

Hollister Secure Start Services

eNewsletter

Q2 2018

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Feature Story

Recipe for Healing

FEATURE STORY

Recipe for Healing

Ryan Van Voorhis serves healthy meals peppered with compassion

When chef Ryan Van Voorhis prepares and serves one of his private in-home meals, he brings more to the table than delicious food. As a person with an ostomy, he brings first-hand knowledge of digestive issues. Ryan and his business partner, Seth Bradley, run Nude Dude Food—a Chicago-based, private dining and catering service that specializes in both incorporating and substituting menu items and ingredients for a variety of anti-inflammatory diets. “Nude” refers to the pure food Ryan and Seth prepare. They specialize in seasonal farm-to-table ingredients, as well as dietary restrictions, such as FODMAP, gluten free, AIP and anti-inflammatory diets.

When the two met at age 15 in driver’s education class, they couldn’t have predicted how their lives would accelerate as adults. Diagnosed with Crohn’s disease while in high school, Ryan struggled with debilitating pain and the side effects of steroids. Finally, as a junior at Illinois State University, he traveled to Mayo Clinic in Rochester, Minnesota, where doctors strongly recommended a colostomy.

“I realized I had zero quality of life as it was, so I welcomed the ostomy, and it turned out to be a blessing in disguise,” explains Ryan.

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“... I welcomed the ostomy, and it turned out to be a blessing in disguise.”

—Ryan Van Voorhis

FEATURE STORY

Recipe for Healing

(continued)

“Having an ostomy is just part of my life, and I don’t let it stop me.” —*Ryan Van Voorhis*



Ryan and other counselors at Camp Oasis

Once he was off steroids, Ryan started to feel better. His fireman father was well-versed in caring for wounds and assisted his son during recovery. Because surgery took place during the summer, Ryan’s high school friends were also back home in Peoria, Illinois, and made sure he got out of the house for some fun.

His biggest challenge in the first year or two after surgery was staying hydrated. After a couple of trips to the ER for IV fluids, Ryan realized that his lifestyle had to change. After he focused on a healthy diet and staying active, he graduated from college and felt stronger than he’d ever been.

“People think you should look sick if you have an ostomy,” says Ryan. “But I’m in the gym five days a week—cross-training, weightlifting and doing yoga to stay in shape.”

Inspired by the psychotherapists who treated him in the hospital, Ryan pursued a Master’s Degree in Social Work. After graduation, he landed a job with a child welfare agency working with children in foster care. He later counseled residents about crisis intervention at a Juvenile Temporary Detention Center.

This experience made Ryan a perfect fit for a counselor’s role at Camp Oasis, a summer camp for children with Crohn’s disease and ulcerative colitis established by the Crohn’s & Colitis Foundation. After volunteering as a counselor for five years, he moved into the role of Lead Mental Health Specialist for the camp.

His favorite story is about a camper who hesitated to go into the water because of his ostomy. But once he saw Ryan reveal his pouch and jump in the water, the boy threw embarrassment to the wind and followed suit.

“I didn’t realize that I could be a role model just by being myself and not letting my disease define me,” explains Ryan. “Camp Oasis is literally the best week of the year for me.”

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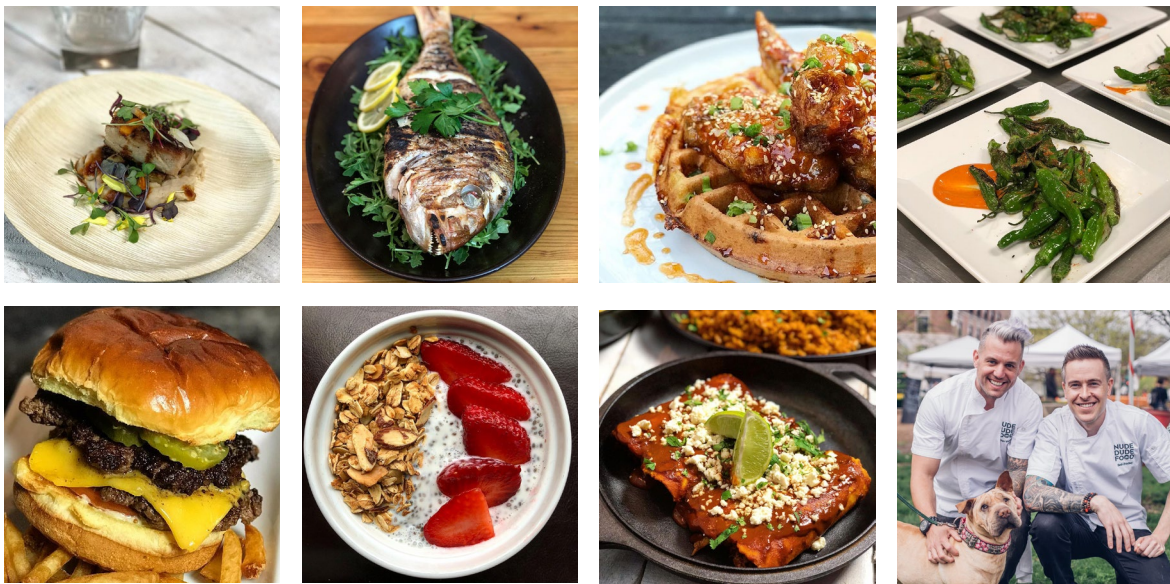
FEATURE STORY

Recipe for Healing

(continued)

Back in Chicago, when not working, Ryan could be found in the kitchen perfecting a recipe. “Cooking has always been both my stress relief and creative outlet,” he says. Meanwhile, his friend Seth was honing his own cooking skills between time spent traveling throughout the country as a professional singer and musician.

Finally, in 2016, friends urged them to open a restaurant. The two knew they needed to stand out from the typical fare and decided to launch a private catering company, pairing the art of eating well with the ultimate interactive in-home dining experience. Guests not only feast on healthy meals, but also get involved and learn kitchen techniques and tricks.



“We’re constantly developing new healthy recipes, trying different hacks to improve flavor,” explains Ryan.

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What is a FODMAP and AIP diet?

FODMAP is a term used mainly with reference to a diet that is low in Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols, which are short-chain carbohydrates and sugar alcohols that are poorly absorbed by the body, resulting in abdominal pain and bloating.

AIP (Autoimmune Protocol) diet helps heal the immune system and gut mucosa. It is applicable to any inflammatory disease.

Go to webmd.com to learn more.



FEATURE STORY

Recipe for Healing

(continued)

Using social media, an Instagram account became their main means of promotion, and within a year they gained enough traction to quit their full-time jobs. Now Ryan and Seth are sought after for everything from bachelorette brunches to fine dining. They travel across the country, making television appearances and advocating for people with Crohn's disease and colitis.

"My two worlds are colliding—helping others and providing a great dining experience," says Ryan. "Having an ostomy is just part of my life and I don't let it stop me."



Ryan likes to use seasonal, local produce from city markets.

And Ryan has plenty more to accomplish in the years ahead. He and Seth are working on developing anti-inflammatory recipes for packaged goods and a cookbook. Read more and book an event at nudedudefood.com.

One of Ryan's favorite recipes:

FODMAP Thai basil chicken

INGREDIENTS

- 1 lb of ground chicken
- 2 tbsp garlic infused oil
- 1 tsp fresh minced ginger
- 1 tsp ground white pepper
- 2 tbsp fish sauce
- 2 tsp oyster sauce
- 2 tsp soy sauce
- 1 tsp brown sugar
- 1 cup fresh Thai basil leaves
- 2 thinly sliced Thai chilies
- 1/4 cup thinly sliced scallions (green parts only)

INSTRUCTIONS

1. Season uncooked chicken with white pepper.
2. Place wok over high heat until hot and smoking. Add garlic oil and mix in the seasoned ground chicken and cook for 2 minutes until it loses its pink.
3. Add the ginger, sliced chilies, soy sauce, fish sauce, oyster sauce and brown sugar. Stir/toss to fully coat the chicken.
4. Add in basil and cook until wilted.
5. Remove from heat and serve over brown rice.
6. Garnish with scallions.

Enjoy!



Ryan Van Voorhis is an active part of the Crohn's & Colitis Foundation's Camp Oasis. He is co-owner of Nude Dude Food based in Chicago, IL. Front cover image and all article images are provided by Nude Dude Food and by Laura Rose Davis of Everyday Charming.

Financial Disclosure: Ryan Van Voorhis received compensation from Hollister Incorporated for his contribution to this eNewsletter.

NEWS FROM HOLLISTER INCORPORATED

Hollister Secure Start Corner

Meet the smile behind the voice

Our team is passionate about helping Hollister Secure Start members over the phone or by email. If you have a question about your ostomy, they're here to help. Get to know the newest members of our team!

Katie



Title: Customer Care Representative
Length of Service: 4 months

If you could sit on a bench near a beautiful beach, who would you like sitting next to you and why? The person in my life who makes everything more fun—my best friend and fiancé Luke.

What are your three most favorite foods? Pasta, homemade bread, and chocolate ice cream.

If you could choose one hobby that now seems out of your reach either financially or time-wise, what hobby would you take up?

Art classes to improve my drawing and painting skills and the option to sell my artwork on the side.

Emily



Title: Consumer Service Advisor
Length of Service: 2 months

If you could sit on a bench near a beautiful beach, who would you like sitting next to you and why? My boyfriend Josh because he's my favorite person to do nothing with.

What are your three most favorite foods? Buttered noodles, string cheese, and red apple Jelly Bellys.

If you could choose one hobby that now seems out of your reach either financially or time-wise, what hobby would you take up?

Collecting vinyl records.

Jessica



Title: Consumer Service Advisor
Length of Service: 2 months

If you could sit on a bench near a beautiful beach, who would you like sitting next to you and why? The cast of "Friends", because it has always been my favorite show.

What are your three most favorite foods? Flaming Hot Cheetos, bagels with whipped cream cheese, and Babybel cheeses.

If you could choose one hobby that now seems out of your reach either financially or time-wise, what hobby would you take up?

Own and operate a no-kill dog shelter.

ASK THE EXPERT

Field Guide to Accessories

Learn about the little things that can make a big difference

By Wilton Walker, MBA, BSN, RN, WOC Nurse, Manager, Clinical Education

Whether you're new to the ostomy experience or a seasoned veteran, questions may arise about ways to make your pouching system more comfortable and better performing. Hollister Ostomy accessories, which include products like barrier rings and paste, may be a good solution, but it's important to find the right ones for your specific needs. Use the following tips and advice as your guide.

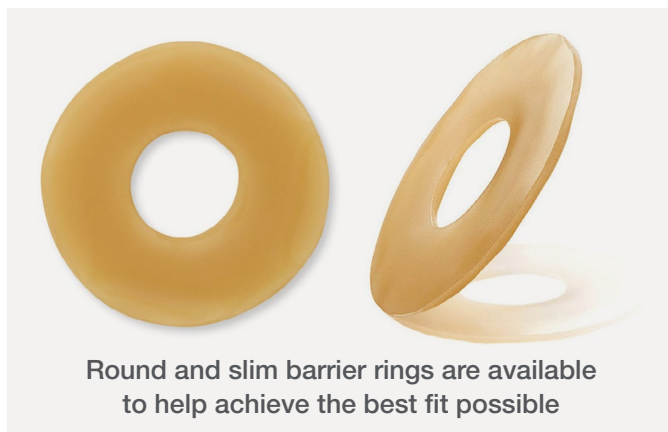


How is a skin barrier applied?

When applying your skin barrier, it is very important that you measure your stoma using a stoma measuring guide before every barrier application. There should be NO skin showing between the skin barrier and the stoma: this helps prevent leakage and skin irritation. If you do observe any skin showing between your stoma and the opening of your current ostomy pouching system, it is recommended that you use a skin barrier with a smaller opening, or consider accessories to help with the optimal fit of your pouching system.

I have a gap between my stoma and the skin barrier opening on my pouch. Is there a way to remedy this?

The opening in a solid skin barrier should be the size of the stoma and should fit at the skin-stoma junction. Skin barrier rings and skin barrier paste are two accessory options that can be used to enhance the seal of the pouching system to help prevent leakage under the pouching system skin barrier. Continue reading to understand the difference between rings and paste.



Round and slim barrier rings are available to help achieve the best fit possible

What's the best way to apply a barrier ring?

Barrier rings are accessory items that may help protect the skin, fill in uneven skin areas or provide an alternative to skin barrier paste (a type of "caulk" used to fill gaps). Rings can be stretched to fit your stoma size and can be applied directly to clean, dry skin or to the adhesive side of your skin barrier. To understand the best way to apply a barrier ring, consult our care tips found [here](#).

My stoma is irregularly shaped. Can barrier rings be customized?

Most people find that a Hollister 2-inch ring works best to stretch or shape for a customized fit around the stoma, no matter what size or shape the stoma may be. A 4-inch ring is also available and can be separated into smaller pieces and individually molded to provide a seal around the stoma. Another option is convex rings, which are available in round and oval shapes, to accommodate a variety of stoma shapes and sizes. These products can also be separated and molded together to improve the fit of the pouching system.

I've heard people talk about "paste". What is this and how is it used?

Paste is an adhesive hydrocolloid mixture available in a tube and is used to fill in uneven areas such as wrinkles or dips in the skin around the stoma to enhance the seal. Hollister paste can be applied to the inner edge of the skin barrier next to the opening that will be placed around the stoma. Some pastes contain alcohol which may cause a stinging sensation if there is any skin irritation present around the stoma. As an alternative to paste, barrier rings should be considered as they serve the same purpose, but rings do not contain alcohol. For full instructions, visit the paste care tip [here](#).

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ASK THE EXPERT

Field Guide to Accessories

(continued)

The skin around my stoma is very moist and I worry that my pouching system will slip. What can I use to keep the skin dry?

If you are experiencing moisture around your stoma, an accessory item like stoma powder should be considered. Stoma powder is used to absorb excess moisture from broken skin around the stoma, which may help allow the skin barrier to adhere better. In order to use powder, ensure your skin is freshly washed and dried thoroughly. Apply a small amount of stoma powder to the area around the stoma. Gently brush away excess powder using your hand or a soft tissue. The stoma powder should stick only to the moist area and should not remain on dry, intact skin. Once you've brushed away the excess stoma powder, you can apply your pouching system. For full instructions, visit the stoma powder care tip [here](#).

However, broken or irritated skin around the stoma is usually caused by one of the following issues:

- Leakage of stoma output onto the skin
- Improperly sized skin barrier opening (too large, too small, wrong shape)
- Sensitivity to one of the products used on the skin
- Removing the skin barrier incorrectly or too frequently, which can tear the outermost layer of the skin.

I work in a large office and have to empty my pouch in a public washroom. Sometimes there is excessive odor. What can you suggest to help lessen it?

In-pouch deodorant liquids are available to use to decrease or help eliminate odor. When a pouch is properly sealed, there should be no odor; however, there will be odor when emptying your pouch. In these instances, consider a lubricating deodorant. Lubricating deodorant is not a perfume or masking agent, but can be added directly into the pouching system to help neutralize odor, ease emptying of the pouch, and help to prevent pouch static and sticking. Lubricating deodorant should only be used with drainable and closed pouching systems and should be added to the pouch each time it is emptied. For full instructions, visit the lubricating deodorant care tip [here](#).

I am very active and need to have extra security for my pouching system. Are there any products out there that can help?

There are a couple different options that can be used to enhance the security of the pouching system.

Ostomy belts can be used to help:

- Enhance pouching system adhesion
- Provide a sense of security during regular wear or during activities



Barrier extenders can be used to help:

- Enhance the seal on the outer edge of the pouching system
- Secure the outer edges of the pouching system



As an alternative to utilizing ostomy belts or barrier extenders, you may also consider using a pouching system that already has an adhesive border barrier (commonly referred to as a tape-bordered product).

Keep in mind that accessories are optional items that each serve a specific function. These should be used only when indicated or recommended by your WOC/ET Nurse or other healthcare professional.

Hollister Secure Start Services
Basic Ostomy Accessories

Accessories are optional items. Each device is a medical device and is used only when indicated. For example, there may be times when you need to protect your skin from adhesion or heat or reduce skin irritation. Perhaps you are looking for a way to reduce odors or enhance the performance of your pouching system. The chart below can help you address these issues without compromising comfort.

IF	THEN USE	ACCESSORY	COMMENTS FOR USE
You want to keep around the skin barrier opening.	You want to fit an ostomy and pouch or stoma in a gap between the torso and the waistband or between the torso and the waistband or between the torso and the waistband.		Barrier Wipe can be used to help reduce the risk of skin irritation or chafing. Apply to the skin barrier or pouching system.
You want to enhance the seal on the outer edge of the pouching system.	Barrier Wipe can be used to help reduce the risk of skin irritation or chafing. Apply to the skin barrier or pouching system.		Stoma Powder can be used to help reduce the risk of skin irritation or chafing. Apply to the skin barrier or pouching system.
You want to reduce the risk of skin irritation or chafing.	Lubricating Deodorant can be used to help reduce the risk of skin irritation or chafing. Apply to the skin barrier or pouching system.		Lubricating Deodorant can be used to help reduce the risk of skin irritation or chafing. Apply to the skin barrier or pouching system.
You want to enhance the security of the pouching system.	Ostomy Belts can be used to help enhance the security of the pouching system.		Ostomy Belts can be used to help enhance the security of the pouching system.

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Hollister Do you have questions about using ostomy accessories? Hollister Secure Start services is here to help. Give us a call at **1.888.808.7456**.

Basic Ostomy Accessories [Download Here](#)

Want to learn more or have a concern that wasn't mentioned here?

Hollister Secure Start services is here to help! Call us today at **1.888.808.7456**.

NEWS FROM HOLLISTER

Making a Difference While Having Fun

The Crohn's & Colitis Foundation gains support through community



The Crohn's & Colitis Foundation is a non-profit, volunteer-driven organization dedicated to finding the cures for Crohn's disease and ulcerative colitis, and improving the quality of life of children and adults affected by these diseases. The Foundation serves patients, caregivers, and healthcare professionals through education, support, advocacy programs and groundbreaking research. With 38 chapters nationwide, their mission doesn't stop there!

Camp Oasis

This week-long, co-ed summer camp for kids living with inflammatory bowel diseases (IBD) can be a life-changing experience for all involved. Campers try all kinds of sports and activities, making friends who truly understand what they're going through and the challenges of managing IBD. Campers also gain confidence and acceptance. They are supported 24/7 by a team of volunteer physicians, nurses, and other healthcare professionals. Many of the counselors also live with IBD and become valuable role models. Camps are nationwide!

[Find one nearest to you.](#)

Take Steps

Take Steps participants walk in their local communities to raise funds for the Foundation's mission-critical programs. Patients and their families and friends can connect with others who are familiar with the ups and downs that come with having IBD. The day is filled with live music, food, kids' activities, and educational materials. You can walk as an individual or gather friends, family, and co-workers to form a team. Walks are nationwide — [find a walk near you!](#)



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NEWS FROM HOLLISTER

Making a Difference While Having Fun

(continued)

Team Challenge

Team Challenge changes lives! Through Team Challenge, you can choose from various endurance events including running, walking, cycling, hiking, or triathlon while helping to find cures for IBD. It's about so much more than the race — when you become part of the Team Challenge family, you're supported by coaches, mentors, and friends who understand IBD's impact. You'll receive training plans from experienced coaches; special clinics on nutrition, gear, and more; and a personalized fundraising website as well as support from our staff. **Take the challenge!**



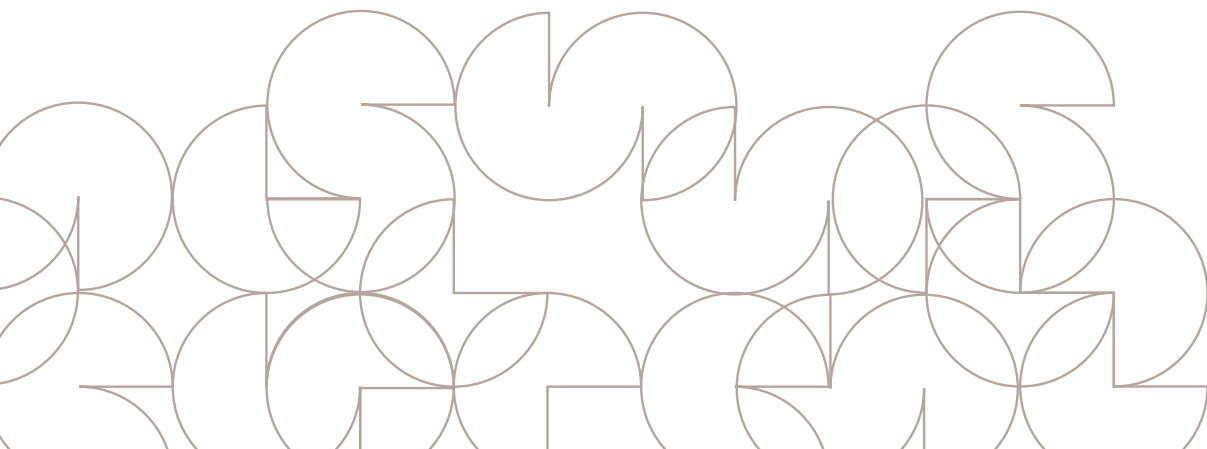
spin4 crohn's & colitis cures

spin4 crohn's & colitis cures is an indoor cycling relay to find cures for the 1 in 200 Americans living with inflammatory bowel diseases. You and up to three team members reserve a stationary bike and pedal with a purpose during this two-hour, high-energy fundraising event! This #partyonabike is taking place across the country. **Find an event near you!**

IBD Resource Center

The Irwin M. and Suzanne R. Rosenthal IBD Resource Center (IBD Help Center) is a free service for people with IBD provided by the Crohn's & Colitis Foundation. Contact the IBD Help Center to learn about managing Crohn's disease and ulcerative colitis, available treatment options, and coping strategies. You can also request free printed brochures and fact sheets.

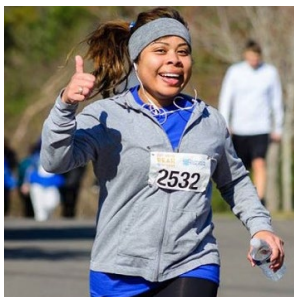
The IBD Help Center is available Monday through Friday, 9:00 a.m. to 5:00 p.m. EST through toll-free phone: **888.694.8872**, e-mail: **info@crohnscolitisfoundation.org**, or online live chat: **crohnscolitisfoundation.org**.



EVENT UPDATES

Community Events Heat Up

Stay active and help change lives



ALL AGES • NATIONWIDE

Colon Cancer Coalition

Get Your Rear in Gear

Walk, run or ride in the largest colon cancer-focused event series in the country. Get Your Rear in Gear Run/Walk and Tour de Tush Bike Ride are sponsored by The Colon Cancer Coalition, a nationally recognized partner in the fight against colon cancer. Participants are invited to add a personalized sign to the “Blue Mile” to honor those diagnosed with cancer, remember loved ones and celebrate the important people in their lives. Find one of 45 national events at coloncancercoalition.org or create your own local event!



ADULTS • IL, MN, TX

Colon Cancer Coalition

Caboose Cup

Take a swing at a new way to raise money for the Colon Cancer Coalition this summer. Caboose Cup is a golf event with a purpose. Each golfer or team donates a certain amount to play 18 holes, and all proceeds go to the Colon Cancer Coalition. Prizes are awarded to the top golfers and many events offer a silent auction. It’s a great way to acquire corporate donations as well. One event remains this summer, but that doesn’t mean you can’t start your own! Contact coloncancercoalition.org.



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JULY 16-21, 2018

Youth Rally

More than 30 years after its inception, the Youth Rally remains a community for young people to meet others who live with similar medical conditions. Lasting friendships are formed in an atmosphere that promotes self-confidence and independence. Hollister Incorporated is a proud sponsor. Learn more about Youth Rally 2018 at youthrally.org.



ALL AGES • NATIONWIDE
OCTOBER 6 & 13, 2018

United Ostomy Associations of America (UOAA)

Run for Resilience Ostomy 5K

Celebrate World Ostomy Day by participating in UOAA’s annual Run for Resilience Ostomy 5K event! A number of Ostomy 5Ks will take place across the U.S. on October 6 and 13. These events are held to educate, support and raise community awareness about people living with an ostomy. Interested in participating in the run/walk, but unable to physically attend an event? You can sign up and run or walk your own virtual Ostomy 5K wherever you are on October 6th. Hollister Incorporated is a proud sponsor and all proceeds benefit UOAA. Go to ostomy5K.org for more information and to sign up!

NEWS FROM HOLLISTER

Summer Support

UOAA has you covered this season

When you think of summer, what comes to mind? Cooling off in a refreshing pool? Vacations with family and friends? Sunny days walking, jogging or biking? If you're planning any of these, United Ostomy Associations of America (UOAA) has a wealth of summertime support.



Pool Advocacy

Swimming is a great way to get low-impact exercise. Unfortunately, on rare occasions, people with an ostomy are improperly denied access to a public pool due to misconceptions about leakage.

"It's important to advocate for yourself," explains Ed Pfueller, UOAA Communications & Outreach Manager.

UOAA has helpful self-advocacy resources available on their website to help resolve the situation should it occur. First, review the statement from UOAA President Susan Burns, outlining the facts about ostomies and the security of pouching systems. Second, you'll find "FAQs for Pool Facility Owners and Operators". Print out the letter and FAQs and pack them in your pool bag along with your sunscreen, just in case you need them. If these materials don't resolve the issue, UOAA provides links to file a complaint.

For your reference, you can find the UOAA **swimming toolkit** here.



Travel Tips

UOAA communicates directly with the Transportation Security Administration (TSA) in the interest of making travel easier for people with ostomies. Before you even pack your bag, go to UOAA's website for a list of 10 travel tips ranging from what supplies to pack to requesting passenger support through TSA Cares. Then, be sure to download and print the **Travel Communication Card and Restroom Communications Card**. These handy cards will help you discreetly communicate with TSA officers and flight attendants.

"Keep in mind that all are welcome at our affiliated support groups that meet in the summer," adds Ed. "You can also contact our support group leaders if you are stuck somewhere and need assistance finding extra supplies. Our website has a support group finder to locate a group wherever you are."

Summer travel plans? Check out the UOAA travel tips for the latest **guidelines direct from the TSA**.



Hydration Alert

When you're out in the sun exercising or sightseeing, dehydration can sneak up on you. Make sure to stay hydrated! Download UOAA's Ostomy Nutrition Guide, which includes a section on fluids and electrolytes, a helpful chart outlining symptoms of dehydration as well as sodium and potassium depletion, and lists of foods high in sodium and potassium. The Ostomy Nutrition Guide is also packed with tips and information about ostomy-friendly foods, organized by the various types of ostomies. Keep it year 'round as a handy resource. Of course, keep in mind that every person is different, and it's important to consult your physician or dietitian for individual needs.

The UOAA **Diet and Nutrition Guide** can be helpful in understanding the importance of hydration.

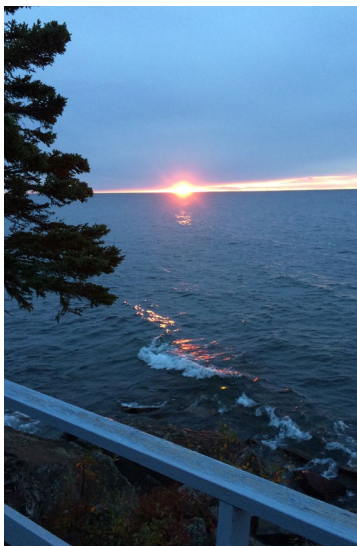
WHAT'S SO FUNNY?

Making a Splash

Brenda reflects on her love affair with water

I am grateful for summer and the beauty of flowers, the lounge chair in the backyard and the warm sun on my face. I love to invite a friend over, sip a cool beverage and talk the afternoon away. Or better yet, climb on top of one of those huge air mattresses, tie one end to the dock and float into a nap until I get too hot and have to roll off into the cool water.

Minnesota, where I live by choice, provides 10,000 lakes and one Superior one. I never let my ostomy stop me from swimming. I love the weightlessness of water. I am not the delicate tip-the-toe-in-the-water-to-test-it type. I am more like, look quickly around and plunge in before anyone sees this abundant, cellulite-marked, less-than-perfect body. I am not embarrassed about my ostomy, but I am not the type to walk around in a bathing suit. I'd rather have the chicken pox! Still, I am an old water baby. I love canoeing, kayaking, boating, fishing and staying in a cabin that overlooks the water.



I was pushed way out of my comfort zone when, a few years back, my 15-year-old nephew and I went to Valleyfair — a mini-Disneyland filled with rides and a water park. I watched him having a blast on all the water slides and daring tube rides, while begging me to join him. I asked, “What if you run into some of your friends

from school? Won't you be embarrassed to be seen with your aunt?” “Heck no, why would I? I don't care so you shouldn't... go get your swimsuit on,” he said emphatically. We did every ride and screamed like maniacs! I had so much fun, bulges and all.

I'll take the oceans, too. To smell the salt in the air, hear the waves crash on the sand and the seagulls flying overhead just melts me. In Anne Morrow Lindbergh's book, “A Gift from the Sea”, she writes that her getaway to the cabin without her husband and five children defined the ease of summer for her. Beach living is about shedding, not only clothes, but vanity. She even described rolling up the rugs so she could more easily sweep the sand off the floor. Written in 1959, that book shows a deep appreciation of the simpler life without the technology we have today. She wrote with a blotter, a fountain pen and a bottle of ink.

I can hear the waves of Lake Superior calling me. I will not bring the same writing utensils as did Anne Morrow Lindbergh. I will bring my colored pencils, gel pens and coloring books. I will open the windows and smell the northern pines, and listen to the crashing waves on the rocks below me. I will roll back my rug of impatience, my drive to overachieve and my needless worries. I will gratefully reflect on my life, and on my ostomy, which thankfully prolonged my existence. Oh this summertime living is easy.



Brenda Elsagher is a loud and proud member of the ostomy community and a good friend of Hollister Incorporated. She is an international keynote speaker, author and comedian.

Her books include: *If the Battle is Over*, *Why am I Still in Uniform?*; *I'd Like to Buy a Bowel Please!*; *Bedpan Banter*; *It's in the Bag and Under the Covers*; and *Your Glasses Are on Top of Your Head*. You can find out more about her at livingandlaughing.com.

Financial Disclosure: Brenda received compensation from Hollister Incorporated for her contribution to this eNewsletter.

NEWS FROM HOLLISTER INCORPORATED

Someone Who Understands

Pediatric caregivers connect for ideas and support

Hollister Secure Start services has recently introduced a Caregiver Support Community for those who care for pediatric ostomy or catheter product users. This helpful service connects caregivers with others who have experience caring for a child with an ostomy or Spina Bifida.

Seeing the potential for caregivers of children with both Spina Bifida and ostomies, the Hollister Secure Start team listened and brought on members of a Peer Support Advocate team. These team members have children living with an ostomy, and some have children living with Spina Bifida. These “supermoms” are available to answer non-medical questions and offer often-needed social and lifestyle support.

“Now I have the opportunity to help others . . .” —Katie, Peer Support Advocate

Peer Support Advocate Katie explains, “As a parent of a child with an ostomy, I had to learn from experience and research how to help my son with school, playing sports, independence, dietary concerns, and most importantly to be a ‘normal’ child. Now I have the opportunity to help others navigate challenges I struggled with and also learn how to feel empowered with the ostomy, not ashamed or lost.”



Meet Katie,
Peer Support Advocate

Are you a mom, dad, grandparent or guardian who cares for a child living with an ostomy or Spina Bifida? If you are looking to talk to someone who shares your experience, simply contact one of our Peer Support Advocates at **1.888.808.7456**.



Update My Info Now

Stay Connected

Let us know how you are doing

Once you join Hollister Secure Start services, you’re always a member. That means weeks, months or years from now, you can rely on our team to answer questions that may come up about managing your ostomy. Did you find what you were looking for in our Ask the Expert article about accessories? If you have questions about accessories or other areas of your life as an ostomy user, we can help! We are always hard at work on finding new solutions to help you throughout your ostomy journey.

Click on the button at left and share your contact information so we can be sure our records are up-to-date. It only takes a few moments—for a lifetime of personalized care. We look forward to hearing from you soon!

Share Your Story

You may become someone's role model

When you share your story you never know whose heart you'll touch. Could there be someone out there who needs to hear what you've accomplished since your ostomy surgery? It could give them the boost they need to grab life by the horns and start something new. Ryan Van Voorhis shared his unexpected journey in this issue of the Hollister Secure Start Services e-Newsletter. Please tell us about yours!

Have you...

- Done something after ostomy surgery that people thought you couldn't do?
- Conquered a fear or tried something for the first time?
- Found a way to strengthen the ostomy community?

Share your story with us. We just might profile you in one of our upcoming eNewsletters and help someone find their new role model.

Submit your story today at
securestartnewsletter@hollister.com.



“I didn't realize I could be a role model just by being myself.” —*Ryan Van Voorhis*

We're here to help! If you haven't already enrolled, call us today at **1.888.808.7456** or visit our website at securestartservices.com/ostomyenroll to get started.



Hollister Secure Start Services

eNewsletter

Resources

Hollister Secure Start Services

1.888.808.7456

www.securestartservices.com

Hollister Secure Start Facebook Page 

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)

952.378.1237

www.coloncancercoalition.org

Friends of Ostomates Worldwide-USA

www.fowusa.org

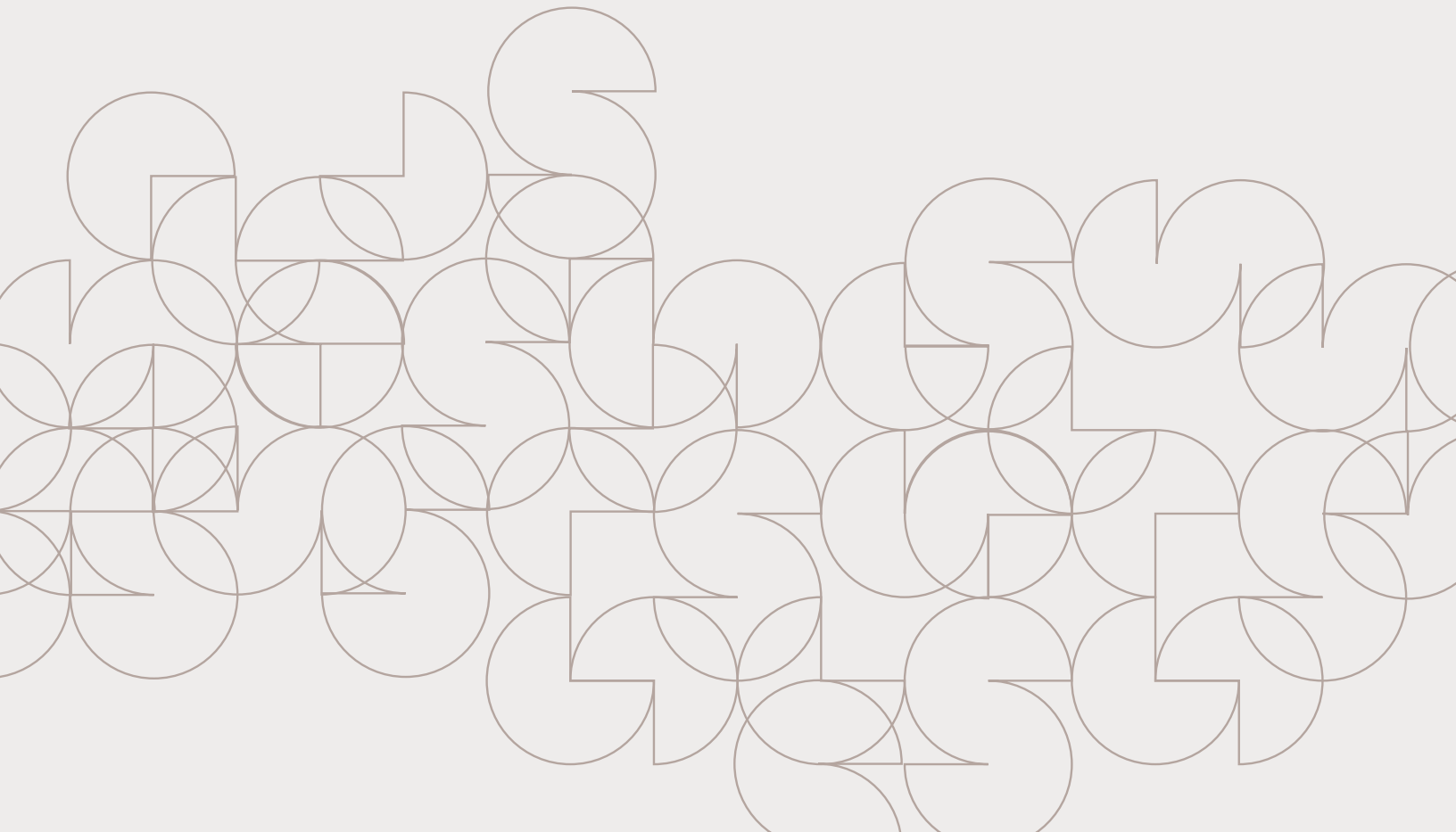
Youth Rally

www.youthrally.org

Run For Resilience

www.ostomy5k.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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