

Hollister Secure StartSM Services

Continence Care eNewsletter Q4 2021

Continence Care resources at your fingertips



Celebrate your journey

Highlights:

- 2 | Celebrating a Bronze Medal Journey
- 4 | Helpful Tips for a Smooth Trip
- 5 | A Healthy Bladder Really Matters
- 7 | Reeve Run & Roll Rocks!

SURVEY

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FEATURE STORY

Celebrating a Bronze Medal Journey

Abby Bauleke places no limits on what she can achieve



For as long as she can remember, University of Alabama adapted athlete, Abby Bauleke, has loved basketball. She spent hours and hours on the sidelines watching her older siblings' games, but never thought she could play. Just before her fifth birthday, she was diagnosed with leukemia. During her treatment she became unable to walk and doctors said she had developed Guillain-Barré syndrome.

Abby transitioned to using a wheelchair, but that wasn't about to stop her dream of playing basketball. Her rebound came at age eleven when she attended local camps, and was introduced to various adapted athletics.

"I was thrilled," says Abby. "I started playing on a wheelchair basketball team a year later and fell in love with it."

From there, Abby joined her high school's team, and, as a junior, took home a gold medal as the youngest member competing for Team USA in the 2019 Under-25 World Championships in Thailand. After that there was no stopping her. The University of Alabama was a slam-dunk when applying for college.

"I chose the University of Alabama because I knew they had the best adapted athletics program in the country, the best facilities, and the best people who would be able to make me the best athlete I could be," explains Abby.

Competing in the Paralympic games was a penultimate goal for Abby. She tried out for Team USA in 2019 and was named an alternate for both the 2019 and 2020 national team. Then due to COVID-19 and the postponement of the Paralympic Games, she had another chance to try out last March, and was named to Team USA in July!

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Abby is a proud member of Team USA, winning a bronze medal in the 2020 Tokyo Paralympic Games.

FEATURE STORY

Celebrating a Bronze Medal Journey

(continued)

“University of Alabama Adapted Athletics (UOAA) was so supportive through the entire process and provided all the resources I could have possibly needed to get to that point,” says Abby. “It was so fun hearing everyone tell me how much I had improved in the past year and knowing it was because of them.”

Abby considers self-confidence to be her greatest personal challenge. However, the more she practiced and put in the work, her confidence blossomed. It all paid off, and Abby came home with her Team USA mates from the Tokyo 2020 Paralympics with a bronze medal! She credits the win to all the support from her encouraging teammates and expert coaches at the University of Alabama.

“I love this program and how it really is a family.” —*Abby Bauleke*

“I love how this program is really a family—they make moving across the country, or even the world for some of our athletes, so much easier because all the people here are so welcoming and loving,” says Abby. “I have met so many friends that will now be part of my life forever.”

Watching Abby play, you’ll see how much she loves the game by her constant smile. “I have a lot of fun when I’m on the court; people always tell me I have to stop smiling all the time when I’m out there.”

Abby has a lot to smile about—she’s going to the school of her dreams, and places that little girl on the sidelines never would have imagined. It’s no surprise that this Human Development and Family Studies major plans on going even further in life as a Child Life Specialist working with kids and families with disabilities. And she has found using products like VaPro Plus Pocket™ catheter have added to her independence and confidence in all situations, something she hopes to pass on to the kids she may work with in the future.

“I learned a lot from the whole Paralympic process. But the main thing I learned was how to adapt, and not let anything stop you from your goals and to keep pushing forward,” she concluded.



Abby Bauleke hails from Savage, Minnesota. She’s a freshman at the University of Alabama, and is on the UOAA women’s wheelchair basketball team. Apart from playing basketball, she is an avid swimmer and was captain of the Burnsville High School girls swim team in 2020.



Please share this article with anyone you know who may be interested in learning how adapted athletics can inspire them to reach their goals.

It’s easy to inspire others with your story! We’re looking for stories that may inspire others within the continence care community. If you have an interesting life’s journey, tell us about it. We just might interview you, write up the story, and feature it in an upcoming eNewsletter. **It’s that easy!**

Click here
to submit
your story!

BROCK TALK

Helpful Tips for a Smooth Trip

Wing your way through airport security

With the holiday travel season quickly approaching, it can be overwhelming to think about continence care supplies and what you may need to manage your day-to-day usage as well as the “just-in-case” type scenarios like a pressure sore or any other unexpected circumstances related to your unique personal health situation. So, before you head to the airport, I thought it would be a great topic to review in this edition of the eNewsletter.

Be Prepared:

- Pack your needed supplies in at least two places – carry-on and checked luggage.
- Take extra supplies in case you are stranded. I ALWAYS travel with double what I need.
- Be aware that the 3-1-1 Liquids Rule requires containers no larger than 100 mL (3.4 ounces). If your medical condition requires larger quantities in your carry-on, they are allowable, but must be declared at the security checkpoint and require additional screening.

If needed, Request Passenger Support:

- Travelers with an SCI, Spina Bifida, MS, Cerebral Palsy, etc., if you have concerns about airport screening contact TSA Cares at least 72 hours before travel: toll-free at (855) 787-2227 (Federal Relay 711) or email TSA-ContactCenter@tsa.dhs.gov. They can also coordinate Passenger Support Specialist (PSS) assistance.

Get a Notification Card:

- Search the internet for a printable travel communication card. It is a way to communicate discreetly to agents that you have special medical equipment.
- You can also show a note from your physician explaining any of your medical conditions.



Communicate at the Start:

- Inform the TSA officer if you have any prosthetics, wound bandages, or medical appliances that may show up during the scan.

Expect a Pat-Down:

- In addition to the one standardized procedure, you may also undergo a standard pat-down in body areas where you might not have been expecting.
- Remember, you can request a private screening (along with a travel companion) and a chair. You can also always request to speak with a Supervisory TSA Officer about any concerns. You should not be asked to remove clothing in sensitive areas—this is not allowed. If an incident occurs, report it to the TSA.

With the proper preparation you can breeze through the airport and are never without your most needed supplies. This will ensure any stress is focused on too many good food choices at that exciting restaurant you have always wanted to visit instead of *where am I going to find extra supplies!!!*

Have travel tips and tricks you want to share with us? Share them! Email me at brock.masters@hollister.com



Brock Masters is Manager, Secure Start services Health Care Professional Continence Care & Ostomy at Hollister Incorporated. With a demonstrated history of working in the medical device industry, he holds a patent on an Adaptive Floating Flange for Ostomy Appliance. Brock has been personally using intermittent catheters since the age of 10 and understands the importance that support and encouragement provide to everyone in the continence care community.



Please share this informative article with anyone you know who may be traveling this holiday season.

CLINICAL FEATURE

A Healthy Bladder Really Matters

Your bladder is vital to your overall health

By Mary Wasner, Continence Care Clinical Resource Manager, Hollister Incorporated

Why is your bladder important to maintaining a healthy body? Simply because when your urinary system, including kidneys and bladder, is functioning normally, it filters extra fluid and wastes from your bloodstream, removing them from your body. In addition, working with your bladder, the kidneys help produce blood pressure-regulating hormones, keep electrolyte levels stable, maintain good bone density, and produce healthy red blood cells.

Here are tips to maintain a healthy bladder:

- Drink plenty of fluids, especially water
- Limit your alcohol and caffeine intake
- Quit smoking if you do
- Maintain a healthy weight
- Keep exercising, daily if you can
- Empty your bladder regularly. Don't hold it!
- Eat healthy and avoid constipation

Speaking of “eat healthy and avoid constipation,” knowing which foods are more likely to irritate your bladder and which are more bladder-friendly is essential to good bladder health. Here's a partial list of what should and what shouldn't be on your grocery list:

Enjoy: Pears; Bananas; Green Beans; Winter Squash; White or Sweet Potatoes; Low-fat Beef, Pork, Chicken, Turkey and Fish (baked, steamed or broiled); Whole Grains (rice, quinoa, oats); Almonds, Cashews, and Peanuts; Pomegranates; and Eggs.

Avoid: Coffee; Alcohol; Chocolate (sorry); Citrus Fruits; Tomato-based Products; Artificial Sweeteners; and Spicy Foods.

One startling fact that is highlighted during National Bladder Health Awareness Month, held each November, is that many people avoid talking about bladder health. It can be an uncomfortable and embarrassing topic and, as a result, some may ignore signs of bladder problems, and even avoid telling their doctor about any symptoms they are having. By staying mum on the subject, you risk leaving yourself susceptible to bladder infections, urinary tract infections, and even incontinence.

The best advice to give is to let a family member, your caretaker, or your doctor know when you are experiencing a potential bladder health issue. The sooner any treatment needed begins, the sooner the problem can be resolved. In the meantime, follow the tips in this article for maintaining good bladder health. Because a healthy bladder really does matter.



Please share this informative article about good bladder health practices with someone you know.

The statements in this article are a reflection of this individual clinician's expertise and not a reflection of Hollister's opinions.



PRODUCT TIPS

Five Reasons to Choose a No Touch Catheter with a Collection Bag

Integrated design allows peace of mind for continence care patients



The VaPro™ catheter integrated collection bag from Hollister is the ideal choice for agility-challenged patients and for anyone catheterizing away from home while traveling or participating in outdoor activities. Here are five reasons why:

- 1. Helps protect against infection**—The protective tip helps reduce the risk of carrying bacteria into the urinary tract, while the protective sleeve allows the catheter to be gripped anywhere, providing a barrier to help keep germs away.
- 2. Easy and ready to use**—The catheter is ready to use right out of the package with no extra steps required. A finger hole makes the packaging easy to open. The collection bag allows clean handling as it is easy-to-open and easy-to-empty.
- 3. Discreet**—The flexible design and size of the packaging allows the catheter to feel comfortable in a pocket and doesn't leave stains* on clothes.
- 4. Catheterize anywhere**—Discreet and pocket-sized packaging is designed for easy transportation and catheterizing on the go. You can feel safe and clean using it while you're away from home, like at a friend's house or in a public restroom.
- 5. Gentle and comfortable to insert and remove**—The protective tip is 50% smaller** and more ergonomically shaped for a more comfortable insertion. The catheter is designed with smooth rounded eyelets to enhance comfort during insertion and withdrawal.



With 100% No Touch Protection, whatever you touch won't touch VaPro™ catheters. VaPro Plus™ and VaPro Plus Pocket™ catheters are designed to help protect you from germs throughout the entire catheterization process.

*Polyester, cotton, linen, and denim

**As measured by volume of material used.

To learn more, or request a sample, visit [Hollister.com/vapro](https://www.hollister.com/vapro)



Please share this expert information with anyone you know who may benefit from using no-touch catheters.

The following are the Medicare requirements to qualify for a "no touch" catheter. Contact Hollister Secure Start services at 1.888.808.7456, option 3, or speak with your provider for more information if you meet any of the following criteria:

1. The beneficiary resides in a nursing facility.
2. The beneficiary is immunosuppressed, for example (not all-inclusive): on a regimen of immunosuppressive drugs post-transplant, on cancer chemotherapy, has AIDS, has a drug-induced state such as chronic oral corticosteroid use.
3. The beneficiary has radiologically documented vesico-ureteral reflux while on a program of intermittent catheterization.
4. The beneficiary is a spinal-cord injured female with neurogenic bladder who is pregnant (for duration of pregnancy only).
5. The beneficiary has had distinct, recurrent urinary tract infections, while on a program of sterile intermittent catheterization with A4351/A4352 and sterile lubricant A4332, twice within the 12-month prior to the initiation of sterile intermittent catheter kits.

COMMUNITY SPOTLIGHT

Reeve Run & Roll Rocks!

Virtual fundraiser exceeds all expectations

The Christopher & Dana Reeve Foundation started in 1995 as a grassroots movement by pioneers who refused to accept the long-standing dogma that a spinal cord, once injured, could never recover or be repaired.

Team Reeve® is the Foundation's fundraising program that organized the **2nd Annual Reeve Run & Roll Virtual Event**, which included participants from the U.S. and 10 other countries.

Continence Care community members got extra creative with their activities. Some chose to ride on horseback, while others broke a sweat having "max days" at the gym. Also impressive were those who logged miles of swimming, the hand cycling and bike riding participants,



The University of Michigan Wheelchair Tennis Team participating in Reeve Run & Roll.

a wheelchair tennis team, as well as a roller derby team that rolled a 5K together.

With donations still coming in, total funds raised were closing in on \$275,000; a remarkable testament to the community rallying around the Reeve Foundation Mission of working to improve the quality of life for individuals and families impacted by paralysis.

To learn more about the Christopher & Dana Reeve Foundation, visit christopherreeve.org.

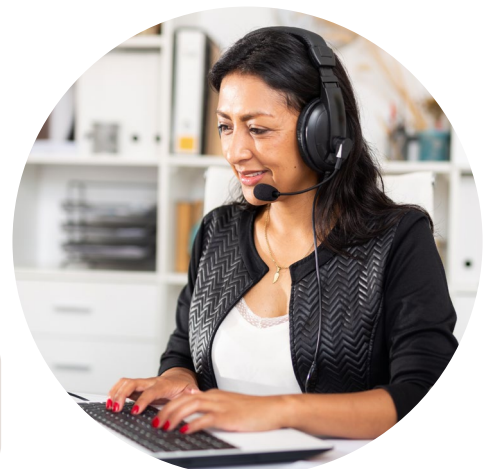


Please share this information with anyone you know who would like to get involved with the Christopher & Dana Reeve Foundation.

Is It Time to Place an Order for Your Continence Care Supplies?

Let the Hollister Secure StartSM services team help you locate a national supplier that is in-network with your insurance(s) to receive your Hollister products. Over the years, Hollister has built relationships with several mail-order suppliers across the country and we can assist in helping find the right company for you. These suppliers will work with your insurance companies and doctors 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 with your caregiver and anyone you know who uses continence care products.

HOLLISTER'S HOLIDAY MESSAGE

Despite That Which Makes Each Experience Unique, We Are Here for Each Other

Throughout this past year, we at Hollister have been unwavering in our dedication to each of you. Our purpose is our Mission, to surround you with the support you need in your journey. This is how we fulfill our Mission, to make life more rewarding and dignified for those who use our products and services.

You've done your part as well. From deciding to be a peer mentor to make someone else's experience seem possible to connecting hearts and minds around the globe to celebrate World MS Day. You banded together virtually when in person events including the Roll on Capitol Hill and Youth Rally were not possible. You chose to be someone's shining light when they needed it most. We thank you for choosing to make a difference within the community you serve.

From our family to yours, we wish you a safe and healthy holiday season!

Warm regards,

Amanda Robinson

Vice President, The Americas, Hollister Incorporated



Hollister Secure Start Services eNewsletter Resources

Hollister Secure Start Services

1.888.808.7456 (option 3)
www.securestartservices.com
 Hollister Facebook
 Hollister Instagram

Great Lakes Adaptive Sports Association (GLASA)

1.847.283.0908
info@glasa.org
www.glasa.org

United Spinal Association

1.800.962.9629
www.unitedspinal.org

Christopher and Dana Reeve Foundation

1.800.539.7309
www.christopherreeve.org

Spina Bifida Association

1.800.621.3141
www.spinabifidaassociation.org

Buoniconti Fund to Cure Paralysis

1.800.STAND UP
www.themiamiproject.org

The Miami Project to Cure Paralysis

1.800.STAND UP
www.themiamiproject.org

Society of Urologic Nurses and Associates (SUNA)

1.888.827.7862
www.suna.org

National MS Society

1.800.344.4867
www.nationalmssociety.org

Bladder Cancer Advocacy Network (BCAN)

1.888.901.2226
www.bcan.org

Abilities Expo

1.323.363.2099
www.abilities.com

New Mobility

www.newmobility.com

Paralyzed Veterans of America

1.800.424.8200
www.pva.org

Sport 'N Spokes

www.sportnspokes.com

Youth Rally

www.youthrally.org

University of Alabama Adapted Athletics

www.alabamaadapted.com

San Diego State Adapted Athletics

ens.sdsu.edu/sdsu-adapted-athletics

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Secure StartSM

It's Personal

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

Your opinion
matters!
Please take our
3 min. survey

SURVEY



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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.

Hollister, the Hollister logo, Secure Start, VaPro, VaPro Plus and VaPro Plus Pocket are trademarks of Hollister Incorporated. All other trademarks are property of their respective owners.

Disclaimer: Prior to use of VaPro Plus Pocket™ No Touch intermittent catheters, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions. Rx Only.

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