insurance cover virtual visits?

A. It is important to check with your insurance company to see if they have expanded their benefits to cover telehealth or virtual visits. Coverage may vary based on location and type of insurance. You can also visit the **Centers for Medicare and Medicaid Services (CMS)** website. CMS reviews Medicare Coverage and payment of virtual services.

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ASK THE EXPERT

Using Virtual Visits to Connect with Your Ostomy Care Provider

*(continued)***Q: What do I need to participate in a virtual visit?**

A. Your healthcare provider will be in touch prior to your virtual appointment to give you instructions. You will need a good Wi-Fi connection, a built-in webcam and, ideally, a device other than a desktop computer. I say that because your nurse will need to see your stoma, and it can be awkward to get yourself into position for a desktop computer's camera to view your abdomen. A laptop, tablet, or smartphone may work best.

Be sure to have all of your ostomy supplies ready, as your nurse may ask you to change your pouch during the call. This will allow a complete review of your ostomy care routine, and an assessment of your stoma and peristomal skin. Also, consider where you will conduct your virtual visit. You may want to be in an area of your house where you're comfortable changing your pouch (e.g., the bathroom).

In addition, you may want to have a pen and paper ready to write down any recommendations that your nurse has for you. You could also ask them to send you an email summarizing the visit, so that you remember important points that were discussed.

Q: Can my caregiver or family member participate as well?

A. It is your decision who will participate in your virtual visit. However, it is important to tell your nurse who will be attending with you. If the person is in a different location, your nurse will provide them with instructions on how to join the call.

Q: Is a virtual visit as good as being in-person, face-to-face with my healthcare provider?

A. Virtual visits offer many benefits, such as convenience for both yourself and the nurse and, of course, limiting your exposure to others during the pandemic. Although a virtual visit works best for services other than a hands-on physical examination, it does allow your nurse to visually

observe your ostomy care routine, and assess your skin and stoma. While telehealth is a good option for many, it should be noted that not all visits can be delivered virtually. Please be sure to ask your nurse if you think an in-person visit would be better suited for you.

Q: Is there additional support available to me after my virtual visit?

A. Yes. Your healthcare professional may send you links to download helpful resources. You can also visit the **Ostomy Care Quick Educational Tools page** on the Hollister website to view or download helpful materials, including stoma measuring guides, product usage instructions, and educational booklets.

In addition, patient programs can provide much needed support to those living with an ostomy. **Hollister Secure Start services** has provided uninterrupted support during the COVID-19 pandemic, and we find that patients are utilizing our services more than ever.

Q: What is the outlook for the ostomy community as the pandemic continues?

A. During this time, people with ostomies are likely accessing more and more information online. This includes checking the availability of their ostomy supplies and getting troubleshooting tips. For example, how should you manage red irritated skin around your stoma? This is why Hollister Incorporated has created a **COVID-19 Support Hub**, to provide additional support to people with an ostomy throughout the pandemic. In addition to this article, you'll find lots of useful information that will help keep you feeling safe, reassured, and ready for the future. Hollister is here for you... no matter where "here" is.

¹Hollister Incorporated. COVID-19 Survey with ostomy end users. Internal data on file. 2020 May.

²Hollister Incorporated. COVID-19 Survey with ostomy end users. Internal data on file. 2020 July.



Karen Spencer, BN, ET, is the Director of Global Clinical Education Ostomy at Hollister Incorporated. She has enjoyed nursing for 30 years in the specialty of ostomy care, and has extensive clinical experience in both community and acute care settings.



Please share this article with anyone you know who may benefit from information on virtual health visits and how they can help them continue their relationship with their healthcare provider.

OSTOMY AWARENESS DAY 10/3/2020

Celebrate 10 Years of Ostomy Awareness

Get ready now for all the excitement

The 10th anniversary of Ostomy Awareness Day is October 3rd, and it's being celebrated in style. Organized by the United Ostomy Associations of America (UOAA), this day was created to shine a light on the facts about life-saving ostomy surgery and stop stigmas once and for all. Join the ostomy community nationwide to spread awareness or engage in education that can impact the day-to-day lives of people living with and caring for ostomies.

Hollister Launches 10 Days, Thousands of Voices

At Hollister Incorporated, we are proud to be a part of the worldwide ostomy community. We strive to connect people with ostomies, their caregivers, and healthcare professionals with education and support.



Foremost is the dedication to share the strength of your voice this Ostomy Awareness Day and beyond. Share your story on social media using **#OstomateVoice**. Check out these various opportunities to show support or get involved. Mark your calendar now!

Join a Free Virtual Cooking Class

Celebrate healthy cooking on October 3rd with private chefs Ryan Van Voorhis and Seth Bradley of Nude Dude Food at their virtual cooking class. Ryan battled Crohn's disease for several years before receiving a permanent ostomy. He learned early on how much his diet impacted his digestive health and made a commitment to eating well ever since.

Ryan and Seth specialize in seasonal farm-to-table ingredients, following FODMAP, gluten-free, dairy-free, and anti-inflammatory diets. It's no wonder that Nude Dude Food is one of Chicago's most sought-after private dining and catering services. **Register today** to connect with others in the community and cook a delicious meal.



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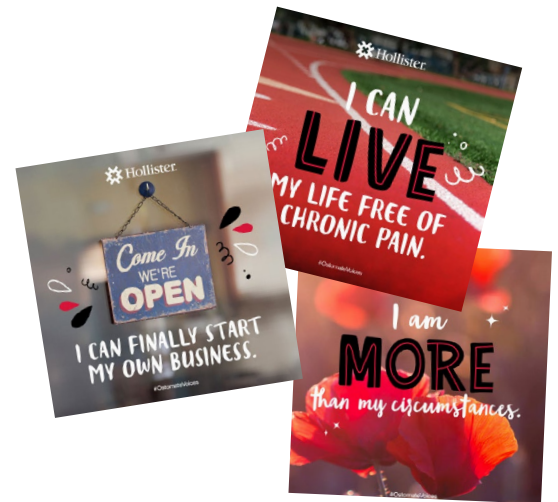
OSTOMY AWARENESS DAY 10/3/2020

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Share Your Voice

Every person living with an ostomy has a voice worth hearing. Please share the words of encouragement that helped you along your ostomy journey. Your story might help someone who might be struggling. Using your voice and your words, we'll create a special card that you can share with your friends, family, and community.

Learn more at Hollister.com/ostomatevoices



Wear a Stoma Sticker— Start a Conversation

Stoma Stickers are a unique way to show your support for people living with or caring for ostomies. They make great conversation starters and recognize and celebrate the ambitions and achievements of the ostomy community. We suggest you wear one over your clothes, on the lower right or left side between your hip and navel, where ostomies are typically located. **Request your free sticker at stomasticker.com**

For more opportunities to raise awareness online, check out the Hollister Ostomy virtual sticker pack on Instagram by searching (Hollister Ostomy) within Instagram stories. It's a great way to share your ostomy stories, spread awareness, and celebrate the ostomy community.

Take a photo with your stoma sticker or add a virtual sticker to your snap, then share it on social media using **#StomaSticker** to help raise awareness and show your support!



Meet Our 10 Ostomy Awareness Advocates!

For the 10 days leading up to October 3rd, we're connecting our worldwide community with ten influential voices who embody ostomy confidence. Check out Hollister's social media accounts to hear from our 10 **#OstomateVoices**.



Please share this article with anyone you know who may be looking for ways to celebrate Ostomy Awareness Day with Hollister.

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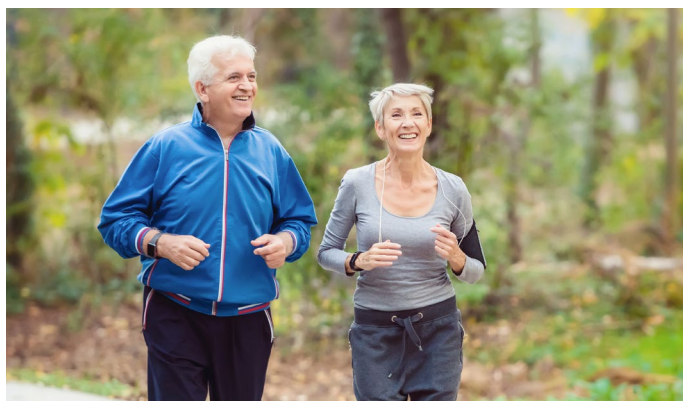
OSTOMY AWARENESS DAY 10/3/2020

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UOAA Makes a Splash for #OstomyDay2020

United Ostomy Associations of America (UOAA) is celebrating the 10th Anniversary of Ostomy Awareness Day across the nation with ways to connect the community at large and close to home.

“With more people speaking out for ostomy awareness, we are optimistic that one day in the future everyone in America will know that October is Ostomy Awareness Month,” says Jeanine Gleba, UOAA’s Advocacy Manager. This year’s theme is “Ostomies Are Life-Savers,” and UOAA offers a host of ways to jump in and do just that.



The Run for Resilience Ostomy 5K Goes Virtual

Hollister is proud to be the Exclusive Diamond Sponsor of the Virtual Run for Resilience Ostomy 5K on October 3. Run, walk or roll in your own neighborhood or inside on a treadmill to support people living or caring for ostomies. Though virtual, this event is more important than ever to raise awareness and raise funds to support the programs and services of the UOAA. Like before, ask your family, friends or support group to join or donate to your own virtual team. Or register for local virtual events in Alabama, Arizona, North Carolina, Pennsylvania, and Michigan. Visit ostomy5k.org to learn more.

Get a Proclamation Locally

Commemorate the day by asking your federal, state or local elected officials to pass a proclamation. Take action at ostomy.org/take-action.



Please share this article with anyone you know who may be looking for ways to celebrate Ostomy Awareness Day with UOAA.

Join UOAA to Make a Splash

Help shine a positive light on ostomy surgery and go “live” on your own at 7:00 PM EDT on October 3rd with people all across the United States. Hit the “live” button on your personal social media accounts (Facebook, Instagram or TikTok) to shine a light on yourself and tell everyone how your ostomy saved your life or that of a loved one. If you are a medical professional, share how your work helps save lives. Check out the digital sticker pack provided by Hollister on Instagram.



Share Your Story and Photos/Videos

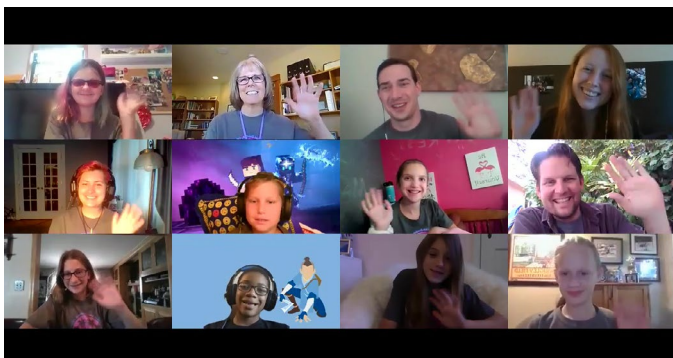
Use UOAA’s life-saver graphic for your profile photo and share your stomaversary and how ostomy surgery has impacted your life! It’s also a great way to share your stoma’s name if it has one. Or if you are taking part in the Run for Resilience 5K, share your photos and videos at [#OstomyDay2020](https://twitter.com/OstomyDay2020) [#OstomiesAreLifesavers](https://twitter.com/OstomiesAreLifesavers).



EVENTS

Virtual Youth Rally Rocks the Internet

Online event promotes independence, self-esteem, learning, friendship and FUN!



Forced to abandon plans for an in-person experience on a college campus due to COVID-19, the Youth Rally team was able to reimagine their event as a virtual camp in a rather short turnaround time. While the programming and content remained relatively the same, what would have been on-site and travel logistics turned into having to visualize and operate all the aspects and nuances of virtual meetings.

Attendance slightly down, but spirits high

According to Eric Eng, former camper and Youth Rally volunteer since 2004, “Even though attendance was a bit lower than last year, conducting it virtually actually opened the door for some campers to participate who would not have been able to make it for a full week because of scheduling or medical challenges. The over 170 enthusiastic participants still made for a wonderful time for everyone involved.”

Education still at the forefront

Education is a primary goal at Youth Rally. In previous live events, large group sessions took place along with smaller breakouts by diagnosis, medical management and self-esteem grouped by age. “We were able to conduct these sessions virtually as we would have in a live setting,” notes Eric. “Our virtual setup offered alternative methods of asking questions and obtaining feedback as well.”

Talent show WOWs

The varied talents of many campers and several counselors were on display. “All submissions were short, prerecorded videos,” says Eric. “The virtual setting allowed for first-time-ever talent such as horseback riding, and close-up displays of artwork and art-creation processes. The raucous applause at the end proved it was a big hit for everyone.”

Daily themes subbed for fun field trips

Instead of trips to the beach or an amusement park, Virtual Youth Rally kept the fun flowing with group craft and wellness sessions, including Cooking with Batman. As with in-person events, this Rally capped off with a (tiger-themed) dance, graduation and lantern send-off. The virtual setting allowed for spotlighting each graduate and sent them through breakout rooms of adoring fans, much like the in-person “tunnel of love” everyone looks forward to.

Virtual friends can become forever friends

While the in-person experience greatly enhances the opportunity to foster long-lasting relationships among campers, this year’s virtual event tailored its “cabins” and breakout sessions to help provide a social atmosphere that encouraged creating new friendships and growing the Youth Rally family. As Eric Eng says, “The Rally family will always hold true to our motto of ‘You Are Not Alone!’”



Looking back at 2019 Youth Rally, and looking forward to 2021!



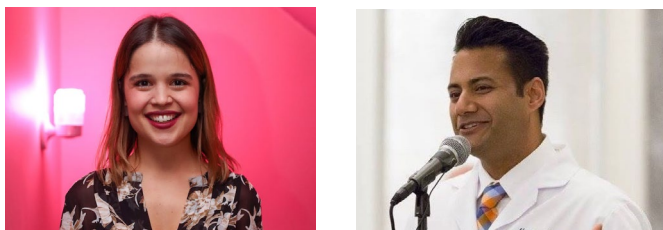
Please share this article with someone you know who may want to experience the camaraderie of a future Youth Rally.

EVENT UPDATES

Event Updates

Girls With Guts

Mark your calendar! Tell Alexa or your favorite cloud-based voice to remind you that Girls With Guts is hosting a **Virtual Summit**, October 2-4. The nonprofit organization based on empowering women with inflammatory bowel disease and/or ostomies knows the importance of keeping their community connected, especially during a pandemic.



Girls With Guts Virtual Summit will feature keynote speakers Maria Luisa Mendiola and Dr. Nandi.

“COVID-19 forces us to think of new ways to keep our members safe,” notes Manda Barger, GWG Secretary. “Throughout our Virtual Summit weekend, we will have speakers, breakout sessions and giveaways.” Planning to keep many of the activities and camaraderie in place as members have experienced in-person in the past, this year’s event will provide women opportunities to interact with clinical experts as well as listen in on a panel discussion with GWG leadership. “We will also definitely have some ostomy-friendly yoga and much more in the way of activities for our participants,” says Manda.

For more information or to register for this virtual retreat, visit girlswithguts.org.

Colon Cancer Coalition

Get Your Rear in Gear Run/Walk Get ready to participate no matter where you live! Virtual Run/Walks and Kids’ Fun Runs are scheduled in Boston (Oct 3), New York City (Oct 18), and Houston (Nov 14). Milwaukee hosts a virtual Run/Walk on October 10. Unfortunately, because of COVID-19, there are no Tour de Tush Rides scheduled for this fall. Learn more at coloncancercoalition.org

Due to
COVID-19
check websites
for updates

Bladder Cancer Alliance Network

The Walk to End Bladder Cancer Goes Virtual

The Bladder Cancer Advocacy Network (BCAN) will hold their Fall Virtual Walk to End Bladder Cancer on Saturday, October 3 and will also celebrate Ostomy Awareness Day. The event will be shown live on BCAN’s Facebook, Twitter and YouTube channels, and will include videos from patients, caregivers, doctors, and more. All participants are encouraged to join the BCAN Walk to End Bladder Cancer Facebook Group to share picture memories of why they chose to walk. Visit bcanwalk.org with any questions.

BCAN is committed to increasing bladder cancer awareness, supporting those living with the disease, and raising funds toward a cure.

Crohn’s & Colitis Foundation

TAKE STEPS + VIRTUAL

On October 18, walk in your backyard, up the stairs, down the street, on a treadmill or anywhere you choose to help fundraise and support the greater IBD community. Register at cctakesteps.org.

spin4 crohn’s & colitis cures

One huge, virtual house party with music, options to participate with or without a stationary bike, and ways to connect with other participants is slated for December 5. This high-energy fundraising event takes place in 30 designated cities or anywhere you are. Sign up at crohnscolitisfoundation.org



Show your support for these organizations by sharing their Event Updates with someone you know living with IBD or an ostomy.

HELPFUL TIPS

Need to Place an Order of Your Ostomy Supplies?

The Hollister Secure Start services team can help you find a national supplier that is **in-network** with your insurance(s) to receive your Hollister products. Hollister has built relationships with several mail-order suppliers across the country and can assist you to find the right company for you. These suppliers will work with your insurance companies and doctors directly to ensure you receive the products you need in a timely manner. You can find a supplier at any point in your journey, regardless of the brand of product you use.

Please call us at **1.888.808.7456** to speak with a dedicated Consumer Service Advisor today. Our office is open from Monday through Friday 8 AM – 5 PM CT.



Please share this helpful tip from Secure Start with your caregiver and anyone you know who has a loved one who lives with an ostomy.



Share Your Story

Your life's journey may inspire others to live life to the fullest.

Where your life has gone and where your life is headed is a story that no one else can tell. We would love to hear about every crossroad, every step backward, every triumph. Your story could turn out to be someone's inspiration to enrich their own life.

Did reading the stories that turned ostomy patients into advocates and influencers spark enough interest that you want to share your own experience?

Has celebrating the 10th anniversary of Ostomy Awareness Day inspired you to share the strength of your voice with others who could be helped by what you have to say?

Your life experience may be a story that is worth sharing in a future eNewsletter with others living with an ostomy.

Submit your story today at securestartnewsletter@hollister.com



Please share this article with someone you know who has an inspiring story to tell!

Hollister Secure Start Services

eNewsletter

Resources

Hollister Secure Start Services

1.888.808.7456

www.securestartservices.com

Hollister Facebook 

Hollister Instagram 

United Ostomy Associations of America, Inc. (UOAA)

1.800.826.0826

info@uoaa.org

www.ostomy.org

Crohn's & Colitis Foundation

1.800.932.2423

www.crohnscolitisfoundation.org

Colon Cancer Coalition (CCC)

1.952.378.1237

www.coloncancercoalition.org

Colorectal Cancer Alliance (CCA)

1.877.422.2030

www.ccalliance.org

Bladder Cancer Advocacy Network (BCAN)

1.888.901.2226

www.bcan.org

Friends of Ostomates Worldwide-USA

www.fowusa.org

Youth Rally

www.youthrally.org

Run For Resilience

www.ostomy5k.org

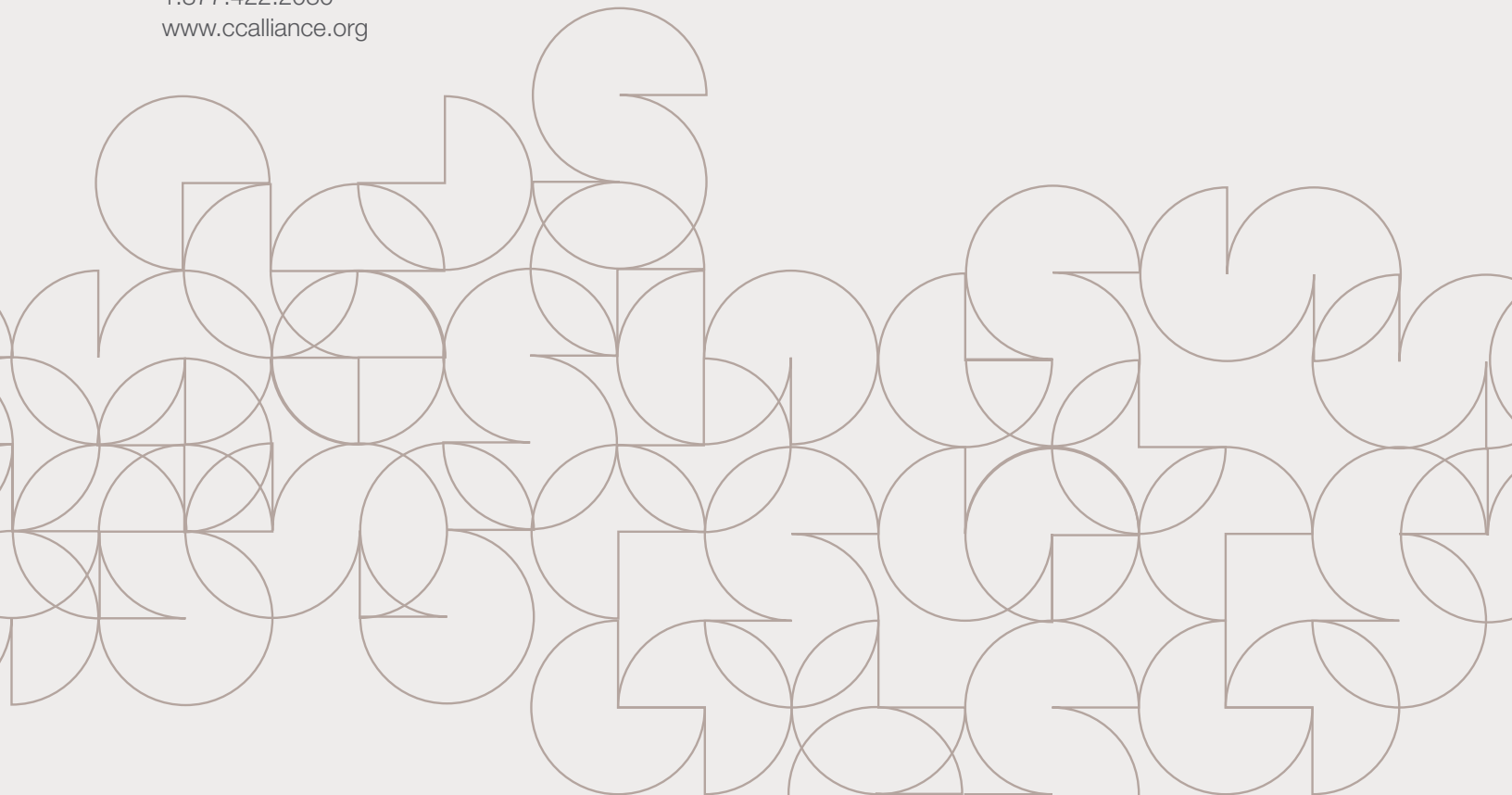
Shadow Buddies Foundation

www.shadowbuddies.org

Girls With Guts

www.girlswithguts.org

Click [here](#) to download past issues of the Hollister Secure Start services eNewsletter.





Secure Start™

It's Personal

We are proud to offer dedicated support for each and every ostomy and continence care patient along the continuum of care. Hollister Secure Start services provide a lifetime of personalized support.



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The information contained in this newsletter is provided as general information only and is not intended to be medical advice. Please see our website for the most up to date information, as guidance can and does sometimes change. Always follow product Instructions For Use and ask your health care professional for more information.

Hollister Secure Start services are free of charge, and there is no obligation to purchase anything to receive them. Product samples are provided for the patient's trial use and cannot be resold or billed. There is no obligation to accept samples or participate in insurance-matching to identify supplier options. Hollister Incorporated reserves the right to change Hollister Secure Start services at any time.

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