



## LETTER FROM THE EDITOR

If errors are noted in your name or address, please bring these to my attention. If you know of someone to add or delete from our mailing list, please notify me. I can be reached at 325-670-4312 or [vgilbert@hendrickhealth.org](mailto:vgilbert@hendrickhealth.org). We are now sending our newsletter electronically to those who request it be sent that way. **Please send me your e-mail address if you would like a link to the newsletter.**

If you know of someone who would be a good speaker at one of our meetings, please contact us.

– Vina Gilbert, MSN, RN, CWOCN



### NEXT MEETING

The next meeting will be March 11 in the Hendrick Diabetes Center at 1742 Hickory St. (corner of Hickory St. and N. 18th St.) at 6:30 - 7:30 p.m. Hope to see you there! At the last meeting, we discussed post-operative peristomal skin care management.

**We meet at Hendrick Diabetes Center at 1742 Hickory St. (corner of Hickory St. and N. 18th St.) at 6:30 p.m. Hope to see you there!**

### CONTACT US

**For more information, please contact us at 670-4312.**

#### Newsletter Editor & Professional Advisor:

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325-670-4312  
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## Your Link to Understanding Skin Health

### Here's How the Peristomal Skin Assessment Guide for Consumers Can Help

Is your skin irritated or weepy under your pouching system's skin barrier? Wondering what causes it and how to resolve it? The Peristomal Skin Assessment Guide for Consumers may be able to help. It's an easy-to-use digital tool designed to help identify common skin problems through actual photographs, suggest next steps for care or management and appropriately prompt individuals to seek advice from a wound, ostomy and continence nurse (WOCN) for additional support.

The original guide, sponsored by Hollister Incorporated, was developed for use by clinicians only. But it soon became clear that it would benefit people living with ostomies. The same development team put their heads together and created a new version for consumers.

"Up to 75 percent of people with ostomies may experience a peristomal skin issue but don't know it's a problem and don't seek help," said Karen Spencer, director of Global Clinical Education Ostomy. "So, having photos of what's normal and what's not is a good idea."

Since its launch in June, more than 5,486 people have accessed the guide from across the globe - the U.S., Canada, United Kingdom, Saudi Arabia, Australia and Brazil. And the numbers are growing every day.

"Hollister believes in helping people with ostomies adjust to living life with an ostomy," said Spencer.

**Start using the tool today!**

**Find the guide on the WOCN Society website at**

**[psag-consumer.wocn.org](http://psag-consumer.wocn.org).**



Hollister Secure Start services provide ongoing support to people living with an ostomy. We are here to help! Call us today at 1.888.808.7456.

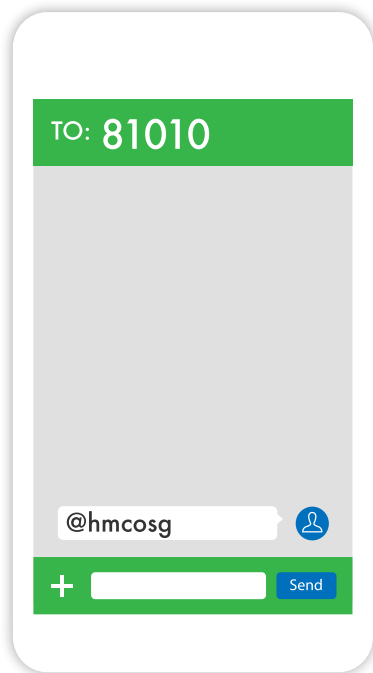
Nothing contained herein should be considered medical advice. Medical advice can only be provided by an individual's personal doctor or medical professional.

*Editor's note: This educational article is from one of our digital sponsors, Hollister Incorporated. Sponsor support helps to maintain our website [www.ostomy.org](http://www.ostomy.org) and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization.*

## Text Message Alerts

Would you like text message alerts for the Ostomy Support Group meeting times and locations?

If so, feel free to text the message @hmcosg to 81010. You will receive a reminder once a month to tell you time and location of the next Ostomy Support Group. Standard text message rates apply.



## IMPORTANT OSTOMY PRODUCT UPDATE

Beginning March 1, Hendrick Medical Supply will no longer supply ostomy products.

Alternate medical suppliers include:

Liberator Medical 1-844-830-7739

Edgepark Medical Supplies 1-800-321-0591

180 Medical 1-877-688-2729

Express Medical Supply 1-800-633-2139

## E-NEWSLETTER

Our newsletter is going electronic! If you haven't already, please include your name and email address to be added to the Ostomy Support Group e-newsletter. There are many links and resources included and accessible through the electronic version.

Please fill out the following information and include in the provided envelope.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Email Address





*Hendrick Ostomy Support Group*

*Vina Gilbert*

*Department of Education*

*Hendrick Medical Center*

*1900 Pine St. • Abilene, TX 79601*

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## NEWSLETTER

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## MEMBERSHIP

*The Hendrick Ostomy Support Group, Abilene, does not have a formal membership roster or dues. Just come on out if you wish to attend any meeting. For more information, contact: Vina Gilbert, Hendrick Medical Center • 1900 Pine, Abilene, Texas 79601 • Phone 325-670-4312 or email [vgilbert@hendrickhealth.org](mailto:vgilbert@hendrickhealth.org)*