



The MAGAZINE

brought to you by ConvaTec

SPOTLIGHT DANA MARIE

*Singer-songwriter,
speaker and life-coach
teaching self-love
through example.*

KEEPING YOUR SKIN HEALTHY

6 TRAVELING TIPS *for people living with an ostomy*



ConvaTec

Ostomy Care

EDUCATION. RESOURCES. SUPPORT.

ConvaTec is a global medical products and technologies company focused on therapies for the management of chronic conditions in advanced wound care, ostomy care, continence and critical care, and infusion devices.

We exist to improve the lives of the people we touch and are committed to helping people living with an ostomy live the life they want with more confidence and freedom.

Everyone's journey is different, but your ostomy doesn't have to dictate who you are and what you do. At ConvaTec Ostomy Care, we make sure your ostomy needs are taken care of—so you can stop thinking about your stoma and focus on what matters to you. Stories from our me+™ community members will help you see that your ostomy doesn't have to hold you back. You may just need a little support and encouragement to get there. That's why ConvaTec created me+: to make sure you don't have to figure it out on your own.

In this issue of me+ The Magazine, you'll see some practical tips and advice for real life situations like skin care, intimacy and relationships and how to travel with ease with your ostomy. Plus, you may find yourself singing a new tune once you hear from me+ ambassadors Matt Deal, and singer-songwriter Dana Marie Gatziolis.

For continued support beyond our magazine, the me+ program offers you the right support so you feel stronger, more confident and ready for what's ahead. Whether you're needing advice on your first steps forward, or looking for new products or samples that better fit your lifestyle, our new ostomy nurses and product specialists are here to support you.

At ConvaTec, we're committed to helping you live with an ostomy in a way that works for you. Doing that takes education, resources and support. With our me+ program you don't have to figure it out alone. And it's free to sign up! Just call **1-800-422-8811** or visit us at **www.mepluscare.com**.

Remember, we're here to help in any way we can. It's why we do what we do.



Wishing you the best on your ostomy journey,

Anna

Anna Ziobro
Senior Director, Consumer Excellence

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with an ostomy

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Brand Ambassador

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Have questions about your ostomy?

Call our team of ostomy nurses and product specialists today.
1-800-422-8811

KEEPING SKIN HEALTHY

If the skin around your stoma becomes damaged, it could be painful and lead to infection. It also becomes more difficult for the skin barrier of your pouching system to adhere to your skin. Prevention is the key to maintaining both healthy peristomal skin and your comfort.



BATH AND SHOWER

You can bathe and shower just as you did before surgery, with your pouch on or off—the choice is up to you. Because soap residue can cause your skin barrier to lift, avoid oil-based and moisturizing soaps.

SKIN BARRIERS

Choose a well-fitting pouching system to help prevent irritating stoma contents from coming into contact with your skin.

Measure your stoma size periodically. Your ostomy nurse can teach you how to use a measuring guide to determine the size of your stoma and select a cut-to-fit, pre-cut or moldable barrier.

Not sure how?
Call us at 1-800-422-8811.



POUCHING SYSTEM CHANGES

Make an easy-to-follow schedule for your pouching system. This will ensure your skin barrier is changed before the adhesive has eroded. Make a habit of looking at the skin around your stoma. If you see any signs of irritation, notify your healthcare provider.

Make sure your peristomal skin is completely dry before replacing your pouch and skin barrier. Dry skin ensures a good adhesive seal and helps reduce the risk of fungal infection.

“The Esteem™ + Moldable Pouch has really changed my life. This is the first time my skin has cleared. There have been no leaks and it is very comfortable. I wish everyone who has an ostomy knew about this pouch.”

– Gail M.



Esteem™ + One-Piece Moldable Drainable Pouch
Request a Free Sample
visit **convatec.com/ostomy**
or call **1-800-422-8811**
(M-F, 8:30 AM - 7:00 PM EST)

SPOTLIGHT

DANA MARIE GATZIOLIS

Singer-Songwriter, Speaker and Life Coach

In 2012, fear had Dana Marie Gatzolis in a headlock. Due to the severity of her Crohn's Disease, Dana had to undergo surgery to have her colon removed. The one thing she was most afraid of was losing her ability to love herself and be loved by someone else. At the time, having an ostomy seemed like the end of the world.

In her heart, Dana knew that her security and self-worth couldn't rely on anything external, including her own body. Her identity had to be based on something much stronger than that. And so began her greatest adventure.

Dana began to explore what it was that truly brought joy and love into her life. Ultimately, she discovered those things in music, faith and helping others through sharing her story. In 2016, Dana made

the bold move to Nashville to pursue music full time.

Today, through her platform as a singer-songwriter, Dana empowers young women to dream big and see past their so-called imperfections to share their gifts. She knows that when we choose to shine, we give others permission to do the same. She believes that everyone has an ostomy, in some sense. Everyone has a story, a wound, a brokenness that they fear will deem them unlovable. But, when we choose to own our wounds and soak them in love, we can transform them from darkness into light.

"...when we choose to own our wounds and soak them in love, we can transform them from darkness into light."



For more stories from people living with an ostomy, visit:
www.mepluscare.com



1 Pack extra supplies.

Extra pouches, skin barriers and accessories will ensure you're prepared to change and empty your pouch with needed.



2

Drink up.

Be sure to pack your refillable water bottle so you can stay hydrated.



3

Navigating public restrooms.

Create a buffer with a layer of toilet paper in the toilet bowl to avoid splashing when emptying your pouch.



4

Traveling to a foreign country?

Write down key questions in the local language, such as "where is the bathroom?"



TRAVELING WITH AN OSTOMY

The idea of taking a long trip with an ostomy can seem daunting. But with a little extra preparation, you can enjoy the trip of a lifetime.

*Sample the **Diamonds™ Gelling Satchets** for free.*

AND LEARN MORE ABOUT **me+ SUPPORT**
Visit convatec.com/ostomy or call
1-800-422-8811 (M-F, 8:30 AM - 7:00 PM ET)

5

Bring disposable accessories.

Aloe Vesta® Bathing Cloths are an easy-to-use, rinse-free disposable bathing system that cleanses and moisturizes. Try **Diamonds™ Gelling Satchets** to help reduce or eliminate excess gas and control odor.



6 Don't forget to leave your anxiety at home.

Travel with confidence. If you have other questions about traveling with your ostomy, **contact our me+ team** for helpful tips, tricks, support and resources.



INTIMACY WITH YOUR PARTNER



Understandably, people have a lot of questions about intimacy after ostomy surgery. Here are answers to some of the most frequently asked questions:

Q. Will I be able to be sexually active with an ostomy?

A. In most cases, yes! Most sexual problems after ostomy surgeries are due to anxiety, not any sort of physical issue.

Q. When should I talk to my partner about my ostomy?

A. Make sure you are comfortable with your ostomy, and then tell your partner. It's important to talk about your ostomy before engaging in sexual activity.

Q. Will the odor from my stoma be a “turnoff” for my partner?

A. Modern pouches are made of odor-free materials, and there are deodorizers that help reduce ostomy-related odors. Keep your body and pouch clean, and you shouldn't have a problem.

Q. What preparations should I make before sex?

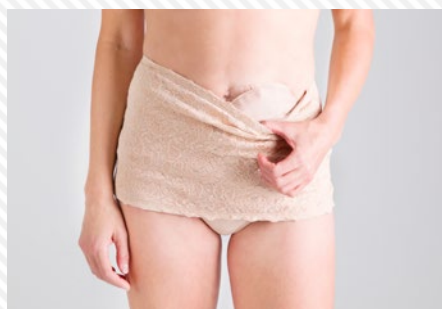
A. These simple steps can boost your confidence:

- Make sure your pouch is empty.
- Consider using a smaller ostomy pouch or stoma cap.
- Make sure your pouch is secure—reinforcing the edges with tape can help you feel more confident about it staying in place.
- If you're concerned about your pouch's appearance, use an opaque pouch or an ostomysecrets wrap.
- Eat foods that slow down your digestion for you (such as bananas or marshmallows).

“Difficult times always create opportunities for you to experience more love in your life.”

– **Barbara De Angelis,**
Author and
Relationship Expert

WRAPS TO HELP YOU RECONNECT



Ostomysecrets® makes flattering wraps and undergarments that cover your ostomy and won't get in the way during intimate moments. These can help you and your partner feel more secure and confident.

Visit ostomysecrets.com to shop our full line of wraps and undergarments.

OSTO*mysecrets*®
Flatter me.

“The single biggest driving force that gets me up and going every day is the experience of life.”



REAL TALK WITH MATT DEAL

me+ team Supervisor



The best advice I can give

Most people don't have washboard abs and perfectly flat stomachs. We have fat and folds and wrinkles. But that's OK. With a little trial and error, we'll find the right ostomy products.

Matt Deal has been helping people living with an ostomy for almost five years as an Ostomy Product Specialist and now as a Supervisor of the me+ team. He's a Midwestern boy who's into Formula 1 racing, rockets and tinkering with gadgets and electronics. Best of all, the work he does, really does change lives.

My favorite ostomy product

Moldable™ skin barriers. I love the simplicity of it because there are no scissors or cutting involved. And the way it turtlenecks to hug the stoma gives a customized fit every time.



Try Matt's favorite product for free.

Simply complete the enclosed card or call 1-800-422-8811.



Proudest accomplishment

It's when I pick up the phone and someone I helped is in tears... happy tears. There's success in their voice because they never thought they'd get through a day without a leak. To be part of that is humbling and overwhelming.

Matt is one of many product specialists on the ConvaTec me+ support team. Throughout your entire ostomy journey, me+ is here to give you the support, insights & products you need.

MORE THAN JUST GREAT PRODUCTS — me+ BRINGS YOU THE TOOLS AND ADVICE TO HELP MAKE LIFE WITH AN OSTOMY COMPLETELY YOUR OWN.
Call or email today, 1-800-422-8811 or CIC@convatec.com.

SUR-FIT Natura®
ConvaTec Moldable
Technology™ Skin Barrier

LESS EFFORT MORE *ease*

Change is good. Find the ostomy product that fits you.

Simplify your ostomy routine and leave the scissors at home. Our Moldable Technology™ Skin Barrier may save you time by eliminating the need for cutting, and provides a customized fit to help create a secure seal.



"Since my ostomy surgery we go where we want to go, when we want to go." -Walt*

*Model portrayal for illustrative purposes only.



Mold your custom fit without scissors.

Request a **FREE** sample that's customized for you.

ConvaTec knows that there is no one-size-fits-all product that will work for every body or stoma. We'll ask you a few simple questions about your ostomy, then send you free product samples that will fit your body, so you can get back to doing the things that make you, you.

Visit convatec.com/ostomy or call 1-800-422-8811.