



The Insider

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News from Inside the UOA Central Office

- Our very own **Ian Settlemire**, Director of Communications Services and *Ostomy Quarterly* editor, is the official UOA rider in the **Get Your Guts in Gear Ride for Crohn's & Colitis**. Ian will cycle 210 miles over three days in June to raise funds and awareness for research, education and advocacy to benefit IBD patients. Ride proceeds will be shared by UOA, CCFA and the IBD Quilt Project. Ian's goal is to raise \$5,000 and he needs your help. To show your support, call 800-343-3637 or make a donation at www.uoa.org/donations_ibdride.htm. For additional details, connect to www.ibdride.org. Be sure to mention rider Ian Settlemire.
- Many thanks to the UOA holiday shoppers who used our **online shopping service with Amazon.com and Barnes & Noble Booksellers**. We will receive a percentage of approximately \$2,000 in purchases. This service will continue throughout the year at: http://www.uoa.org/donations_associates.htm. So shop for your valentine without having to go out in the snow! *USA Today* reports that online spending during the 2003 holiday season totaled \$18.5 billion, a 35 percent increase over 2002!! We are part of that success.
- The final eBay auction of **Thomas Mangelsen wildlife photographs** was held this month. Since the program was initiated in May 2002, UOA has sold 350 photographs and received \$40,000 to be shared with the Buford Foundation. We are very grateful to the Mangelsen family of Omaha for making this collection available to us.
- Keep those vehicle donations coming, but don't be more charitable than the IRS likes! UOA's **Vehicle Donation Program** has been very successful since it was introduced 18 months ago and has raised over \$5,000. Remember, it is up to the tax payer to establish and defend the "fair market value" of the donated item, so to avoid scrutiny by the IRS, be realistic about the value of ol' Betsy.
- Have you checked out the **new Prevention section on the UOA Web site, www.uoa.org**? The section includes articles on screening, treatment and follow-up. In addition, read the exciting news about Teen Network cochair **Cheryl Ebbinghaus** who has received a Governor's Coalition for Youth with Disabilities Scholarship Award from her home state of Connecticut. This will not be the last honor given to this impressive young woman!
- We are also celebrating the release of the excellent reference book written by California UOA member **Cliff Kalibjian: *Straight from the Gut: Living with Crohn's Disease & Ulcerative Colitis***. This book includes a chapter on living with an ostomy, combines the latest medical research, numerous practical coping tips and hundreds of personal vignettes from over 40 people touched by Crohn's and colitis. Buy this book from Amazon.com or Barnes & Noble; a percentage of the sale will help UOA!
- If you are looking for a reason to vacation in Europe this August, register to attend the **International Ostomy Association's 11th World Congress in Porto, Portugal**. Ostomates from around the world gather to exchange information and meet new friends. Registration and tour information is available at: <http://www.ostomyinternational.org/congress2003.htm>. Be sure your passport is up to date before leaving home!
- UOA members are being urged to convince the U.S. to join a **Global Tobacco Treaty** dedicated to reducing smoking-related deaths. We know that tobacco use is closely related to bladder cancer. UOA member Keith Carlson provided the following: *A cancer cell in the prostate, on average, doubles in size every 1.73 years. A cancer cell in the bladder, on average, doubles in size every 19 days. Bladder cancer in most cases is caused by smoking.*
- What are the best **Web sites for Health Information**? Well, aside from www.uoa.org, of course, *Real Simple* magazine noted these user-friendly sites for the most accurate information: www.cancer.org (American Cancer Society), www.cancer.gov (National Cancer Institute), www.webmd.com (WebMD), www.mayoclinic.com (the Mayo Clinic), and www.medlineplus.gov (MEDLINEPLUS). The Web's plentiful resources of excellent medical information are resulting in much better informed patients.
- The UOA Central Office reports the following **statistics and sales** for December:
 - Care Guide Sales: 588 copies
 - Phone Calls and E-Mail Inquiries: 328