



The MAGAZINE

brought to you by ConvaTec

SPOTLIGHT TED VOSK

*Sometimes the best advice
comes from someone who
has already been where
you are now.*

LEARN HOW TO MANAGE YOUR MIND

5 HEALTHY NUTRITION 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.

During my time working with ConvaTec, I've had the pleasure to meet and connect with many people who have had ostomy surgery. I am continually inspired by stories of positivity and determination. I am also aware of the unexpected challenges that some face after surgery.

It's been my commitment to stay close to our customers' needs, and to help minimize those unexpected challenges and make ostomy care more seamless and comfortable.

I'm proud to present this first issue of me+™ The Magazine, because it contains useful tips and information that can help you build confidence after ostomy surgery. Get ready to be motivated by the experiences of me+ members like Ted Vosk and Jearlean Taylor, and to find fresh perspectives on your body image, physical activities and how to eat well.

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 team of 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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Brand Ambassador

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doing what you love
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with one of our
Brand Ambassadors

Have questions about your ostomy?

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



MANAGING YOUR MIND

Ostomy surgery takes a big physical toll on your body, and how quickly you get back into the swing of things depends on how you handle your recovery process. While your body is important, paying attention to your mind and soul is a big step in your recovery as well.

MIND

Focus on the Little Things

Recovering after surgery can be a difficult time. Having a nurse or a loved one take care of you for the first few weeks and struggling with activities—such as walking up the stairs—can be frustrating. But pay attention to the little improvements every day and see yourself progress.



BODY

What's Going on Down There?

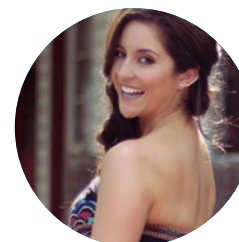
One of the most important things to do after surgery is get familiar with your body's new condition and embrace the change it has recently gone through.



SOUL

Live Your Story Your Way

Everyone has their own journey to walk after surgery. Finding what keeps you going is essential to maintaining mental strength. Don't be afraid to be you, and reach out to others that can walk your journey alongside you.



"I made it my priority to really get on the same team as my body. And figure out how to love my body. Between that acceptance and taking time to write my history and feelings, I learned to love me regardless of the ostomy." – Dana Marie, living with an ostomy since 2012



SPOTLIGHT TED VOSK

Living with an ostomy since 2012

Ted Vosk developed ulcerative colitis while living homeless on the streets as a teenager. He fought his way to college, but days after graduating from Eastern Michigan University his colon was removed and he was left with a temporary colostomy. He lived with painful skin breakdowns and repeated leaks for months, but finally a reversal was performed as he entered graduate school. He thought his days with an ostomy were behind him.

He worked his way through Harvard Law School and on to becoming an internationally renowned lawyer, championing the cause of others whom society had given up on. Then he developed Crohn's disease that was so painful and debilitating that he often curled up in the fetal position at night and cried. As the disease progressed, scar tissue stopped food from passing through his digestive system, and he

was unable to eat. The only option to save his life was surgery.

In May 2012, he received an ileostomy. The surgery was physically and mentally debilitating. "I went to sleep every night feeling hopeless and scared," he said.

Each day he built up strength and confidence until six months after surgery, Ted ran two half-marathons on back-to-back weekends for the Crohn's and Colitis Foundation of America. Ever since, Ted has achieved amazing things. He returned to the courtroom, had his first textbook published, and has traveled the world. In 2015, he competed in his first triathlon and created Ostomy United, a triathlon team made up of people with ostomies and their supporters.

"It's okay to be afraid," he says. "There's no courage without fear. But you must determine the course of your life. Events may knock you down, but failure is not the result of being



"I could live the rest of my life as if it were a prison sentence or I could be thankful that the ostomy had saved my life. I decided to seize the second chance that I'd been given."

knocked down; it's a consequence of not getting back up. The secret to overcoming obstacles, to living the life that we dream, is to never quit."



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



1

Drink up.

Hydration will always be an issue, so drink lots of water. For a little extra flavor, toss in a slice of lemon.



2

Chew and chew some more.

One great way to avoid blockages is to chew your food as well as possible.

3



Start slow and build up.

Right out of surgery you may be more sensitive to foods than you will be six months down the road. Use trial and error to see how foods work for you. If you've had ileostomy surgery, add high-fiber foods like raw fruits and veggies back into your diet gradually to make sure you can digest them well.

EAT WELL. LIVE WELL.

Eating well is a big part of living life on your own terms. The good news: having a stoma doesn't have to stand in the way of enjoying good food.

There are no set dietary rules for people living with stomas. It may just take a bit of time to find out what works for you. With the "OK" from your healthcare team, you can eat what you like, when you like.



answers

Get the nutrition advice you need to live a healthy life.

Visit meplusnutrition.com

4



Take your vitamins.

Vitamins can be a great way to supplement your diet. Consult your ostomy nurse or a dietitian to see if they are right for you.



5 Eat regularly and enjoy.

Diets are different for everyone. Whether you eat three square meals, or several smaller ones, find a diet rhythm that works for you. And don't forget to love what you eat!



CRAVING A REFRESHING AND NUTRITIOUS SNACK? TRY A COOL FRUIT SMOOTHIE.

Ingredients:

- 1-2 cups frozen or fresh fruit (Try frozen raspberries, blueberries and blackberries)
- 1-3 bananas (optional)
- 1 heaping cup fresh spinach
- 1/2 cup ice (if you like a very cold smoothie)
- 1 cup liquid, more or less as needed (Try almond or coconut milk for extra summer punch)

Directions:

Combine all ingredients in the blender. Blend up mixture, adding liquid as needed to achieve smoothie consistency. It usually requires ~1 cup of liquid. Serve and enjoy! Or leave in the fridge for 3-4 days and drink as desired.



ON YOUR MARK, GET SET...

No matter what level of physical activity you want to pursue, ostomy surgery shouldn't hold you back.

After surgery, your muscles need time to heal and strengthen, and it might seem difficult to be active again. This can be overcome with gradual training and exercises.



Go for Gold

As you begin to exercise again, take some time to test your current physical state and the limits you might have. Find the distance you can comfortably go when exercising, then push yourself a little further each day. This constant adjusting of goals will allow you to really feel the progress you're making every day.

LEARN to comfortably place and secure your ostomy pouch.

WALK around and get a feel for how your ostomy reacts to different movements.

MOVE more and more each day, building up towards your desired level of exercise.

DO ANYTHING you feel comfortable doing. This includes running, jogging, swimming, climbing and skiing.

ONE SIZE DOES NOT FIT ALL.

Connect with an ostomy nurse or product specialist to help you find the right fit.

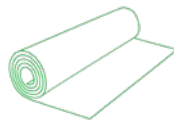
Request a Free Sample by visiting convatec.com/ostomy or calling 1-800-422-8811.
(M-F, 8:30 AM - 7:00 PM EST)

Esteem™ + Flex Convex Drainable Pouch conforms to body contours with a soft, quiet fabric that offers comfort and protection.



OPTIMAL OSTOMY EXERCISES

After ostomy surgery, many people may find these activities to be easier than others. But before starting any new exercise, talk to your doctor to make sure you're ready.



CORE MUSCLE CONDITIONING

Building back core stability and flexibility is important, as it makes exercises and routine activities easier. There are a few basic exercises that can get you started such as hip, upper body and arm/leg extensions, pelvic tilts and bridging.



WALKING

Get your steps in. Walking is a simple and energizing way to exercise that can also reduce stress and constipation. When walking, you can build up fitness at your own pace.



SWIMMING

Swimming works your whole body without putting strain or pressure on your stoma. Most ostomy pouching systems are water resistant, even for swimming. First, ensure that your pouching system is securely in place. Then, cover the vent on your deodorizing filter with a filter cover to prevent water from entering the pouch.



*“Your ostomy
doesn't define you.
It doesn't dictate
your future.”*



REAL TALK WITH JEARLEAN TAYLOR

Living with an ostomy since 1970



A funny thing happened

One day, while working as a receptionist at a busy company, my pouch was filling with gas and I was afraid people would hear it. I was wearing some bangle bracelets, so when I felt gas escape, I rattled those bracelets. My coworkers must have thought I was crazy. I jingled those bracelets all day long.



For a long time, I didn't want to tell my story. My mother knew that by telling it, I could heal. I didn't understand that for a long time, but I do now. Today, I am very thankful for this journey. My story belongs to the next person, and the next person, and the next. I will pursue my goals and take one day at a time. I will live a full and vibrant life.

Proudest accomplishment

When I published my book about surviving cancer and living with two ostomies since childhood. I was suddenly proud to have an ostomy.



My favorite ostomy product

Sensi-Care Sting Free Skin Barrier. I love 'em. I swab my skin before the wafer goes on, and it makes my skin tacky so that the wafer sticks even better. They're my "go to" accessory.

Try Jearlean's favorite product for free.

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



Your bucket list

I want to go to London. I don't even know why; I just want to go. I want to touch people with my story, to empower them to overcome and never give up.

LOOK GREAT *and feel* CONFIDENT

Ostomysecrets®, a ConvaTec brand, offers a full line of stylish and functional undergarments, swimwear and skin care designed to support your ostomy system.



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