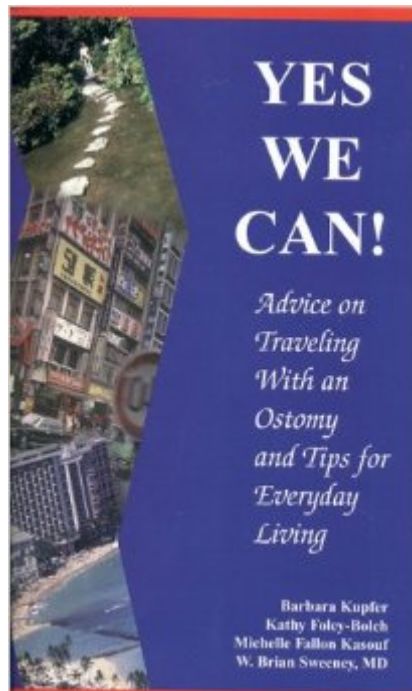


The book was found

# Yes We Can! Advice On Traveling With An Ostomy And Tips For Everyday Living



## Synopsis

Everyone with an ostomy should have this invaluable guide on getting around town and across the globe.

## Book Information

Paperback: 240 pages

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (5 customer reviews)

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## Customer Reviews

This book is totally fabulous! I'm a big proponent of first person accounts with living with an ostomy and this book is one big anecdote from both ostomates and ET nurses. It is so full of information that I'm going to read it through a couple times for all the information it has to offer. Although this is meant to be a resource for traveling, I actually found the details of people discussing how they normally care for their ostomies and then how they change their care for traveling to be very enlightening and to contain lots of information not found in the traditional IBD and ostomy books. Perhaps the greatest benefit though, was being inspired by the various individuals who have not let their ostomy slow them down in the least and who lead active lives that should be the envy of non-ostomates! A must have book for the reference shelf.

Well, I finally found some free time to read the book "Yes We Can." If you have not heard about it yet, it is a book that deals with folks traveling with an Ostomy. One of the authors is Barbara Kupfer (Babs) . Many will know her, as she is a regular in the StuartOnline Ostomy chat room. The book, which is 298 pages, is full of traveling information that is very useful for us ostomates who enjoy traveling. It is not just the views of one person, but from folks from all over the world. It has in-depth

information on how to handle just about any situation that may occur while traveling. From flying to hiking, you will find it all. The book starts out with the twenty-five most frequently asked questions. It is then followed by stories from many folks who have traveled. Then it goes into many good tips for traveling. In the appendix you will even find a good list of ostomy information and management guidelines during your travels. You will also find a glossary of ostomy terms and a language translation chart for many of the related words. If you are a new ostomate or even if you have had one for many years, I would highly suggest purchasing this book. I found it to be very informal along with some good information.

This book was loaded with info. Even though I had an ileostomy in '76, I learned some new tricks. It should be given to all new ostomates, so they don't have to learn by trial and error. The book also lets first-timers know life can go on and it's important to develop a sense of humor (if you don't have one; you'd better get one). It's probably time for an update post 9/11. TSA are pretty ignorant about the subject and there's probably a lot of tips to share dealing with the new situation.

It gives ideas about how we, who have lost a part of our body can deal with many situations that are difficult for us, just ordinary for others

Much needed advice on travelling with an ostomy. Will come in handy on future trips.

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